

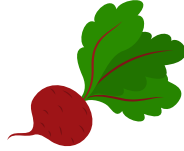


CENTRAL HEALTH

FUENTES DE ÁCIDO FÓLICO



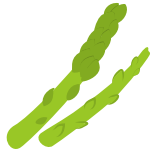
BRÓCOLI



REMOLACHA



COLIFLOR



ESPÁRRAGOS



COLES DE BRUSELAS



AGUACATE



FRIJOLES



VERDURAS DE HOJA VERDE



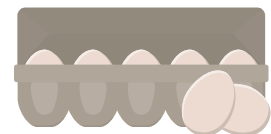
CÍTRICOS



CHÍCHAROS



FRIJOLES



HUEVOS