

FRUIT

fruta fruit 水果



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VEGETABLES

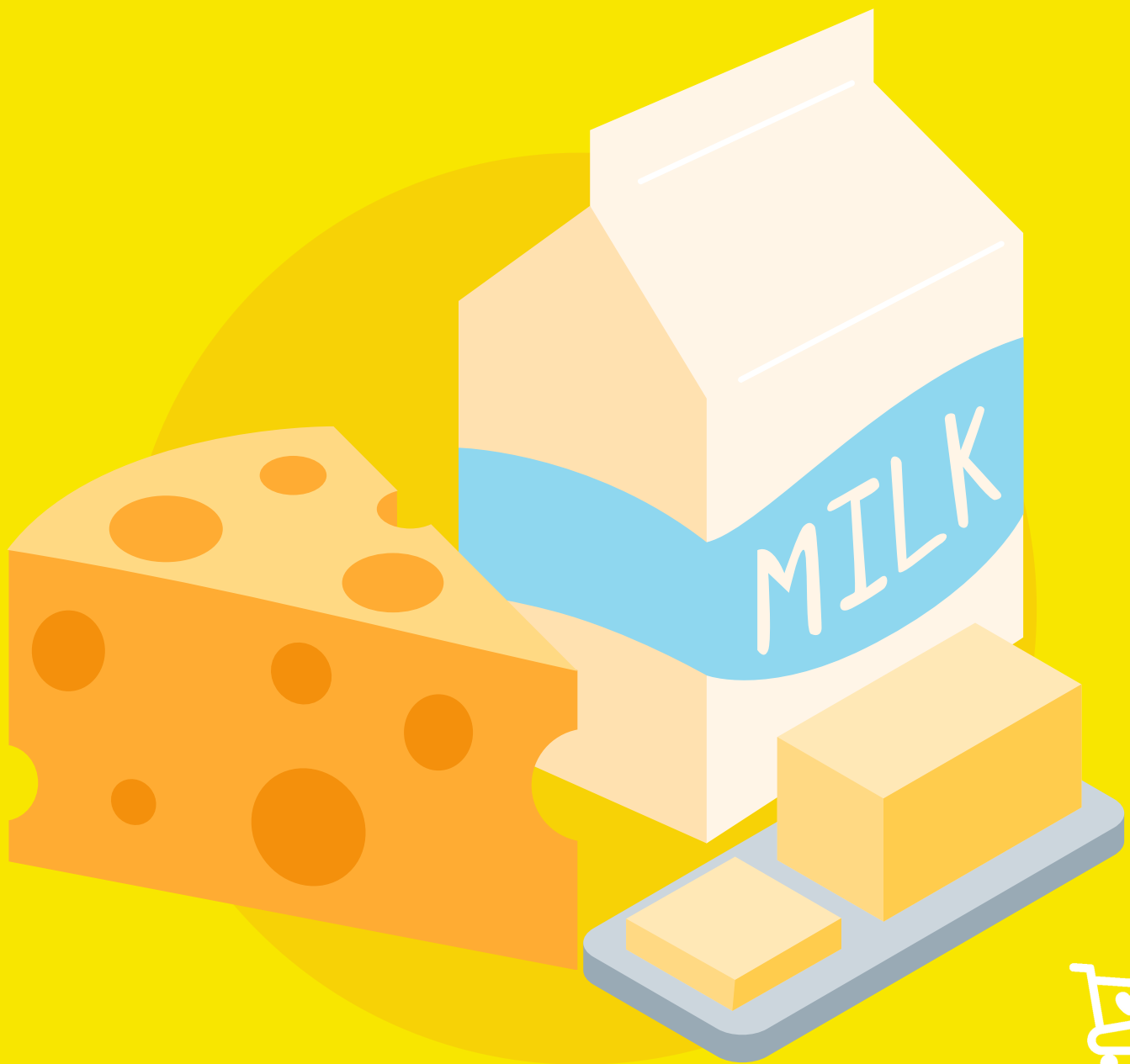
vegetales des légumes 蔬菜



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DAIRY

lechería láctea 乳业



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GRAINS

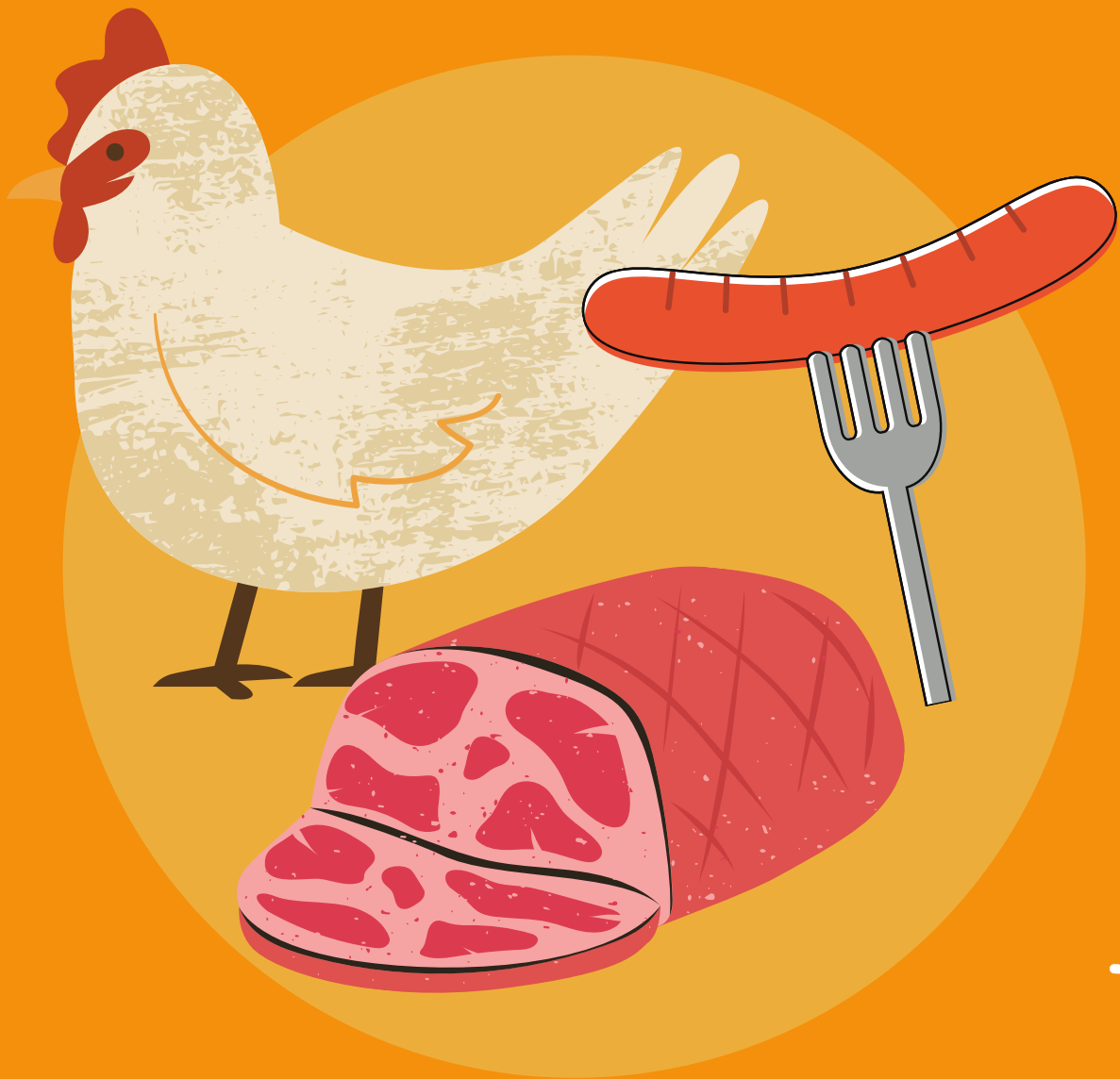
granos les grains 面包



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MEAT

la carne la viande 肉



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CANNED GOODS



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DAIRY FREE

A dairy free diet excludes lactose commonly found in milk, cheese and butter. Alternative products often feature foods like soy beans, almonds, coconuts, oats, and more.



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VEGETARIAN

A vegetarian diet emphasizes plant based products and excludes meat- chicken, beef, pork, and more.

A vegetarian diet does allow eggs and dairy products.



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VEGAN

A vegan diet is plant based and excludes all animal products- meat, dairy, or eggs.



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GLUTEN FREE

A gluten free diet excludes grains such as wheat, rye, and barley. Alternative products may feature corn, rice, or quinoa as the main ingredient.



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LOW SODIUM

A low sodium diet includes little to no salt and emphasizes fresh ingredients and products with no added salt.



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MEAL KIT

Group these ingredients together for a nutritious and filling meal this week!



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CULTURALLY DIVERSE FOODS



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INTERNATIONAL FOODS



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**SOUTH
AMERICA**



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HEALTH SCREENING AVAILABLE



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