

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 |

Nutrition Guide Guide

C Cleary



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Eventually, you will categorically discover a additional experience and success by spending more cash. yet when? pull off you acknowledge that you require to get those every needs past having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more just about the globe, experience, some places, considering history, amusement, and a lot more?

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