

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



Nutrition Guide Guide

JE Gale



Nutrition Guide Guide:

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interconnection network architecture model it is responsible for the node to node delivery of data its major role is to ensure error free transmission of

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web mar 30 2020 1 what are two services performed by the data link layer of the osi model choose two it encrypts data packets it determines the path to forward packets it accepts layer 3 packets and encapsulates them into frames it provides media access control and performs error detection

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web consider the store and forward packet switched network given below assume that the bandwidth of each link is 106 bytes/sec a user on host a sends a consider a selective repeat sliding window protocol that uses a frame size of 1 kb to send data on a 1.5 mbps link with a one way latency of 50 msec

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web feb 23 2022 the layer 1 physical layer pdu is the bit or more generally symbol the layer 2 data link layer pdu is the frame the layer 3 network layer pdu is the packet the layer 4 transport layer pdu is the segment for tcp or the datagram for udp the layer 5 application layer pdu is the data or message

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