



UNIVERSIDAD DEL SURESTE

INFOGRAPHIC

“A KIND OF DIET: DIABETIC, VEGETARIAN, SOFT,
OBESES”

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ENGLISH II

UNIT III

DEGREE IN NURSING

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A KIND OF DIET



Regular consumption of food and drinks by a person.

DIABETIC

To maintain healthy blood glucose levels, foods that should be consumed are:

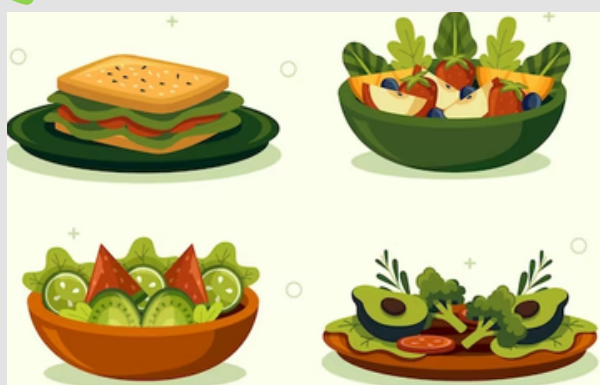
- Fruits and vegetables
- Whole grains (oats, wheat and brown rice).
- Proteins (lean meats, chicken, fish, eggs, beans, lentils).
- Skim or low-fat dairy products such (milk, yogurt, and cheese).



VEGETARIAN

A vegetarian diet does not include any meat. What it includes is:

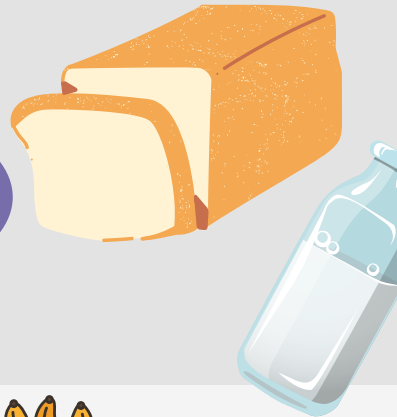
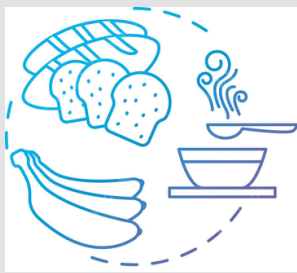
- Vegetables
- Fruit
- Whole grains
- Legumes
- Seeds
- Walnuts
- May include eggs and/or milk, if lacto-ovo vegetarian



SOFT

A bland diet includes foods that are bland, not very spicy, and low in fiber.

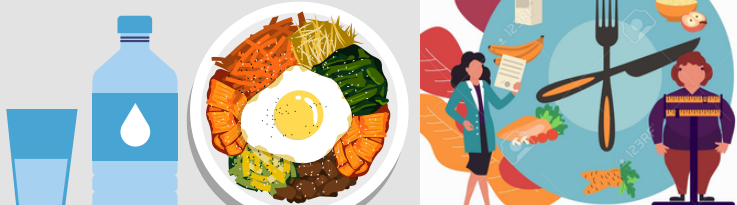
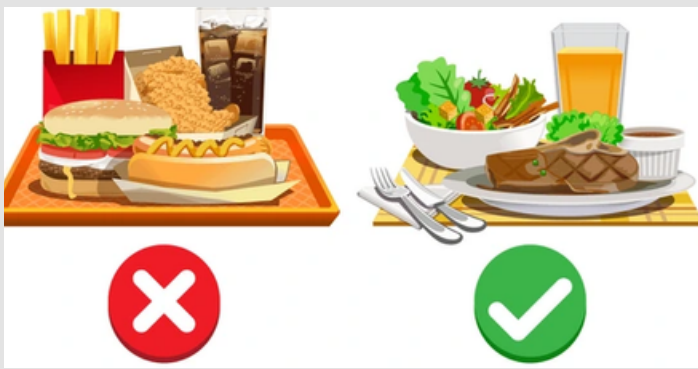
- Low-fat dairy products
- Cooked vegetables
- Refined white flour breads, cookies and pasta
- Steamed, baked or grilled meats
- Fruits puree
- Soups



OBESES

To maintain a healthy weight, it is recommended to consume:

- Fruits and vegetables
- Skimmed dairy products
- Whole grains
- Low-fat meats and fish
- Nuts, seeds, beans
- Drink 1.5 or 2 liters of water a day



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