



FOOD AND BEVERAGES

RESENDIZ ESTRADA ALESSANDRA

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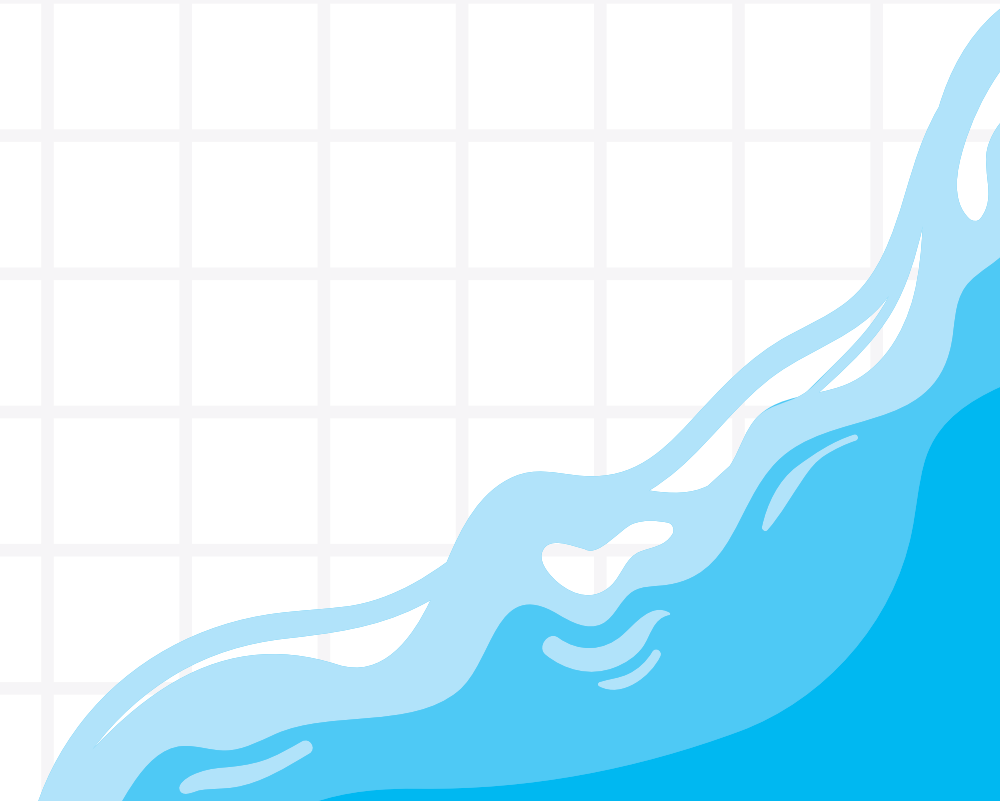
UNIVERSIDAD DEL SURESTE

Licenciatura en Enfermería

Inglés

09 DE FEBRERO DE 2024

Tapachula, Chiapas



HOSPITAL FOOD AND BEVERAGES

Obesity

Obesity is usually the result of eating more calories than are burned during exercise and normal daily activities.

Definition

Food

Prefer grilled, boiled or baked foods, instead of fried, breaded or seasoned.
-Prefer fruit as dessert.
-Avoid consumption of table salt.



Drinks

Prefer plain water instead of soft drinks, fruit waters, or natural or industrialized juices.
-Drink between eight and ten glasses of plain water a day.

Arterial hypertension

We speak of hypertension when the blood pressure in our blood vessels is too high (140/90 mmHg or more). It is a common problem that can be serious if not treated.

Definition

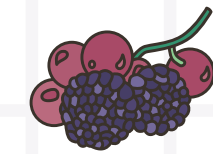
Meals

Fish, lean meats, and poultry (2 servings or less per day) Legumes, seeds, and nuts (4 to 5 servings per week) Fats and oils (2 to 3 servings per day)



Drinks

- Beet juice.
- Plum juice.
- Granada juice.
- Berry juice.
- Skim milk



Diabetes

It is a chronic (long-term) disease that affects the way the body converts food into energy.

Definition

Food

broccoli, carrots, vegetables, potatoes, corn and peas oranges, melons, strawberries, apples, bananas and grapes, grains include wheat, rice, oats, corn, protein lean meat (low fat) chicken or turkey without the skin, fish, milk or lactose-free milk if you have a lactose intolerance lactose, yogurt, cheese



Drinks

- Water, the best option.
- Infusions and soft drinks without sugar.
- Milk and its alternatives.
- Vegetable juices.



BIBLIOGRAPHY

<https://medlineplus.gov/spanish/diabetes.html>

<https://www.who.int/es/news-room/fact-sheets/detail/hypertension>

Obesidad <https://g.co/kgs/g9N5fTn>

