

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

Sue Ghazala



Guide Nutrition Guide:

Whispering the Strategies of Language: An Emotional Journey through **Guide Nutrition Guide**

In a digitally-driven world where displays reign supreme and instant connection drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within phrases frequently move unheard. Yet, nestled within the pages of **Guide Nutrition Guide** a interesting literary prize pulsating with fresh feelings, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this charming opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the cloth of each and every word. Within the mental depths of this moving evaluation, we shall embark upon a sincere exploration of the book is core subjects, dissect their fascinating publishing fashion, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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