

UDS

UNIVERSIDAD DEL SURESTE

CAMPUS TAPACHULA

PASIÓN POR EDUCAR



ING. ARREOLA GIMENEZ EDUARDO ENRIQUE

ALUMNO: HERNANDEZ BARRIOS ALEXIS HAIR

FOODS

FRUIT

- PEAR
- WATERMELON
- CUCUMBER
- MELON
- PINEAPPLE

DAIRY

- YOGURT
- CHESSE
- MILK

VEGETABLES

- TOMATOES
- ONION
- CARROT
- SQUASH
- EGGPLANT

FATS AND OILS

- OIL
- CREAM
- BUTTER

MEAT AND OTHER PROTEINS

- FISH
- CHICKEN
- BEEF
- EGGS
- NUTS

GRAINS

- RISE
- PASTA
- BREAD
- CRACKERS
- CEREAL