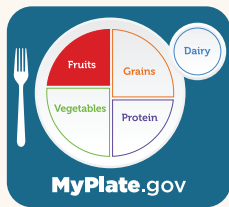


Choose Fruits



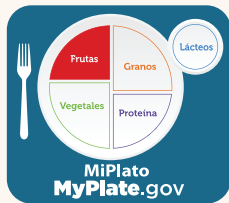
Fresh, frozen or canned ... it's all good for you when you choose options without added sugar.



Elija Frutas



Frescas, congeladas o enlatadas... todas son una buena opción cuando elige opciones sin azúcares añadidos.



Evidence-based health material brought to you by Nebraska Extension.
Material de salud basado en evidencia presentado por Nebraska Extension.