

Dieta Herbalife 3 Dias

Ying-Ying Zheng

CONCEPTOS GENERALES DE ALIMENTACION Y ... La dieta antes, durante y después del ejercicio físico. Los suplementos, las ayudas ergogénicas y doping. *El Plato del buen comer o Plato del bien comer* La identificación de los tres grupos de alimentos. La combinación y variación de la alimentación. La selección de menús diarios con los tres grupos de alimentos. El aporte de energía y nutrimentos a través de la dieta correcta. **Presentación de PowerPoint** Cinco porciones de fruta (400 g). Incluir verduras en todas las comidas. Legumbres: arveja, frijol, lenteja, garbanzo. Cereales integrales: maíz, avena, trigo, arroz, etc. Comunión y Misión. INTRODUCCIÓN. Cocinar al vapor o hervir en lugar de freír. Consumir menos de 5 ... **PowerPoint Presentation** Regimes alimentares especiais: tipos de dieta (ex.: vegetariana, ovo-lacto-vegetariana, etc.); diferentes idades/estados fisiológicos; actividade física; problemas de saúde (ex.: deficiências metabólicas), etc. Nutrição complementar: alimentos funcionais e suplementos alimentares. *WUFFDA - University of Georgia* La siguiente tabla ilustra una típica matriz activa para una dieta de pollos de engorde. Preparación de la Matriz Activa de Ingredientes Transfiera de la composición nutritiva de los ingredientes a utilizar de la matriz de almacenamiento a la matriz activa. *Nutrición y Salud - University of Pittsburgh* Las últimas diapositivas muestran la aplicación práctica de como los nutrientes están presentes en nuestra alimentación diaria y en qué porcentaje los cereales son necesarios. **Presentación de PowerPoint** Construir en conjunto un significado. ¿Cuáles son las principales enfermedades causadas por la alimentación? ¿Cuáles son los macronutrimentos? ¿Qué es un micronutriente? Menciona 3 de los micronutrimentos más importantes. ¿Qué es la desnutrición? Menciona las características de una dieta correcta. ¿Qué es el alcoholismo y el tabaquismo?

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