



A kind of diet: diabetic, vegetarian, soft, obeses

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

Diabetic

Fill half with non-starchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage, and carrots. Fill a quarter of your plate with a lean protein, such as chicken, turkey, beans, tofu, or eggs. Fill a quarter with carbohydrates. Foods higher in carbohydrates include grains, starchy vegetables (such as potatoes), rice, pasta, beans, peas, fruits, and yogurt. A cup of milk also counts as a carbohydrate food.

Vegetarian

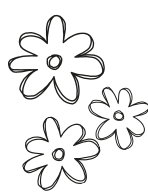
Meats are prohibited. The lacto-vegetarian diet, which includes plant-derived foods and dairy products. The lacto-ovo vegetarian diet, which includes dairy products and eggs.

obese consume fewer foods and drinks that contain refined carbohydrates, added sugars, and salt (sodium) control portion sizes limit foods with saturated fats and trans fats, such as those found in desserts and fried foods



Soft

includes foods that are mild, not very spicy, and low in fiber.



Bibliography

Google translator