



**NOMBRE DE LA ALUMNA:**

**ALEJANDRA GUADALUPE PEÑA RUIZ**

**ASIGNATURA:**

**Ingles**

**Trabajo:**

**Cuadro sinóptico el plato del buen comer**

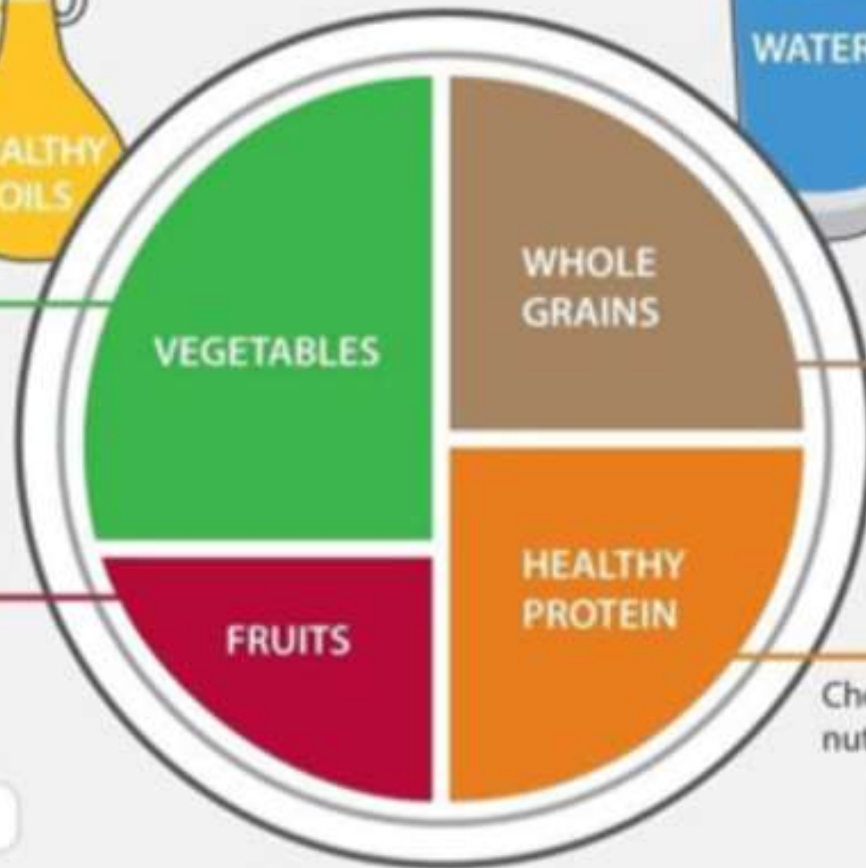
**Docente:**

# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

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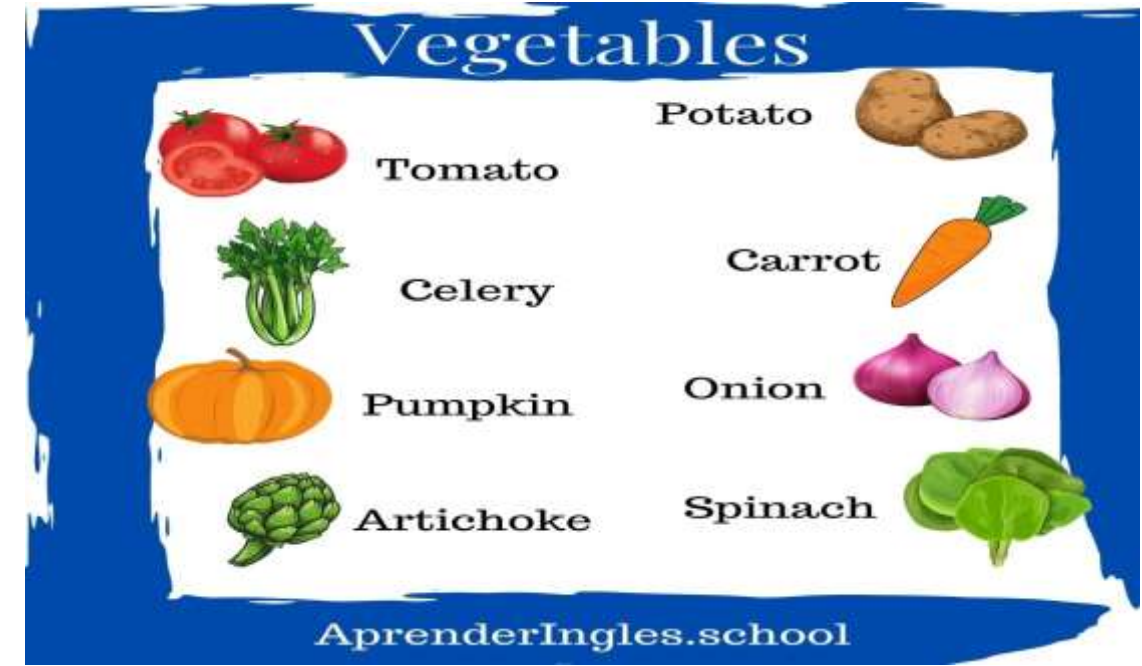
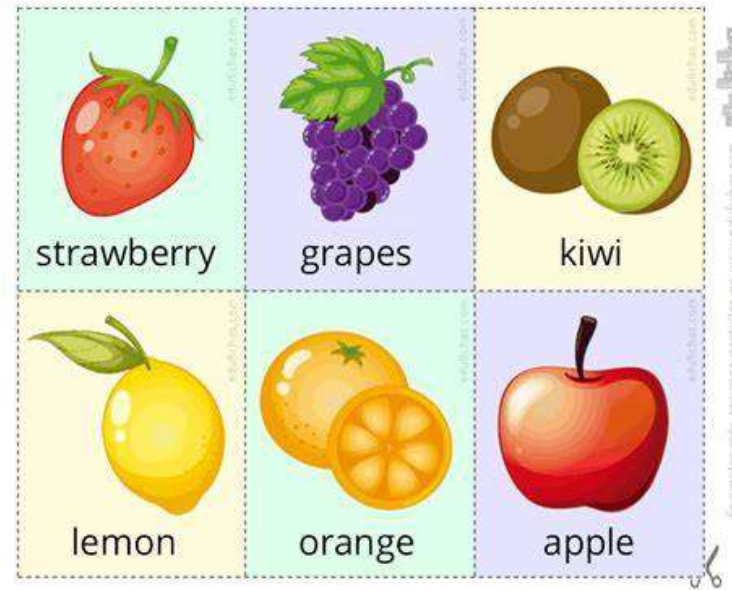
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# the balance of good health

**fruits and vegetables**



**cereal with milk**

**arroz, el maíz, el trigo, la cebada, el amaranto, la avena y el centeno**

**legumes**

- 1.lenteja
- 2 frijol
- 3.soya
- 4.haba

**Animal origin**

- 1.Huevos
- 2.Carne de res
- 1.Carne de cerdo