

SUDS

Infografia:

The food pyramid.

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THE FOOD PYRAMID



Is a graphic reference of the amount of the different food groups recommended to consume daily.

Level 4

Fats:

They give the body the energy it needs to work properly.

Level 3

Proteins:

It is necessary to consume Protein in the diet to help the body repair cells and produce new cells.

Level 2

Minerals:

The body uses minerals for many different functions including keeping bones, the heart, and the brain functioning well.

Level 1

Carbohydrates

They provide energy to all organs in the body, from the brain to the muscles.



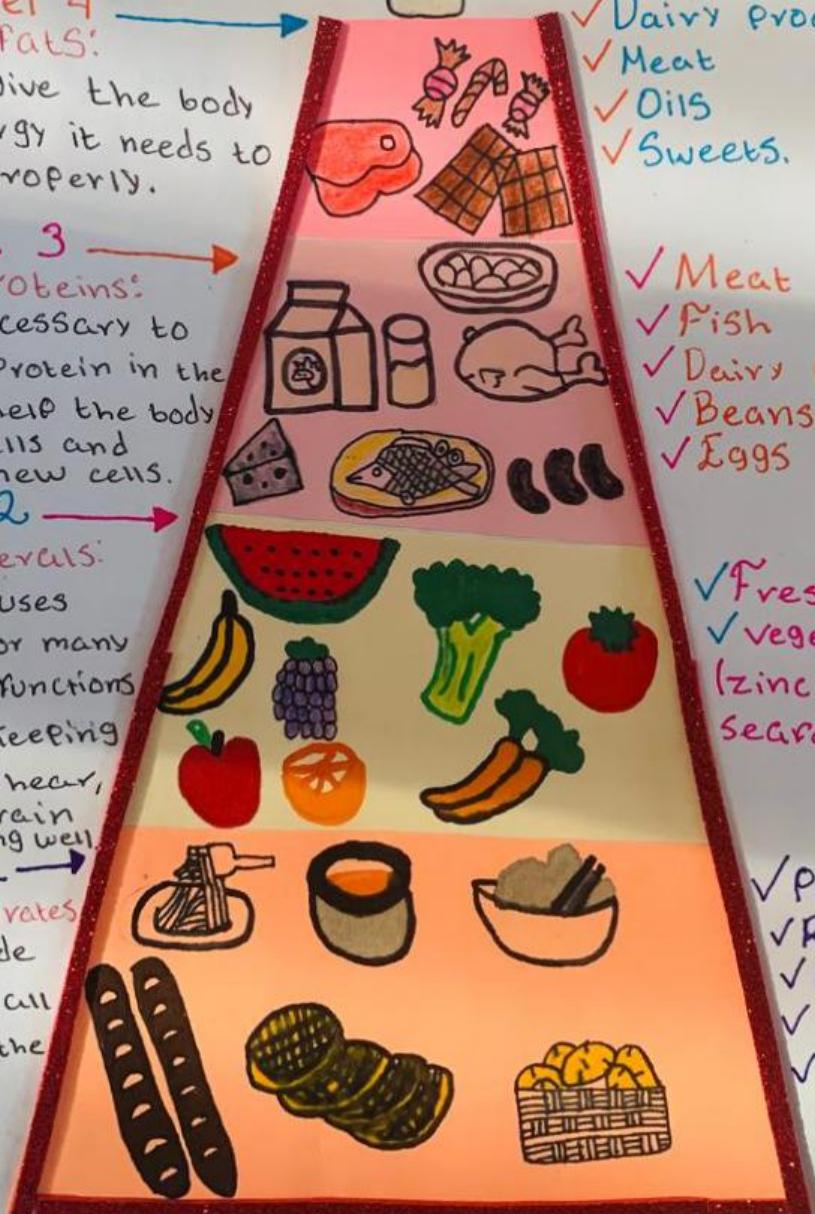
- ✓ Dairy products
- ✓ Meat
- ✓ Oils
- ✓ Sweets.

✓ Meat

- ✓ Fish
- ✓ Dairy Products
- ✓ Beans
- ✓ Eggs

- ✓ Fresh fruit
- ✓ vegetables (zinc in seafood)

- ✓ Potatoes
- ✓ Rice
- ✓ Cereal
- ✓ Pasta
- ✓ Bread



A healthy diet is important to maintain good health.

Bibliografia:

Spanish English Translator:
<https://translate.google.com>.

✓ What is a diet?
<https://www.gob.mx>.

✓ Why do fats help us?
<https://medineplus.gov>.

✓ Why do proteins help us?
<https://medineplus.gov>.