

A HEALTHY LIFESTYLE

Good nutrition and physical activity are important parts of leading a healthy lifestyle. A balanced diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.

EAT HEALTHY FOOD



Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

VEGETABLES



They provide you with specific vitamins and minerals. Vegetables, along with fruits, are the foods that provide the body with the most water.

They help the little ones in the house in the growth and development of their organism. They have a high fiber content.

FRUITS

Fruits provide us with water, vitamins, minerals, fiber and different beneficial compounds for the body.

Due to its antioxidants, they prevent premature aging of cells, giving you cleaner, younger, smoother and healthier skin and a better quality of life.

Consumed daily, fruits help us to prevent different diseases such as cardiovascular problems, digestive disorders, some types of cancer and neurodegenerative diseases, as well as collaborating in the fight against overweight and obesity.



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