

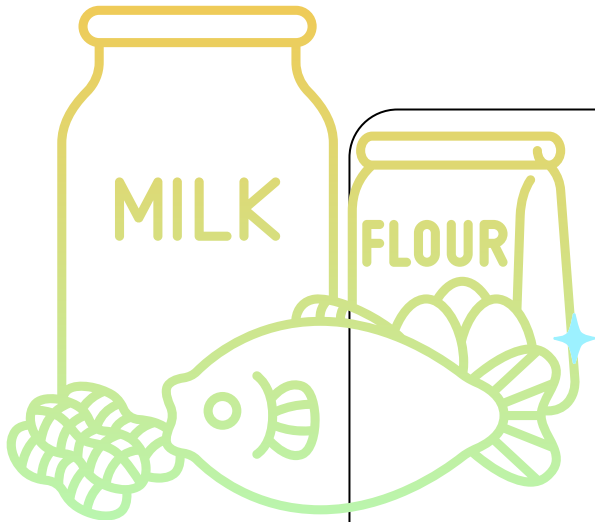
Nombre del alumno: Daniel Bernabé Morales Morales

Carrera: Licenciatura en nutrición

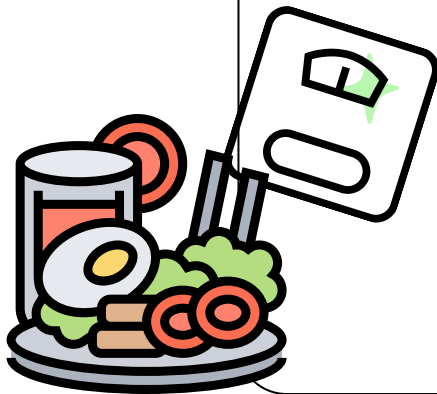
Asignatura: Inglés

Asesor: Eduardo Enrique Arreola Jiménez

Tapachula, Chiapas a 09 de Febrero de 2024



THE DIET OF THE MAIN DISEASES OF OUR COUNTRY



Obesity

For this disease it is necessary to modify eating habits:

- Introduce plenty of raw or cooked fruits and vegetables (at least five units a day), skimmed dairy products and whole grains.
- Select lean cuts of meat and fish.

Duodenitis

These people should not eat foods that cause irritation: Foods such as oranges and salsa can cause burning or pain. You should consume healthy and varied foods. Examples include fruits (not citrus), vegetables, low-fat dairy products, legumes, whole-grain bread, as well as lean meats and fish.

Gingivitis

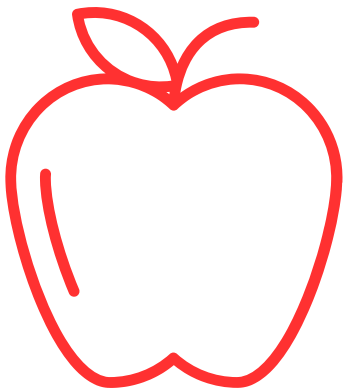
The diet for this disease takes into account the following points:

Eliminate processed or refined carbohydrates. Limit the intake of foods rich in trans fatty acids (industrial pastries, ice cream, snacks...) and omega-6 (sunflower, corn and evening primrose oils, margarine, etc.). Increase the consumption of omega-3 fatty acids.

Pharyngitis

Doctors recommend six foods that can help relieve pharyngitis symptoms:

- Licorice
- Foods with vitamin A: Zahahoria, spinach, etc.
- Honey
- Foods with vitamin C: kiwi, strawberries, citrus and tomatoes



Linkography

- <https://www.perioexpertise.es/articulo/efectos-de-una-dieta-antiinflamatoria-en-pacientes-con-gingivitis>
- <https://fundaciondelcorazon.com/nutricion/dieta/1266-dieta-obesidad.html>
- <https://pereznoesraton.com/perez-no-es-raton/sabes-que-alimentos-alivian-el-dolor-de-garganta-de-la-faringitis/>
- https://epidemiologia.salud.gob.mx/anuario/2022/principales/nacional/grupo_edad.pdf

