

Healthy Eating for a Healthy Body

Hair

Protein
Zinc
Iron



Brain

Fiber
Healthy Fats
Vitamin E



Skin

Vitamin A
(beta carotene)
Vitamin C



Eyes

Vitamin A
(beta carotene)



Digestive System

Fiber
Healthy Fats
Good Bacteria



Heart

Magnesium
Fiber
Healthy Fats



Muscles

Protein
Potassium
Iron



Bones

Calcium
Vitamin D
Phosphorus



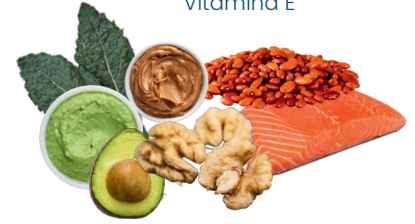
Cabello

Proteína
Zinc
Hierro



Cerebro

Fibra
Grasas Saludables
Vitamina E



Piel

Vitamina A
(Beta caroteno)
Vitamina C



Ojos

Vitamina A
(Beta caroteno)



Sistema Digestivo

Fibra
Grasas Saludables
Bacterias Buenas



Corazón

Magnesio
Fibra
Grasas Saludables



Músculos

Proteína
Potasio
Hierro



Hueso

Calcio
Vitamina D
Fósforo

