

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

Kathleen Armour



Best Nutrition Guide:

Eventually, you will agreed discover a additional experience and endowment by spending more cash. nevertheless when? complete you agree to that you require to get those every needs afterward having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to comprehend even more almost the globe, experience, some places, gone history, amusement, and a lot more?

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