



UNIVERSIDAD DEL SURESTE

Lic. en enfermería

MATERIA

INGLES 2

TEMA

Describe hospital food and beverages

DOCENTE

Santizo Gómez paulina Inés

CATEDRATICO

Ing.. Enrique Eduardo Areola Jiménez

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Describe hospital food and beverages

OBESITY

definition

They are defined as an abnormal or excessive accumulation of fat that can be harmful to health.

poulation

Women with a waist measurement greater than 35 inches (89 centimeters) and men, greater than 40 inches (102 centimeters) inches have an increased risk of heart disease and type 2 diabetes.

food drinks

and

practice sport food
vegetables, fruits, legumes and foods of animal origin
drinks
pure water, green juices, natural fruit juices, natural teas

HYPERTENSION

definition

It is a chronic disease in which the pressure with which the heart pumps blood to the arteries increases, so that it circulates throughout the body.

poulation

Hypertension affects between 20-40% of the adult population in the region
teenagers
Adults
third age

food drinks

and

vegetables, fruits, and fat-free or low-fat dairy products. It will include whole grains, legumes, seeds, nuts and vegetable oils. Will eat fish, poultry and lean meats
cranberry or cherry juice, pure water

diabetes

definition

.chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

poulation

Type 1 diabetes can occur in people of any age,
• children
• adults
youths
elderly adults

food drinks

and

chicken, turkey, beans, tofu, or eggs
grains, starchy vegetables (such as potatoes), rice, pasta, beans, peas, fruits, and yogurt.
2 Water. When it comes to hydration, water is the best option for people with diabetes. ...
Tea
Coffee
Vegetable juice.
low fat milk

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No Hay Excusas

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