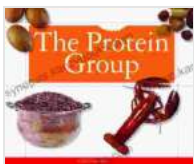


The Protein Group Healthy Eating with MyPlate: A Comprehensive Guide to Weight Loss and Improved Health

Are you tired of fad diets and quick fixes that don't last? The Protein Group Healthy Eating with MyPlate is the ultimate guide to sustainable weight loss and improved health. Learn how to create a personalized eating plan that meets your unique needs and helps you reach your goals.



The Protein Group (Healthy Eating with MyPlate)

by Tammy Kennington

★★★★☆ 4.9 out of 5

Language : English

File size : 11531 KB

Screen Reader : Supported

Print length : 24 pages



What is MyPlate?

MyPlate is a visual guide to healthy eating created by the United States Department of Agriculture (USDA). It divides your plate into five sections, each representing a different food group:

- Fruits
- Vegetables
- Grains

- Protein
- Dairy

MyPlate recommends that you fill half of your plate with fruits and vegetables, and the other half with grains and protein. Dairy is an optional food group, but it is recommended that you include it in your diet for its calcium and vitamin D content.

The Protein Group Healthy Eating with MyPlate

The Protein Group Healthy Eating with MyPlate is a comprehensive guide to healthy eating that follows the MyPlate recommendations. The book includes:

- A detailed overview of MyPlate and how to use it to create a healthy eating plan
- Meal plans and recipes for all food groups
- Tips for making healthy food choices at home and on the go
- Information on the importance of physical activity and stress management

The Protein Group Healthy Eating with MyPlate is the perfect resource for anyone who wants to lose weight, improve their health, and live a healthier life.

Benefits of the Protein Group Healthy Eating with MyPlate

Following the Protein Group Healthy Eating with MyPlate can help you:

- Lose weight and keep it off
- Reduce your risk of chronic diseases, such as heart disease, stroke, and type 2 diabetes
- Improve your energy levels
- Enhance your mood
- Sleep better
- Live a longer, healthier life

If you're ready to make a change for the better, The Protein Group Healthy Eating with MyPlate is the perfect place to start.

Free Download Your Copy Today!

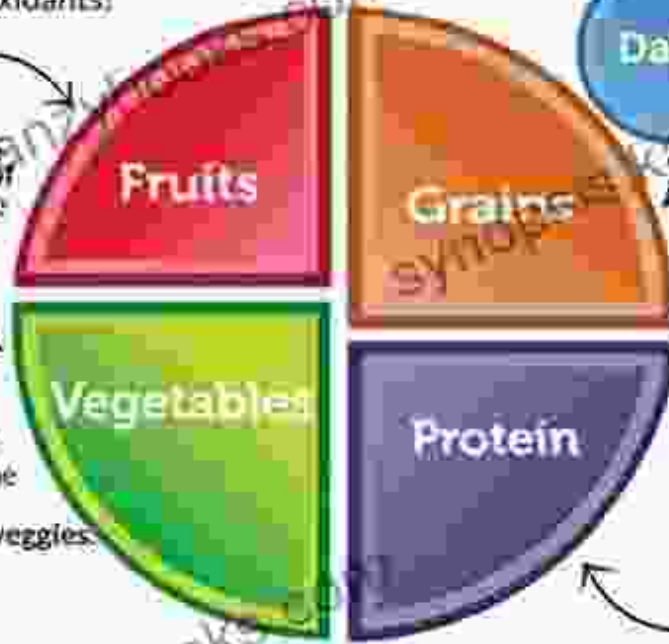
The Protein Group Healthy Eating with MyPlate is available now at Our Book Library.com and all major bookstores.

MyPlate: A Guide

Make half your plate fruits and vegetables. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for fruit instead of juice, which has more fiber and fewer calories.

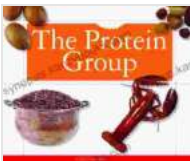
Vegetables:
The more colors and types that you eat, the better! Aim to get mostly non-starchy veggies.



Dairy:
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:
Eat mostly whole grains. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more fiber, iron, and B vitamins.

Protein:
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.



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