



STUDENT'S NAME: JESÚS ALONSO CRUZ MÉRIDA

SUBJECT NAME: ENGLISH

TEACHER'S NAME : ARREOLA JIMENEZ EDUARDO ENRIQUE

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PROJECT NAME: Hospital food and beverages

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Hospital food and beverages

DIABETES

Diabetes is a disease in which blood glucose (sugar) levels are very high. Glucose comes from the foods you eat. Insulin is a hormone that helps glucose enter cells to supply them with energy. In type 1 diabetes, the body does not produce insulin. In type 2 diabetes, the most common, the body does not produce or use insulin properly. Without enough insulin, glucose stays in the blood.

FOOD

You can eat fruits, vegetables, low-fat meat, eggs, rice, you should avoid eating fried foods, fried foods, sweets or breads.

Beverages

You should avoid consuming soft drinks, energy drinks or drinks with a lot of sugar.

HYPERTENSION

High blood pressure (HTN) is the most common cardiovascular risk factor and affects 1 in 3 adults. It is produced by the increase, sustained over time, in the force that blood exerts on the walls of the arteries.

FOOD

You can eat vegetables, meats, cereals, eggs, beans, cheeses, you should avoid eating cookies, cakes, ice cream and things with a lot of sugar.

Beverages

You should drink plenty of water, you should not drink alcohol, soft drinks, energy drinks and sugary drinks.

OBESITY

Disorder characterized by excessive levels of body fat that increase the risk of health problems. Obesity is usually the result of eating more calories than are burned during exercise and normal daily activities.

FOOD

You can eat boiled vegetables, grilled meats, fruit, brown rice, salads. You should avoid eating fried or fatty foods, avoid eating salty foods.

Beverages

You should drink a lot of water, natural juices, you should avoid drinking soft drinks, very sweet water or carbonated drinks.

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