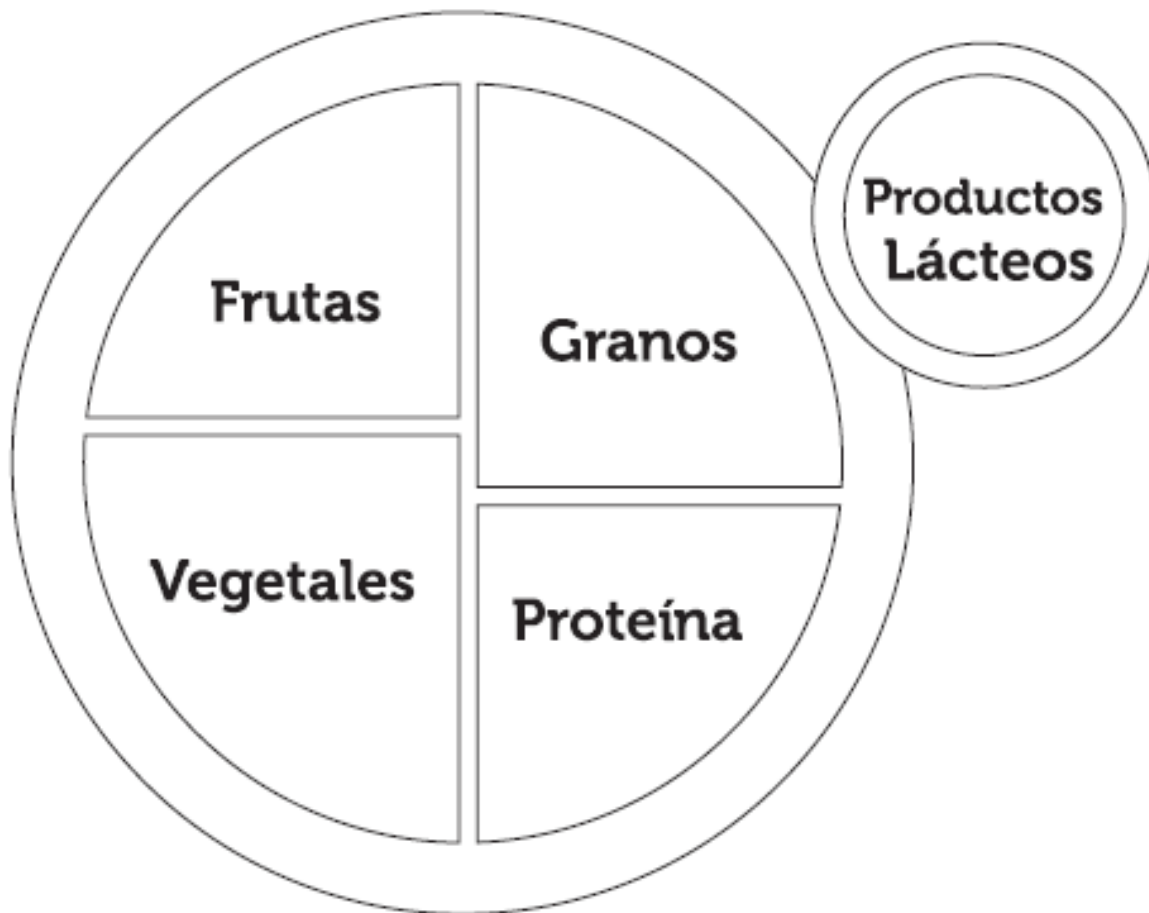




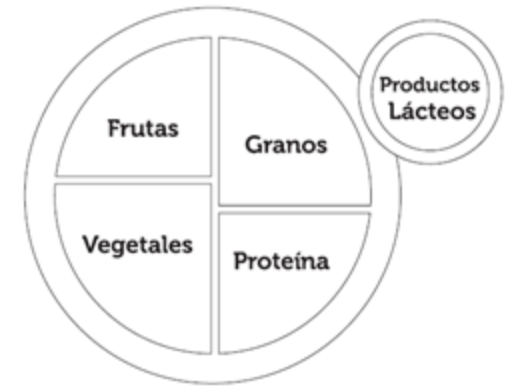
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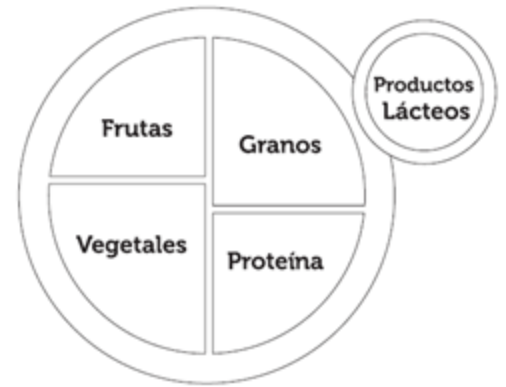


MiPlato
Choose **MyPlate.gov**

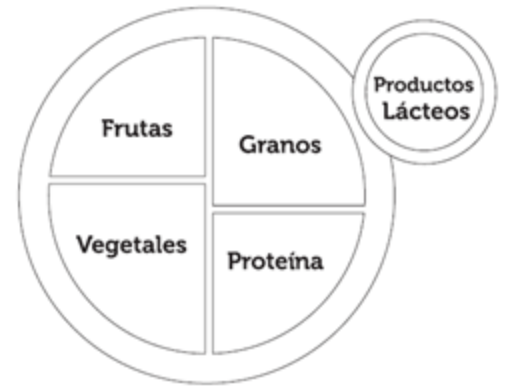
Verduras



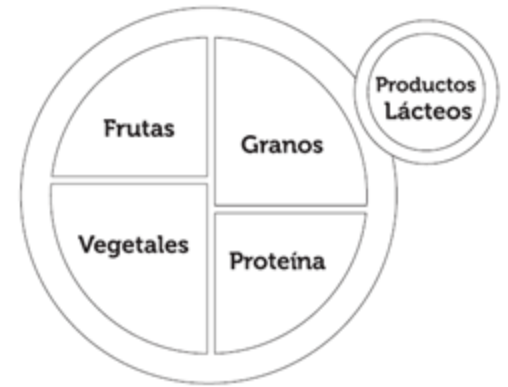
Frutas



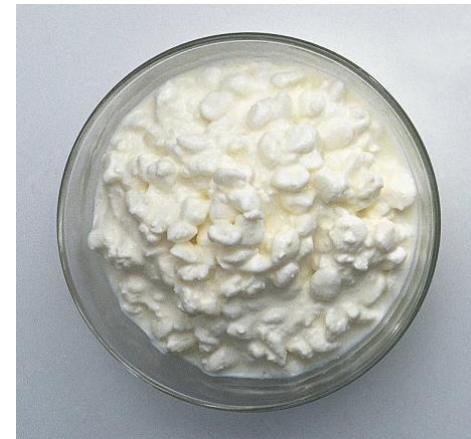
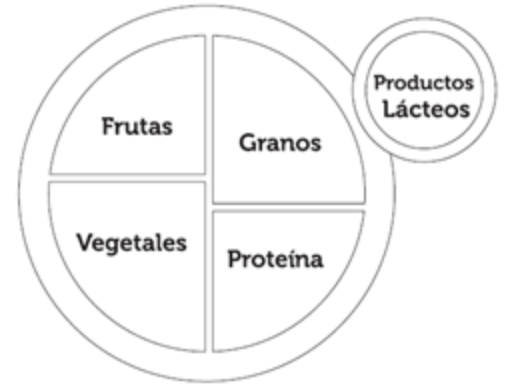
Granos y Granos Enteros



Proteínas



Productos lácteos



Ricos en Calcio



Almonds - Protein



Broccoli – Vegetable



Kale - Vegetable



Tofu - Protein



Calcium Fortified Juice - Fruit



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Pollo a la Parrilla



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Salsa

Photo courtesy of Chris Breeze



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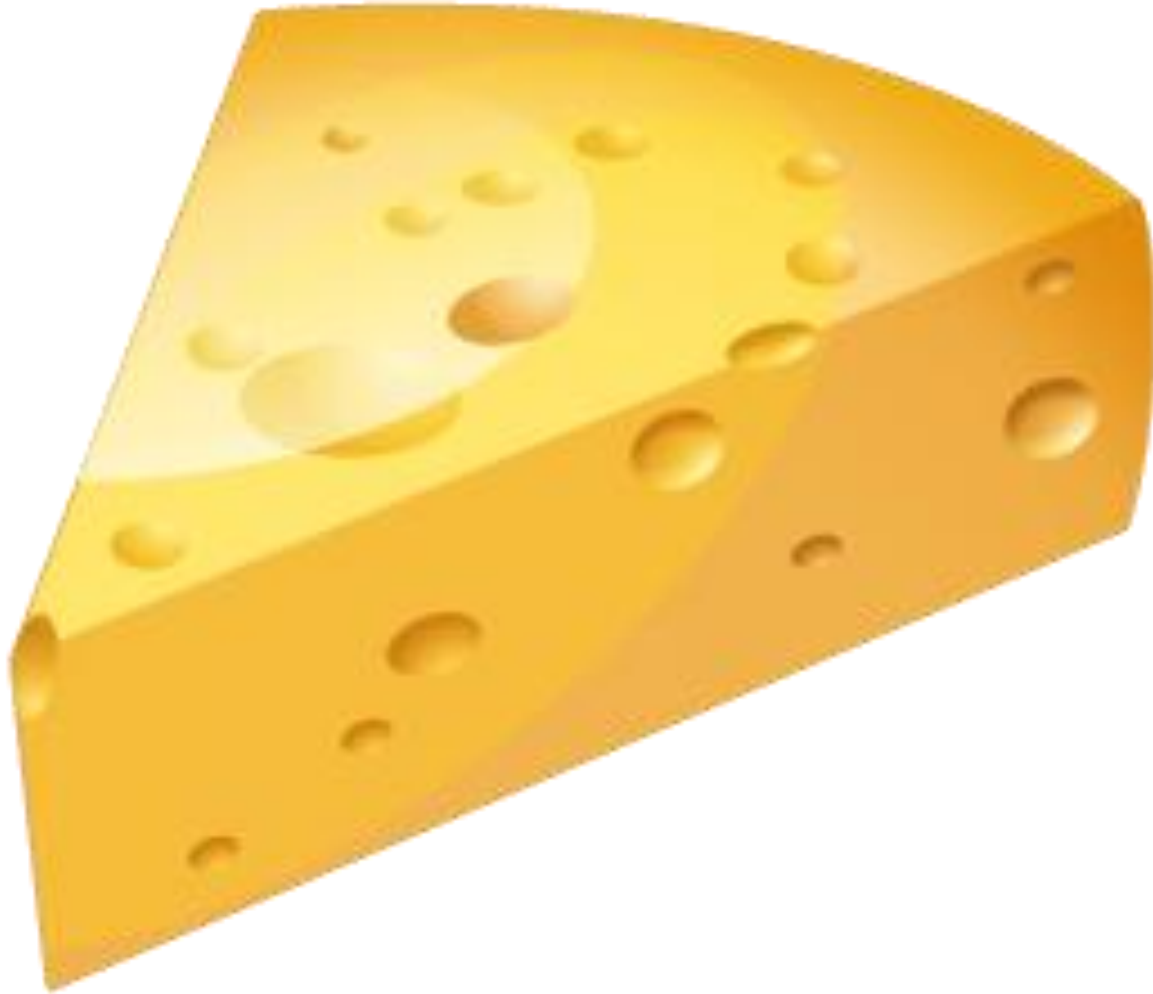
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