

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

S Ashworth

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.

Guide Nutrition Guide:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Guide Nutrition Guide**

In a global inundated with screens and the cacophony of quick interaction, the profound power and emotional resonance of verbal beauty often fade in to obscurity, eclipsed by the continuous assault of noise and distractions. Yet, situated within the musical pages of **Guide Nutrition Guide**, a charming function of fictional beauty that pulses with fresh feelings, lies an remarkable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this magical opus manuals readers on a psychological odyssey, lightly revealing the latent potential and profound impact embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is central themes, dissect their charming writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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