



MI UNIVERSIDAD

INFOGRAFIA

UNIDAD III

ALVARADO

HIDALGO ~~SELENA~~

UNIVERSIDAD DEL SURESTE

LIC. EN ENFERMERIA

2DO. CUATRIMESTRE

TEMA: PLATO DEL BUEN COMER Y
JARRA DEL BUEN BEBER

LIC. ENRIQUE EDUARDO ARREOLA
JIMÉNEZ.

TAPACHULA, CHIAPAS A LOS 08 DE
MARZO DEL 2020

Very Good!

PLATE OF GOOD EATING

Proper nutrition, the acquisition of nutritional habits and healthy lifestyles.



CONSUMES MANY GREEN



It is important to consume them every day. Fruits and Vegetables provide energy, fiber, minerals, vitamin A, vitamin C, some B vitamins, and other nutrients.

CONSUME ENOUGH



It is important to consume enough combined with the red group.

CONSUME FEW

RED

It is important to consume few combinations with yellow.



JUG OF GOOD DRINKING

LEVEL 1

Drinking water (6 to 8 glasses).

LEVEL 3

Tea or coffee without sugar (0 to 4 cups)

LEVEL 5

Natural juice, milk and sports or alcoholic drinks (from 0 + 1/2 glasses).



LEVEL 2

Lactose free milks soy drinks (0 to 2 glasses).

LEVEL 4

Non-caloric or sweetened beverages (0 to 2 glasses).

LEVEL 6

Soft drinks and flavoured waters (0 to 250 ml)

BIBLIOGRAFIA

~~<https://www.todo-papas.com/niños/alimentacion-infantil/la-plata-del-buen-comer-para-ninos-4819>~~

<https://www.gob.mx/isote/articulos/beneficios-de-la-sarro-del-buen-boton>