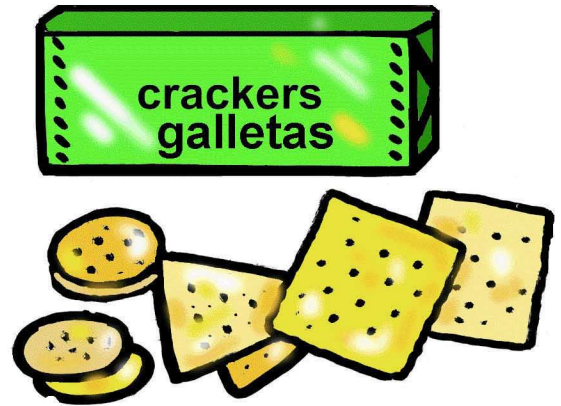


cottage cheese



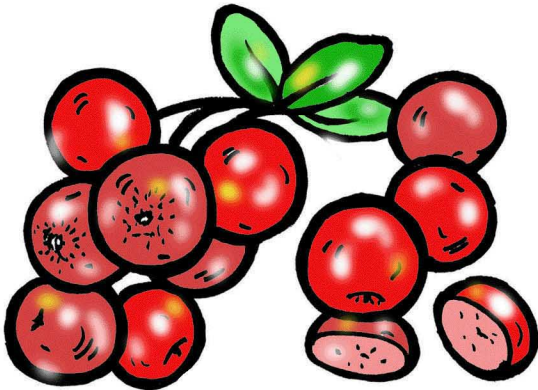
queso cottage

crackers



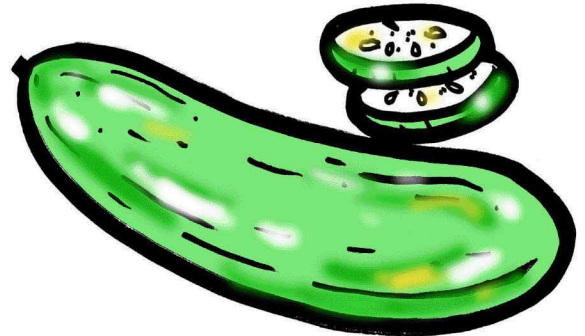
galletas

cranberries



arándanos

cucumber



pepino



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

Extension Website: <http://web.aces.edu/wellnessways>

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