



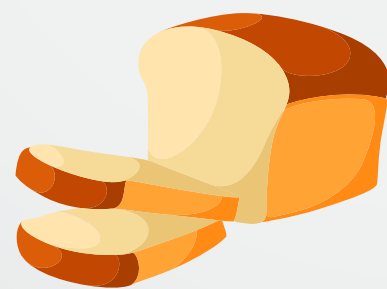
# dieta nutritiva



pasta



arroz



pan

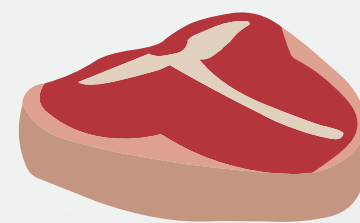


magdalenas

## GRANOS



pescado



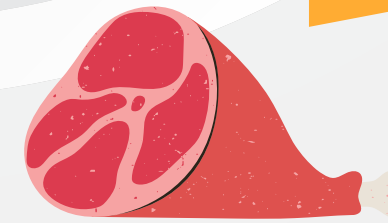
carne roja



huevos



queso



cerdo

## PROTEÍNA

