



UDS- SOUTHEAST UNIVERSITY

HEALTHY EATING



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WHAT IS HEALTHY EATING?

Healthy eating is one that provides each individual with all the food necessary to meet their nutritional needs, at different stages of life (childhood, adolescence, adulthood and aging), and in a healthy situation. Keep in mind that this section refers to healthy eating in general, and you can use it as a basis for your daily diet. If you have specific symptoms related to the disease or treatment. You should go to the section on specific dietary recommendations. Each person has nutritional requirements depending on their age, sex, height, physical activity that they develop and state of health or illness. To maintain health and prevent the onset of many diseases you have to follow a style of healthy life; that is, you have to choose one balanced diet, exercise or regular physical (at least walk at least 30 minutes a day) and avoid smoking and drinking high-grade alcoholic beverages. A healthy diet means that it provides all the important nutrients and energy that each person needs for stay healthy. And what are those essential nutrients? because they are: proteins, carbohydrates, lipids, vitamins, minerals and water. According food guides, to food healthy starts with:

- Choose natural foods as the basis of food.
- Avoid processed and ultra- processed foods to prevent diseases.
- Practice a healthy lifestyle.

A balanced diet, according to minsa, means that it is varied, it must contain cereals, tuber, legumes, as well as vegetables, routes, dairy. Meat, eggs, fast and sugar. It is preferable to eat a variety of foods every day because our body needs various nutrients and energy that a singles food may not be able to cover. Always eat fruits, vegetables and legumes, they are not only rich in vitamins and minerals that will protect your health, but also dietary fiber, which is necessary for the absorption of sugar and reduce blood cholesterol. Plus, they favor day that are low in calories! Ideally, you should consume 2 servings of vegetables and 3 servings of fruit per day or 400 grams between daily fruits and vegetables as recommended by Minsa in its Food Guide. Do not abuse the consumption of animal fats, according to the FAO (united Food and Agriculture Organization) Animal fats, with the exception of fish, increase the risk of obesity or heart disease. That is why, instead, you prefer fats of vegetable origin

(sunflower, olive, soy, corn), they must be part of your daily diet. Remember, fatty foods may taste good, but they provide more calories than another so you should not eat them in excess.

There is strong evidence that eating a healthy diet can reduce your risk of obesity and diseases such as diabetes, heart disease, stroke, osteoporosis, and some types of cancer.

The most important nutrients in your diet include the following:

Carbohydrates: These give you energy.

Proteins – These are another source of energy and are essential for the growth and restoration of all tissues in your body.

Fats: They are a very concentrated source of energy and also perform other functions, including helping to transport essential vitamins throughout your body.

Vitamins and minerals: Vitamins and minerals are important in keeping your body healthy and working well.

Another important element in your diet is fiber. Fiber isn't classified as a nutrient, but it's critical to keeping your digestive system healthy, and certain types of fiber can help control your blood cholesterol levels.

You need to eat a variety of foods to get all the nutrients and fiber your body needs.

The five main food groups are:

- starchy foods, including bread, pasta, rice, and potatoes
- fruits and vegetables
- milk and other dairy products
- foods high in fat or sugar
- Eating the right variety of foods from these groups will provide your body with everything it needs to stay healthy.

GLOSSARY.

- 1- Dietetics: Parte of medicine that studies the types and rules of nutrition and foods that should be eaten depending on the conditions of the person (sex, age , work act).
- 2- Balanced: Having balance (state of immobility) or is in equilibrium.
- 3- Essential: What is important and necessary, in such a way that you can do without it.
- 4- Stew: Sauteed meat stew cooked in its sauce, usually with potatoes, vegetables or other ingredients.
- 5- Healthy: That it is good or beneficial for health or that it provides it. The practice of sport is healthy.
- 6- Food: Nutrient substance that an organism or a living being takes to maintain its vital functions.

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