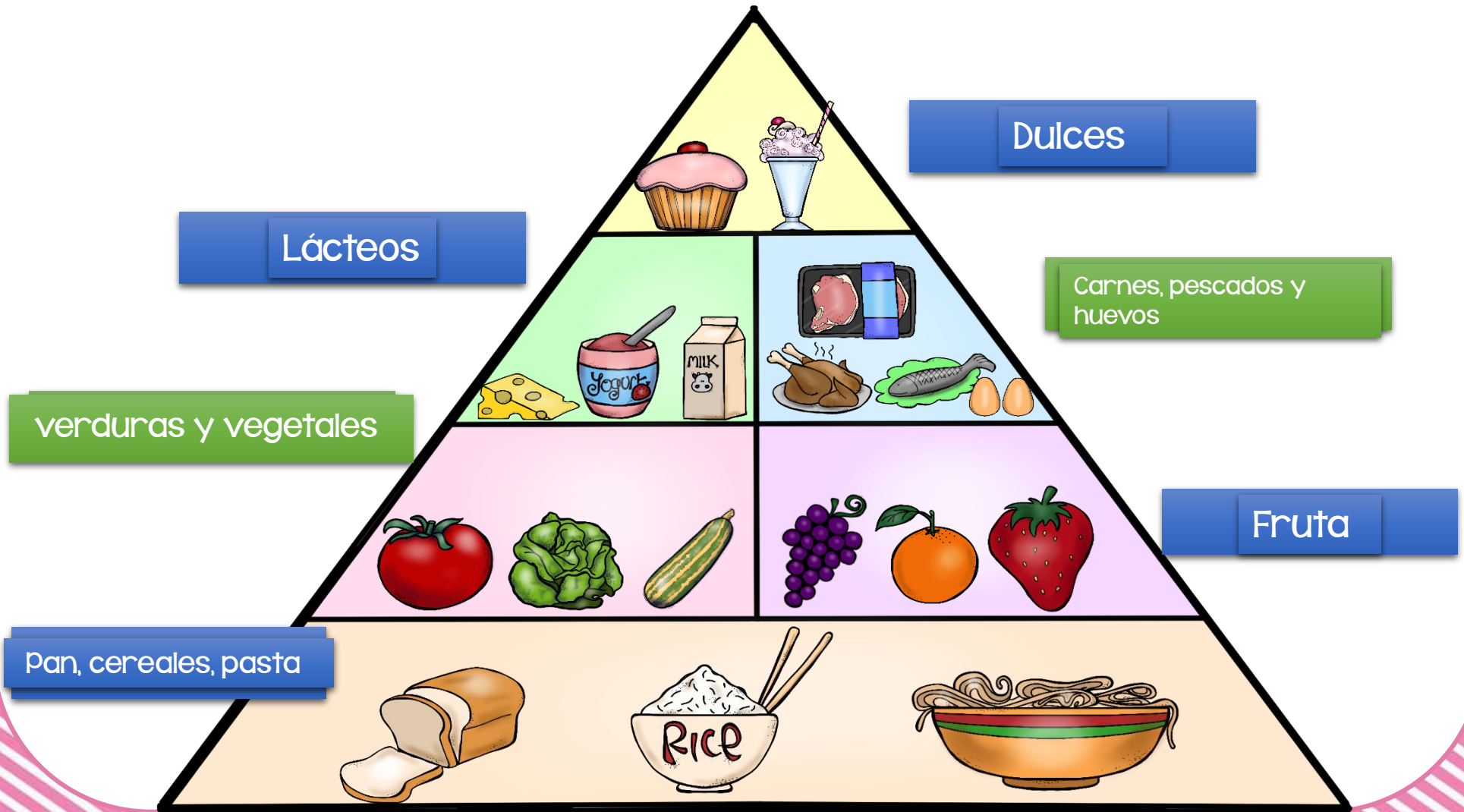
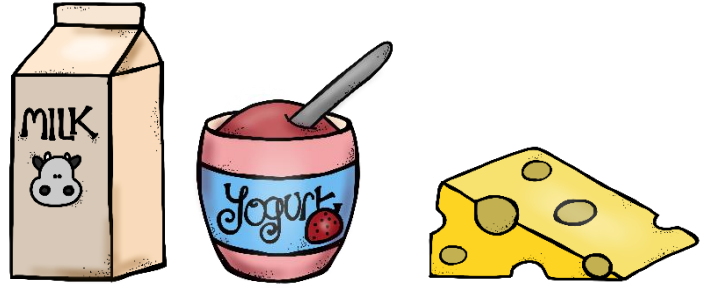


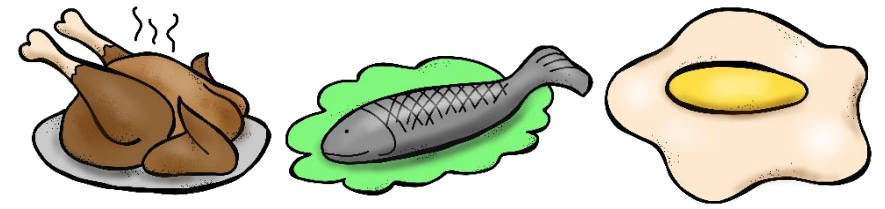
Pirámide de los alimentos



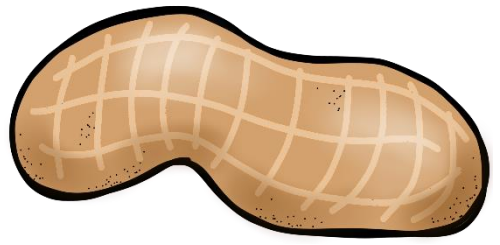
Grupos de alimentos



Leche y derivados

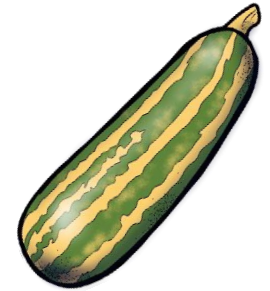
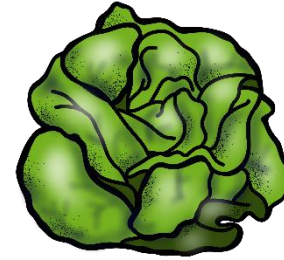
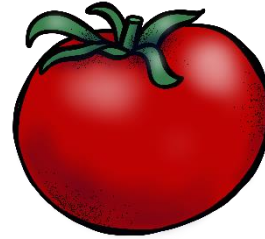
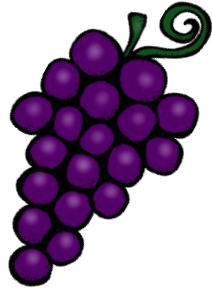
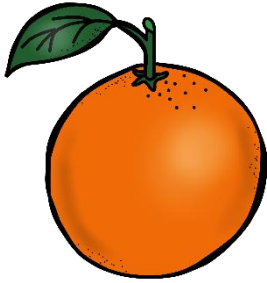
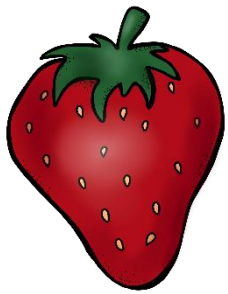


Carnes, pescados y huevos



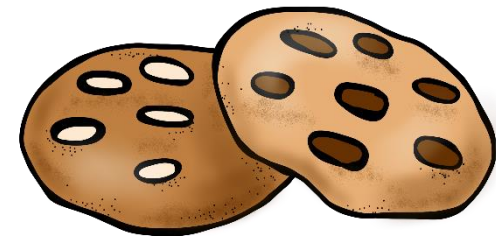
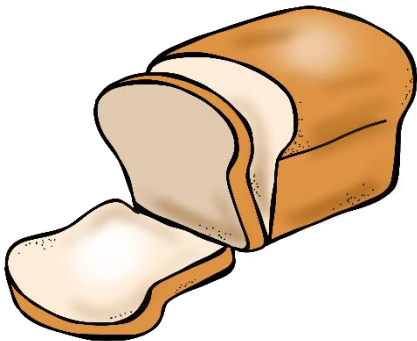
Legumbres, tubérculos y frutos secos.

Grupos de alimentos



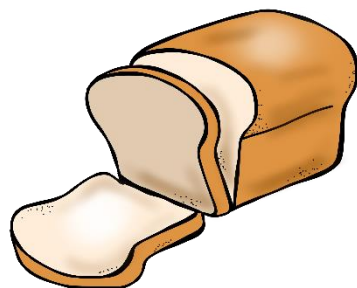
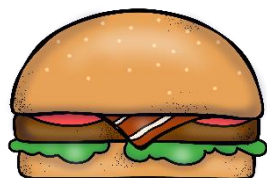
Frutas

Verduras y hortalizas



Cereales y derivados.

Rodea los alimentos que tomas a diario en el desayuno



Rodea los alimentos que pertenecen al grupo de las carnes y pescado

