



UNIVERSITY OF THE SOUTHEAST

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

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ENGLISH II

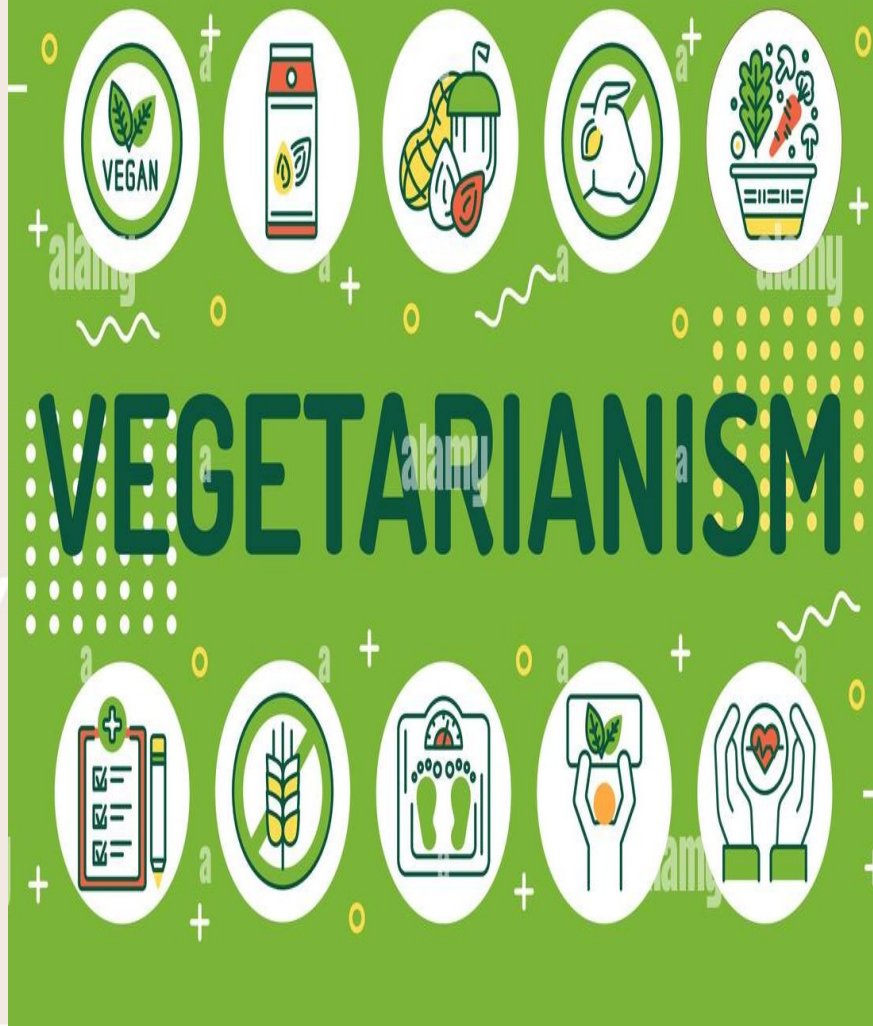
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HEALTHY FOOD

for diabetics



VEGETARIANISM



EAT A HEALTHY DIET AND PREVENT OBESITY!

OBESITY INFOGRAPHICS



YES: FRUITS



VEGETABLES



WHOLE GRAIN BREAD



NO: FAST FOOD



SWEETS



SAUSAGE & BACON



BIBLIOGRAPHY.

English for Nursing 1.