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GUY OF SAY

Para diabetes, vegetariano, obesos, blanda

DIABETIC DIET

The most important things that diabetics can eat are vegetables, beans, fruits, nuts and whole grains.

WHAT YOU CAN EAT VEGETARIAN

What a vegetarian can eat are: fruits, dried grains, seeds, grains, whole grains, fat-free reading products, eggs, vegetables.

BLAND DIET

Milk and other dairy products only low-fat or fat-free, cooked vegetables, canned or frozen, potatoes, canned fruits, etc., such as apples, bananas, or melon.

FOOD FOR OBESE

What obese people can eat are: whole oats, vegetables, fruits, whole grains and whole wheat bread.