

POSTER

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Especialidad: LC. En Enfermería

Grado y Grupo: 3"A"

Actividad 2

EAT HEALTHY

1

CONSUME FRUITS AND VEGETABLES.



Consume fruits such as watermelon, orange and vegetables such as potatoes, carrots, chayote, broccoli.

2

CONSUME LEES CALORIES.

Try to consume oats, avocado, nuts and eggs.



3

ALWAYS STAY HYDRATED.

Try to consume fruit water or plain water.



4

DON'T CONSUME A LOT OF SUGAR.

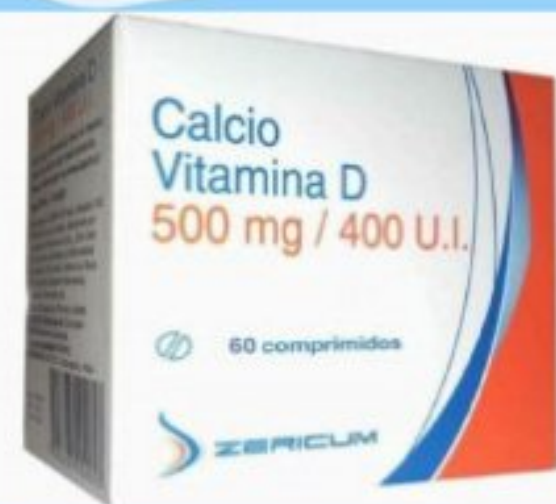
Avoid consumins large amounts of sugar.



5

REDUCE FAT.

Avoid consuming large portions of fat.



6

consume calcium or vitamins

Try to take vitamins or calcium Avery six months usually



7

Exercise regularly

Try to exercise at least once a week.

EAT HEALTHY



8

DO NOT CONSUME SOFT DRINKS.

Avoid various packaged foods such as juices AND soft drinks.

9

DO NOT CONSUME ALCOHOL.

Avoid consuming intoxicating drinks.



10

REDUCE SCRAP CONSUMPTION.

Avoid eating fried foods in large quantities.



BIBLIOGRAFIA

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