

Nutrition Guide

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

BEANS

Servings: 3 per day
ex: 130g cooked, 60g hummus



FRUITS

Servings: 3 per day
1 medium fruit, 40 g dried fruit



PROTEIN

Servings: 2 per day
ex: 50g cooked poultry or fish



SEEDS

Servings: 1 per day
1 tbsp ground flaxseed



GRAINS

Servings: 3 per day
100 g hot cereal, 1 slice of bread

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EXERCISE

Once per day
ex: 90 min moderate or 40 min vigorous



DAIRY

Servings: 2 per day
ex: 1 glass of milk, 1 cup of yogurt



CRUCIFEROUS

Servings: 1 per day
30-80g chopped, 1 tbs horseradish



VEGETABLES

Servings: 3 per day
ex: 1 medium fruit, 40 g dried fruit



NUTS

Servings: 1 per day
30 g nuts, 2 tbsp nut butter



SPICES

Servings: 1 per day
ex: 1/4 tsp turmeric



BEVERAGES

Servings: 2 liters per day
water, herbal tea, coconut water



Guide Nutrition Guide

**Ted Wilson, Norman J. Temple, George
A. Bray**

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 $\angle adb = 55^\circ$ and $\angle adc = 55^\circ$

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d p 1 2 2

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point d is on side b c side a c is five point nine units side d b is two point eight units side a b is eight point one units

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and ab stv xyz cd bisects ab 4 draw acute angle e construct the bisector of e tm bisects 5x 4 and 6x 2 x2 5 algebra stu so that
m stm l l find the value of x 6 6 find

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would happen to me i

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