



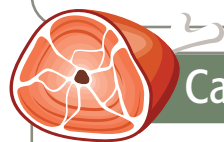
Cereales - Raíces
tubérculos - plátanos



Frutas



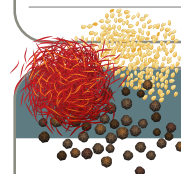
Verduras



Carnes, huevos



Grasas



Esenciales