



INFOGRAFÍA

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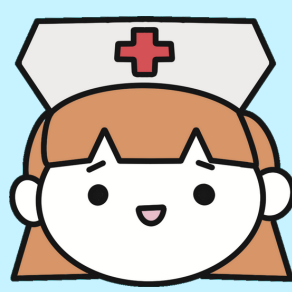
UNIVERSIDAD DEL SURESTE

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A KIND OF DIET

DIET 1

DIABETIC



Eating the right foods for diabetes means eating a variety of healthy foods from all food groups:

- Fruits and vegetables
- Whole grains such as whole wheat, brown rice, barley, quinoa and oats.
- Proteins, such as lean meats, chicken, turkey, fish, eggs, nuts, beans, lentils, and tofu.
- Skim or low-fat dairy products, such as milk, yogurt, and cheese.

DIET 2

VEGETARIAN

A well-planned vegetarian diet is a healthy way to meet your nutritional needs.

One way to start a vegetarian diet is to progressively reduce meat in the diet while increasing the amount of fruits and vegetables.



DIET 3

SOFT



The soft diet contains non-flatulent cooked vegetables, refined cereals, white meats and fish, etc. All this with gentle cooking.

We must exclude fatty, acidic, highly seasoned foods, etc. from this type of diet. For example, sausages, pastries, pickles, acidic fruits, etc.

DIET 4

OBESES

Obesity is characterized by excess weight as a result of increased body fat.

- Introduce plenty of raw or cooked fruits and vegetables, skimmed dairy products and whole grains.
- Select lean cuts of meat and fish. Cook them with low-fat procedures (baked, grilled, steamed, papillote, etc.)
- Watch the quantities and try to reduce your salt and alcohol consumption little by little.
- Drink at least 1.5 to 2 liters of water a day.



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