

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

EW Minium



Guide Nutrition Guide:

Eventually, you will categorically discover a additional experience and execution by spending more cash. nevertheless when? accomplish you consent that you require to acquire those all needs when having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more a propos the globe, experience, some places, behind history, amusement, and a lot more?

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