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Types of diets

2nd semester

English II

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A kind of diet

Diabetic diet

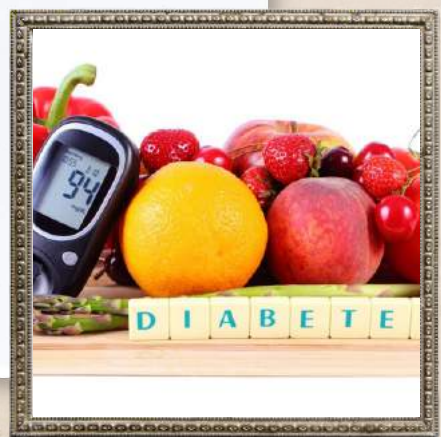
Eat plenty of fruits, vegetables, whole grains, beans, and nuts. Use virgin olive oil instead of butter or other oils. Limit the consumption of dairy products and red meat. Limit consumption of sweets, added sugars, sodium (salt) and highly processed foods.

Fruits and vegetables

Whole grains such as whole wheat, brown rice, barley, quinoa, and oats

Protein, 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



Vegetarian diet

Legumes: beans, peas, lentils, chickpeas, broad beans...

Nuts: walnuts, almonds, hazelnuts, pistachios, pine nuts...

Nutritional yeast (provides essential amino acids, glutathione and vitamins, including B12)

Cereals and pseudocereals: amaranth, buckwheat, quinoa...

Seeds: flax, sesame, sunflower and pumpkin seeds

Soy: textured or in the form of tofu or tempeh

Seitan (a glutinous wheat dough)



Soft diet

fatty foods, such as whipped cream or high-fat ice cream

Strong cheeses, such as blue or Roquefort

Raw vegetables and salads

Gas-producing vegetables, such as broccoli, cabbage, cauliflower, cucumber, green peppers, and corn

Dehydrated fruits

Bran or whole grain cereals

Crackers, pasta or whole grain breads

Pickles, sauerkraut and other fermented foods

Strong spices and seasonings, such as chili pepper and garlic

Foods that contain a lot of sugar

Seeds and nuts



Obese

Prefer raw and/or peeled fruits and vegetables.

Drink between eight and ten glasses of plain water a day.

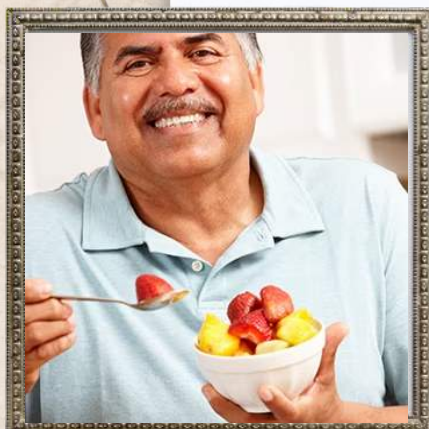
Use cooking techniques such as boiled, grilled, steamed, baked, in sauce and broths.

Avoid consumption of alcoholic beverages.

Prefer sugar substitutes instead of sugar or honey.

Reduce portion sizes of meat, fish and chicken.

Dress salads with olive oil or lemon and salt.



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[https://medlineplus.gov/spanish/ency/patientinstructions/000068.htm#:~:text=Alimentos%20que%20puede%20comer&text=Verduras%20cocidas%2C%20enlatadas%20o%20congeladas,los%20c%C3%ADtricos%20y%20los%20tomates\)](https://medlineplus.gov/spanish/ency/patientinstructions/000068.htm#:~:text=Alimentos%20que%20puede%20comer&text=Verduras%20cocidas%2C%20enlatadas%20o%20congeladas,los%20c%C3%ADtricos%20y%20los%20tomates))

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<https://medlineplus.gov/spanish/diabeticdiet.html>