



High fiber foods such as **whole grains** help provide a feeling of fullness with fewer calories



Alimentos ricos en fibra, como los **granos integrales**, te dan una sensación de saciedad con menos calorías

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Alimentos ricos en fibra, como los **granos integrales**, te dan una sensación de saciedad con menos calorías



A collage of various whole grain foods. In the foreground, there are two small bowls: one containing granola with dried fruit and another containing rolled oats. Behind them are several slices of bread, some with visible seeds or grains. To the right, there is a bowl of elbow macaroni and a stack of flatbread or tortilla chips. The background is a textured surface, possibly a bamboo mat.

**Boost fiber
content of your
meals with **whole
grains****

A collage of various whole grain foods. In the foreground, there are two small bowls: one containing dark granola with raisins and another containing light-colored oats. Behind them are several slices of bread, some with visible seeds or grains. To the right is a bowl of whole grain pasta, and at the bottom is a pile of whole grain cereal loops.

**Aumenta fibra de
tus comidas con
granos integrales**



Choosing **whole grains** over refined grains can **improve** your **blood pressure** and **cholesterol levels**



Cuando elige **granos enteros** en lugar de granos refinados puede **mejorar** su presión y niveles de colesterol



Choosing **whole grains** over refined grains will help maintain a steady blood sugar after meals





Eligiendo **granos enteros** en lugar de granos refinados ayudará mantener un nivel constante del azúcar en la sangre después de comidas

A close-up photograph of a bowl of cereal. The cereal consists of various whole grains, including oats and bran flakes. It is topped with fresh fruit, including several strawberries and blueberries. A spoon is visible in the bowl, resting on the cereal. The lighting is soft, highlighting the textures of the cereal and the vibrant colors of the fruit.

Add sweetness to your
whole-grain cereals with **fruit**

A close-up photograph of a bowl filled with whole grain cereal. Several fresh strawberries and blueberries are scattered throughout the cereal. A spoon is partially visible in the upper right corner of the bowl.

Añade dulzura a tus **cereales**
integrales con **fruta**

A close-up photograph of a white bowl filled with oatmeal. The oatmeal is topped with several thick, round slices of banana and some chopped nuts. In the background, there's a blurred view of a wooden surface and a blue cloth.

Whole grains provide long-lasting energy



Granos integrales te dan energía duradera

Plants
have
protein
too



Beans, nuts, peas,
and vegetables are
great sources of
protein



Las plantas
también
tienen
proteína



Frijoles, nueces,
guisantes y verduras son
gran fuente de **proteína**





Try this Easy and Satisfying Split Pea Soup in a slow cooker

A close-up photograph of a person's hands holding a handful of white beans with brown speckles. The hands are positioned in the center, with fingers slightly spread to hold the beans. The background is filled with a large number of similar beans, creating a dense, textured pattern. The lighting is warm and focused on the beans in the hands.

Heart Healthy

A close-up photograph of a person's hand holding a handful of white beans with brown speckles. The hand is positioned in the center, with the fingers slightly curled around the beans. The background is filled with a large number of similar beans, creating a dense, textured pattern.

Para un Corazón
Saludable

Eggs are one of
the most
nutritious foods
on the planet



Huevos son
uno de los
alimentos más
nutritivos del
planeta





Photo from cottontailco.com



Photo from wellplated.com

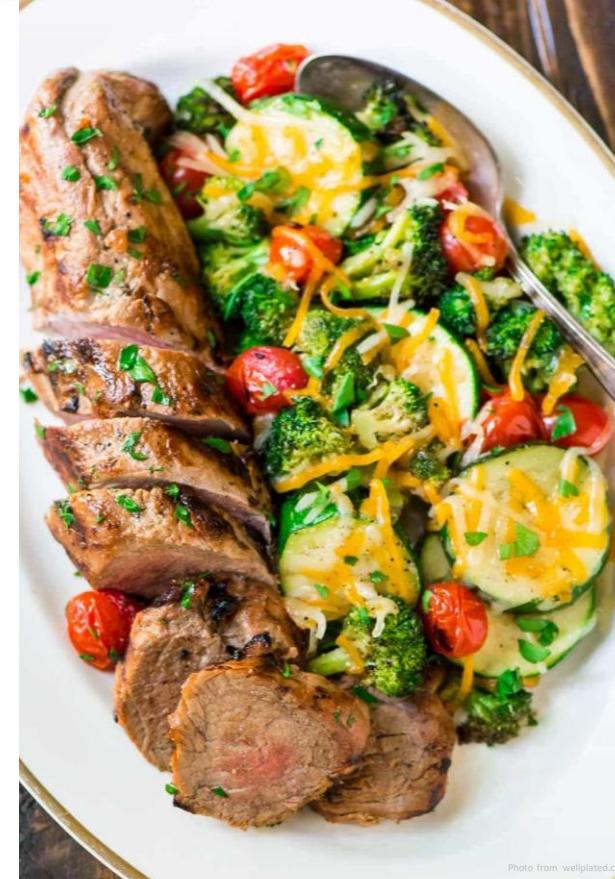
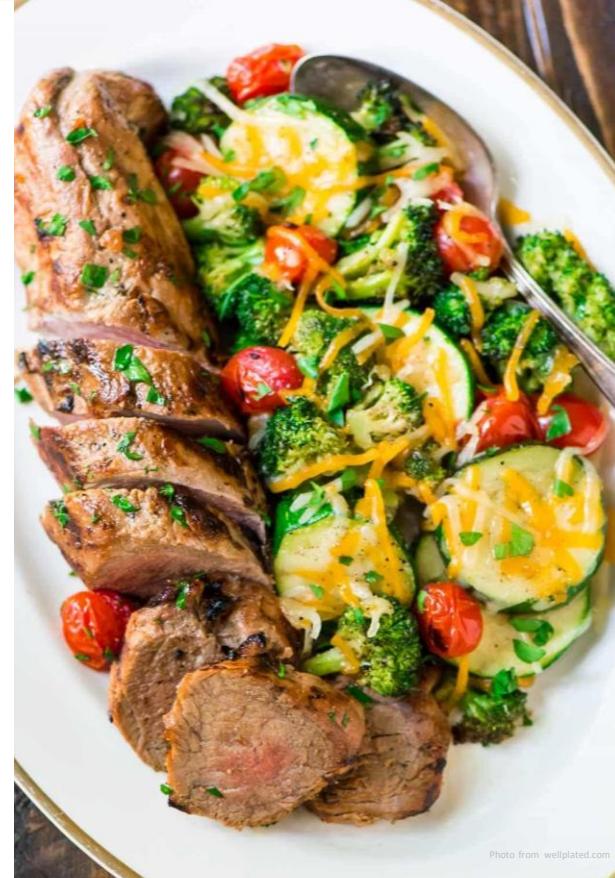


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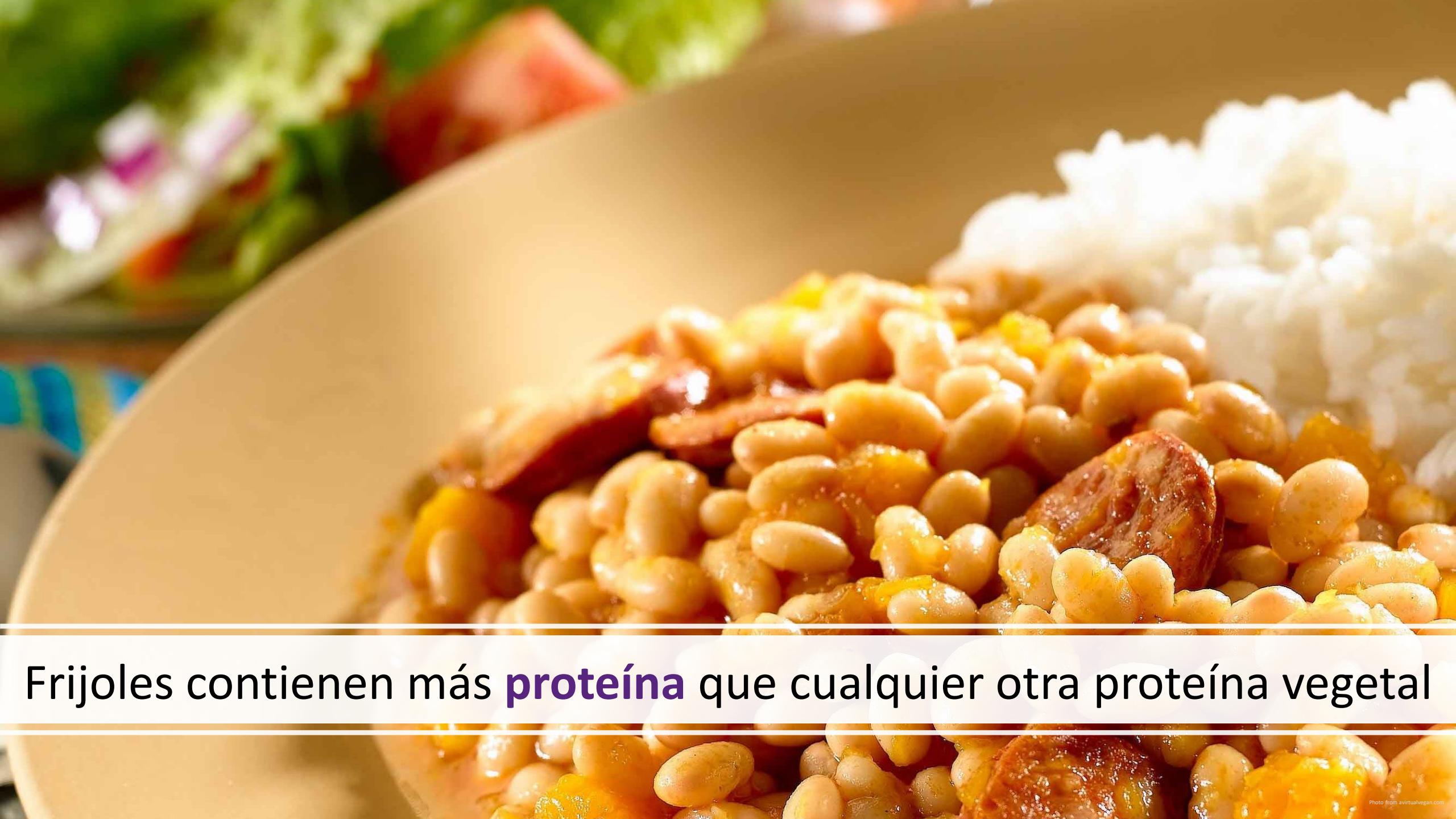
No matter what type of meat you are eating there are always options for a lean **protein** option in your diet



No importa qué tipo de carne esté
comiendo, siempre hay opciones de
proteína baja en grasa



Beans contain more **protein** than any other vegetable protein



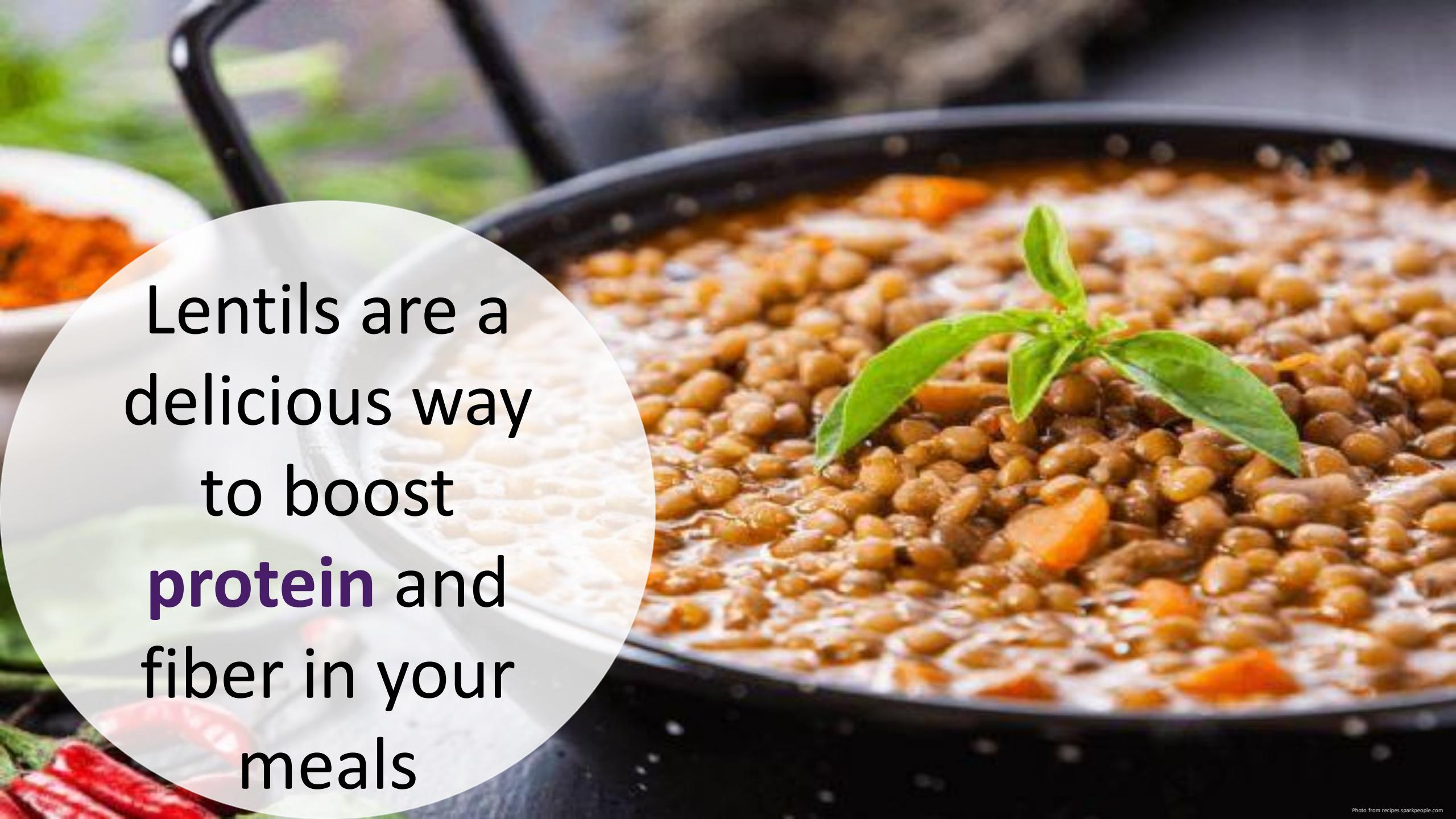
Frijoles contienen más **proteína** que cualquier otra proteína vegetal

A close-up photograph of a white bowl filled with a hearty bean soup. The soup contains large, light-colored beans, cubes of ham, diced tomatoes, and small pieces of green herbs. The broth is a rich, reddish-orange color. A spoon is visible on the right side of the bowl.

Beans are a delicious way to boost **protein** and fiber in your meals

A close-up photograph of a white bowl filled with a hearty bean soup. The soup contains large white beans, small cubes of ham, diced tomatoes, and finely chopped green herbs. The broth is a rich, reddish-orange color. A spoon is visible on the right side of the bowl.

Frijoles son una
forma deliciosa
de aumentar
proteína y fibra
en sus comidas



Lentils are a
delicious way
to boost
protein and
fiber in your
meals

Lentejas son una forma deliciosa de aumentar **proteína** y fibra en sus comidas



Spice up your black beans and rice dinner



Dale chispa a su cena de
frijoles negros y arroz



Do more with beans



Do more with
beans



Rinse canned beans and vegetables to reduce a significant amount of sodium that they contain.



Enjuague los frijoles y
los vegetales enlatados
para reducir la cantidad
de sodio que contienen



Fish offers **heart-healthy** omega-3 fatty acids and, in general, less fat than meat



El pescado contiene ácidos grasos omega-3 saludables para el corazón y, en general, menos grasa que la carne



Nuts are a
great source
of many
nutrients

Enjoy as a snack or add them to
your meals



Nueces son una
gran fuente de
muchos
nutrientes

Disfruta como bocadillo o añádelo
a tus comidas

An ounce of prevention

Nuts are a powerhouse of good nutrition that can dramatically reduce the risk of heart disease



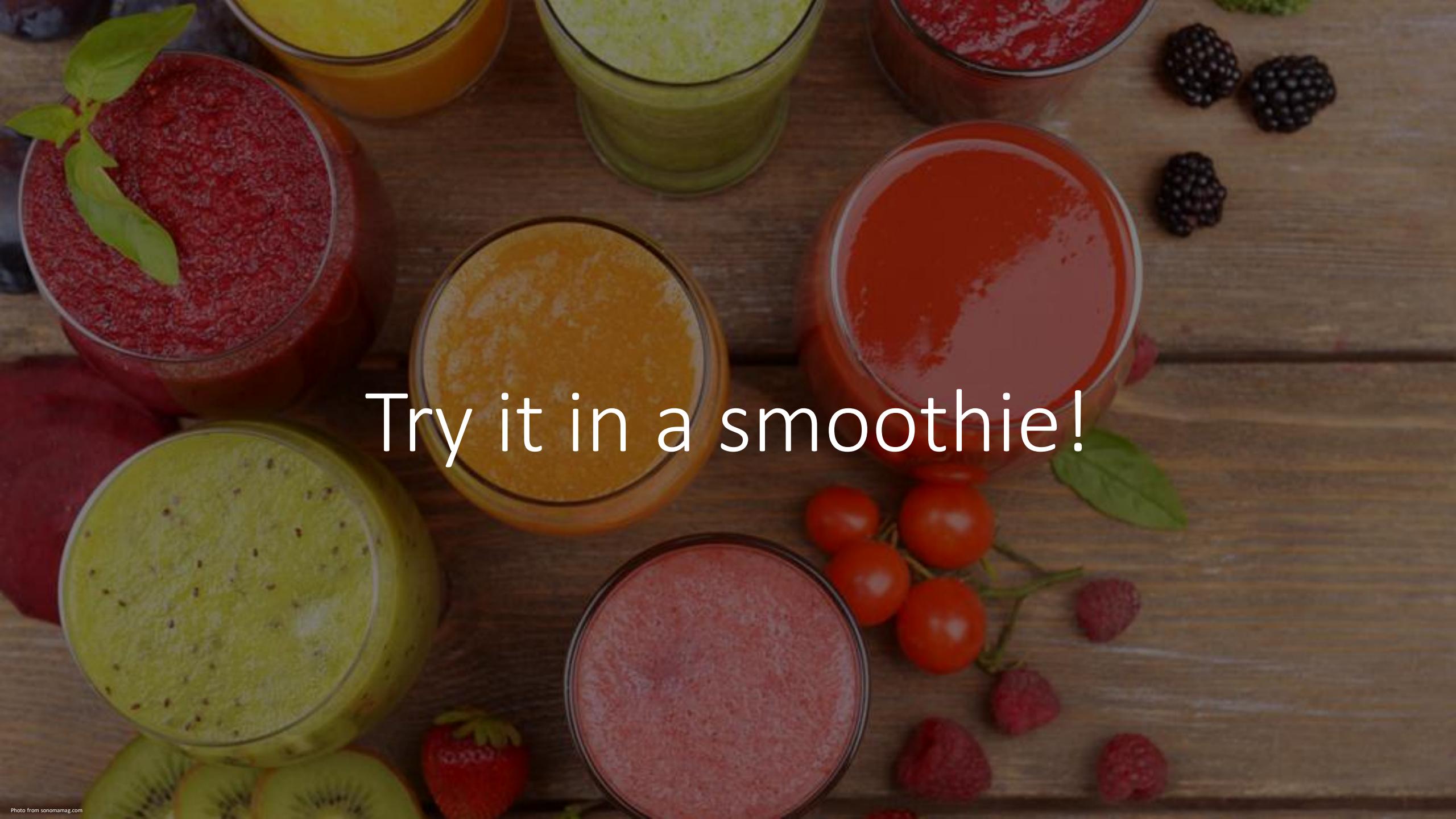
Photo from themediterraneandish.com

Una onza de
prevención

Las nueces son una fuente de buena nutrición que puede reducir drásticamente el riesgo de enfermedades cardíacas



Photo from themediterraneandish.com

A collection of smoothies in glasses and jars, including green, orange, red, and yellow ones, arranged on a rustic wooden surface. Fresh fruits like kiwi, strawberries, raspberries, and blackberries are scattered around the glasses.

Try it in a smoothie!

A wooden board featuring several jars of smoothies in different colors (red, orange, green) and textures. Interspersed among the jars are various pieces of fresh fruit, including blackberries, cherry tomatoes, strawberries, raspberries, and kiwi slices.

¡Pruébalo en un batido!

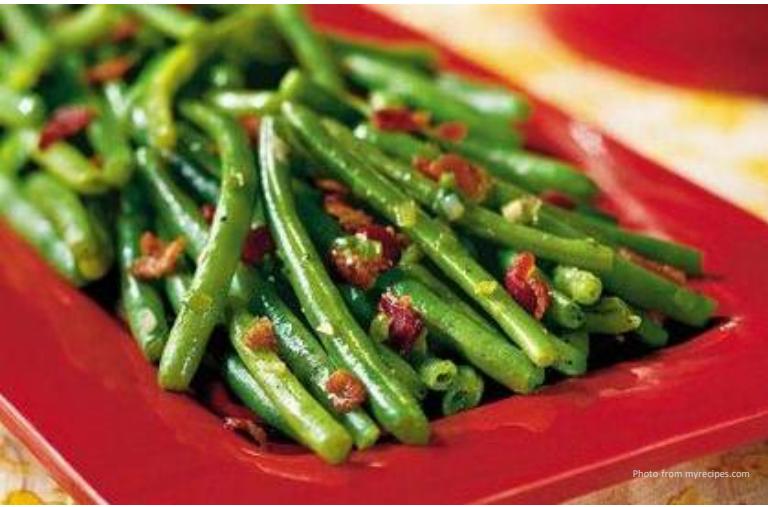


Photo from myrecipes.com



Photo from peasandcrayons.com

Balance your meals with **fruits** and **vegetables**



Photo from foodiecrush.com



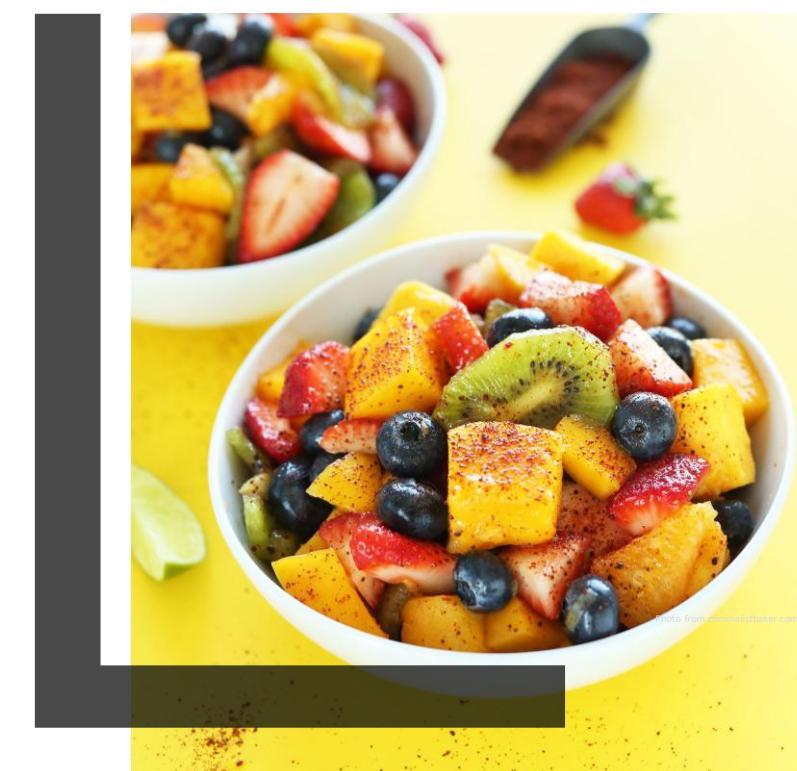
yummyhealthyeasy.com



Photo from myloveandbake.com



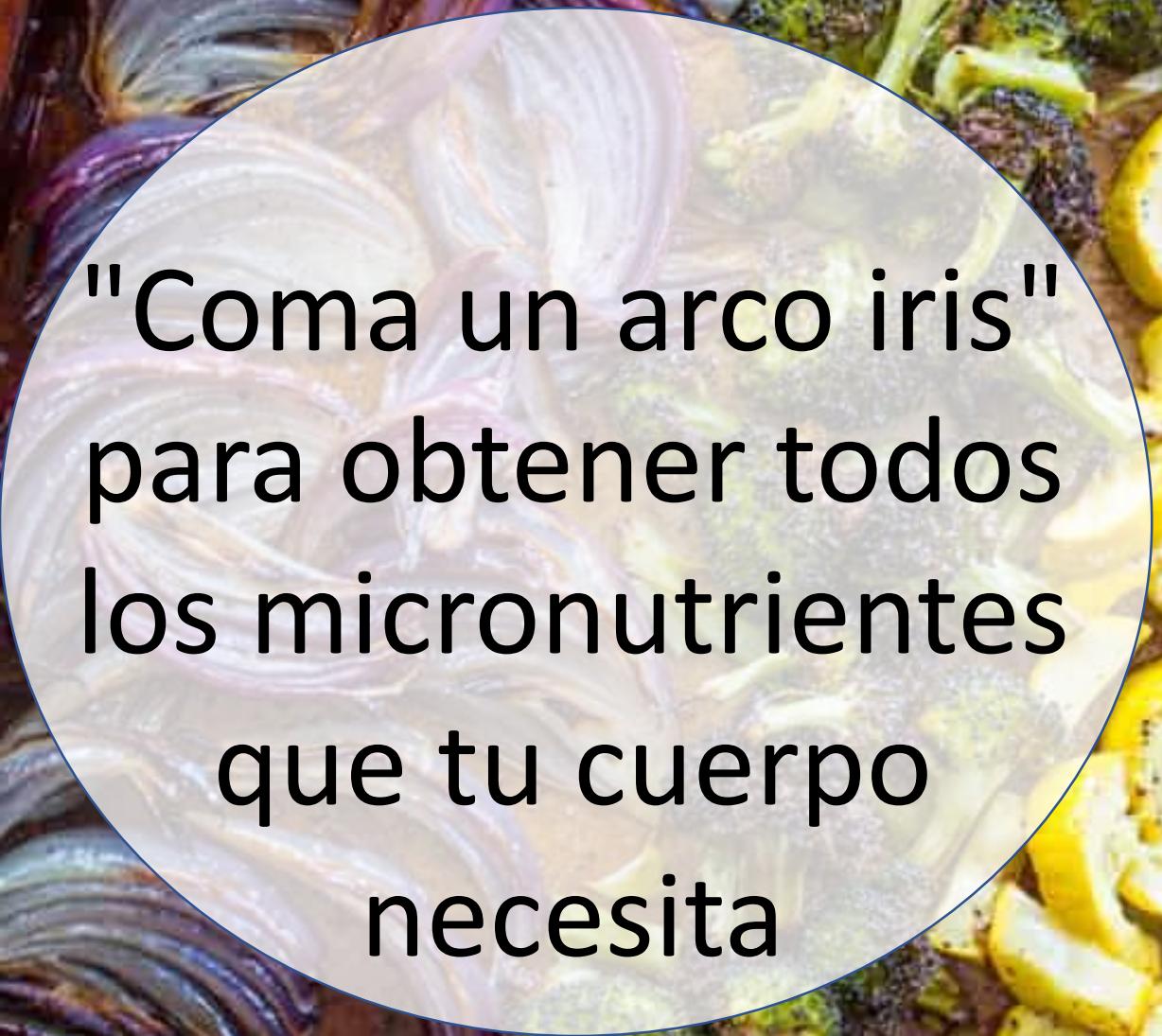
Completa tus comidas con **frutas** y **verduras**





“Eat the rainbow”
to get all the
micronutrients
your body needs





"Coma un arco iris"
para obtener todos
los micronutrientes
que tu cuerpo
necesita



Boost nutrition
of your meal
with fresh,
frozen, or
canned
vegetables



Aumenta la
nutrición de tu
comida con
verduras
frescas,
congeladas, o
enlatadas





Grill **vegetable** kabobs as part of a barbecue meal



Haga sus **vegetales** a la parilla como parte de su parrillada



Wash and
precut
vegetables to
have available
for later in
the week



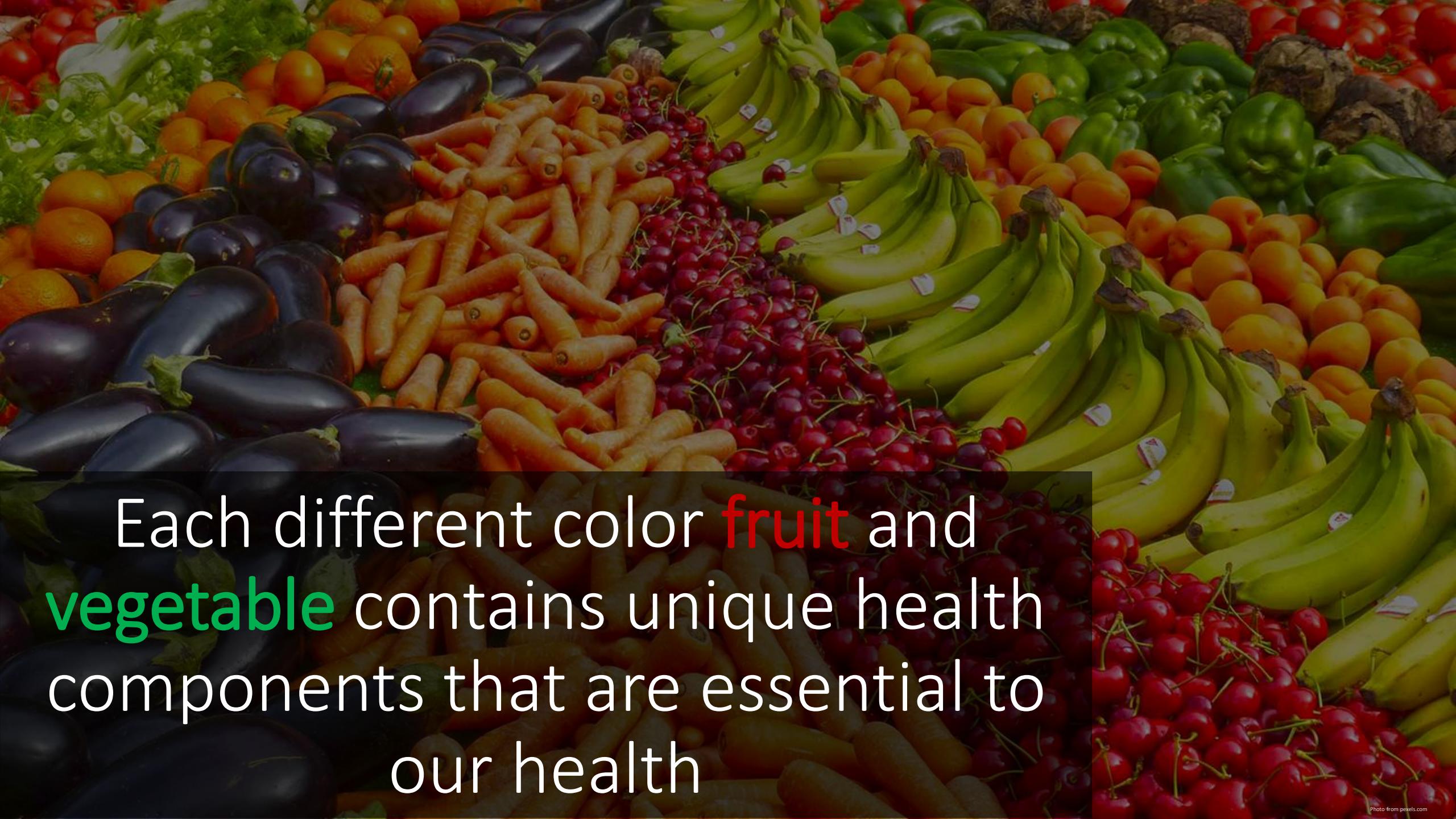
Lave y precorte
sus **verduras** para
tenerlas
disponibles más
adelante en la
semana



Roasting tomatoes brings out their antioxidant power, helping to fight disease



Asando tomates les saca su poder antioxidante para combatir enfermedades



Each different color **fruit** and **vegetable** contains unique health components that are essential to our health



Frutas y verduras de diferentes colores contienen componentes de salud únicos que son esenciales para nuestra salud



Photo from amwayconnections.com

- Red **fruits** and **vegetables** are loaded with nutrients that may do everything from **fight heart disease** and **prostate cancer** to **support joint tissue** in arthritis cases



Photo from amwayconnections.com

Las **frutas** y **verduras** rojas están llenas de nutrientes que pueden hacer todo, desde **combatir las enfermedades cardíacas** y el cáncer de próstata hasta soportar tejido articular en casos de artritis



Reducing cancer risk, lowering blood pressure and reducing LDL (bad) cholesterol are just a few of the benefits that come from eating green **fruits** and **vegetables**



- **Reducir el riesgo de cáncer, bajar la presión arterial y **reducir el colesterol LDL (malo) son solo algunos de los beneficios que se obtienen al comer **frutas** y **verduras** verdes****



Photo from ginniegems.blogspot.com

• Orange and yellow **fruits** and **vegetables** are packed with nutrients well known to **protect** your nervous system, **promote** eye health, and **prevent** heart diseases



Photo from ginniegems.blogspot.com

- Las **frutas** y **verduras** de color naranja y amarillo están repletas de nutrientes bien conocidos para **proteger** su sistema nervioso, **promover** la salud ocular y **prevenir** enfermedades cardíacas



Photo from winmedical.org

Blue and purple **fruits** and **vegetables** are very important for your memory and promote healthy aging



Photo from winmedical.org

Las **frutas** y **verduras** azules y moradas son muy importantes para su memoria y promueven un envejecimiento saludable



Nutrients in white **fruits** and **vegetables** have a great immune boosting effect on your body



Los nutrientes de las **frutas** y **verduras** blancas
fortalecen su sistema inmunológico



Preserve nutrients in
vegetables by choosing
one of these cooking
methods over boiling





Conserve los nutrientes
en las **verduras** eligiendo
uno de estos métodos de
cocinar en vez de hervir



Snacks that Satisfy



Photo from waterfordwhispersnew.com

*Surprise! Popcorn is a
whole grain. Substitute
for chips and pretzels*

Bocadillos que Satisfacen



Photo from waterfordwhispersnew.com

*¡Sorpresa! Las palomitas de maíz son un **grano entero**. Sustituye por papas fritas y pretzels*

Snacks that Satisfy



*The combination of **protein** and fiber in peanut butter and apples keeps you feeling full longer*

Bocadillos que Satisfacen



*La combinación de **proteínas** y fibra en mantequilla de maní y manzanas te mantiene lleno por más tiempo*

Snacks that Satisfy



Photo from whiskingmama.com

*Perfect for kids! Hummus is
great way to get your kids to
eat more **veggies**.*

Bocadillos que Satisfacen



Perfecto para los niños!
Hummus es una excelente
manera de hacer que tus hijos
*coman más **verduras***

Photo from whiskingmama.com

*Need a
snack?*



Cottage cheese + peaches, kiwi, pineapple

*¿Necesita
bocadillo?*





Eat **fruits** and **vegetables** and your kids will too



Come **frutas** y **verduras** y tus hijos también lo harán



Look for snacks
under 200 calories
to satisfy cravings



Busque bocadillos
con menos de 200
calorías para
satisfacer los antojos



Top a cup of yogurt with sliced **fruit**



Agregue rebanadas de **fruta**
a su taza de yogur

A photograph of three young children sitting at a table, eating from clear plastic containers. In the center, a Black girl with curly hair is smiling and eating a sandwich. To her left, a blonde girl in an orange patterned shirt is partially visible. To her right, a boy in a red striped shirt is also eating. The containers contain various healthy items like fruits and vegetables.

Great for Kids

A photograph of three young children sitting at a table, eating healthy snacks. In the center, a young girl with curly hair is smiling and eating a sandwich. To her left, a blonde girl is partially visible, also eating. To her right, a boy in a red striped shirt is looking down at his food. On the table in front of them are several plastic containers filled with various fruits like strawberries and kiwi.

Ideal para niños



Dairy products are one of the most affordable sources of nutrition and make healthy eating easy



Los productos **lácteos** son una de las fuentes de nutrición más económicas y facilitan la alimentación saludable



Three daily servings
of low-fat or fat-free
dairy foods help
build and maintain
bone mass and
protect heart health

Tres porciones diarias de productos **lácteos** bajos en grasa o sin grasa ayudan a formar y mantener la masa ósea y a proteger la salud del corazón





Photo from telegraph.co.uk

The nine essential nutrients in milk help to ***maintain*** a healthy immune system, ***maintain*** bone health, and ***convert*** food into energy in your body



Photo from telegraph.co.uk

Los nueve nutrientes esenciales en la leche
ayudan a ***mantener*** salud inmune, ***mantienen*** la
salud de los huesos y ***convierten*** comida en
energía en su cuerpo



Up the **protein** in your breakfast or snack by making oatmeal with milk instead of water

A white bowl filled with oatmeal, garnished with fresh blueberries and sliced almonds. The bowl sits on a light-colored wooden surface.

Aumente la **proteína**
en su desayuno o
bocadillo haciendo
avena con leche en
lugar de agua



Dairy foods pack a powerful nutritional punch of nine essential vitamins and minerals



Los productos
lácteos contienen un
poderoso golpe
nutricional de nueve
vitaminas y
minerales esenciales