

HEALTHY DIET CHART

A Look of a Healthy Eating Plate

Whole Grain

Eat a variety of whole grains, such as brown rice, buckwheat, oatmeal, millet, and whole-wheat bread and pasta

Vegetables

Consume 5 - 8 portions of vegetables for your diet



Meat and Fish

Eat fish, meat, and non-dairy sources of proteins

Dairy Food

Consume 2 - 3 portions of milk, cheese, yogurt, or other dairy food

The Little Of Diet Exercise

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The Little Of Diet Exercise:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **The Little Of Diet Exercise** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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