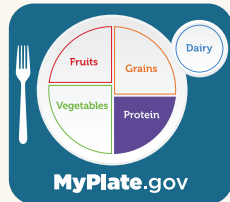


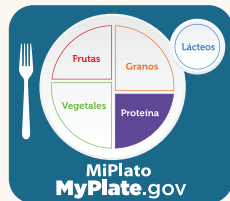
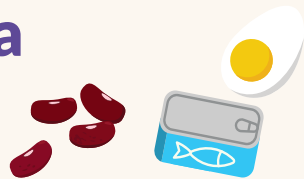
# Choose Lean Protein

Look for lean meat, fresh fish, fish canned in water, eggs, dry beans, nuts, and seeds.



# Elija Proteína Magra

Busque carne magra, pescado fresco, pescado enlatado en agua, huevos, frijoles secos, nueces y semillas.



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