

# ¡COCINEMOS!

**Porciones:**

**Ingredientes**



**Preparación**

**K-STATE**  
Research and Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

## MYPLATE FOOD GROUPS

- Granos
- Frutas
- Vegetales
- Proteína
- Lácteos

BRING THIS  
PAGE  
TO LIFE  
WITH THE FREE  
AURASMA APP  
Seguir Kansas Snapped

## DATOS NUTRICIONALES POR PORCIÓN

Nutrientes	Cantidad Por	% Valores
Principales	Porción	Diarios
Total Calorías		
Grasa Total		
Grasa Saturada		
Grasa Trans		
Colesterol		
Sodio		
Carbohidrato		
Fibra Dietética		
Azúcares		
Proteína		