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## SP605-O-Guía para Una Nutrición Sana

The University of Tennessee Agricultural Extension Service

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# Guía para Una Nutrición Sana



Tennessee Department  
of Health

Agricultural Extension Service  
The University of Tennessee

**UF**  
SP 605-O

## ► **Altas en Calcio**

Leche  
Queso  
Yogur  
Vegetales Verdes (Espinacas y Acelgas)  
Salmón & Sardinas

## ► **Altas en Hierro**

Carne Roja Magras-USDA  
Cereales Fortificados, o "WIC"  
Mantequilla de Maní  
Pan y Granos  
Frijoles y Guisantes

## ► **Vitamina C**

Brócoli	Frambuesas
Repollo	Espinaca
Coliflor	Fresas
Toronja y Jugo de Toronja	Batatas
Pimentón Verde	Tomates y Jugo de Tomate
Naranjas y Jugo de Naranja	Patilla
Melón	Jugos de "WIC"
Piña	
Papas	



## ► **Merienda**

Frutas  
Vegetales  
Galletas Saladas  
Cereales  
Pan de maíz  
English muffins  
Galletas de gengibre  
Galletas de graham  
Gelatina  
\*Nueces  
\*Palomitas de maíz  
Pudin y Dips (Hechos con leche baja en grasa)  
\*Pasas  
Galletas de arroz  
Galletas de vainilla

*\*puede sofocar niños pequeños*

## ► **Limite los siguientes alimentos altos en grasa: (Coma solamente una de estos al día.)**

Comida frita o alimentos altos en grasa  
Tocineta  
Salchicha Alemana  
Biscoches (biscuits)  
Bologña  
Chocolates y caramelos  
Galletas  
Papas Fritas  
Salchichas  
Salchichas Polacas  
Salami  
Embutidos

*Adaptado de Departamento de Salud de la Ciudad de Milwaukee,  
Programa Preventivo de Envenenamiento de Plomo Infantil.*



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