



**MAPA CONCEPTUAL:
A KIND OF DIET**

**MINA GUTIERREZ
MARIA FERNANDA**

**MAESTRO: ENRIQUE EDUARDO
ARREOLA JIMÉNEZ**

UNIVERSIDAD DEL SURESTE

LICENCIATURA EN ENFERMERIA

INGLES II

TAPACHULA, CHIAPAS

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A Kind of diet

Diabetic

Breakfast:

- 2 whole wheat toasts with strawberry jam
- 1 glass of milk



Meal:

- Mozzarella and kiwi salad
- Chicken breasts with almonds
- Fruit salad with pomegranate



Snack:

- 1 natural skimmed yogurt (125ml)



Dinner:

- Pumpkin cream
- Baked or grilled cod



Vegetarian

Breakfast

- Cereals and refined flours, such as white bread, conventional pasta or white rice.



Meal:

- Cooked or pureed vegetables.
- White tofu, avoiding smoked and seasoned foods, grilled.



Snack:

- Natural unsweetened vegetable yogurts, avoiding the Greek type, prioritizing that they are low in fat.



Dinner:

- Fruit in compote or baked.
- Banana, as long as it is very ripe.



Soft

Breakfast:

- Milk
- Canned fruits such as applesauce, bananas, and cantaloupe



Meal:

- Tender, lean meats, such as poultry, white fish, and shellfish, steamed, baked, or grilled without added fat



Snack:

- Ice and jelly popsicle



Dinner:

- Soup, especially broth
- light tea



Obeses

Breakfast:

- Coffee or infusion with skimmed milk
- toast with tomato
- Piece of fruit



Meal:

- Celery, Walnut and Grape Salad
- Baked cod with tomato
- Fruit



Snack:

- Yogur líquido desnatado



Dinner:

- Salad with spinach scrambled chickpeas



Children

Breakfast:

- Purees
- Porridges



Meal:

- Mild soups
- Fish and chicken
- Cooked vegetables



Snack:

- Soft fruits.



Dinner:

- Soft cereals
- Eggs



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