



“The diet of the main diseases of our Country”

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THE DIET OF THE MAIN DISEASES OF OUR COUNTRY

ALZHEIMER

Research has shown that foods such as sugary cereals, industrial pastries, diet sodas, and excess carbohydrates can increase your risk of Alzheimer's.

OBESITY

Obesity is also a risk for severe cases of other pathologies. These include heart disease, cerebrovascular problems, arthritis and some cancers. Factors that can affect your weight include genetic makeup, overeating, eating high-fat foods

OSTEOMALACIA

the inability to absorb vitamin D or not getting enough sunlight can lead to a weakening of the bone structure due to osteomalacia

HYPERTENSION

Too much fat and salt could lead you to develop problems with your blood pressure. High blood pressure impedes blood circulation. People who have high blood pressure are more likely to have strokes or strokes.

DIABETES

People who are overweight have a higher risk of type 2 diabetes compared to those who are of normal weight. This is because their bodies have more trouble using the insulin they produce.

CANCER

According to the World Health Organization (WHO), about 30% of cancer cases are related to poor eating habits.

A peer-reviewed review of 123 studies also found that regimens such as the keto diet were associated with colon cancer, heart disease and Alzheimer's, mentioned above.

LINKOGRAFIA

- <https://medlineplus.gov/spanish/obesity.html>
- <https://www.businessinsider.es/13-enfermedades-asociadas-mala-alimentacion-936681>
- <https://www.bing.com/search?q=20+enfermedades+por+mala+alimentaci%c3%b3n&FORM=QSRE1>
- https://www.bing.com/search?pglt=41&q=la+dieta+de+las+principales+enfermedades+de+nuestro+pa%C3%ADs&cvid=7cd63cfa62924f9a963780ddb22ae759&gs_lcrp=EgZjaHJvbWUyBggAEEUYOdIBBzk5OGowajGoAgCwAgA&FORM=ANNTA1&PC=HCTS