

# 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

**S Ashworth**



## **Guide Nutrition Guide:**

## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Guide Nutrition Guide**

In a global inundated with monitors and the cacophony of instantaneous conversation, the profound power and emotional resonance of verbal beauty usually diminish into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, located within the musical pages of **Guide Nutrition Guide**, a interesting perform of fictional splendor that impulses with organic feelings, lies an unforgettable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, this mesmerizing opus guides readers on a mental odyssey, softly exposing the latent possible and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key subjects, dissect their fascinating publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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