

# Realiza 5 comidas al día

Para tener una alimentación saludable es importante consumir todos los días, alimentos de los 7 grupos de la olla nutricional de las Guías Alimentarias, distribuidos en las 5 comidas del día; desayuno, media mañana, almuerzo, merienda y cena. Ejemplo:

	Desayuno	Media mañana	Almuerzo	Merienda	Cena
Lunes	Leche con café, té o cocido, pan y dulce. Fruta de estación.	Yogur con fruta de estación.	Jopará con ensalada de verduras. Postre: ensalada de frutas.	Liculado de frutas con leche y barrita de cereal.	Poleenta con queso y ensalada de verduras. Postre: fruta.
Martes	Leche con café, té o cocido y galleta.	Sándwich de verduras.	Picadito de carne con arroz con queso y ensalada de verduras. Postre: fruta.	Yogur con cereal.	Zapallito relleno con ensalada de verduras. Postre: fruta.
Miércoles	Leche con café, té o cocido y dulce. Fruta de estación.	Yogur con fruta de estación.	Tortillón de papas con ensalada de verduras. Postre: fruta.	Leche con café, té o cocido con copito.	Empanada de arveja o choclo con ensalada de verduras. Postre: fruta.
Jueves	Leche con café té o cocido con galleta.	Ensalada de frutas.	Pastelón de papas relleno de pollo y verduras con ensalada. Postre: fruta.	Leche con café, té o cocido con pan y dulce.	Bife de hígado con ensalada de verduras. Postre: fruta.
Viernes	Leche con café, té o cocido con galleta. Fruta de estación.	Ensalada de frutas.	Guiso de poroto con arroz y ensalada de verduras. Postre: fruta.	Leche con café té o cocido con pan y dulce.	Chipa parosú con ensalada de verduras. Postre: fruta.
Sábado	Leche con café, té o cocido con galleta. Fruta de estación.	Sándwich de queso.	Chupín de pescado con ensalada de verduras. Postre: fruta.	Liculado de fruta con leche y barrita de cereal.	Sopa paraguaya con ensalada de verduras. Postre: fruta.
Domingo	Leche con café, té o cocido con sándwich de queso. Fruta de estación.	Yogur con cereal.	Tallarín con salsa de pollo y ensalada de verduras. Postre: fruta.	Yogur con cereal y fruta de estación.	Pizza de poleenta con ensalada de verduras. Postre: fruta.

# Dietas Para Tus Adolescentes

**SA Dillow**



## **Dietas Para Tus Adolescentes:**

## Reviewing **Dietas Para Tus Adolescentes**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Dietas Para Tus Adolescentes**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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