UNIVERSIDAD DEL SURESTE
CAMPUS TAPACHULA

NOMBRE DEL ALUMNO: HEBER LOPEZ GUZMAN

LICENCIATURA: MEDICINA VETERINARIA Y ZOOCTENIA

CUATRIMISTRE: SEGUNDO CUATRIMESTRE

ASIGNATURA: INGLES II
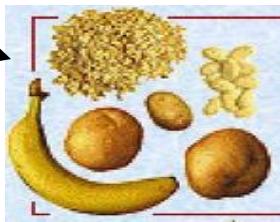
DOCENTE: LIC ENRIQUE EDUARDO ARREOLA JIMENEZ

TRABAJO: ELABORAR CUADRO SIPNOTICO CONSIDERANDO LA
CLASIFICACION DE LOS ALIMENTOS PRESENTES EN LA GUIA
ALIMENTARIA

FECHA: 10/ 03/ 2023

FOOD CLASSIFICATION

Carbs

They are the best source of energy for growth, maintenance, and physical and mental activity.

FATS

They provide energy and form a layer of tissue under the skin that conserves body heat.

FIBER

Produces loose, abundant stools. Combat constipation and intestinal diseases.

OTHERS MORE

PROTEINS

They are the raw material for cells and tissues, and produce hormones and other active chemicals

VITAMINS

They regulate chemical processes in the body and help convert fa tinto energy.

MINERALS

Help build bone and control fluid balance and glandular secretions.

BIBLIOGRAFY: https://tomi.digital/es/47407/clasificacion-de-los-alimentos-segun-su-composicion?utm_source=google&utm_medium=seo

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