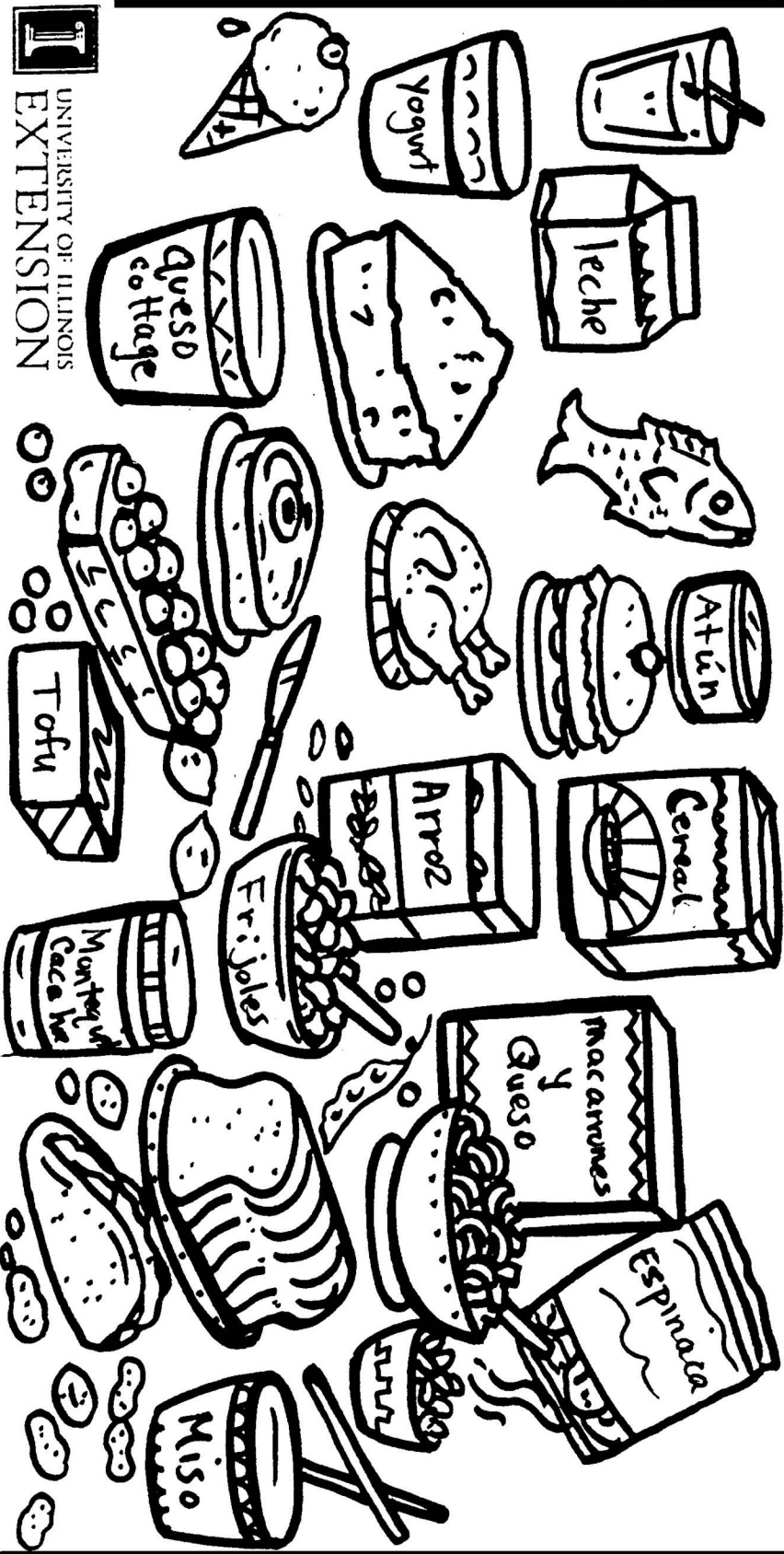


¡Muchos alimentos contienen proteínas!

La carne, pollo, pescado, huevos, soja, guisantes, nueces, cereales y leche son alimentos saludables.



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