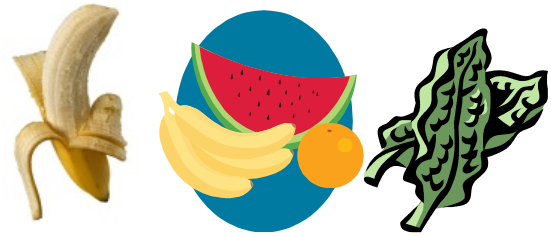
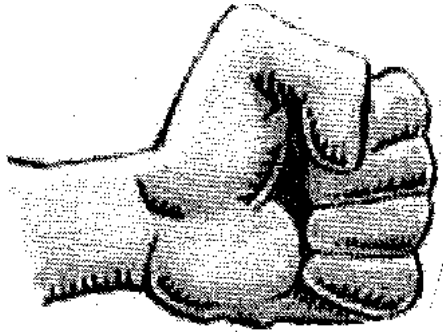


UN PUNO DE CADA ALIMENTO

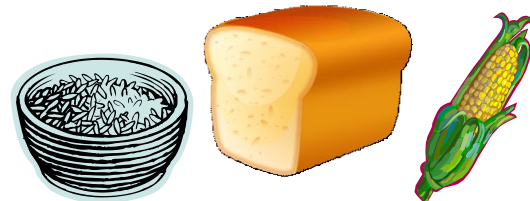
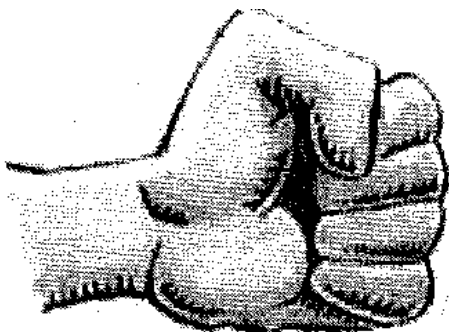
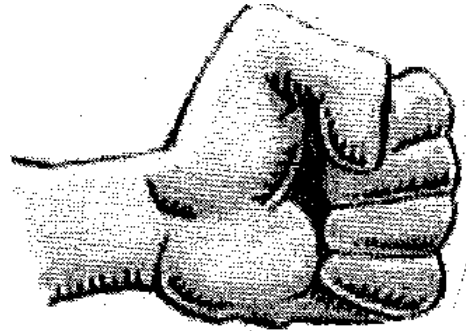
¿Cuántos alimentos debe comer? Le conviene comer un “puno” de cada comida de los tres alimentos:



FRUTAS y VERDURAS



ALIMENTOS de PROTEINAS



**ALMIDONES
(CARBOHIDRATOES)**