

MAPA CONCEPTUAL: A KIND OF DIET

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LICENCIATURA EN ENFERMERIA

INGLES II

TAPACHULA, CHIAPAS

09 DE MARZO DEL 2024

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

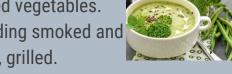
Breakfast

 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:

Dinner:

light tea

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



Snack: Ice and jelly popsicle





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



· Salad with spinach scrambled chickpeas







Children

Breakfast:

Soup, especially broth

- Purees
- Porridges

Meal:

- Mild soups
- Fish and chicken
- Cooked vegetables

Snack:

Soft fruits.

Dinner:

- Soft cereals
- Eggs













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