

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

Arturo Cuomo

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:

Adopting the Tune of Phrase: An Mental Symphony within **Guide Nutrition Guide**

In a world consumed by displays and the ceaseless chatter of instant transmission, the melodic elegance and emotional symphony produced by the published term often fade in to the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. However, set within the pages of **Guide Nutrition Guide** a marvelous literary prize brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this interesting masterpiece conducts readers on a psychological trip, well unraveling the hidden melodies and profound influence resonating within each cautiously constructed phrase. Within the depths with this emotional analysis, we shall examine the book is main harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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