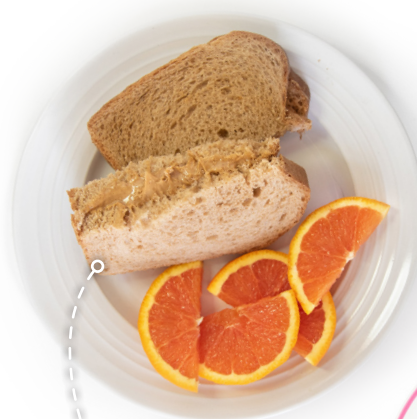


Keep foods on hand that
***make a healthy
choice easy!***



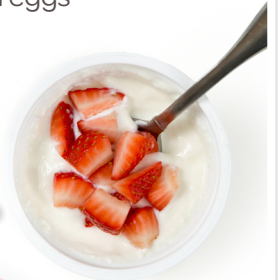
whole
grain,
low sugar
cereals



peanut butter &
whole grain bread



precut vegetables
& hard boiled eggs



yogurt
& fruit



canned
tuna



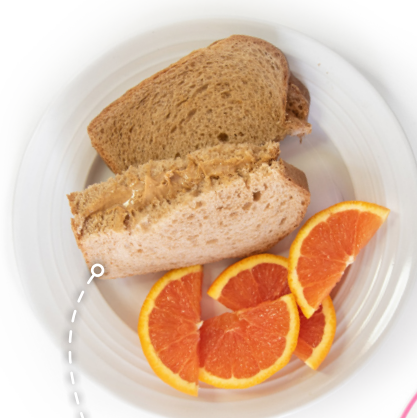
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Breastfeeding Tip

Tenga a mano alimentos que
***faciliten la elección
saludable!***



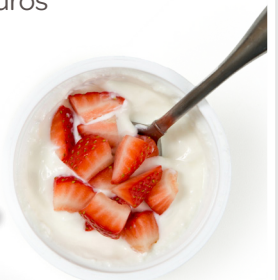
cereales
integrales
bajos en
azúcar



mantequilla de maní
y pan integral



verduras precortadas
y huevos duros



yogur
y fruta



pescado
en lata



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Consejo de lactancia