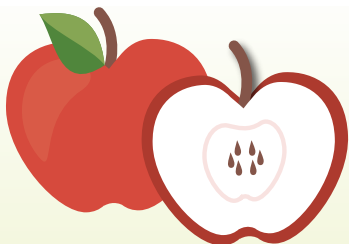


**Eat Smart
Move More**
Virginia Cooperative Extension • Family Nutrition Program

***The ultimate
low-calorie and
portable snack!***

APPLES

QUICK • EASY • TASTY



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***¡La merienda
transportable
de más baja
caloría!***

MANZANAS

RÁPIDO • FÁCIL • SABROSO



BANANAS

*Add to cereal, oatmeal,
or pancakes for natural
sweetness!*

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Virginia Cooperative Extension • Family Nutrition Program

QUICK • EASY • TASTY

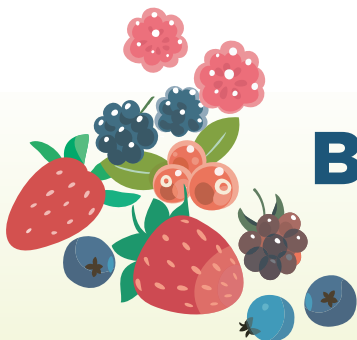


PLÁTANOS

***¡Añádalos al cereal, la
avena o panqueques
para un dulzor natural!***

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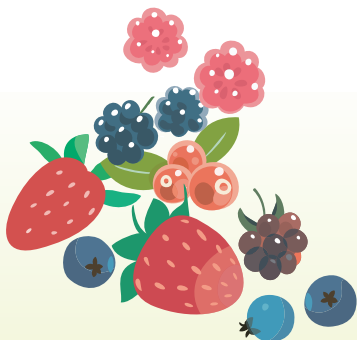


BERRIES

*Freeze overnight
to put in smoothies
the next morning!*

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BAYAS

*¡Congelarlas por la
noche para ponerlas
en los batidos a la
mañana siguiente!*

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BROWN RICE

***Whole grain means
more fiber and nutrients!***

QUICK • EASY • TASTY



ARROZ INTEGRAL



***¡Cereal integral significa
más fibra y nutrientes!***

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CANNED BEANS

***A low-fat protein to
add fiber to your diet!***

QUICK • EASY • TASTY



FRIJOLES EN LATA

***¡Una proteína reducida
en grasa para agregar
fibra a su dieta!***

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CANNED CARROTS

*Kids love carrots,
they're naturally sweet!*

QUICK • EASY • TASTY



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ZANAHORIAS EN LATA

***¡Los niños
aman las zanahorias ya que
son naturalmente dulces!***

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CANNED CORN

***Choose low sodium
or no salt added!***

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MAÍZ EN LATA

***¡Elija maíz bajo en
sodio o sin sodio!***

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CANNED FRUITS & VEGETABLES

***Lasts longer than fresh
produce and ready
when you need it!***

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FRUTAS Y VERDURAS ENLATADAS



*¡Duran más que las frutas
y verduras frescas y están
listas cuando las necesita!*

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CANNED GREEN BEANS

***Add to casseroles or soups!
Rinse to reduce salt.***

QUICK • EASY • TASTY



FRIJOLES VERDES EN LATA

***¡Agregue a cazuelas o
sopas! Enjuague para
reducir la cantidad de sal.***

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CANNED ORANGES

***Kids love oranges,
they're great for lunches!***

QUICK • EASY • TASTY



NARANJAS EN LATA

***A los niños les encantan las
naranjas, ¡son fantásticas
para los almuerzos!***

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CANNED PEACHES

*Great in
yogurt or smoothies
for natural sweetness!*

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DURAZNOS EN LATA



***¡Genial con
yogurt o enlicuados para
endulzar naturalmente!***

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CANNED PINEAPPLE



***Add to stir fry,
cakes, or fruit salad
for natural sweetness!***

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**PIÑA
EN LATA**

***¡Agregue a
salteados, tortas
o ensaladas de frutas para
endulzar naturalmente!***

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CANNED SARDINES

*A healthy protein with
omega 3 fatty acids!*

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SARDINAS ENLATADAS

***¡Una proteína
saludable con ácidos
grasos omega-3!***

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CANNED SWEET PEAS

**Add to salads, soups,
or casseroles!**

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GUISANTES DE OLOR EN LATA

*¡Agregue a ensaladas,
sopas o cazuelas!*

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CANNED TOMATOES

*Perfect for making
homemade sauces
and soups!*

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TOMATES EN LATA



*¡Perfectos para hacer
salsas y sopas caseras!*

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CANNED TUNA

***Add to pasta salad,
sandwiches, casseroles, or
salads for a lean protein!***

QUICK • EASY • TASTY



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ATÚN EN LATA

*¡Agregue a ensaladas de pasta,
sándwiches, cazuelas o ensaladas
clásicas para obtener proteína magra!*

RÁPIDO • FÁCIL • SABROSO



CHICKEN

*Lean source of protein,
and a great base for
slow-cooker recipes!*

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POLLO

***¡Fuente magra de proteína
y una excelente base para
recetas de cocción lenta!***

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DRIED BEANS



***Cook with broth for
a lean protein!***

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FRIJOLES SECOS



***¡Cocine con caldo para
obtener proteína magra!***

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EGGS

***A great protein
option for breakfast,
lunch or dinner!***

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HUEVOS



***¡Una gran proteína
para el desayuno, el
almuerzo o la cena!***

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FISH

*Can buy fresh, canned,
or frozen for a great
protein source!*

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PESCADO

*¡Puede comprarse fresco,
enlatado o congelado
obteniendo una excelente
fuente de proteína!*

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FRESH PRODUCE

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PRODUCTOS FRESCOS

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FROZEN FRUIT



*Great for smoothies,
yogurt, or cereal!*

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FRUTA CONGELADA



*¡Ideal para licuados,
yogur o con cereales!*

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FROZEN VEGETABLES

***Lasts longer than fresh
veggies and ready
when you need it!***

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VERDURAS CONGELADAS

*¡Duran más que las
verduras frescas y están
listas cuando se necesitan!*

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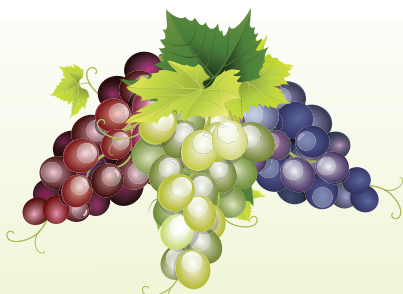


GRAPES

***Kids love grapes,
especially when frozen!***

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QUICK • EASY • TASTY



UVAS

***¡A los niños les encantan
las uvas, especialmente
cuando están congeladas!***

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GREENS

*Always look for darker
leafy greens over light.*

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VERDURAS

*Siempre busque
verduras con
hojas más
oscuras en lugar
de aquellas con
hojas más claras.*

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MANGO

*Great in smoothies
or with veggies for
a delicious salad!*

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MANGO

***¡Fantástico en batidos
o con verduras para una
deliciosa ensalada!***

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MELONS



Sweet and delicious.

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MELONES



¡Dulces y deliciosos!

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Low-Fat/Fat-Free MILK

*The same amount of
calcium and vitamin D!*

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LECHE CON BAJA CREMA O DESCREMADA

*¡La misma cantidad de
calcio y vitamina D!*

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Block Cheese **MOZZARELLA**

*Shred at home for
a low-fat option for
pizza, tacos, or pasta!*

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QUESO MOZZARELLA EN BLOQUE

*¡Rallar en casa para obtener
una opción baja en grasas para
utilizar en pizza, tacos o pasta!*



RÁPIDO • FÁCIL • SABROSO



Mozzerella **STRING CHEESE**

***Kids love string
cheese, it's great for
lunches or snacks!***

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QUESO MOZZARELLA EN TIRAS

*¡A los niños les encanta el
queso en tiras, es ideal para
almuerzos o en refrigerios!*

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RÁPIDO • FÁCIL • SABROSO



PEANUT BUTTER

*Try a peanut butter
and fruit sandwich on
whole wheat bread!*

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MANTEQUILLA DE MANÍ

*¡Pruebe un sándwich de pan integral
con mantequilla de maní y fruta!*

RÁPIDO • FÁCIL • SABROSO



POPCORN

***Choose no butter or
salt added, and mix
with nuts and dried fruit
for a snack kids love!***

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POCHOCLO

*¡Elija sin mantequilla o sal
agregada y, mezcle con
frutos secos y nueces para
lograr una colación que le
encantará a los niños!*

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QUINOA

***Excellent source of fiber
and plant-based protein!***

QUICK • EASY • TASTY



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QUINOA

***¡Fuente excelente de
fibra y proteína vegetal!***

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SEEDS and NUTS



*A great snack full of
protein and healthy fats!*

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SEMILLAS Y FRUTOS SECOS



***¡Una colación genial
llena de proteína y
grasas saludables!***

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WHOLE GRAIN CEREAL



*The first ingredient
says "whole grain"!*

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CEREAL INTEGRAL



***¡El primer ingrediente
dice “integral”!***

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WHOLE GRAIN PASTA

*The first ingredient
says "whole grain"!*

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PASTA INTEGRAL

***¡El primer ingrediente
dice “integral”!***

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