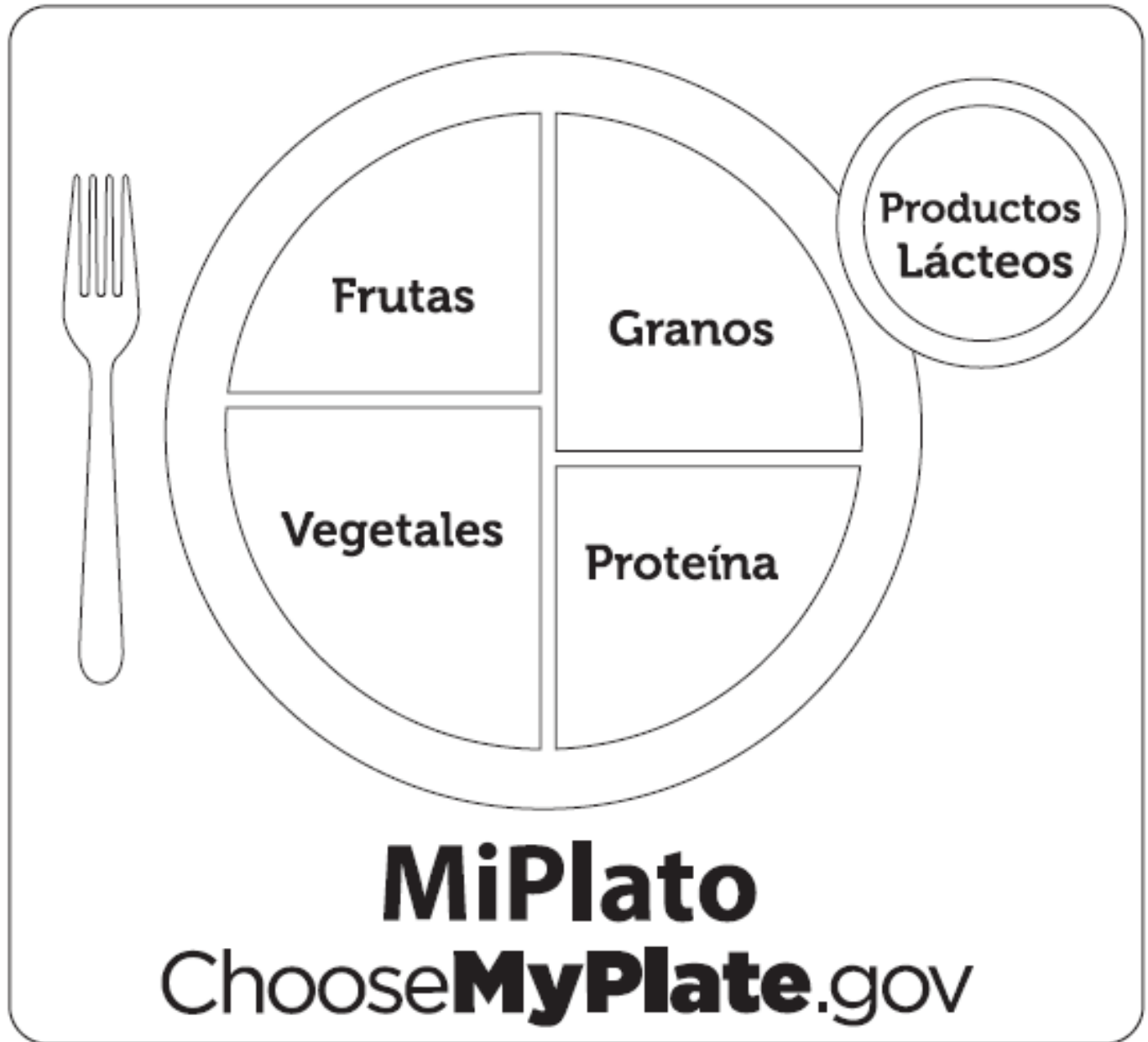




NURTURE

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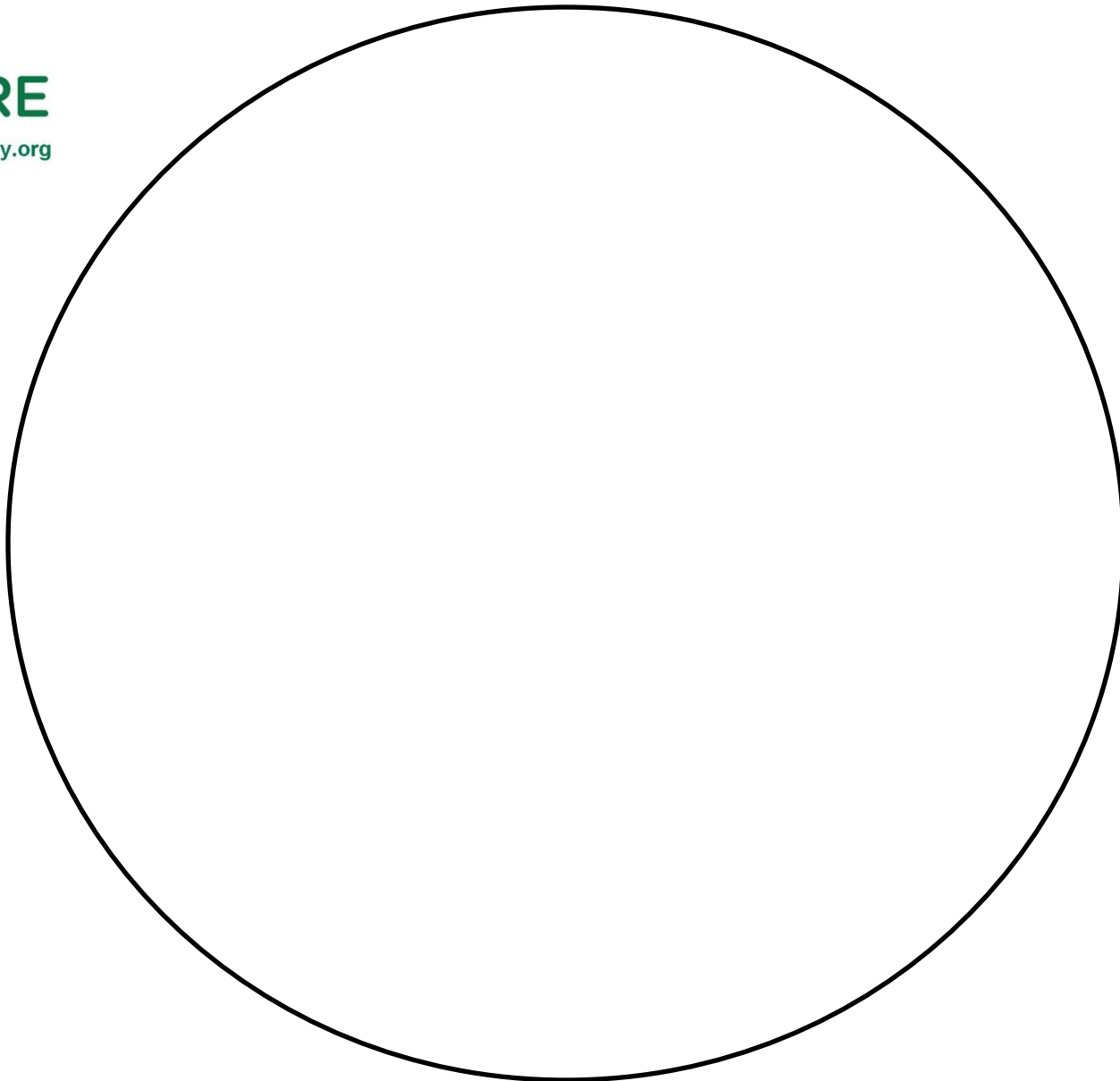


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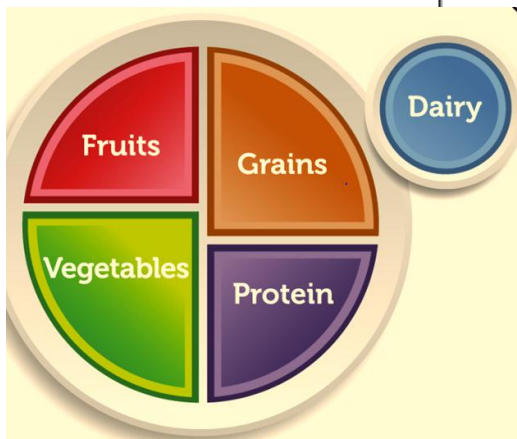
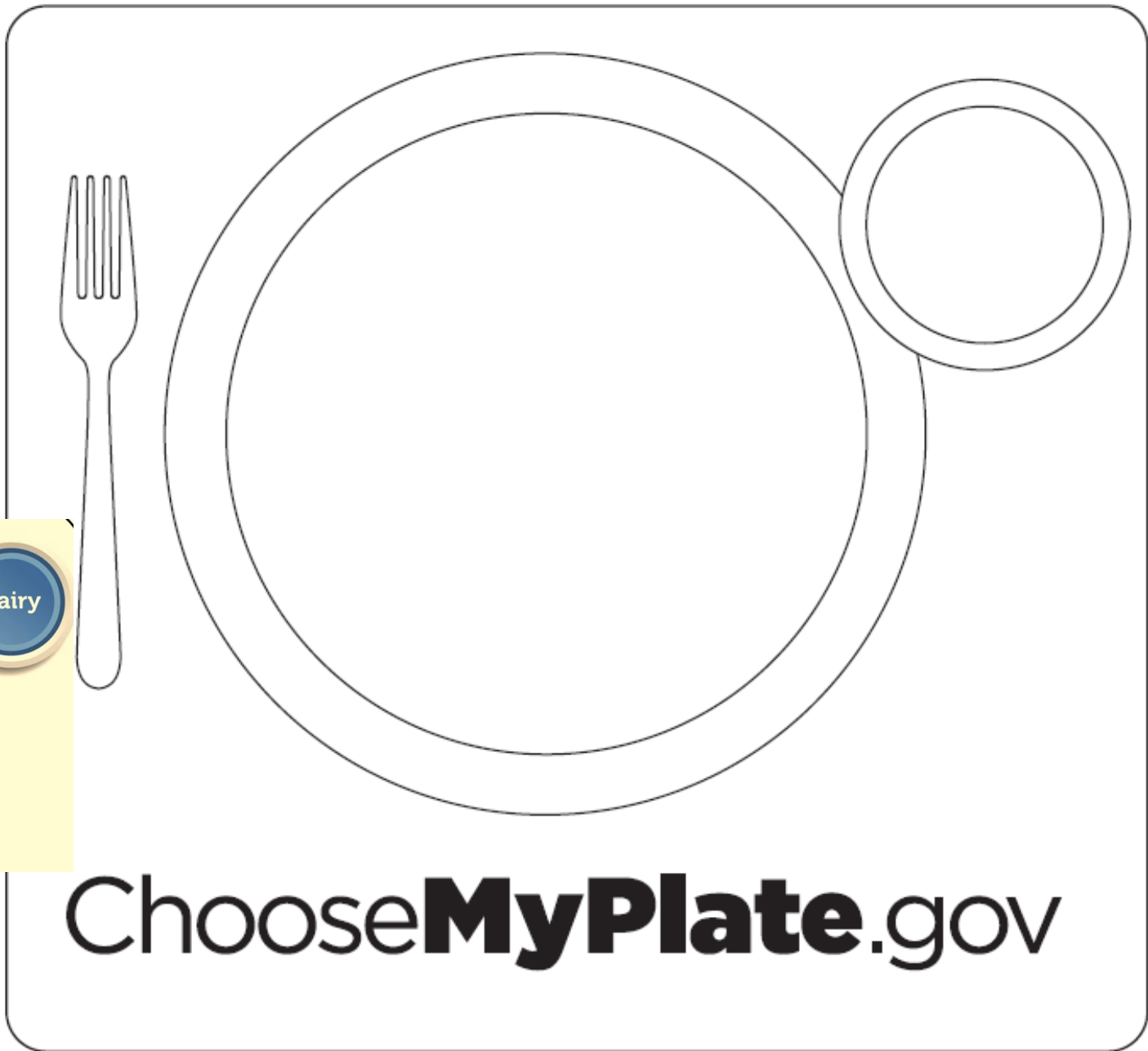
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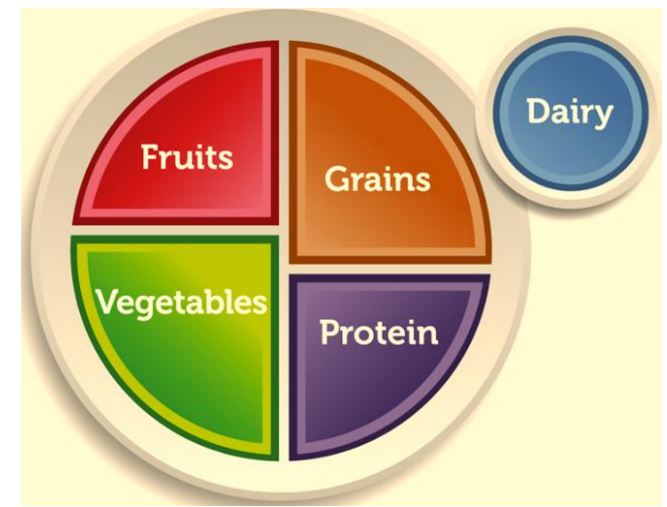
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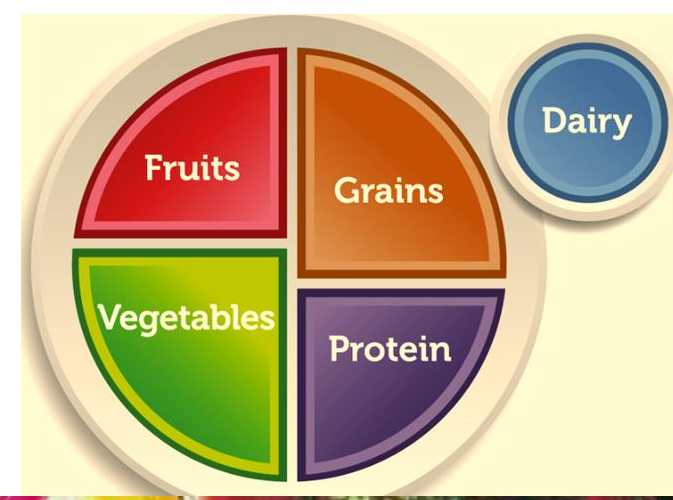
Verduras



Aguacate
Apio
Brócoli
Chícharos
Lechuga
Pimientos
Tomates
Zanahorias



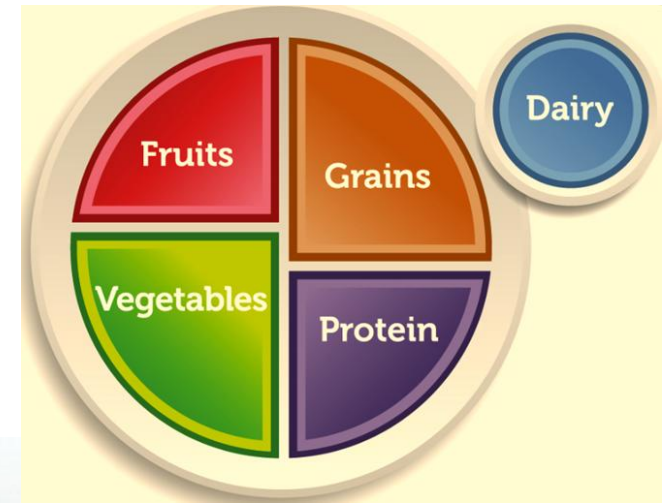
Frutas



Arándanos
Fresas
Mango
Manzana
Naranja
Peras
Piña
Plátanos
Uvas



Granos y Granos Enteros



Arroz

Avena

Cebada

Cereal

Galletas Saladas

Pan

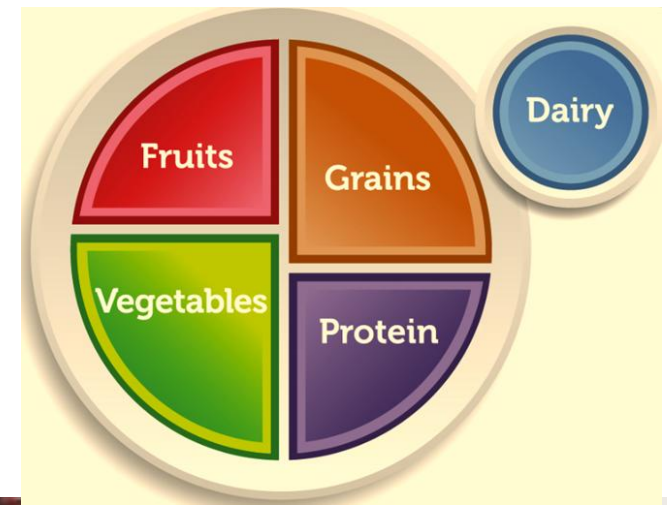
Pasta

Quinoa

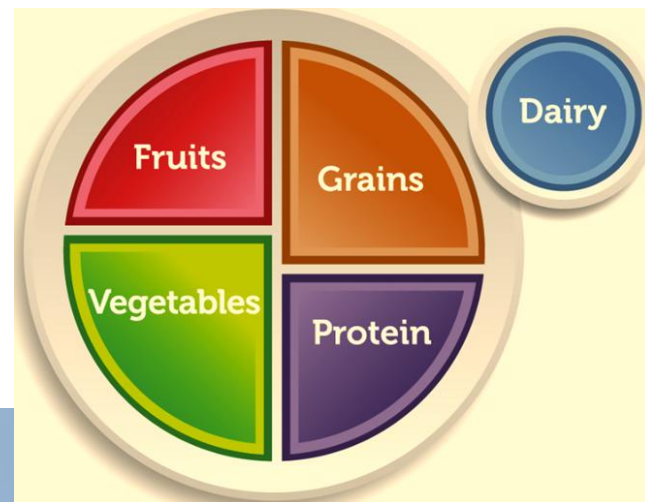


Proteínas

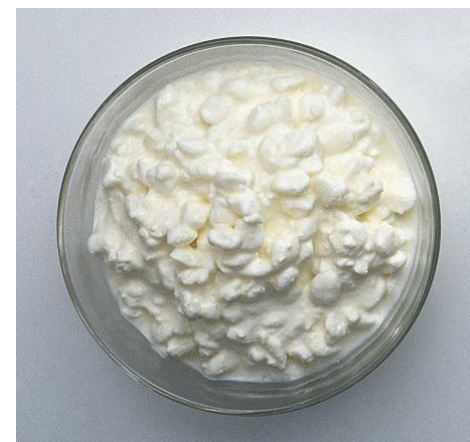
Carne
Frijoles
Huevos
Lentejas
Nueces
Pescado
Pollo
Nueces
Semillas



Productos Lácteos



Leche
Queso
Yogurt



Ricos en Calcio



Almendras - Proteína



Brócoli - Verdura



Col rizada (Kale) - Verdura



Tofu - Proteína



Jugo Fortificado con Calcio - Fruta