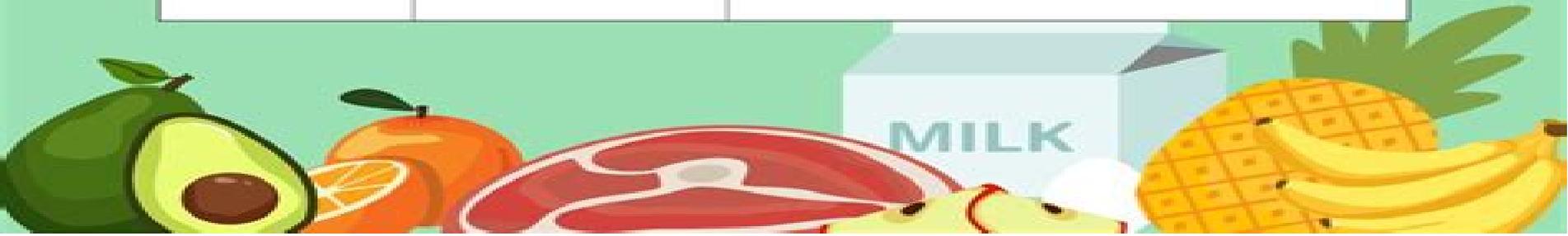


NUTRITION GUIDE

FOR ADULTS

Category	Daily Serving	Best Food Sources
Whole Grains	6 or more servings	Brown rice, buckwheat, quinoa, barley, oats, millet, bulgur, black rice, farro, wild rice, corn
Vegetables	3 or more servings	Nutrient-dense vegetables, such as spinach, carrots, broccoli, kale, Brussels sprouts, green peas, and swiss chard
Fruits	2 or more servings	Apples, blueberries, bananas, mangoes, avocados, lychee, dragon fruit, oranges, pineapple
Dairy	3 or more servings	Cottage cheese, yogurt, fat-free or low-fat milk
Protein	2 or more servings	Pork tenderloin, soy, lean beef, eggs, beans, white-meat poultry, sardines, salmon, cod, lobster, crab
Fluid	8 or more glasses	Water



Your Guide To Good Nutrition

Rachel Sandford



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