



Universidad Del Sureste

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Licenciatura En Enfermería

2do Cuatrimestre

Asignatura: Ingles II

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Actividad: Food Guidelines

Fecha de entrega: 11/03/23









Food Guidelines

FRUIT

- Apples 
- Lemons 
- Bananas 
- Kiwis 
- Oranges 
- Blueberries 

VEGETABLES

- Lettuce 
- Carrots 
- Broccoli 
- Onions 
- Tomatoes 
- Potatoes 

MEAT AND OTHER PROTEINS

- Chicken 
- Fish 
- Beef 
- Nuts 
- Beans 
- Eggs 






FATS AND OILS

- Oil 
- Cream
- Butter 

DAIRY

- Cheese 
- Milk 
- Yogurt 

GRAINS

- Rice 
- Pasta 
- Noodles 
- Crackers 
- Bread 
- Cereal 