NUTRITION GUIDE

Food Group **Food Sources** Protein Vegetables (2 servings) Fruits (2 servings) Protein

(2-3 servings)

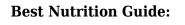
Grains (5 servings)

Dairy (3 servings)

Green Peas	8.6 g
Artichokes	4.8 g
Asparagus	4.3 g
Brussels sprouts	4 g
Guava	4 g
Avocado	3 g
Jackfruit	3 g
Cherries	1.6 g
Lean Beef	21 g
Chicken Breast	26 g
Haddock	19 g
Cod	21 g
Wild Rice	6.5 g
Whole Wheat Pasta	7 g
Quinoa	8.2 g
Millet	6.5 g
Cottage Cheese	25 g
Greek Yogurt	17 g
Oat Milk	3 g
Soy Milk	8 g

Best Nutrition Guide

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Decoding **Best Nutrition Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Best Nutrition Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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