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MATERIA: INGLES

CUATRIMESTRE: 2-A

CARRERA: MEDICINA VETERINARIA Y ZOOTECNIA

FOOD GUIDELINES

FRUIT

Additionally, diets rich in fruits and vegetables may reduce the risk of some cancers and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

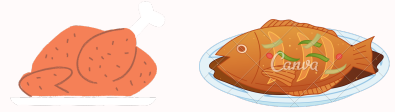
- * BANANA
- * TOMATOES
- * APPLE
- * CARRIOT



MEATH AND OTHER PROTEINS

They mainly provide proteins that are necessary for the growth and development of children, for the formation and repair of tissues.

- * CHICKEN
- * FISH
- * EGGS
- * BEEF



GRAINS

They provide a high number of vitamins and minerals, providing our body with energy to carry out all our activities.

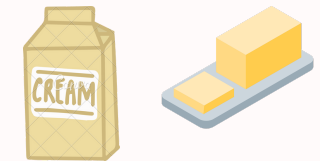
- * PASTA
- * RICE
- * BREAD
- * CEREAL



FATS AND OILS

Fats are necessary for our body, since they provide essential fatty acids that our body could not manufacture. In addition, they fulfill various vital functions, such as storing energy, serving as a structure for the production of hormones and other substances, and facilitating the transport of various vitamins.

- * OIL
- * CREAM
- * BUTTER
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DAIRI

It carries many nutrients, as well as water and minerals. It is rich in proteins and sugars, important for the body. Among the proteins, casein, various seroglobulins and albumins stand out, as well as others useful such as lactoferrin.

- * CHEESE
- * MILK
- * YOGURT
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