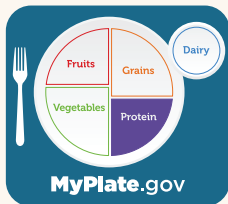


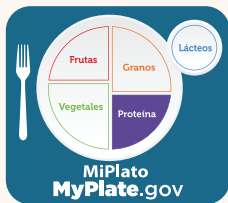
Choose Lean Protein

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.