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The diet of the Main diseases of our country

Diabetes

It is a chronic (long-term) disease that affects the way the body converts Food into energy. Your body breaks down most of the food you eat into sugar ALSO CALLED GLUCOSE and releases it into your bloodstream.

NUTRITION
Nutrition when suffering from diabetes must be monitored to avoid creating blood glucose spikes with Food high in carbohydrates and sugars.

- * fruits moderate consumption,
- * vegetables whole grains,
- * rice,Barcelona,etc.

Obesity

Disorder characterized by excessive levels of body fat that increase the risk of health problems. It usually the result of eating more calories than are burned during exercise and normal daily activities.

NUTRITION
In cases of obesity, it is necessary to make small changes little by little to improve eating habits.

- * introduce at least 5 units of vegetables a day
- * Drink at least 2 liters of water daily.

Hypertension

High blood pressure is a common disease that affects the body's arteries. It is also known as hypertension.

NUTRITION
For patients suffering from hypertension, the national heart institute recommends the DASH "Dietary Approaches to stop Hypertension" diet, which includes.

- * plenty of fruits and, vegetables,
- * low or fat-free dairy products.