

# Variedades de Leche y Frutas

## Fruta (1 variedad = 15 gramos de carbohidratos y 60 calorías)

Manzana, pequeña	1	Mandarinas	¾ taza
Compota de manzana, sin edulcorante	½ taza	Mango, pequeño	½ taza
Manzanas, secas	4 anillos	Nectarina, pequeña	1
Albaricoque, fresco	4 enteros	Naranja, pequeña	1
Albaricoque, secos	8 mitades	Papaya	½ fruta (1 taza)
Banana, pequeña	1 (4 onzas)	Durazno	1
Zarzamoras	¾ taza	Pera, grande	½
Melón	⅓ melón (1 taza en cubos)	Piña, fresca	¾ taza
Cerezas, frescas	12	Piña, enlatada	½ taza
Dátiles	3	Ciruelas, pequeñas	2
Higos, frescos	1½ grande	Ciruelas pasas	3
Higos, secos	1½	Pasas	2 cucharadas
Coctel de frutas	½ taza	Frambuesa	1 taza
Toronja, sección, enlatada	¾ taza	Frutillas	1¼ taza
Toronja, grande	½	Tangerina, pequeña	2
Uvas: pequeñas	15-18	Sandía	1 tajada (1¼ taza en cubos)
grandes	7-9	Melón chino	1 taza en cubos
Kiwi	1 (3.5 onzas)		



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## **Variedades de Frutas/Leche, continuación** (Página 2 de 2)

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**Leche** (1 variedad = 12-15 gramos de carbohidrato y 90-150 calorías)

### ***Leche sin grasa y baja en grasa***

Descremada	1 taza
1%	1 taza
Soya, sin grasa	1 taza
Soya, baja en grasa	1 taza
Suero de leche, sin grasa	1 taza
Leche descremada evaporada	½ taza
Yogurt, sin grasa (con saber con edulcorante sin valor nutricional)	6 onzas
Yogurt, simple, sin grasa	6 onzas

### ***Leche entera***

Leche entera	1 taza
Leche entera evaporada	½ taza
Leche de cabra	1 taza
Yogurt, simple (Elaborado con leche entera)	8 onzas

### ***Leche Reducida en grasa***

2%	1 taza
Soya	1 taza
Yogurt, simple, bajo en grasa	6 onzas



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# Fruit and Milk Choices

## Fruit (1 choice = 15 grams of carbohydrate and 60 calories)

Apple, small	1	Mandarin oranges	¾ cup
Applesauce, unsweet	½ cup	Mango, small	½ cup
Apples, dried	4 rings	Nectarine, small	1
Apricots, fresh	4 whole	Orange, small	1
Apricots, dried	8 halves	Papaya	½ fruit (1 cup)
Banana, small	1 (4 onzas)	Peach	1
Blackberries	¾ cup	Pear, large	½
Cantaloupe	⅓ melon (1 cup cubes)	Pineapple, fresh	¾ cup
Cherries, fresh	12	Pineapple, canned	½ cup
Dates	3	Plums, small	2
Figs, fresh	1½ large	Prunes	3
Figs, dried	1½	Raisins	2 Tbsp.
Fruit cocktail	½ cup	Raspberries	1 cup
Grapefruit, section, can	¾ cup	Strawberries	1¼ cup
Grapefruit, large	½	Tangerines, small	2
Grapes: small	15-18	Watermelon	1 slice (1¼ cup cubes)
large	7-9	Honeydew melon	1 cup cubes
Kiwi	1 (3.5 onzas)		



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**Milk** (1 choice = 12-15 grams of carbohydrate and 90-150 calories)

***Fat Free and Low Fat Milk***

Skim	1 cup
1%	1 cup
Soy, fat free	1 cup
Soy, reduced fat	1 cup
Buttermilk, fat free	1 cup
Evaporated skim milk	½ cup
Yogurt, fat-free	6 onzas
<i>(Flavored with non-nutritive sweetener)</i>	
Yogurt, plain, fat-free	6 onzas

***Reduced Fat Milk***

2%	1 cup
Soy	1 cup
Yogurt, plain, low-fat	6 onzas

***Whole Milk***

Whole Milk	1 cup
Evaporated whole milk	½ cup
Goat's milk	1 cup
Yogurt, plain	8 onzas
<i>(Made from whole milk)</i>	



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