Build a Healthy Meal with Colorful Foods

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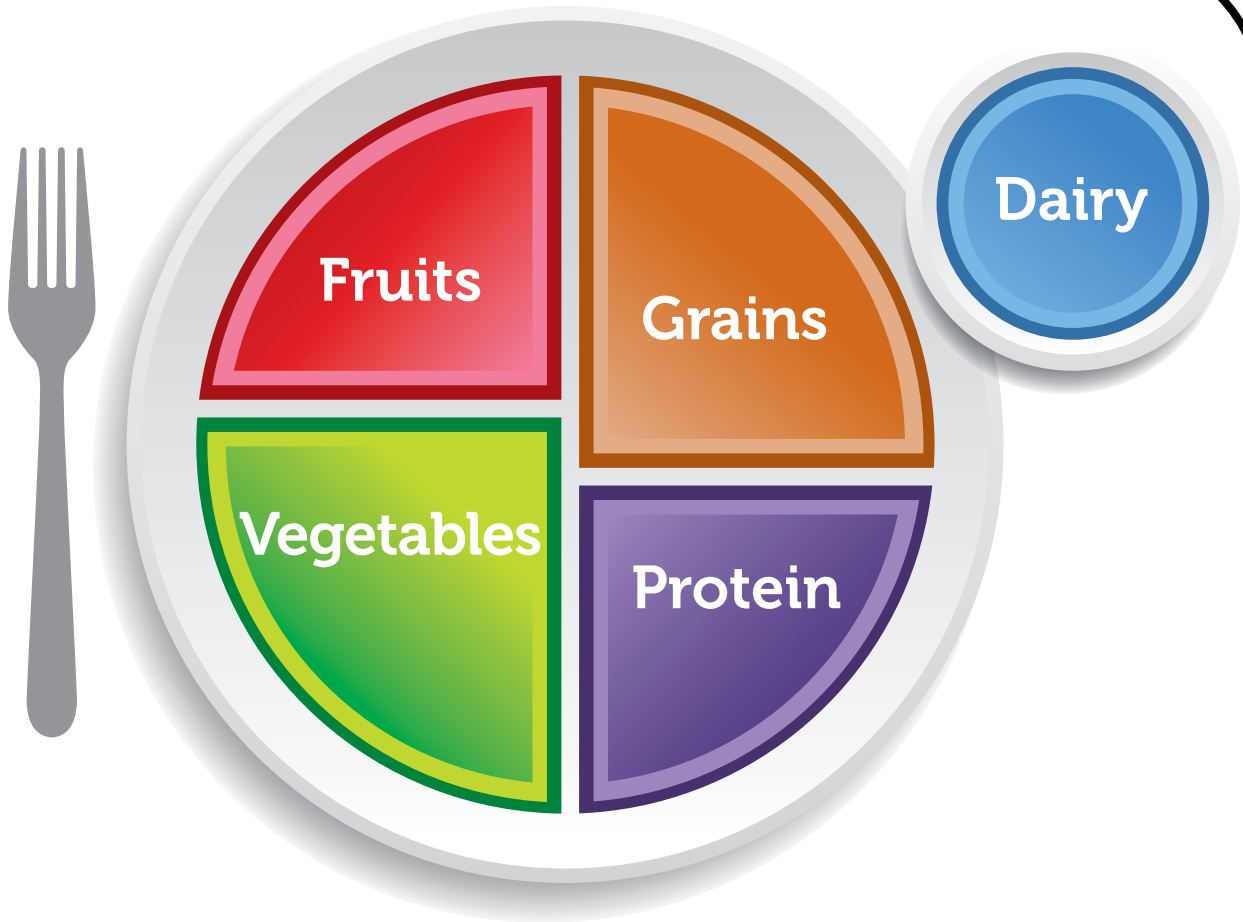
Fruits
such as apple slices, melon, oranges, grapes or berries. Focus on whole fruits.

Vegetables Cooked in a Healthful Way
such as carrots, broccoli, collards, green beans or vegetable salad.

Grain Products
such as whole wheat bread, brown rice or whole grain pasta.

Protein: Meats and Alternatives
such as lean meat, fish, poultry, dried peas or beans.

Dairy Products
such as fat free or low fat milk, cheese or yogurt.



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Diseñe una Comida Saludable con Coloridos Alimentos

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Healthy People. Healthy Communities.

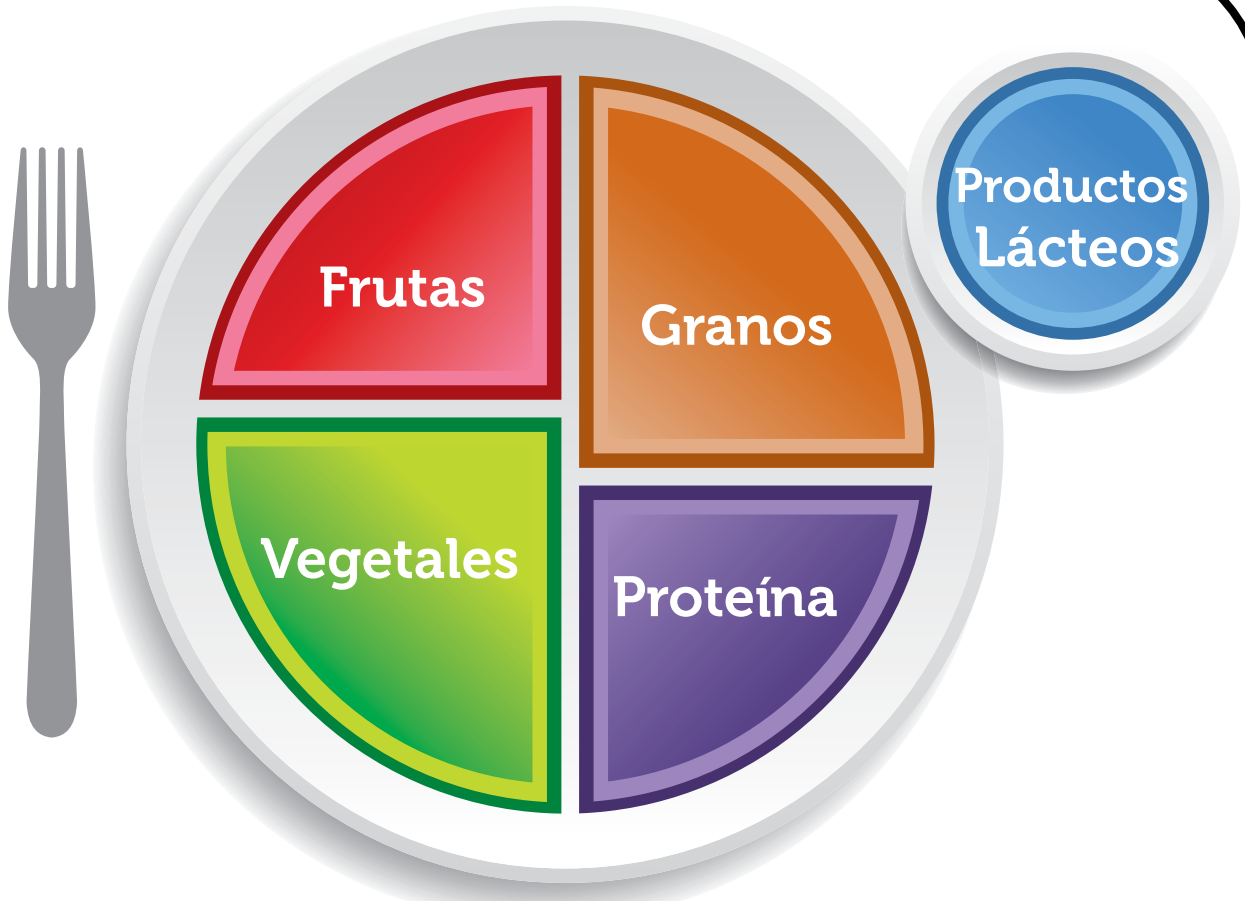
Frutas
como rebanadas de manzana, melón, naranjas, uvas, frambuesas, fresas, zarzamoras, arándanos, etc.

Vegetales Cocinados de Forma Saludable
como zanahorias, brócoli, coles, judías verdes o ensalada de vegetales.

Productos de granos integrales
como pan de trigo, arroz integral, o fideos integrales.

Proteínas: carnes y alternativas
como carne sin grasa, pescado, pollo o pavo, frijoles secos.

Productos lácteos
como leche, queso, y yogur descremados o bajos en grasa.



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