



**UNIVERSIDAD DEL SURESTE  
CAMPUS TAPACHULA**

**UDS**

- CHRISTIAN VALERIA FIGUEROA VICTORIA
- MEDICINA VETERINARIA Y ZOOTECNIA
- 2DO CUATRIMESTRE
- ING. ENRIQUE EDUARDO ARREOLA

# FOOD GUIDELINES

## FRUITS

- Apples
- Lemons
- bananas
- Kiwi
- Orange
- blueberries

## VEGETABLES

- Lettuce
- Carrots
- tomatoes
- Potatoes
- Onions
- broccoli

## GRAINS

- Rice
- Noodles
- cereal
- Crackers
- Pasta
- bread

## FATS AND OILS

- Oil
- Cream
- butter

## DAIRY

- Cheese
- Milk
- yogurt

## MEAT AND OTHER PROTEINS

- Beef
- Nuts
- beans
- Eggs
- Fish
- chicken

