



FOOD FOR HELTH

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INGLES II

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## INDICE

- Food Introduction .....3
- Food in Mexico .....3
- Prevent diseases.....3
- Recommendations..... 4
- Conclusión ..... 4

# Food for health

Food is a fundamental component of daily life that goes beyond the simple satisfaction of our basic needs, influencing various physical and mental aspects. Not only does every choice satisfy hunger, but it's also a decision that shapes our long-term health. Every bite is an opportunity to build physical strength, maintain mental health, and prevent the complications that lurk on the horizon of contemporary life. A balanced diet provides the essential nutrients that the body needs to function properly. Vitamins, minerals, proteins, healthy fats, and carbohydrates are essential components for the maintenance of organs, tissues, and systems. Adopting a healthy diet is associated with greater longevity and a better quality of life in old age. Contributes to maintaining physical and cognitive functionality as we age. When we talk about Mexico, its gastronomy comes to mind. Mexican cuisine is even internationally recognized for its diversity and richness of flavors. However, it also faces challenges related to health and nutrition. It is also well known for its diversity and richness of flavors. However, it also faces challenges related to health and nutrition. Mexico has experienced a significant dietary transition, where there has been an increase in the consumption of processed foods, high in saturated fats, sugars, and sodium. This contributes to health problems such as obesity and diabetes. The Mexican government has implemented measures to address diet-related health issues. Taxes on sugary drinks and regulations for food labeling seek to encourage healthier choices. Its population in Mexico presents different diseases that trigger a poor diet, such as cardiovascular diseases, high consumption of saturated fats and cholesterol can increase the risk of heart diseases, such as high blood pressure and atherosclerosis. High Blood Pressure: Excess sodium in the diet, commonly present in processed foods

and fast foods, can contribute to the development of high blood pressure. A diet lacking in essential nutrients can lead to constant fatigue and lack of energy, affecting the ability to perform daily activities. A diet that is low in fiber, fruits, and vegetables can lead to digestive problems, such as constipation and irritable bowel syndrome. The relationship between diet and mental health is significant. A nutrient-deficient diet can affect the chemical balance in the brain, contributing to problems such as depression and anxiety. Some recommendations to take care of your diet are to cook at home, prepare meals at home with fresh ingredients. This allows you to have control over the ingredients and make healthier choices. A good nutrition education: it will teach us about nutrition to make informed decisions. Understanding the benefits of different foods will help you make healthier choices, moderation: Enjoy occasional pleasures without excess. Moderation is key to maintaining a balanced and sustainable diet in the long term. Hydration: Drink enough water throughout the day. Limit your consumption of sugary drinks and soft drinks, opting for healthier options such as water, tea, or herbal teas. As well as these recommendations, there are many, but it is recommended that you go to your trusted nutritionist for more information or any questions about these relevant topics. Because if we are informed, the beneficiaries will be us and our health.

## LINKOGRAFIA

- <https://alimentacionysalud.unam.mx/patron-de-alimentacion-en-mexico/>
- <https://www.bing.com/ck/a?!&&p=5eb616095ef57bcbJmltdHM9MTcwOTY4MzIwMCZpZ3VpZD0xZTE4MWQ5Mi0wZjNhLTZlYjctMjA0Zi0wY2Q5MGUwODZmY2YmaW5zaWQ9NTc4Mg&pn=3&ver=2&hsh=3&fclid=1e181d92-0f3a-6eb7-204f-0cd90e086fcf&psq=alimentacion+en+mexico&u=a1aHR0cHM6Ly9hbGltZW50YWNpb255c2FsdWQudW5hbS5teC93cC1jb250ZW50L3VwbG9hZHMvMjAyMC8xMS9wYXRyb24tZGUtYWxpblVudGFjaW9uLWVuLW1leGljby5wZGY&ntb=1>
- <https://www.bing.com/ck/a?!&&p=4f2d3264e98dc36cJmltdHM9MTcwOTY4MzIwMCZpZ3VpZD0xZTE4MWQ5Mi0wZjNhLTZlYjctMjA0Zi0wY2Q5MGUwODZmY2YmaW5zaWQ9NTIyOA&pn=3&ver=2&hsh=3&fclid=1e181d92-0f3a-6eb7-204f-0cd90e086fcf&psq=alimentacion+en+mexico&u=>