

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

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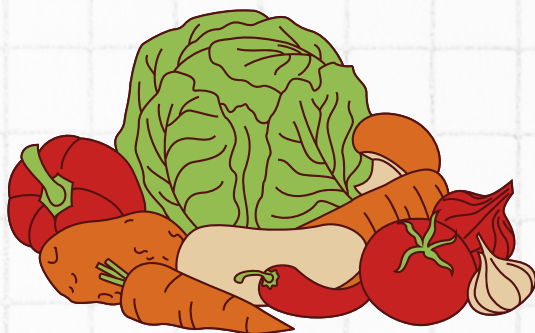
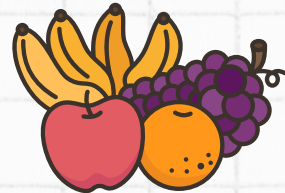
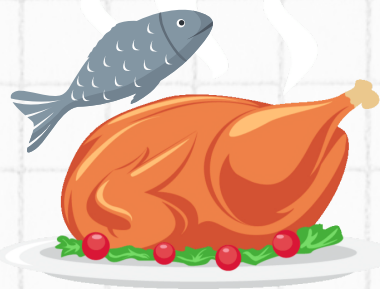
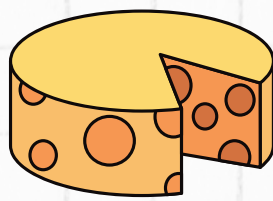
"A kind of diet: diabetic, vegetarian, soft, obese"

01 What foods should I eat if I have diabetes?

Fruits and vegetables.

Whole grains such as whole wheat, brown rice, barley, quinoa, and oats. Proteins, such as lean meats, chicken, turkey, fish, eggs, nuts, beans, lentils, and tofu.

Skim or low-fat dairy products such as milk, yogurt, and cheese.



02 Vegetarian diet

A vegetarian diet focuses on eating vegetables. This includes fruits, vegetables, dried peas and beans, grains, seeds and nuts. There is no single type of vegetarian diet. Vegetarian eating models usually fall into one of the following groups:

The strict vegetarian diet, which excludes all meats and animal products

The lacto vegetarian diet, which includes foods derived from plants and dairy products

The lacto-ovo vegetarian diet, which includes dairy products and eggs

03 soft diet

Foods you can eat on a soft diet include:

Milk and other dairy products, low-fat or fat-free only

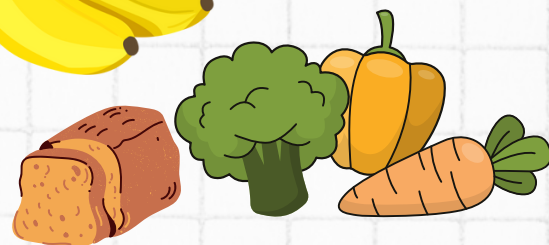
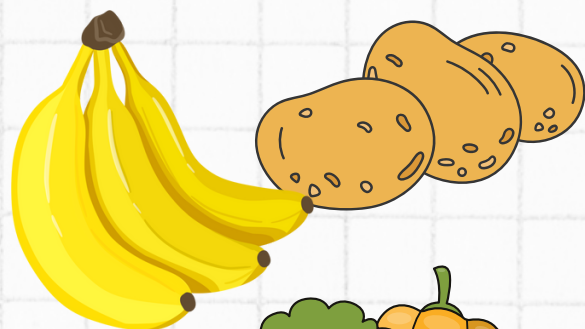
Cooked, canned or frozen vegetables
Potatoes

Canned fruits such as applesauce, bananas, and cantaloupe

Fruit and vegetable juices (some people, especially those with GERD, may want to avoid citrus fruits and tomatoes)

Breads, cookies and pasta made with refined white flour

Hot and refined cereals



DIABETES Y OBESIDAD

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• Dieta sencilla, sin alimentos procesados

• Abundancia de alimentos vegetales

• Baja en grasas

• Rica en fibra



Legumbres



Alcachofas



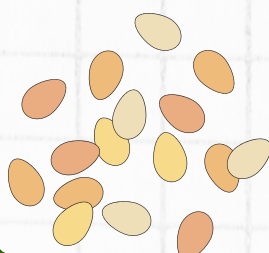
Linaza



Cítricos



Ajo



04 diet for obese

Obesity is characterized by excess weight as a result of increased body fat.

First of all, it is necessary to modify eating habits:

Introduce plenty of raw or cooked fruits and vegetables (at least five units a day), skimmed dairy products, and whole grains. Select lean cuts of meat and fish. Cook them with low-fat procedures (baked, grilled, steamed, papillote, etc.)

Monitor the quantities and try to reduce salt and alcohol consumption little by little. Drink at least between 1.5 and 2 liters of water daily.

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