



“UNIVERSIDAD DEL SURESTE “

"Mapa conceptual-plate of good eating"

Materia: Ingles

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Segundo Cuatrimestre

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food guidelines

Fruit



**Apples:** they strengthen the gums, reduce cholesterol levels, and have antiviral actions.



**Bananas:** They Help keep blood pressure levels stable.



**Blueberries:** It has antioxidants, provides vitamin C, potassium, fiber, and strengthens the immune system.



**Lemons:** It is an antioxidant, prevents the aging of our cells and tissues

Vegetables



**Lettuce:** It provides few calories due to its high water content and its low amount of carbohydrates, proteins and fats.

**Carrots:** Eliminates colic and promotes digestion. It is a diuretic vegetable that prevents fluid retention.



**Broccoli:** prevent various types of cancer and other diseases



**Onions:** They are a source of mineral potassium that contributes to the normal functioning of muscles and the nervous system.



Grains



**Pasta:** provides high energy performance, and has intellectual performance



**Crackers:** They provide vitality, satiety, and are rich in nutrients, and strengthen your bones (calcium).



**Rice:** They have proteins and vitamins mainly from group B, It also provides the body with vitamin D and omega 3 fatty acids.

**Bread:** It helps us balance our diet and contributes to meeting our needs for energy and essential substances for the functioning of our body.



fats and oils



**Butter:** Lard is very good for the heart.



**Cream:** provides sensory and nutritional benefits in the diet.

**Oil:** Raises HDL (good) cholesterol levels, Lowers LDL cholesterol (bad cholesterol)



Dairy



**Milk:** milk provides nutrients and is a source of food energy, they have high quality proteins and fats.

**Yogurt:** It has minerals, vitamins and high-quality proteins.

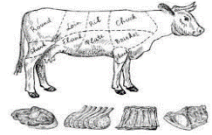
**Cheese:** It has proteins, they help us form and recover body mass, it contains vitamins, mineral salts

**food guidelines**

**meat and other proteins**

**Beef**  
**(Carne de res)**

It is a source of vitamin B12, forms red blood cells and maintains the central nervous system. And it creates hemoglobin.



**Fish**

prevents cardiovascular diseases and risk factors such as (high cholesterol and triglycerides).



**Nuts**

Improves the health of the arteries. Decreases inflammation of heart disease. Decreases the risk of blood clots



**Eggs**

Gives strong bones, contains high minerals and vitamins, provides unsaturated fats and reduces the risk of diseases

