

# 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 consuming large amounts of sugar.



5

## REDUCE FAT.

Avoid consuming large portions of fat.



6

## consume calcium or vitamins

Try to take vitamins or calcium every 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 frien foods in large quantities.



# BIBLIOGRAFIA

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