

Vegetales

Frutas

Brócoli

Zanahoria

Coliflor

Maíz

Ejotes

Lechuga

Hongos

Cebolla

Papas

Lechuga Romana

Espinaca

Camote

Tomate

Jugo de Tomate

Calabaza

Manzana

Banano

Cóctel de Frutas

Toronja

Uvas

Mango

Jugo de Naranja

Naranja

Durazno

Ciruela

Pasas

Fresas



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This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

Granos

Cereal

Cereal de Maíz

Arroz Integral

Pan de Maíz

Galleta Integral

Tortilla de Harina

Pan de Maíz

Palomitas

Arroz

Avena

Pan de Hamburguesa



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Proteina

Pollo

Semilla de Marañon

Frijoles Negros

Nueces

Almendras

Frijoles Pintos

Salmón

Camarones

Carne de Res

Carne de Puerco

Frijoles Rojos

Nueces Mixtas

Jamón



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Productos Lacteos

Queso Amarillo rallado

Yogurt Congelado

Queso Suizo

Yogurt bajo en grasa

Leche sin grasa



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