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nutrition tips for today's families

i like to eat what you eat

- **Buy a couple fresh fruits or vegetables each week -** strawberries, apples, grapes, oranges, tomatoes or cucumbers.
- **Skip the sugary drinks,** soda and sweet tea.
- Let's **drink water** when thirsty.

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nutrition tips for today's families en Español

me gusta comer lo que comes tú

- **Cada semana compra frutas o verduras frescas -** fresas, manzanas, uvas, naranjas, tomates o pepinos.
- **Evita las bebidas azucaradas,** las sodas y los tés endulzados.
- Cuando tengamos sed, **bebamos agua.**

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