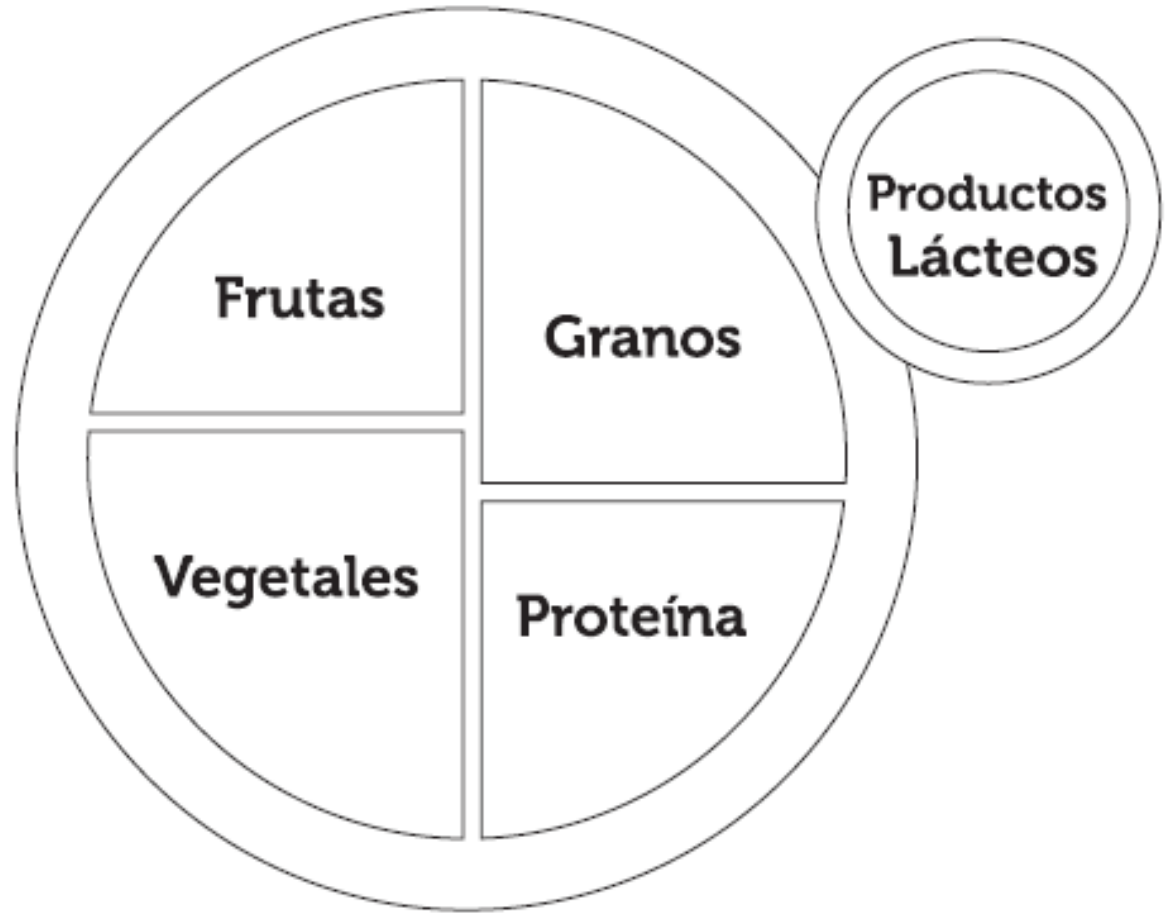




**NURTURE**

www.nurtureyourfamily.org



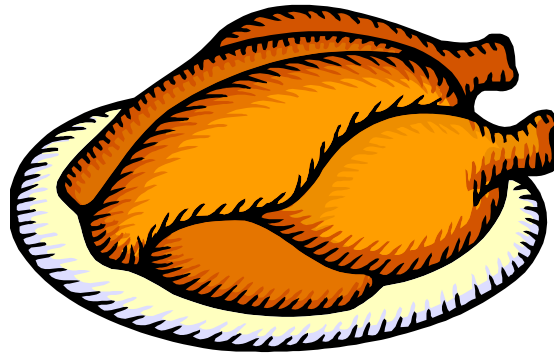
**MiPlato**  
Choose **MyPlate.gov**

# Ejemplo de Almuerzo = El Sofrito



Verduras

+



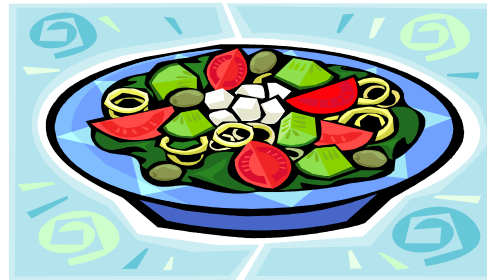
Proteínas - Pollo

+



Granos - Arroz

=



El Sofrito