

Cuadro Sinóptico: Describe hospital food and beverages

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Describe hospital food and beverages

Diabetes

definition

It is a chronic disease that affects the way the body converts food into energy.

Affects

It can occur in people of any age, but is more likely to occur in children, adolescents, or young adults.

Foods

- Chicken
- Turkey
- Beans
- Tofu
- Eggs

Obesity

definition

It is a complex disease that consists of having too much body fat.

Affects

- Gives to children 5 and 6 years old
- Teenagers

Foods

- vegetables
- Fruit
- Integral rice
- Oatmeal
- Wholemeal bread

Hypertension

definition

It is a chronic disease that can be controlled with

Affects

- Older adults
- People over 65 years old

Foods

- Whole grains
- Legumes
- Seeds
- Walnuts
- Vegetable oils

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