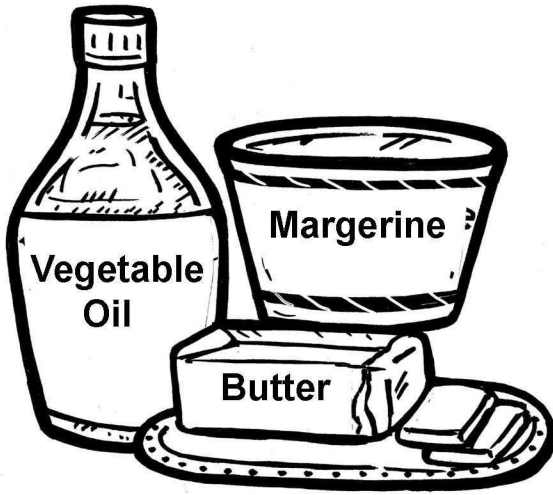
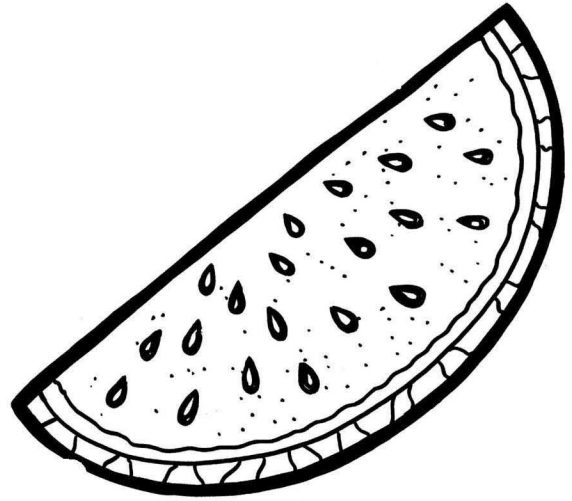


vegetable oil, margarine, butter



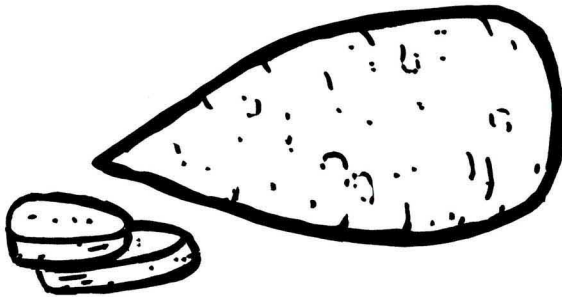
aceite de la verdura, margerine, mantequilla

watermelon



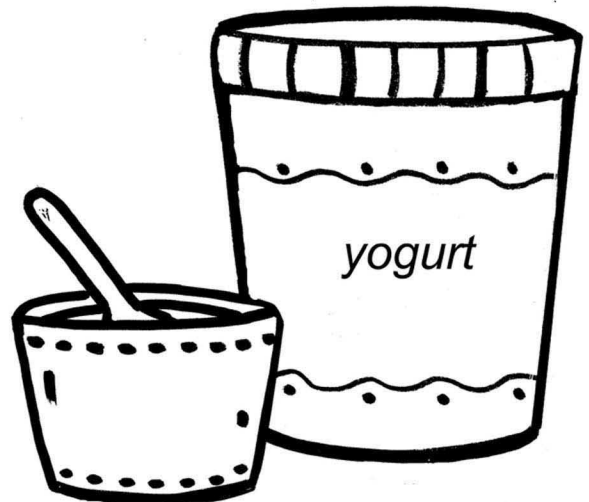
sandia

yam



camote

yogurt



yogurt



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

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