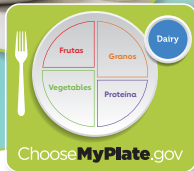


DAIRY LÁCTEOS

**Move to low-fat or
non-fat milk or yogurt**

**Elija leche o yogur descremados
o con bajo contenido de grasa**



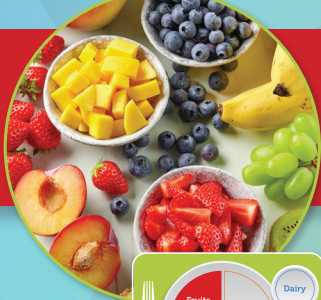
**Washington
Food Coalition**

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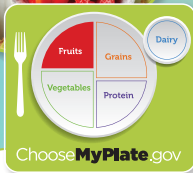
**American
Heart
Association.**

FRUITS FRUTAS



Make half your plate
fruits and vegetables

Haga que la mitad de su plato
consista en frutas y vegetales



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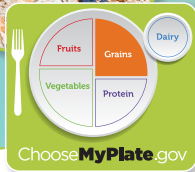


**American
Heart
Association.**

GRAINS GRANOS

**Make half your grains
whole grains**

**Haga que la mitad de los granos
que consume sean integrales**



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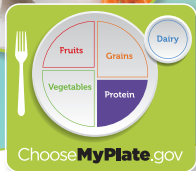
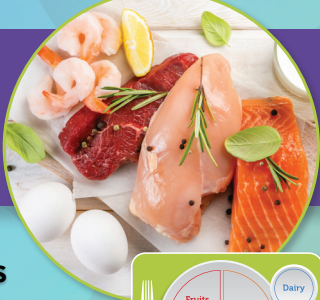


**American
Heart
Association.**

PROTEIN PROTEÍNA

Choose healthy sources of protein, mostly from plants

Elija fuentes saludables de proteínas, principalmente de plantas



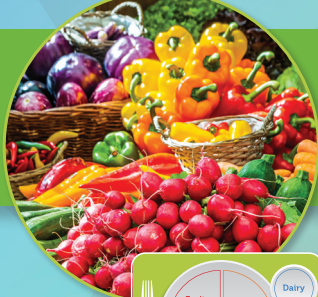
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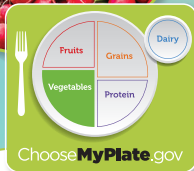
American
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Association.

VEGGIES VERDURAS



Make half your plate
fruits and vegetables

Haga que la mitad de su plato
consista en frutas y vegetales



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American
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