

# Lista de compras para los Detectivos



haga su lista de comida saludable:



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*Evitar las grasas con "huellas"*

*¡mira la etiqueta!*

*Si azúcar esta en las 3 primeros ingrediente... ¡es un postre para mí!*

*Tiene un arco-iris de comida?*

**Wh-ole**

*Elige proteína desgrasada*

