



synoptic table

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Ingles II

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Describe hospital

FOOD AND BEVERAGES

DIABETES

is a chronic (long-term) disease that affects the way the body converts food into energy; The body breaks down most of the food you eat into sugar (also called glucose) and releases it into the bloodstream.

OBESITY

Disorder characterized by excessive levels of body fat that increase the risk of health problems.

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 left untreated.

FOOD

You can eat fruits, vegetables, low-fat meat, eggs, rice, you should avoid eating fried foods, fried foods, sweets or breads.

FOOD

You can eat boiled vegetables, grilled meats, fruit, brown rice, salads. You should avoid eating fried or fatty foods, avoid eating salty foods.

FOOD

You can eat vegetables, meats, cereals, eggs, beans, cheeses, you should avoid eating cookies, cakes, ice cream and things with a lot of sugar.

BEVERAGES

You can drink low-fat dairy products like yogurt. You should avoid consuming soft drinks, energy drinks or drinks with a lot of sugar.

BEVERAGES

You should drink a lot of water, natural juices. you should avoid drinking soft drinks, very sweet water or carbonated drinks

BEVERAGES

You should drink plenty of water, you should not drink alcohol, soft drinks, energy drinks and sugary drinks.

bibliography

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