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Parcial: I

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A HEALTHY PLATE SHOULD BE BALANCED AND VARIED, INCLUDING A COMBINATION OF DIFFERENT FOOD GROUPS TO PROVIDE THE NUTRIENTS THE BODY NEEDS. HERE ARE SOME TIPS FOR CREATING A HEALTHY DISH:

VEGETABLES AND FRUITS: THEY SHOULD TAKE UP MOST OF THE PLATE. THEY ARE RICH IN VITAMINS, MINERALS AND FIBER. TRY TO INCLUDE A VARIETY OF COLORS TO GET A FULL RANGE OF NUTRIENTS.

LEAN PROTEINS: ADD LEAN PROTEIN SOURCES SUCH AS CHICKEN, TURKEY, FISH, TOFU, LEGUMES OR LEAN MEAT. THESE ARE IMPORTANT FOR MUSCLE REPAIR AND GROWTH.

COMPLEX CARBOHYDRATES: INCLUDE A SERVING OF WHOLE GRAINS SUCH AS BROWN RICE, QUINOA, WHOLE GRAIN COUSCOUS OR WHOLE WHEAT BREAD. THESE PROVIDE SLOW-RELEASE ENERGY AND ARE RICH IN FIBER.

HEALTHY FATS: INCORPORATE HEALTHY FATS SUCH AS AVOCADO, NUTS, SEEDS AND OLIVE OIL. THESE FATS ARE ESSENTIAL FOR HEART HEALTH AND HELP ABSORB CERTAIN VITAMINS.

HEALTHY LIQUIDS: DON'T FORGET TO HYDRATE WITH WATER, PREFERABLY, OR WITH LOW-CALORIE INFUSIONS AND DRINKS. AVOID SODA AND SUGARY DRINKS.

REMEMBER THAT THE KEY IS MODERATION AND VARIETY. TRY TO AVOID PROCESSED FOODS, RICH IN ADDED SUGARS, SATURATED FATS AND EXCESS SODIUM.

