

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.	Licuada 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.	Licuada 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

KJ Lindholm-Leary



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