

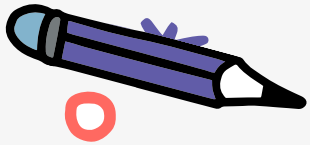
Nombre del alumno: María José Romero Monroy

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

URINARY TRACT INFECTION

People with this disease must consume:

- Red fruits and blueberries
- Broccoli
- Asparagus
- Radishes



GASTRITIS

People with gastritis should consume

- Fruits and vegetables daily
- Meat and fish
- Eggs
- Carbohydrates
- Legumes
- Dairy



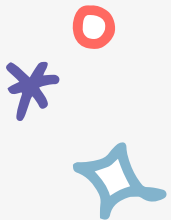
ARTERIAL HYPERTENSION

People with hypertension should follow a Dash diet (Dietary Approaches to Stop Hypertension). The DASH diet reduces high blood pressure by decreasing the amount of sodium in your diet to 2,300 milligrams (mg) per day.



DIABETES MELLITUS TYPE II

With this disease, the intake of fatty foods should be reduced, especially those rich in saturated fats, such as hamburgers, fried foods, bacon and butter. Instead, choose foods that are rich in polyunsaturated or monounsaturated fats. These include fish, nuts and vegetable oils.



LINKOGRAPHY

- https://epidemiologia.salud.gob.mx/anuario/2022/principales/nacional/grupo_edad.pdf
- https://www.ividona.es/blog/salud-sexual/remedios-naturales-infeccion-orina/?_gl=1*108n44m*_up*MQ..*_ga*ODU3MjQwOTM3LjE3MDc0ODkyMDE.*_ga_E0T7E2SMM7*MTcwNzQ4OTlwMS4xLjAuMTcwNzQ4OTlwMS4wLjAuMA..#Alimentos_y_remedios_para_la_infeccion_de_orina
- [https://www.academianutricionydietetica.org/dietas/dieta-gastritis/#%C2%BFCuáles son los alimentos recomendados en una dieta para la gastritis](https://www.academianutricionydietetica.org/dietas/dieta-gastritis/#%C2%BFCuáles%20son%20los%20alimentos%20recomendados%20en%20una%20dieta%20para%20la%20gastritis)
- <https://medlineplus.gov/spanish/ency/patientinstructions/000770.htm>
- <https://medlineplus.gov/spanish/ency/article/007429.htm#:~:text=Reduzca%20la%20ingesta%20de%20alimentos,pescado%2C%20nueces%20y%20aceites%20vegetales.>