

# NUTRITION GUIDE

| Food Group                        | Food Sources      | Protein |
|-----------------------------------|-------------------|---------|
| <b>Vegetables</b><br>(2 servings) | Green Peas        | 8.6 g   |
|                                   | Artichokes        | 4.8 g   |
|                                   | Asparagus         | 4.3 g   |
|                                   | Brussels sprouts  | 4 g     |
| <b>Fruits</b><br>(2 servings)     | Guava             | 4 g     |
|                                   | Avocado           | 3 g     |
|                                   | Jackfruit         | 3 g     |
|                                   | Cherries          | 1.6 g   |
| <b>Protein</b><br>(2-3 servings)  | Lean Beef         | 21 g    |
|                                   | Chicken Breast    | 26 g    |
|                                   | Haddock           | 19 g    |
|                                   | Cod               | 21 g    |
| <b>Grains</b><br>(5 servings)     | Wild Rice         | 6.5 g   |
|                                   | Whole Wheat Pasta | 7 g     |
|                                   | Quinoa            | 8.2 g   |
|                                   | Millet            | 6.5 g   |
| <b>Dairy</b><br>(3 servings)      | Cottage Cheese    | 25 g    |
|                                   | Greek Yogurt      | 17 g    |
|                                   | Oat Milk          | 3 g     |
|                                   | Soy Milk          | 8 g     |

# Nutrition Guide Checklist

**Kathleen Armour**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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