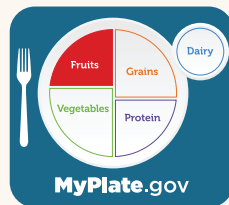


Choose Fruits



SELECT OPTIONS WITHOUT ADDED SUGAR.

Fruits may help lower your risk of heart disease, type 2 diabetes and certain cancers.

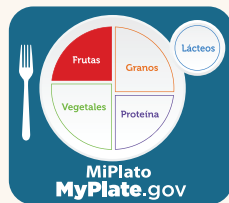


Elija Frutas



SELECCIONE OPCIONES SIN AZÚCAR AÑADIDA.

Las frutas pueden ayudar a reducir el riesgo de enfermedad cardíaca, la diabetes tipo 2 y ciertos tipos de cáncer.



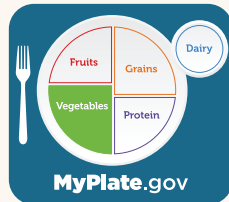
Evidence-based health material brought to you by Nebraska Extension.
Material de salud basado en evidencia presentado por Nebraska Extension.

Choose Vegetables



SELECT OPTIONS WITHOUT ADDED SALT OR SAUCE.

Vegetables may help lower your risk of heart disease, type 2 diabetes and certain cancers.

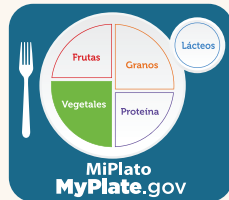


Elija Vegetales



SELECCIONE LAS OPCIONES SIN SAL O SALSA AÑADIDA.

Los vegetales pueden ayudar a reducir el riesgo de enfermedad cardíaca, la diabetes tipo 2 y ciertos tipos de cáncer.



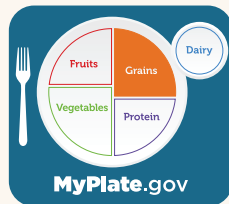
Evidence-based health material brought to you by Nebraska Extension.
Material de salud basado en evidencia presentado por Nebraska Extension.

Choose Whole Grains



LOOK FOR 100% WHOLE GRAIN ON THE LABEL AND AS THE FIRST INGREDIENT.

Whole grains are a good source of fiber, which may lower your risk of heart disease, stroke and type 2 diabetes.

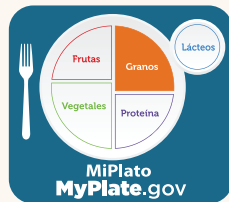


Elija el Grano Integral



USQUE 100% GRANO INTEGRAL EN LA ETIQUETA Y COMO EL PRIMER INGREDIENTE.

Los granos integrales son una buena fuente de fibra, lo que puede reducir el riesgo de enfermedad cardíaca, derrame, y la diabetes tipo 2.



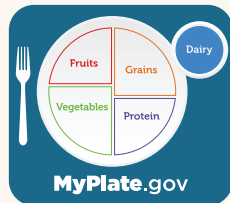
Evidence-based health material brought to you by Nebraska Extension.
Material de salud basado en evidencia presentado por Nebraska Extension.

Choose Low-Fat Dairy



LOOK FOR SKIM OR 1% MILK, YOGURT OR COTTAGE CHEESE.

Low-fat dairy provides as much calcium and vitamin D per serving as whole milk with less fat.

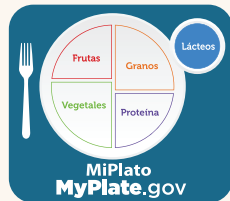


Elija Lácteos Bajos en Grasa



BUSQUE LECHE DESCREMADA O 1% DE GRASA, YOGURT O QUESO COTTAGE.

Productos lácteos bajos en grasa ofrecen la misma cantidad de calcio y vitamina D por porción que la leche entera con menos grasa.

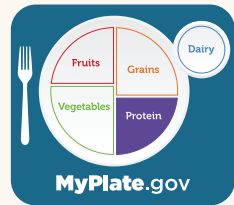


Evidence-based health material brought to you by Nebraska Extension.
Material de salud basado en evidencia presentado por Nebraska Extension.

Choose Lean Beef

LOOK FOR 90% LEAN BEEF OR HIGHER.

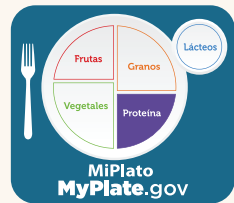
Lean beef is an excellent source of protein, iron, zinc and B vitamins, and it lowers your intake of saturated fat and cholesterol.



Elija Carne Baja en Grasa

BUSQUE 90% O MÁS DE CARNE.

La carne de res magra es una excelente fuente de proteínas, hierro, zinc y vitamina B, y también reduce su consumo de grasas saturadas y colesterol.

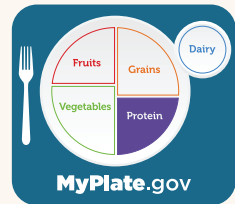


Evidence-based health material brought to you by Nebraska Extension.
Material de salud basado en evidencia presentado por Nebraska Extension.

Choose Lean Meat

CHICKEN IS A GREAT CHOICE!

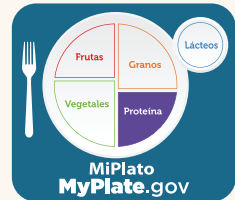
Chicken is high in protein and Vitamin B and low in saturated fat.



Elija carnes Magras

¡EL POLLO ES UNA EXCELENTE OPCIÓN!

El pollo es rico en proteínas y vitamina B y bajo en grasas saturadas.

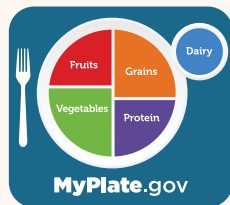


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Choose Water

QUENCH YOUR THIRST.

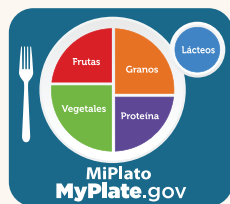
Choose water without added sugar, flavors or calories.



Elija Agua

SACIE SU SED.

Elija agua sin azúcares añadidos, sabores o calorías.

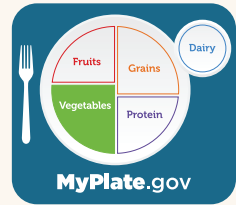


Evidence-based health material brought to you by Nebraska Extension.
Material de salud basado en evidencia presentado por Nebraska Extension.

Choose Vegetables



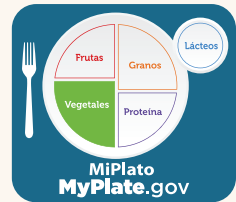
Fresh, frozen or canned ... it's all good for you when you choose options without added sauce.



Elija Vegetales



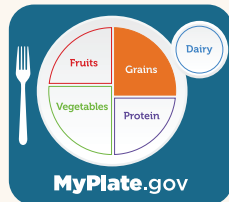
Frescos, congelados o enlatados... todos son una buena opción cuando elige opciones sin salsa añadida.



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

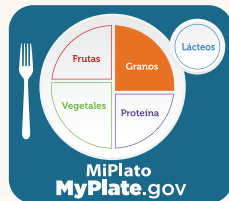
Choose Whole Grains

Whole grains should be listed as the first ingredient in your breads, cereals, tortillas, rice and pasta.



Elija Granos Integrales

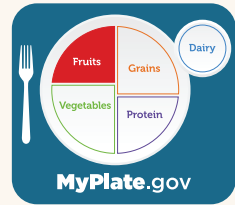
Los granos integrales deben aparecer como el primer ingrediente en panes, cereales, tortillas, arroz y pasta.



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

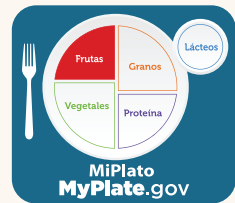
Choose Fruits

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



Elija Frutas

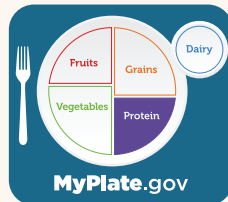
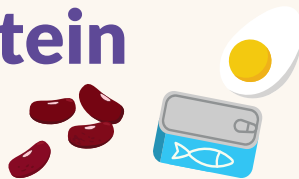
Frescas, congeladas o enlatadas... todas son una buena opción cuando elige opciones sin azúcares añadidos.



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

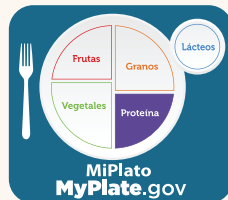
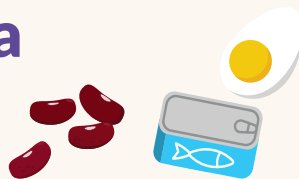
Choose Lean Protein

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



Elija Proteína Magra

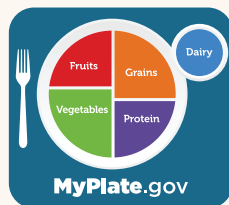
Busque carne magra, pescado fresco, pescado enlatado en agua, huevos, frijoles secos, nueces y semillas.



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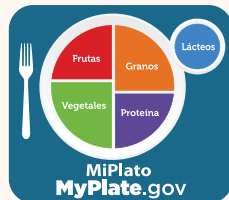
Choose Water

Choose water without added sugar, flavors or calories.



Elija Agua

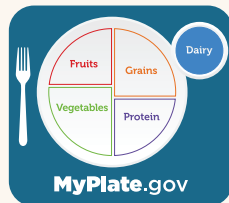
Elija agua sin azúcares añadidos, sabores o calorías.



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Material de salud basado en evidencia presentado por Nebraska Extension.

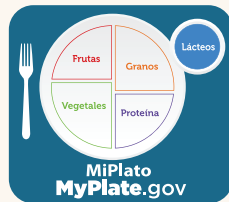
Choose Low-Fat Dairy

Look for skim or 1% milk, low-fat cheese or yogurt.



Elija Lácteos Bajos en Grasa

Busque leche descremada o 1%, queso bajo en grasa o yogur.



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