



JESÚS ALONSO CRUZ MÉRIDA

DOCENTE: ARREOLA JIMENEZ EDUARDO ENRIQUE

MATERIA : INGLES IV

LICENCIATURA EN ENFERMERIA.

30 / NOVIEMBRE / 2024

INFOGRAFIA DE LA PIRAMIDE NUTRICIONAL.

Sweets, pastries, spreadable fats, salty snacks.

Optional - occasional and Moderate Consumption.

Red, processed meats and sausages.

Dairy: 2-3 a day
Fish, lean meats, white meats, legumes, nuts, eggs 1-3 a day (alternate)

Varied Daily Consumption

Groups OF consumption In every Meal Major.

Vegetables: 2-3 a day
• Fruits: 3-4 day
• Extra virgin olive oil



According to degree of Physical Activity

Emocional Balance
Daily Physical Activity
Energy Balance
Water 4 to 6 glasses a day

Cereal Flour bread
whole grain, whole wheat
Pasta, brown rice,
Potatoes, chestnuts,
Young legumes

Maintain Styles Healthy life

BIBLIOGRAFIA:

<https://concepto.de/piramide-alimenticia/>