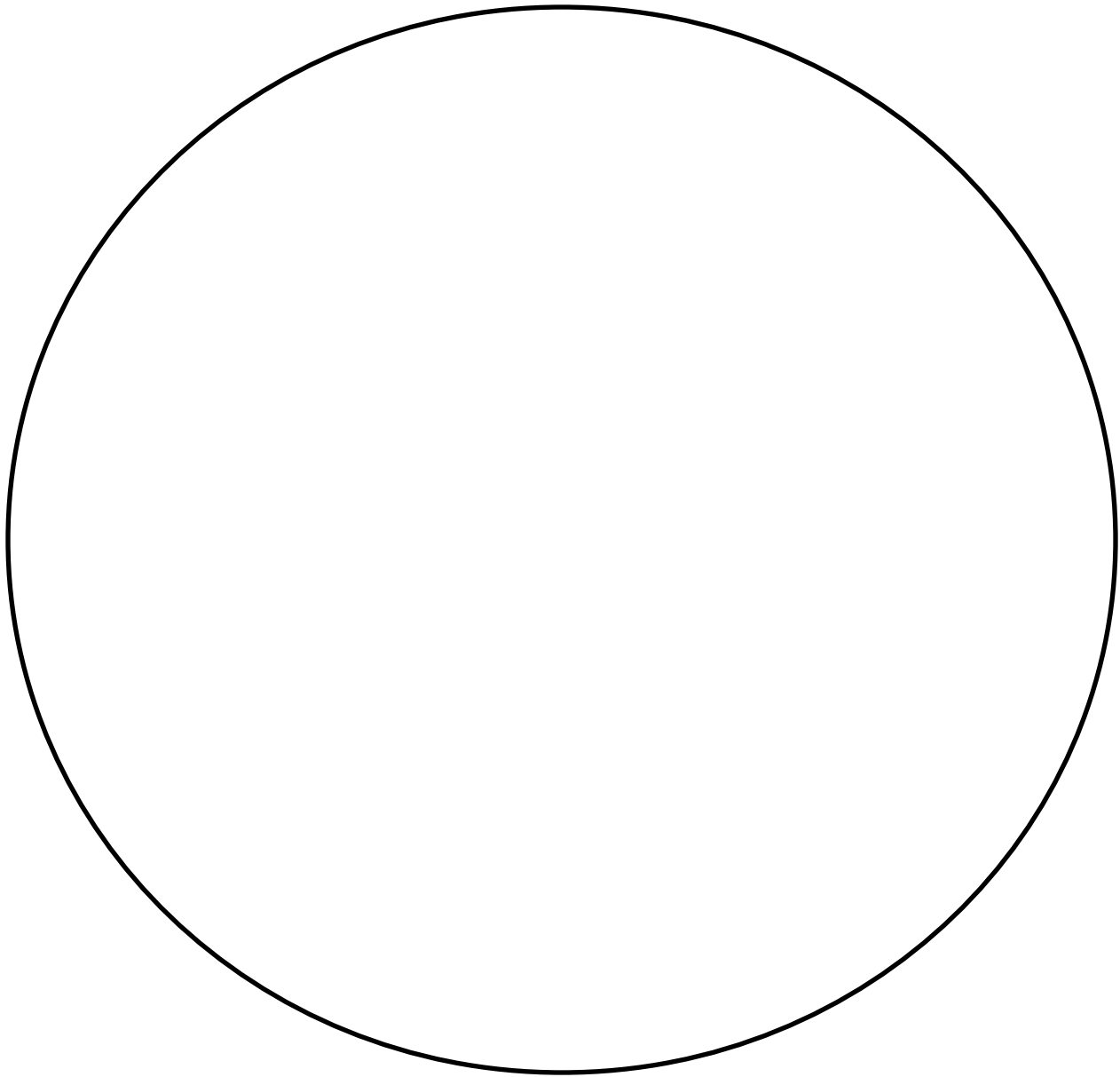
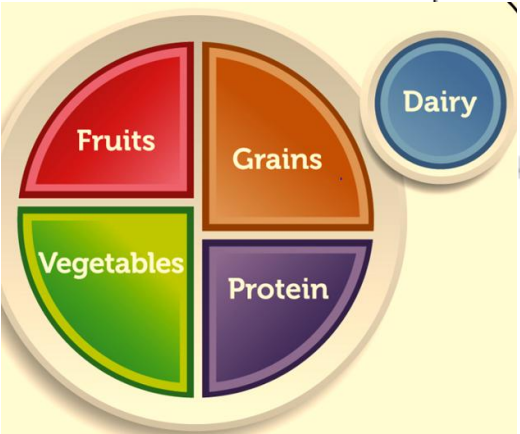
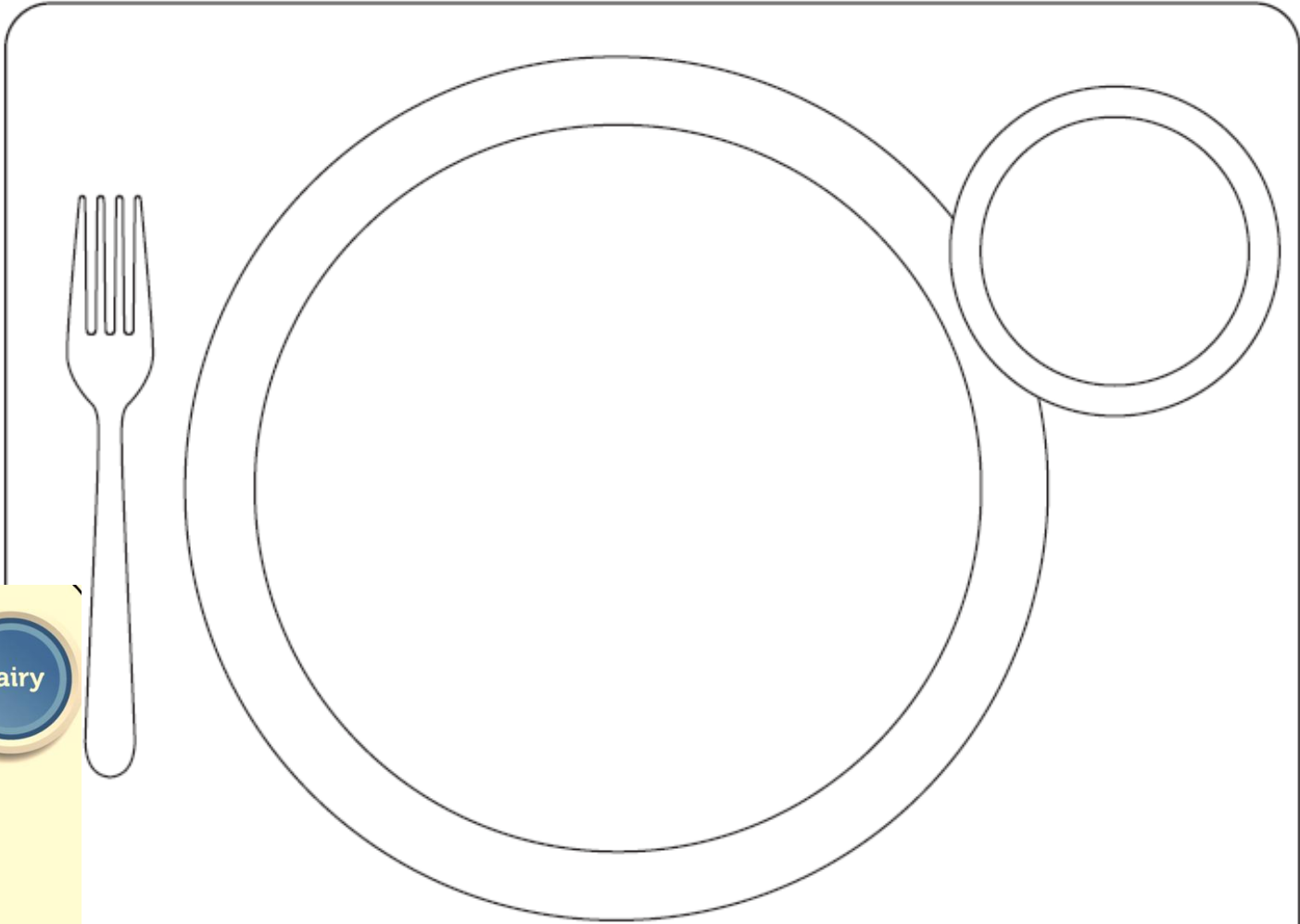


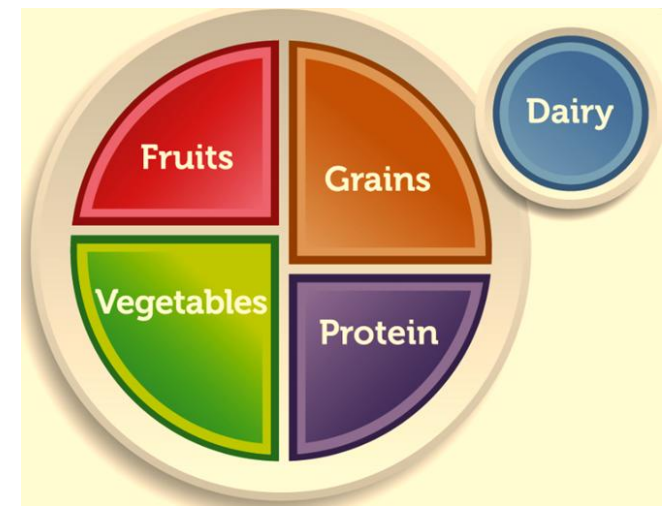
**MiPlato**  
Choose **MyPlate**.gov





Choose**MyPlate**.gov

# Verduras



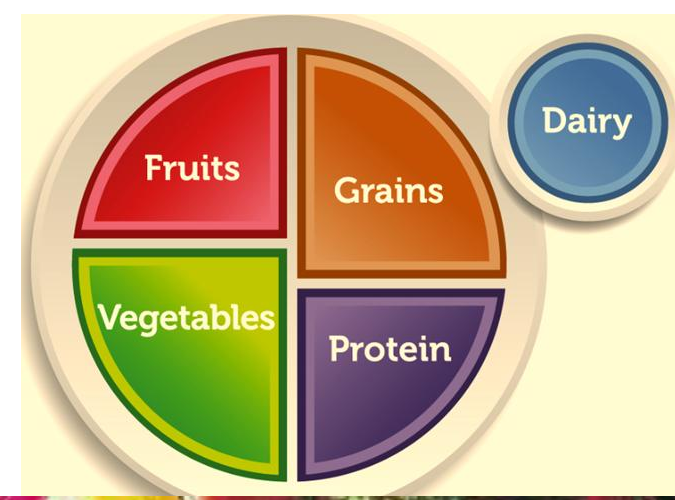
Aguacate  
Apio  
Brócoli  
Chícharo  
Lechuga  
Pimientos  
Tomates  
Zanahorias





# Frutas

Arándanos  
Bananas  
Fresas  
Mango  
Manzana  
Naranja  
Peras  
Piña  
Uvas



# Granos y Granos Enteros

Arroz

Avena

Cebada

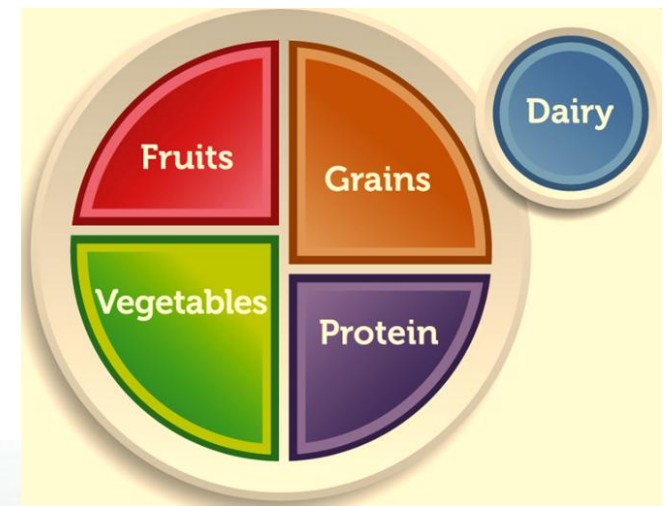
Cereal

Galletas

Pan

Pasta

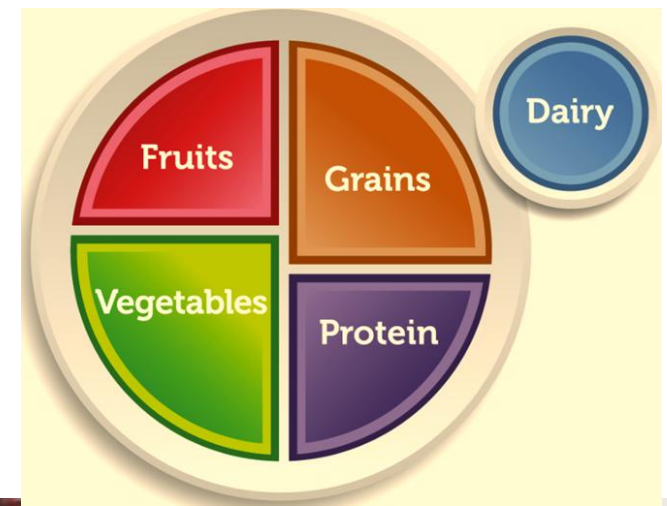
Quínoa



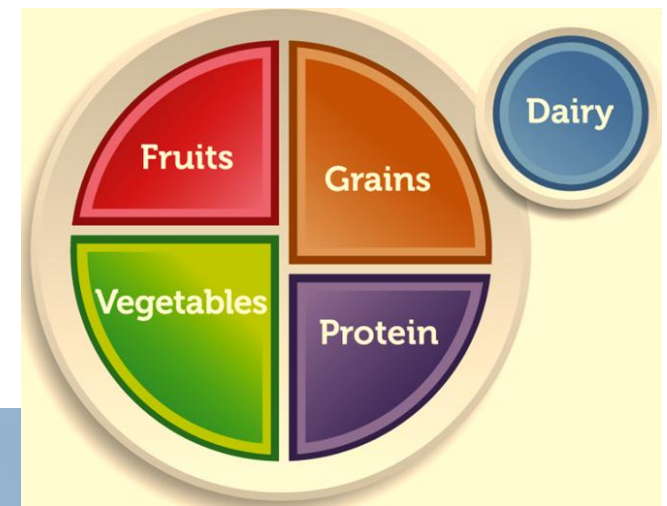


# Proteínas

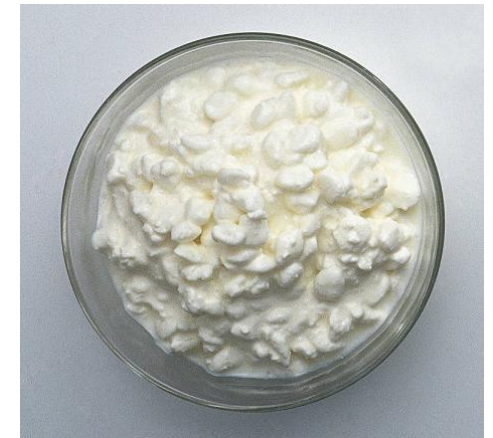
Carne  
Frijoles  
Huevos  
Lentejas  
Nueces  
Pescado  
Pollo  
Semillas  
Turquía



# Productos Lácteos



Leche  
Queso  
Yogurt





# Ricos en Calcio



Almendras - proteína



Brócoli - verdura



Kale - verdura



Tofú - proteína



Jugo fortificado con calcio - Frutas