# **Nutrition Guide**

## BEANS

Servings: 3 per day ex: 130a cooked, 60a hummus



Servings: 3 per day 1 medium fruit, 40 q dried fruit



### PROTEIN

Servings: 2 per day ex: 50g cooked poultry or fish



#### SEEDS

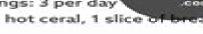
Servings: 1 per day 1 tbsp ground flaxseed



little 🗸

### GRAINS

shine Servings: 3 per day 100 g hot ceral, 1 slice of bread



## EXERCISE

Once per day ex: 90 min moderate or 40 min \$ vigorous



Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

## DAIRY

Servings: 2 per day ex: 1 glass of milk, 1 cup of yogurt



#### CRUCIFEROUS

Servings: 1 per day 30-80g chopped, 1 tbs horseradi



## VEGETABLES

Servings: 3 per day ex: 1 medium fruit, 40 a 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**

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#### **Table of Contents Guide Nutrition Guide**

- 1. Understanding the eBook Guide Nutrition Guide
  - The Rise of Digital Reading Guide Nutrition Guide
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Guide Nutrition Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Guide Nutrition Guide
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Guide Nutrition Guide
  - Personalized Recommendations
  - Guide Nutrition Guide User Reviews and Ratings
  - Guide Nutrition Guide and Bestseller Lists
- 5. Accessing Guide Nutrition Guide Free and Paid eBooks

- Guide Nutrition Guide Public Domain eBooks
- Guide Nutrition Guide eBook Subscription Services
- Guide Nutrition Guide Budget-Friendly Options
- 6. Navigating Guide Nutrition Guide eBook Formats
  - o ePub, PDF, MOBI, and More
  - Guide Nutrition Guide Compatibility with Devices
  - Guide Nutrition Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Guide Nutrition Guide
  - Highlighting and Note-Taking Guide Nutrition Guide
  - Interactive Elements Guide Nutrition Guide
- 8. Staying Engaged with Guide Nutrition Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Guide Nutrition Guide
- 9. Balancing eBooks and Physical Books Guide Nutrition Guide
  - Benefits of a Digital Library
  - o Creating a Diverse Reading Collection Guide Nutrition Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Guide Nutrition Guide
  - Setting Reading Goals Guide Nutrition Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide Nutrition Guide
  - Fact-Checking eBook Content of Guide Nutrition Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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