



**CUADRO SINÓPTICO “THE DIET OF THE MAIN DISEASES OF OUR  
COUNTRY”**

GARCIA ROBLES XIMENA CAROLINA

ARREOLA JIMENEZ ENRIQUE EDUARDO

UNIVERSIDAD DEL SURESTE

Licenciatura en Nutrición

ingles II

Tapachula, Chiapas

9 de febrero de 2024

# The diet of the main diseases of our Country

## COLESTEROL

It is a lipid or fat found in our body. It is one of the most important since it serves for the formation of the membranes of the cells of our organs, the synthesis of sexual hormones and those of adrenal origin.

### CAUSE

- Smoke
- Lack of physical activity
- Unhealthy eating habits
- Weight
- Age
- Genetics

### DIET

- Whole grain cereals such as oats and oat bran
- Fruits such as apples, bananas, oranges, pears, and plums
- Legumes such as beans, lentils, chickpeas, black-eyed peas, and fava beans

## ARTHRITIS.

Arthritis is an inflammation of the membrane that lines the joints. It can occur in all joints, which is why there are more than 100 different types of arthritis.

### CAUSE

This can be caused by genetic factors or by other factors such as hormonal variation, viruses or bacteria, smoking, excess stress or obesity.

### DIET

- Fruits and vegetables: green leafy ones
- Whole grains:
- Legumes
- Nuts and seeds
- Olive oil
- Blue fish and fish oil

## APPENDICITIS

Appendicitis is an inflammation of the appendix, which is a pouch attached to the large intestine. It is usually caused by a blockage in the lining of the appendix that results in an infection.

### CAUSE

- enlarged tissue in the wall of the appendix, caused by an infection in the digestive system or another part of the body
- inflammatory bowel disease

### DIET

- Tea, hot infusions
- Skim, light or 2% dairy products.
- Rice, brown rice,
- Legumes
- Baked fruits.
- Vegetables:
- White meats.

## GALLSTONES

Gallstones are lumps or stones made of cholesterol, bilirubin, or other substances that form in the gallbladder. Their size can vary from small grains of sand to golf balls.

### CAUSE

An excess of cholesterol or bilirubin production in the liver. Improper emptying of the gallbladder can also cause stones as it produces an excessive concentration of bile.

### DIET

- eat more high fiber foods
- Eat fewer refined carbohydrates and less sugar
- Eat healthy fats, such as fish oil and olive oil

## CIRRHOSIS

Liver cirrhosis refers to scarring of the liver that arises as a result of some irregularity in its function caused by chronic liver injury. Every time the liver suffers an injury, it tries to repair itself by forming scar tissue.

### CAUSE

- Chronic alcohol abuse
- Chronic viral hepatitis (B, C and D)
- Accumulation of fats in the liver or non-alcoholic fatty liver disease
- Accumulation of iron in the body
- Cystic fibrosis

### DIET

- reduce sodium consumption
- reduce the consumption of animal proteins and choose for lean proteins
- increase carbohydrate intake
- consume healthy fats in moderation.
- include vitamin supplements in the diet

## DIABETES

It is a chronic disease in which the body cannot regulate the amount of sugar in the blood.

### CAUSE

- The pancreas does not produce enough insulin.
- The cells do not respond normally to insulin.

### DIET

- Fruits and vegetables
- Whole grains such as whole wheat,
- Proteins, such as lean meats,
- Skim or low-fat dairy products such as milk, yogurt, and cheese

## Linkografía

National Library of Medicine. (s. f.). Cómo bajar su colesterol con dieta. <https://medlineplus.gov/spanish/howtolowercholesterolwithdiet.html>

Nestlé, R. (2023, 29 marzo). Artritis: ¿cómo puede ayudar una alimentación balanceada? Recetas Nestlé. <https://www.recetasnestle.com.mx/escuela-sabor/tips/alimentacion-artritis#:~:text=Leguminosas%3A%20los%20frijoles%2C%20lentejas%20o,ayudan%20a%20sostener%20las%20articulaciones.>

Dr. Jorge E. Ballí Martínez, Cirugía General y Laparoscopia Avanzada, Gastroenterología Quirúrgica. (2017, 3 abril). Apendicetomía por laparoscopia <https://drjorgeballi.com/apendicetomia-por-laparoscopia/#:~:text=Alimentos%20Recomendados%3A&text=Arroz%2C%20arroz%20integral%2C%20pastas%20o,%2C%20papaya%2C%20mel%C3%B3n%2C%20uvas.>

Alimentación, dieta y nutrición para los cálculos biliares - NIDDK. (s. f.). National Institute Of Diabetes And Digestive And Kidney Diseases. <https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-digestivas/calculos-biliares/alimentacion-dieta-nutricion>

LA DIETA EN EL PACIENTE CON CIRROSIS. (2023, 4 abril). <https://www.gastrocirugiadrgvelez.com/la-dieta-en-el-paciente-con-cirrosis>

National Library of Medicine. (s. f.-b). Dieta para diabéticos. <https://medlineplus.gov/spanish/diabeticdiet.html>