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nutrition tips for today's families

No. 423

Top a bowl of breakfast cereal with blueberries or strawberry slices.

Add blueberries, raspberries or chopped strawberries **to vanilla yogurt.**

enjoy summer fresh berries!

Snack on a bowl of berries, just rinse and eat!

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nutrition tips for today's families

No. 423 en Español

Agrega arándanos o rodajas de fresa **al cereal de desayuno.**

Añade arándanos, frambuesas a fresas picados **al yogur de vainilla.**

el verano, disfruta de frutos rojos frescos

Come un tazón de frutos rojos como bocadillo, solo necesitas enjuagarlos ¡y a comer!

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