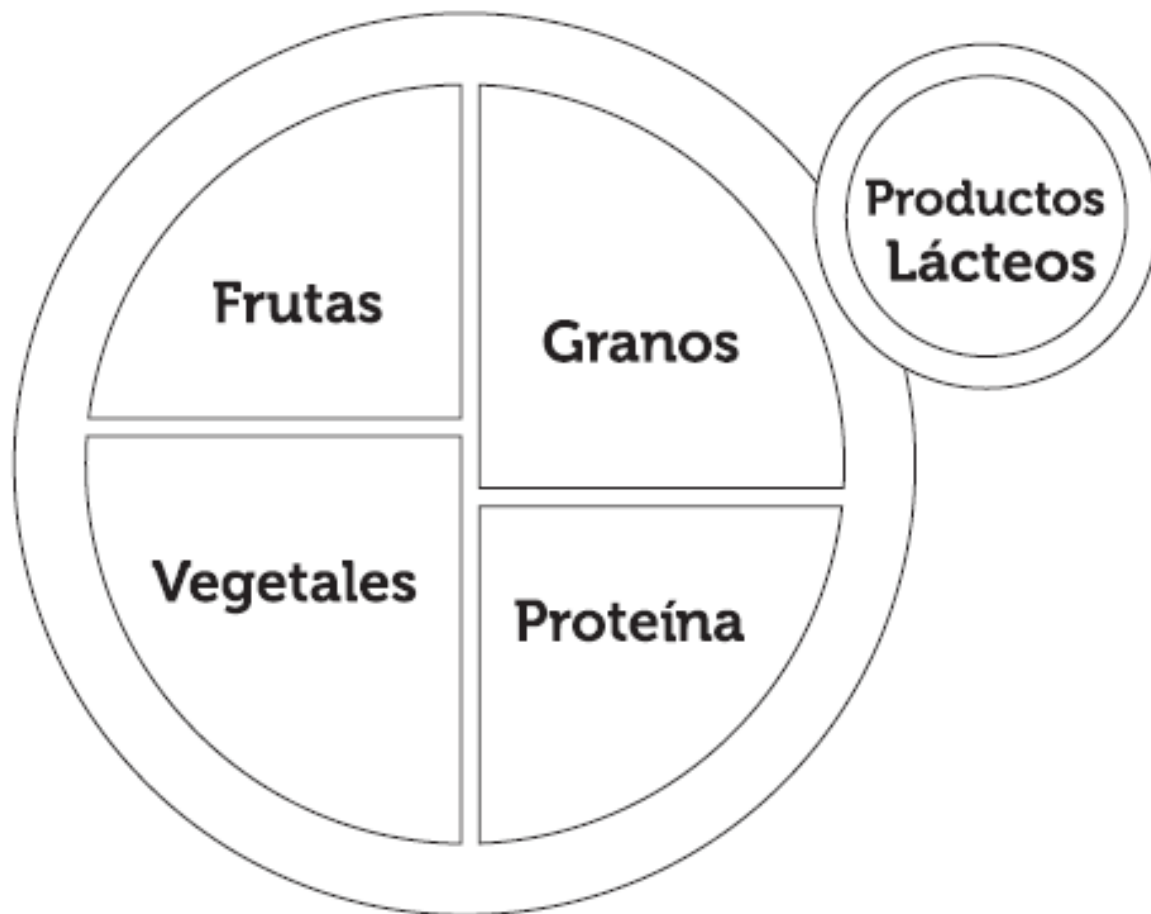




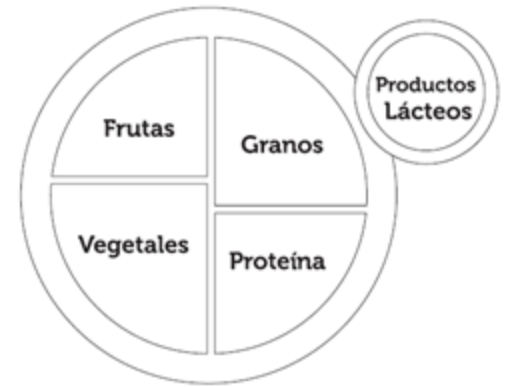
NURTURE

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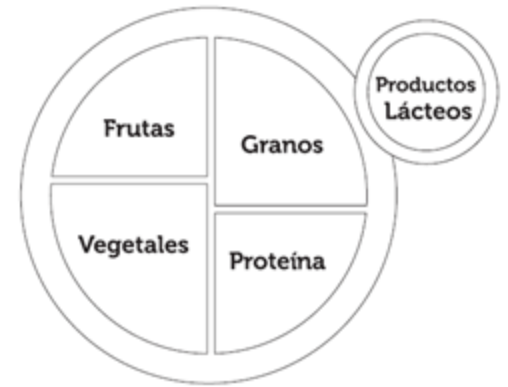


MiPlato
Choose **MyPlate.gov**

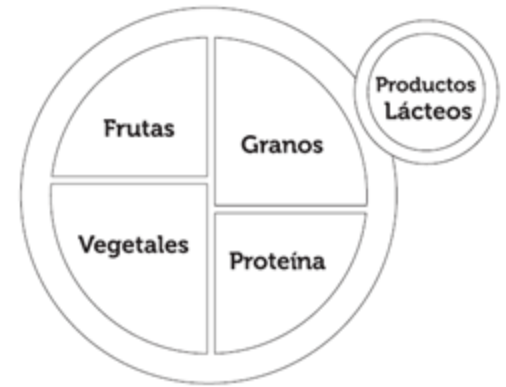
Verduras



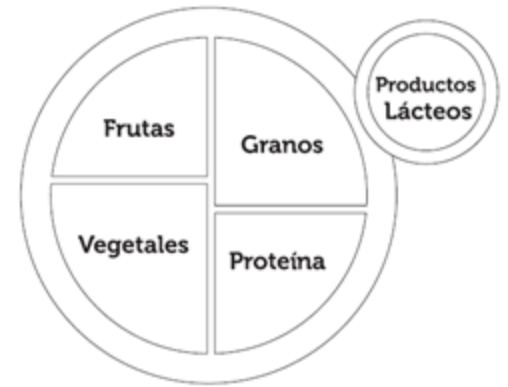
Frutas



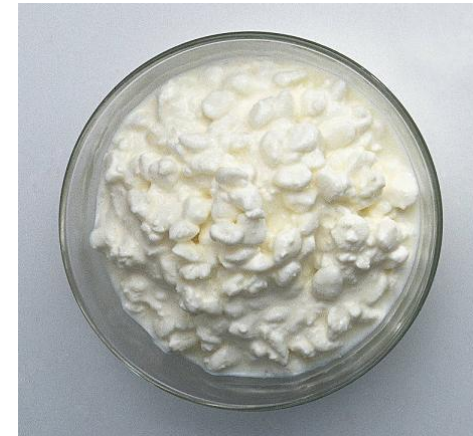
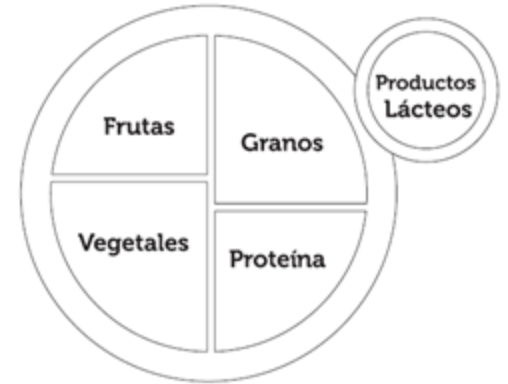
Granos y Granos Enteros



Proteínas



Productos lácteos



Ricos en Calcio



Almondras - Proteína



Brócoli – Vegetal



Col rizada (Kale) - Vegetal



Tofu - Proteína



Jugo enriquecido con calcio- Fruta



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Pollo a la Parrilla



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Salsa

Photo courtesy of Chris Breeze



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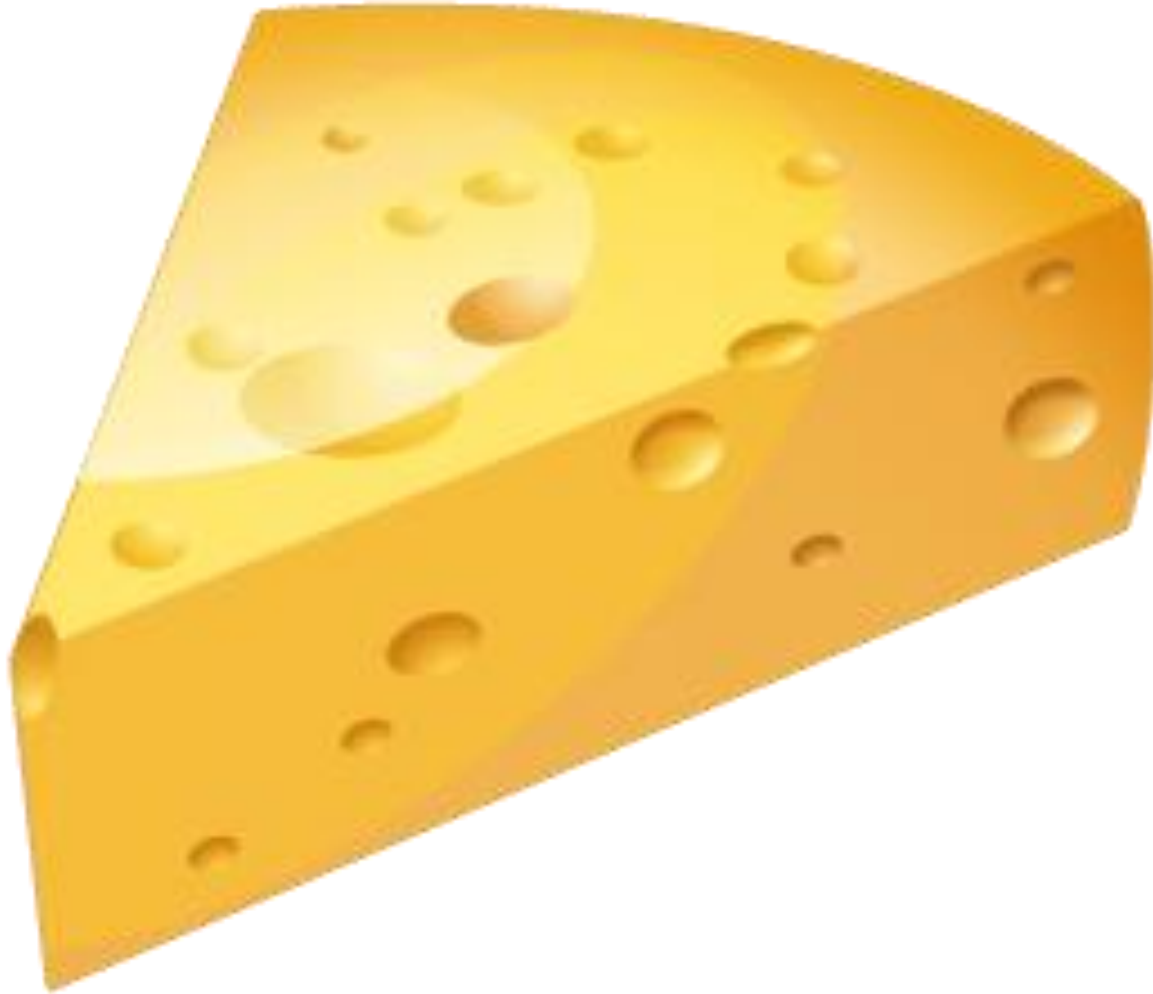




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Photo courtesy of Cookbookman17