



## Mi Universidad

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sorprendido al mundo

## How to improve your eating habits

- 1:- drink a lot of water - Water is essential to be well hydrated, it is a Fundamental Factor to stay healthy
- 2:- eat Fruit and Vegetables - An eating plan rich in Fruits and Vegetables can help reduce the <sup>risk</sup> of many serious and chronic diseases.
- 3:- eat Fish. - It has as much protein as meat, rich in vitamins and minerals, but some varieties are also an important source of omega 3
- 4:- Increase your Fiber intake - Dietary fiber increases the weight and size of stools and softens them. Large stool is easier to pass
- 5:- Increase calcium and vitamin - If we don't get enough calcium in our diet, the body will take the calcium it needs from our bones.
- 6:- add more potassium - increasing the amount of potassium in your diet may reduce your risk of developing kidney stones.
- 7:- Limit added sugars - Excessive sugar consumption is linked to several negative health effects. Not only can it lead to a diabetes diagnosis, it can also increase the risk of heart disease.
- 8:- replace saturated fats - Eating too many foods high in saturated fat can be harmful to your health. By replacing saturated fats with unsaturated fats, you can lower your risk of heart disease.
- 9:- eat in a balanced way - An inadequate diet and physical inactivity are risk factors for developing chronic non-communicable diseases, while poor nutrition can decrease immunity.
- 10:- eat slow - Better control of blood glucose levels after eating food. Better awareness and decision-making power over what you eat.