



“A KIND OF DIET: DIABETIC, VEGETARIAN, SOFT, OBESE”

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"KIND OF DIETS"

DIET DIABETIC

Diabetes is a disease where there is too much sugar in the blood.

The diabetic diets seek to avoid the consumption of foods high in sugar, they include soups, vegetables, proteins such as meat, chicken or fish, and whole wheat bread, drink water.



DIET VEGETARIAN

excludes the intentional consumption of meat, meat products and fish, based on the consumption of foods of plant origin. Includes fruits, vegetables, beans, grains, seeds and nuts; drink water, tea and fruit or vegetable juices.



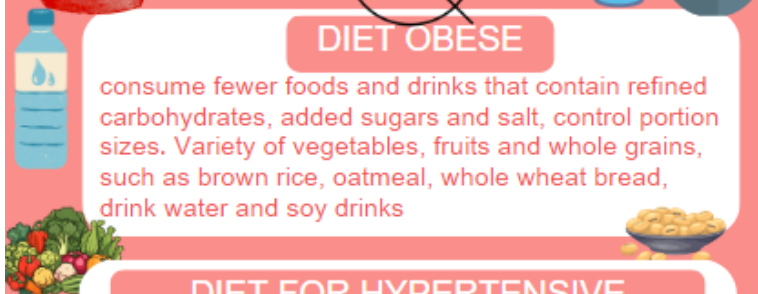
DIET SOFT

includes foods that are mild, not very spicy, and low in fiber like cooked white rice, cereal chips, cookies, chicken, turkey and lightly cooked beef; drink water, skimmed milk and infusions



DIET OBESE

consume fewer foods and drinks that contain refined carbohydrates, added sugars and salt, control portion sizes. Variety of vegetables, fruits and whole grains, such as brown rice, oatmeal, whole wheat bread, drink water and soy drinks



DIET FOR HYPERTENSIVE

reduces high blood pressure by decreasing the amount of sodium in your diet. Eat lots of vegetables, fruits, non-fat or low-fat dairy products, whole grains, legumes, seeds, nuts, vegetable oils, drink water and fruit tea.



LINKOGRAPHY

<https://medlineplus.gov/spanish/ency/patientinstructions/000770.htm>

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