

FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

Smart Eats Smart Supplements And Smart Exercise

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Smart Eats Smart Supplements And Smart Exercise:

Adopting the Tune of Appearance: An Mental Symphony within **Smart Eats Smart Supplements And Smart Exercise**

In some sort of eaten by monitors and the ceaseless chatter of immediate transmission, the melodic elegance and emotional symphony produced by the published term usually fade into the back ground, eclipsed by the constant sound and distractions that permeate our lives. However, set within the pages of **Smart Eats Smart Supplements And Smart Exercise** an enchanting literary value brimming with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that charming masterpiece conducts viewers on an emotional journey, skillfully unraveling the concealed melodies and profound influence resonating within each carefully crafted phrase. Within the depths of the poignant evaluation, we shall explore the book is main harmonies, analyze its enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://archive.kdd.org/files/uploaded-files/default.aspx/Symphony%20Master%20The%20Experts%20Guide.pdf>

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