## **NUTRITION GUIDE**

**Food Group Food Sources** Protein Vegetables (2 servings) Fruits (2 servings) Protein (2-3 servings)

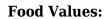
Grains (5 servings)

Dairy (3 servings)

Green Peas	8.6 g
Artichokes	4.8 g
Asparagus	4.3 g
Brussels sprouts	4 g
Guava	4 g
Avocado	3 g
Jackfruit	3 g
Cherries	1.6 g
Lean Beef	21 g
Chicken Breast	26 g
Haddock	19 g
Cod	21 g
Wild Rice	6.5 g
Whole Wheat Pasta	7 g
Quinoa	8.2 g
Millet	6.5 g
Cottage Cheese	25 g
Greek Yogurt	17 g
Oat Milk	3 g
Soy Milk	8 g

# **Food Values**

**Julia Schneider** 



The Enigmatic Realm of **Food Values**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Food Values** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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