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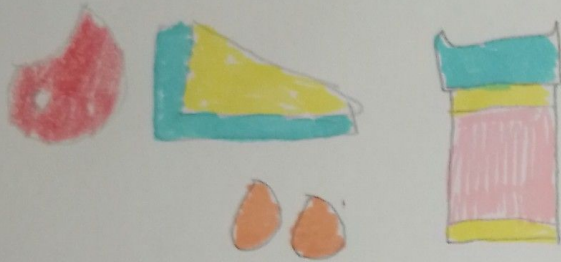
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Your body quickly converts carbohydrates into a sugar known as glucose, which is your body's main source of energy.



Meats are an important food on the healthy eating plate because they provide essential nutrients for the body, such as proteins, vitamins, minerals and...

They are a source of vitamins, minerals and fiber that help the proper functioning of the human body, allowing adequate growth, development and health status.



They provide you with a main source of energy that the body uses to carry out its daily activities.

Source of hydration for daily life.

