



Institución: Universidad del sureste
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Heathy Eating



Eating a healthy diet helps prevent malnutrition in all its forms, as well as non-communicable diseases such as diabetes, heart disease, stroke and cancer. Throughout the world, unhealthy diets and lack of physical activity are among the main health risk factors. Healthy eating habits begin in our early years; breastfeeding promotes healthy growth and helps us improve cognitive development and can provide long-term benefits, including reducing the risk of becoming overweight and obese or having non-communicable diseases later in life. Our caloric intake must be balanced with our caloric expenditure. In order to avoid unhealthy weight gain, fats should not exceed 30% of the total caloric intake. Free sugar consumption is limited to less than 5% of the total caloric intake. Salt consumption is kept below 5 grams per day, which is less than 5 grams per day. The WHO member states have agreed to reduce salt consumption among the world's population by 30% by 2025 and also agreed to halt the increase in diabetes and obesity in adults and adolescents, as well as in childhood overweight by 2025. It calls for a healthy diet throughout life that helps prevent

malnutrition in all its forms **as well as** various **non-**communicable diseases and disorders. However, the increase in the production of processed foods and increased spending for urbanization and urbanization **has** been a change in lifestyles and has led to a change in **eating** habits.

