



Good and Beverages

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Food and Beverages

Diabetes

Diabetes is a chronic (long-term) disease that affects the way the body converts food into energy.

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

OBESITY

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 problems.

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.

FOOD

Try to eat healthy carbohydrates; For example:

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.

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

Beverages

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

green tea, water, fruit waters

tea, plum juice, water, beet juice

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