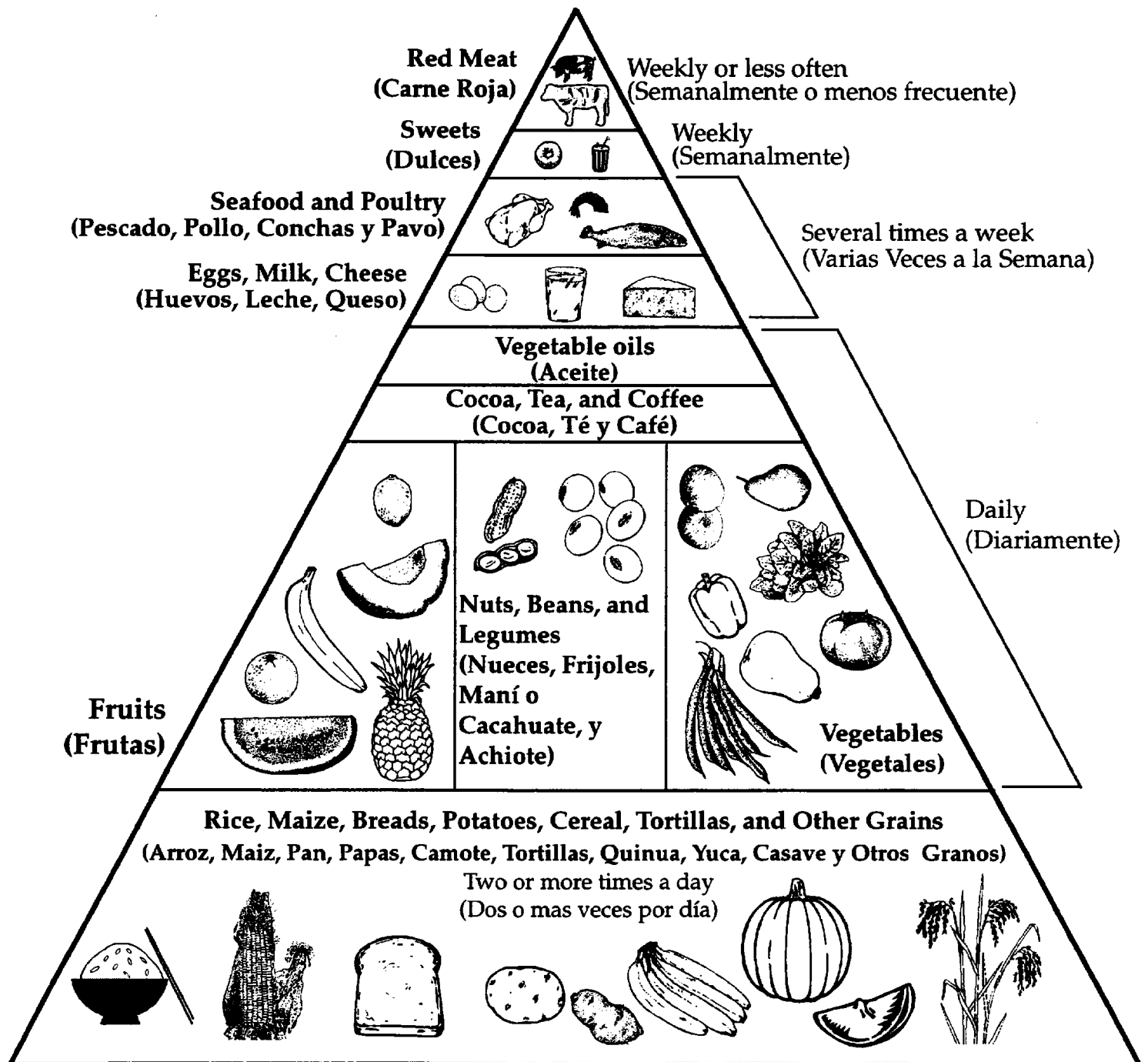


# The Latin American Food Pyramid (Piramide de Alimentos Latinoamericana)

Protein comes from plants and grains instead of animals. Nuts, seeds, and starchy vegetables make up the bulk of the diet. Spices and chiles are used to give the low-fat ingredients flavor and zest.

(Las proteínas de plantas y granos llenan mucho más que las proteínas animales. Los almidones, vegetales así como las nueces y semillas hacen la mayor parte de la dieta. Los chiles o las especias son recomendados libremente para dar sabores agradables a dietas blandas baja en grasa.)



Spanish Language Version

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