

NUTRITION

FOOD GUIDE

Food Group		Best Food Sources to Eat
Grain Group	30%	Barley, bulgur, farro, millet, quinoa, black rice, brown rice, oats, corn
Vegetables	25%	Green, leafy, and nutrient-dense vegetables, such as spinach, carrots, broccoli, kale, and Swiss chard
Fruits	20%	Apples, blueberries, bananas, oranges, mangoes, avocados, lychees
Protein	15%	Lean beef, eggs, beans, soy, white-meat poultry, pork tenderloin
Fat and Sugar	10%	Olive oil, canola oil, sunflower oil, skim milk, yogurt

Guide Nutrition Guide

G Thomas



Guide Nutrition Guide:

Adopting the Track of Term: An Mental Symphony within **Guide Nutrition Guide**

In some sort of taken by screens and the ceaseless chatter of instantaneous interaction, the melodic beauty and emotional symphony developed by the prepared term frequently diminish into the background, eclipsed by the persistent noise and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Guide Nutrition Guide** a wonderful literary value filled with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that fascinating masterpiece conducts readers on a mental trip, well unraveling the hidden songs and profound impact resonating within each carefully crafted phrase. Within the depths with this emotional analysis, we will explore the book is main harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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