



THE DIET OF THE MAIN DISEASES OF OUR COUNTRY

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CARDIOVASCULAR DISEASES

The main factor related to these deaths is the diet ultra processed products with excess sugar, fats sodium and calories. It is estimated that around 30% of the calories in the Mexican diet come from these products.

OSTEOPOROSIS

The disease is the product of a diet rich in meat, refined sugars and fats. To prevent its appearance, it is best to consume foods rich in calcium and avoid processed foods

COLON CANCER

There is a close link between colon cancer and poor diet. For these reasons, it is also known that a diet based on excess fat and little fiber increases the risk of colon and stomach cancer



OVERWEIGHT AND OBESITY

The main cause of a poor diet is weight gain due to high food consumption that exceeds the amounts necessary for the body especially in regards to fats, sugar and flours. This is one of the most current growing diseases, and it also carries a high level of health risk

Linkografia

<https://www.quiromet.es/noticias/%C2%BFQu%C3%A9+enfermedades+pueden+provocar+un+a+mala+alimentaci%C3%B3n%3F/ia97>

<https://www.insp.mx/informacion-relevante/la-transicion-alimentaria-en-mexico-una-amenaza-para-la-salud-humana-y-planetaria>