

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

Albert A Gayle



Guide Nutrition Guide:

This book delves into Guide Nutrition Guide. Guide Nutrition Guide is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Guide Nutrition Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Guide Nutrition Guide
 - Chapter 2: Essential Elements of Guide Nutrition Guide
 - Chapter 3: Guide Nutrition Guide in Everyday Life
 - Chapter 4: Guide Nutrition Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Guide Nutrition Guide. This chapter will explore what Guide Nutrition Guide is, why Guide Nutrition Guide is vital, and how to effectively learn about Guide Nutrition Guide.
3. In chapter 2, this book will delve into the foundational concepts of Guide Nutrition Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Guide Nutrition Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Guide Nutrition Guide in daily life. The third chapter will showcase real-world examples of how Guide Nutrition Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Guide Nutrition Guide in specific contexts. The fourth chapter will explore how Guide Nutrition Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Guide Nutrition Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Guide Nutrition Guide.

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