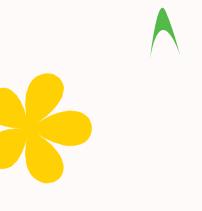


Good and Beverages

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Food and Beverages







Try to eat healthy carbohydrates; For example:

Dlabetes

Diabetes is a chronic (long-

way the body converts food

Your body breaks down most of the food you eat into sugar (also called glucose) and releases it into your bloodstream.

OBESITY

problems.

Obesity is a complex disease that

consists of having too much body fat. Obesity is not just an aesthetic problem. It is a medical problem that increases the risk for many other diseases and health

Hypertencion

We speak of hypertension when

the blood pressure in our blood vessels is too high (140/90 mmHg

or more). It is a common problem

that can be serious if not treated.

into energy.

term) disease that affects the

Fruit.
Vegetables.
Whole grains.
Legumes, such as beans and peas.
Low-fat dairy products, such as milk and chees

A diet rich in fiber (vegetables, legumes, whole grains, fresh fruit) and low in fat is recommended.

green tea, water, fruit waters

Beverages

Water
Tea without
sweetener
Coffee without
sweetener
Tomato juice or V-8
Sugar-free sports
drinks
Sugar-free
carbonated drinks

Eat plenty of vegetables, fruits, and fat-free or low-fat dairy products Will include whole-grains, legumes, seeds, nuts and vegetable oils

tea, plum juice, water, beet juice

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