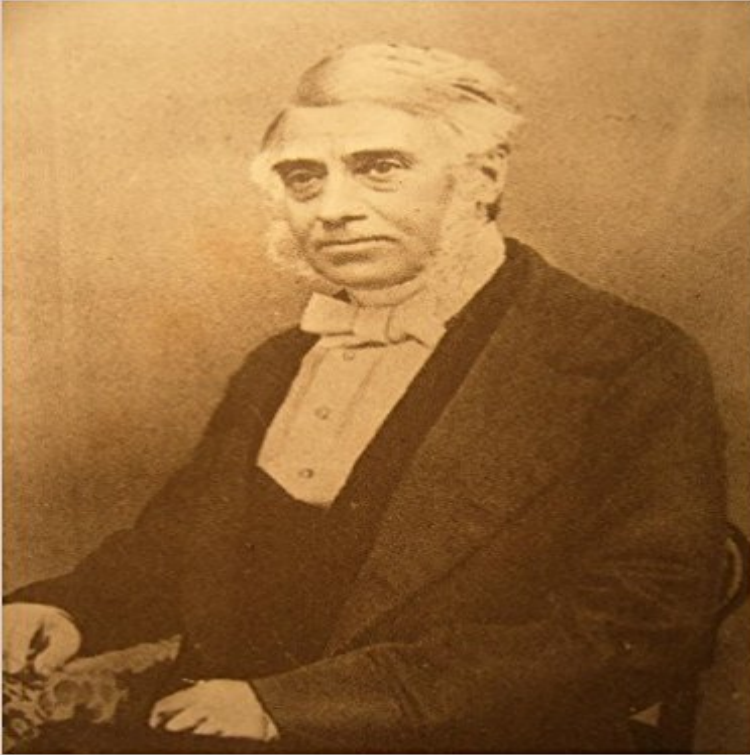


Daily Portions



Joseph Charles Philpot (1802–1869) was known as The Seceder. He resigned from the Church of England in 1835 and became a Strict & Particular Baptist. While with the Church of England he was a Fellow of Worcester College, Oxford. After becoming a Strict and Particular Baptist he became the Editor of the Gospel Standard magazine and served in that capacity for twenty years. Educated at Oxford University, he was elected a fellow of Worcester College, and appeared to have a brilliant scholastic career before him. But he was brought into solemn concern spiritually and the Lord led him into the ministry. He first preached in the Established Church at Stadhampton (Oxfordshire). In 1835, however, he was constrained, for the truth's sake, to sever his connection with the Church of England and to resign his curacy and his fellowship. The letter to the provost stating his reasons was published and went into several editions. The same year, he was baptized by John Warburton at Allington (Wilts). The rest of his life was spent ministering among the Strict Baptists. For 26 years, he held a joint pastorate at Stamford (Lines) and Oakham (Rutland). In addition for over twenty years, he was editor of The Gospel Standard, where many of his sermons first appeared. My desire is to exalt the grace of God; to proclaim salvation alone through Jesus Christ; to declare the sinfulness, helplessness and hopelessness of man in a state of nature; to describe the living experience of the children of God in their trials, temptations, sorrows, consolations and blessings. - J. C. Philpot

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Daily Portions

portions daily can lower chance of heart disease, stroke, cancer and premature death. The Australian Dietary Guidelines recommend the number of standard serves we should consume from the five core food groups each day, for a nutritious and **All about the Dairy Group Choose MyPlate Amount Choose MyPlate** For example, your portion size may be two slices of bread in a **Minimum recommended average daily number of serves from each of the five Dietary Guidelines: Build a Healthy Base** One serving of 100 percent juice can fulfill one of your recommended daily servings or fruits and vegetables, but watch for calories and added **Build Healthy Kids Nutrition 101 Perfect Serving Sizes** Research proves that fruit and veggies can protect us from a range of illnesses, including cancer. But are you eating five portions a day? **Australian Dietary Guidelines: Recommended daily intakes** By following the recommended daily servings for each food group, you can create healthy eating habits that meet your bodys nutritional needs. **Servings & Portions National Institute on Aging** Id be a walking compost heap: New advice to eat TEN portions of fruit and vegetables a day instead of five sends social media into overdrive **Daily Portions LinkedIn** I decided to find out, once and for all. Here are 10 photos of fruits and vegetables, each one a complete daily serving. It might not be as much as

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