



**CUADRO SINOPTICO “THE DIET OF THE MAIN DISEASES  
OF OUR MEXICO”**

ANTONIO NIÑO VIVIANA

ING. Jiménez Arreola Enrique Eduardo

UNIVERSIDAD DEL SURESTE

Licenciatura en Nutrición

Inglés

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# Main diseases suffered by the country of

## Mexico

### Diabetes



It is a chronic metabolic disease characterized by high levels of blood glucose (or blood sugar), which over time leads to serious damage to the heart, blood vessels, eyes, kidneys and nerves..

Diabetes mellitus or type II diabetes is the most common in people over 60 years of age; However, it can occur at any age.

#### What is recommended to do to prevent

- achieve and maintain a healthy body weight.
- Stay physically active with at least 30 minutes of moderate exercise each day.
- Follow a healthy diet, without sugar or saturated fats.
- do not smoke tobacco.



### Obesity



It means weighing more than is healthy for a certain height, it is considered a chronic disease, caused by excessive consumption of fats, sugars and carbohydrates, which causes the accumulation of fat in our body.

It can occur at any age, even in young children. However, as you age, hormonal changes and a less active lifestyle increase your risk of obesity.

#### What is recommended to do to prevent

- Eat right: five meals a day.
- Control the amount of sugars.
- Reduce foods that are high in calories and low in nutrients, such as snacks.
- Preferably choose leaner meats and consume more fish than meat and a minimum of 3-4 servings of fish per week.
- Drink a minimum of 1.5l of water daily.
- Daily physical activity is recommended



### Hipertensión



It occurs when the blood pressure in our blood vessels is too high. Sometimes it does not cause symptoms and the only way to detect it is to take your blood pressure, in people who have very high blood pressure (180/120 or more), in addition the risk of hypertension can increase in cases, advanced age, genetic causes, overweight or obesity, lack of physical activity, consuming large amounts of salt, drinking too much alcohol.

It is more common after the age of 40, although it can appear at any age.

#### What is recommended to do to prevent

- You will eat plenty of vegetables, fruits, and fat-free or low-fat dairy products.
- It will include whole grains, legumes, seeds, nuts and vegetable oils.
- He will eat fish, poultry and lean meats.
- You will reduce salt, red meat, sweets and sugary drinks.
- Will reduce alcoholic beverages.



# LINKOGRAFÍA

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<https://www.gob.mx/promosalud/acciones-y-programas/sobrepeso-y-obesidad-284507>

<https://www.imss.gob.mx/salud-en-linea/hipertension-arterial>

<https://salud.edomex.gob.mx/isem/diabetes>