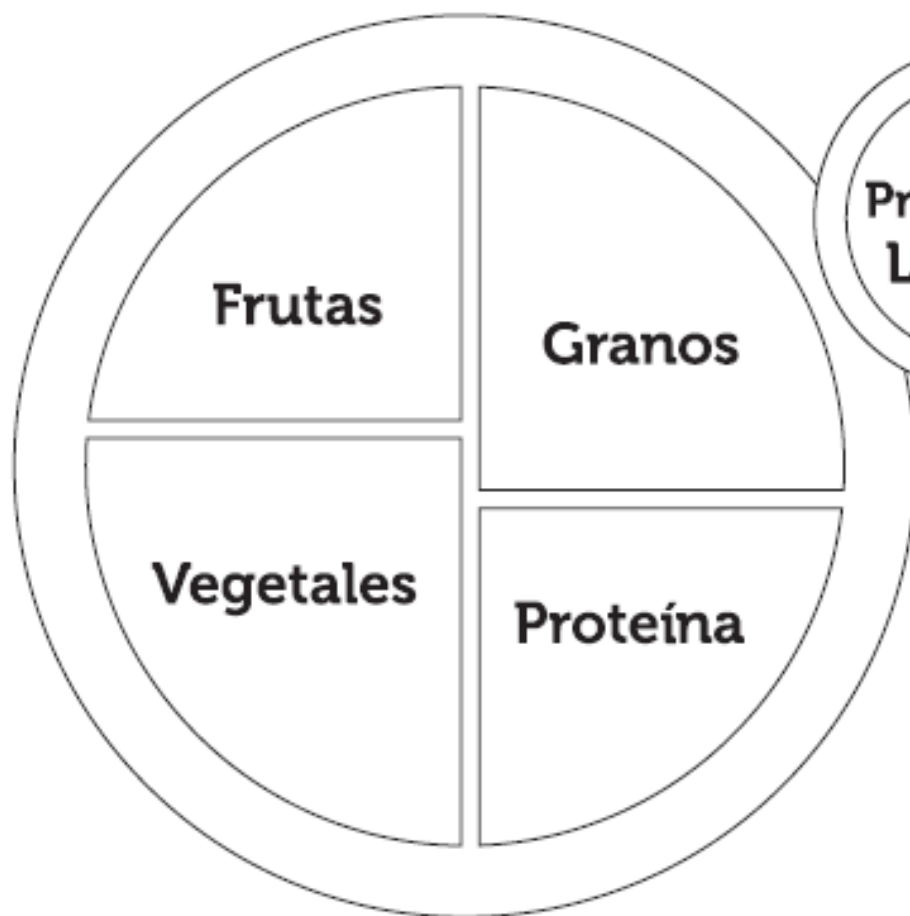
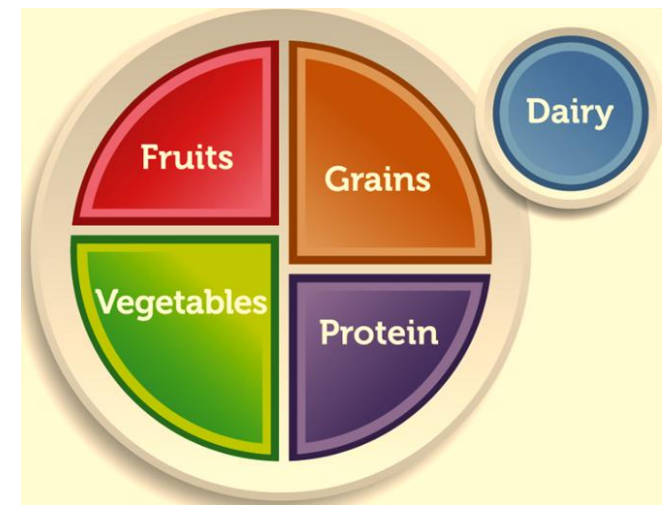




MiPlato
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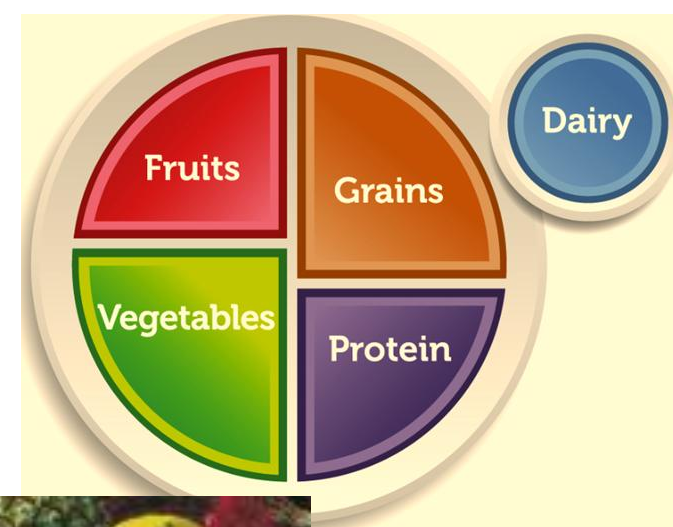


Verduras





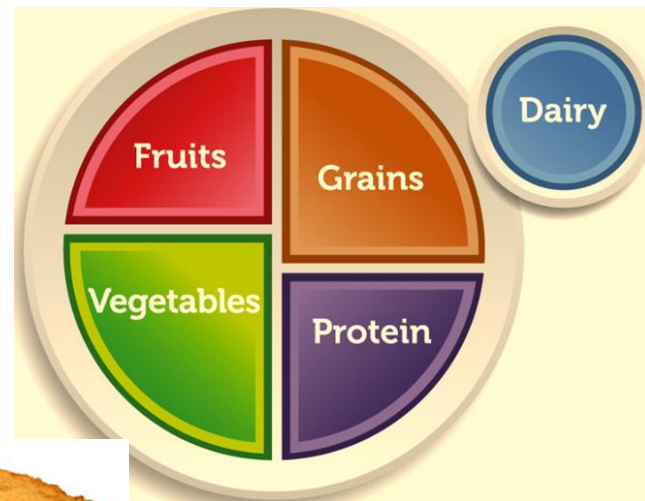
Frutas





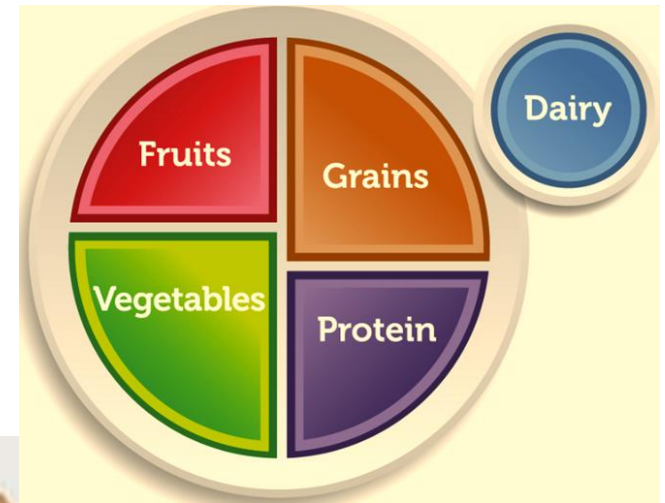
Granos

Granos Enteros



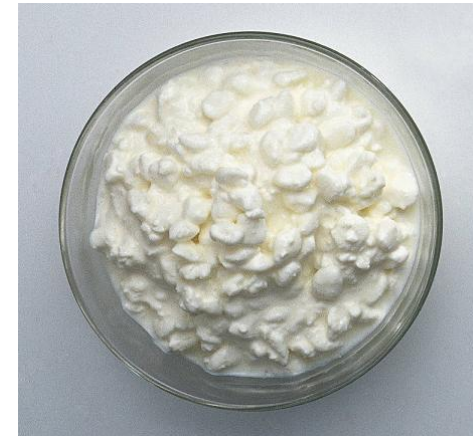
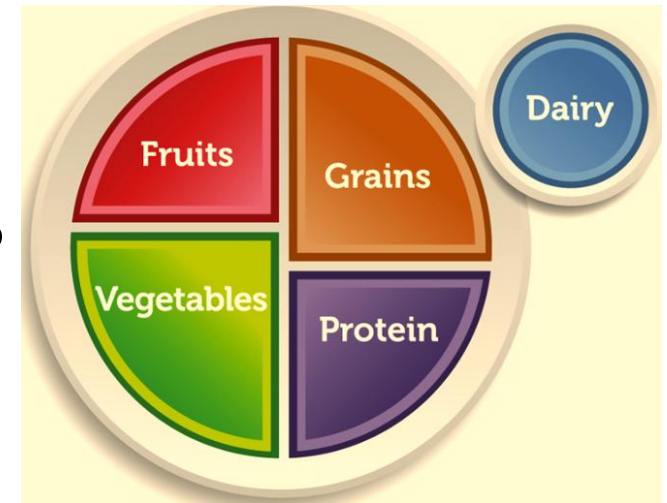


Proteínas





Productos lácteos





Ricos en Calcio



Almonds - Protein



Broccoli – Vegetable



Kale - Vegetable



Tofu - Protein



Calcium Fortified Juice - Fruit





Grilled Chicken

Pollo a la Parrilla









Salsa

Photo courtesy of Chris Breeze







