

# Alimentos recomendados



Agua hervida  
o filtrada



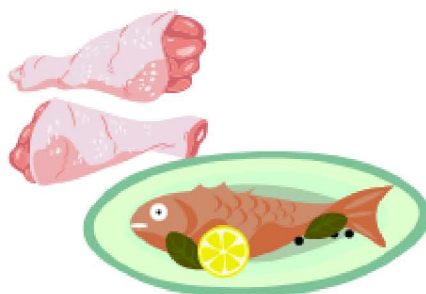
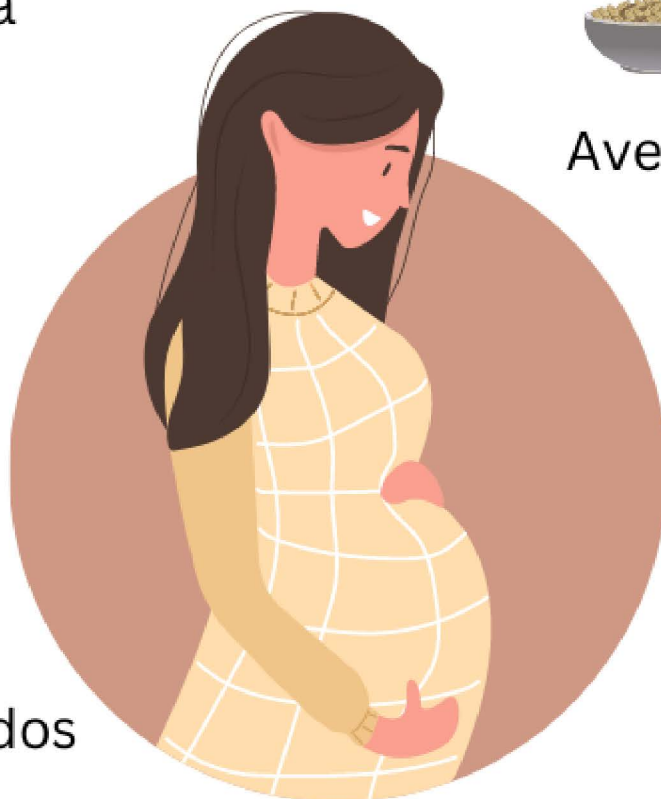
Frutas



Lácteos pasteurizados



Vegetales y  
tubérculos



Carnes blancas



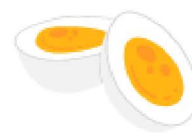
Avena



Arroz



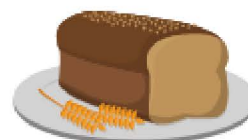
Tortillas



Huevo bien cocido



Nueces



Pan integral



Legumbres