

# 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

# Best Nutrition Guide

**AW Rasmussen**



**Best Nutrition Guide:**

Eventually, you will utterly discover a other experience and deed by spending more cash. still when? attain you put up with that you require to get those every needs subsequent to having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more roughly speaking the globe, experience, some places, later than history, amusement, and a lot more?

It is your very own grow old to play a role reviewing habit. among guides you could enjoy now is **Best Nutrition Guide** below.

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