

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

Jianjun Gao



Guide Nutrition Guide:

Whispering the Strategies of Language: An Psychological Quest through **Guide Nutrition Guide**

In a digitally-driven earth wherever displays reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases usually go unheard. However, nestled within the pages of **Guide Nutrition Guide** a charming fictional prize sporting with organic thoughts, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, this enchanting opus attracts visitors on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within the very fabric of each word. Within the emotional depths of this moving review, we shall embark upon a sincere exploration of the book is core styles, dissect their interesting publishing type, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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