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Nombre de la materia:
inglés

Actividad: Plataforma

Grupo:
Recursos Humanos

BALANCED DIET

- Protein Sources

Include a mix of Protein Sources

- Healthy Fats

Consume Unsaturated fats.

- Limit Added Sugar and Salt

Minimize Sugary Snacks.

- Hydrate

Drink plenty of water.

- Include Dairy or Alternatives

Dairy Products provide calcium and Vitamin D.

- Fruits and Vegetables

Aim for at least 5 servings of fruits and vegetables daily.

- Plan Ahead

Plan your meal and snacks.



BALANCED DIET

- Variety is Key

Include a wide range of foods from different food groups. Each group provides essential nutrients. Aim for a colorful plate with fruits, vegetables, whole grains, lean proteins and healthy fats.



- Portion Control

Be mindful of portion sizes.

- Choose Whole Grains

Opt for whole grains like brown rice, quinoa, oats, and whole wheat bread.

OUR BODY NEEDS NUTRITIOUS FOODS EVERY DAY. EAT THEM TODAY!



AVOCATO:

CONTAINING NATURAL HEALTHY FATS, OMEGA 3 FATTY ACIDS AND PROTEINS, VITAMINS AND MINERALS.

CUCUMBER

THEY ARE RICH IN PHYTONUTRIENTS AND VITAMIN "K". THEY ARE 96% WATER. THIS MAKES THEM AN IDEAL CHOICE FOR DETOXIFICATION.

KALE

DUE TO ABUNDANT PRESENCE OF VITAMIN "B6", "C", CALCIUM AND COPPER, IT IS CONSIDERED A NUTRITION SUPERSTAR.

BRUSSELS SPROUTS: THEY'RE LOW IN CALORIES RICH IN PROTEINS.

BROCCOLI: WITH AN ARRAY OF "B" VITAMINS, FOLIC ACID, IRON, CALCIUM AND NUMEROUS OTHER VITAMINS.

BALANCED

DIET

