



UDS

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Infografía del plato del
buen comer y
Jarra del bien beber.

Ing. En Alimentos:

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I'm your
Nurse



Plate of good eating

It is nutritional guide that is part of the Mexican Official Standard for the promotion and education for health in food matters.

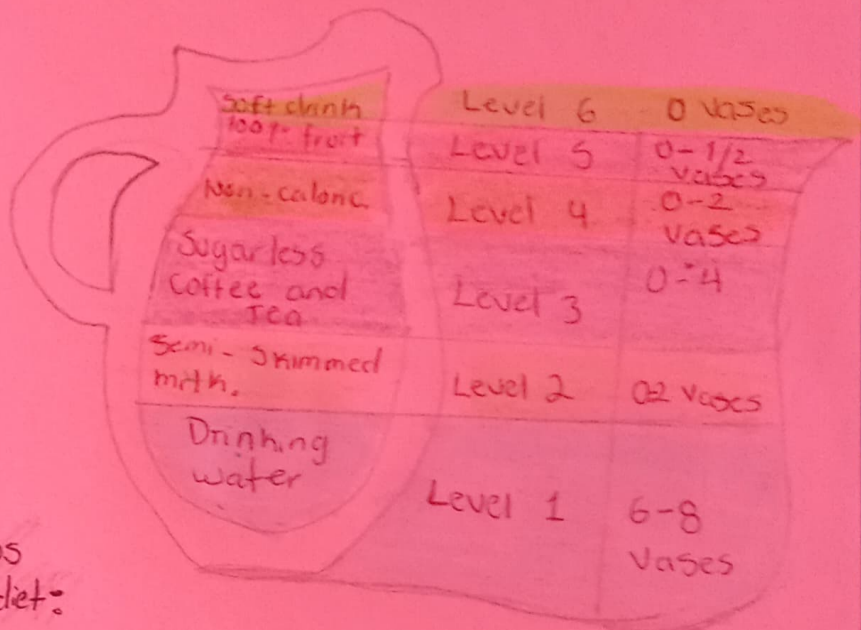


Main basic food groups that make up healthy diet:

- ♥ Grain
- ♥ Vegetables
- ♥ Fruits
- ♥ Milk products
- ♥ Proteins

Jug of Good Drinking

It is an informative guide that shows you which drinks are healthy and the amount of liquids recommended to consume per day.



The truth is that the mix of drinks and the order in which they are drunk matter much less than the amount consumed in a drinking session.

Literature.

[https://www.gob.mx/siap/es/articulos/el-plato-del-bien-comer.](https://www.gob.mx/siap/es/articulos/el-plato-del-bien-comer)

[https://www.gob.mx/issste/articulos/beneficios-de-la-larra-del-buen-beber.](https://www.gob.mx/issste/articulos/beneficios-de-la-larra-del-buen-beber)