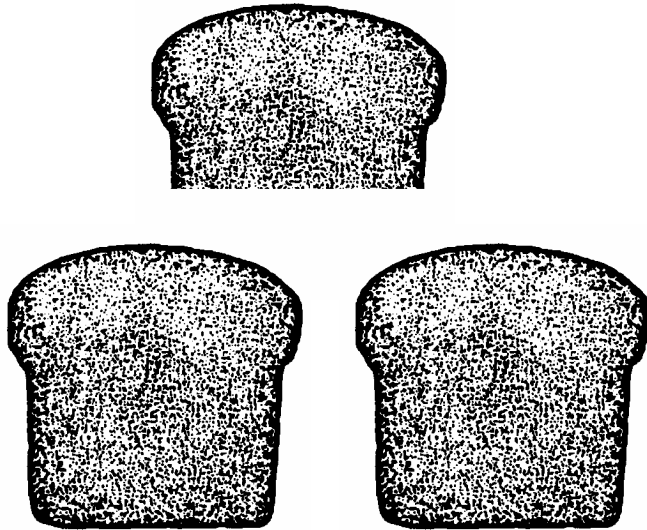
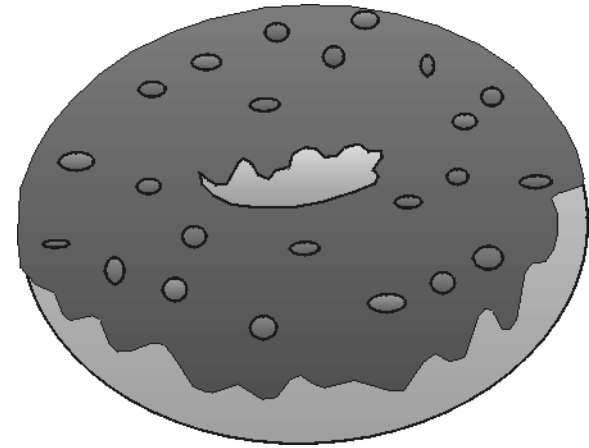


Sepa elegir los alimentos integrales



175 calorías **4 g grasa**
31 g carbohidratos complejos

PAN INTEGRAL



175 calorías **11 g grasa**
16 g carbohidratos complejos

**PAN DE NUEZ CON
LEVADURA**



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

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition, and
Consumer Services of the U.S. Department of Agriculture.