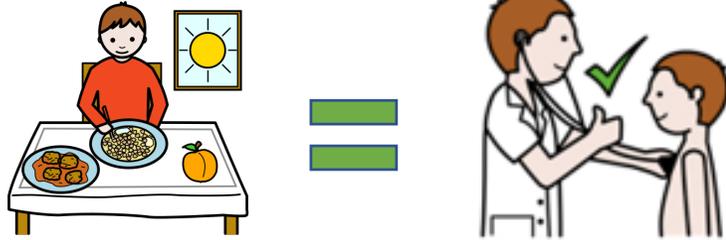




# ALIMENTACIÓN SALUDABLE

**ALIMENTACIÓN SALUDABLE:** La alimentación saludable es la alimentación que aporta los nutrientes necesarios para que nuestro cuerpo funcione correctamente y tengamos una buena salud.



**DIETA MEDITERRÁNEA:** La dieta Mediterránea permite tener una alimentación saludable. La dieta mediterránea es el conjunto de rutinas alimenticias que, junto con el ejercicio físico y el clima de los países que se encuentran en el Mediterráneo, aportan beneficios para la salud.



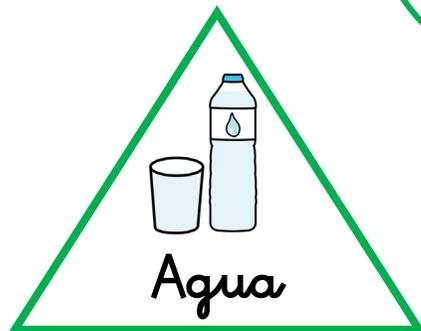
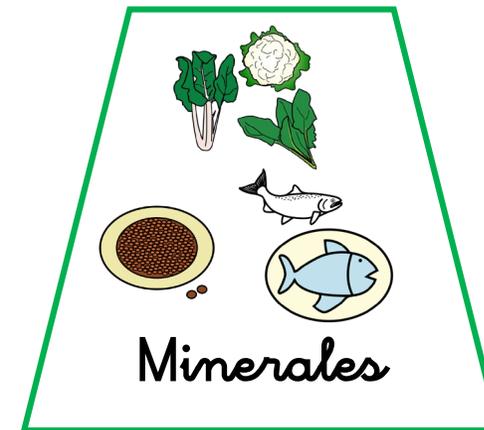
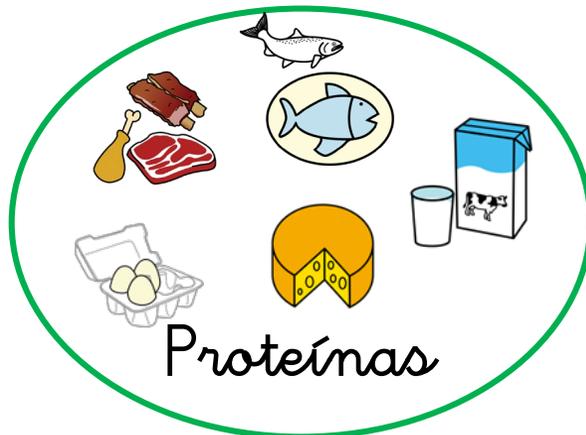


# Recorta y pega en la pirámide

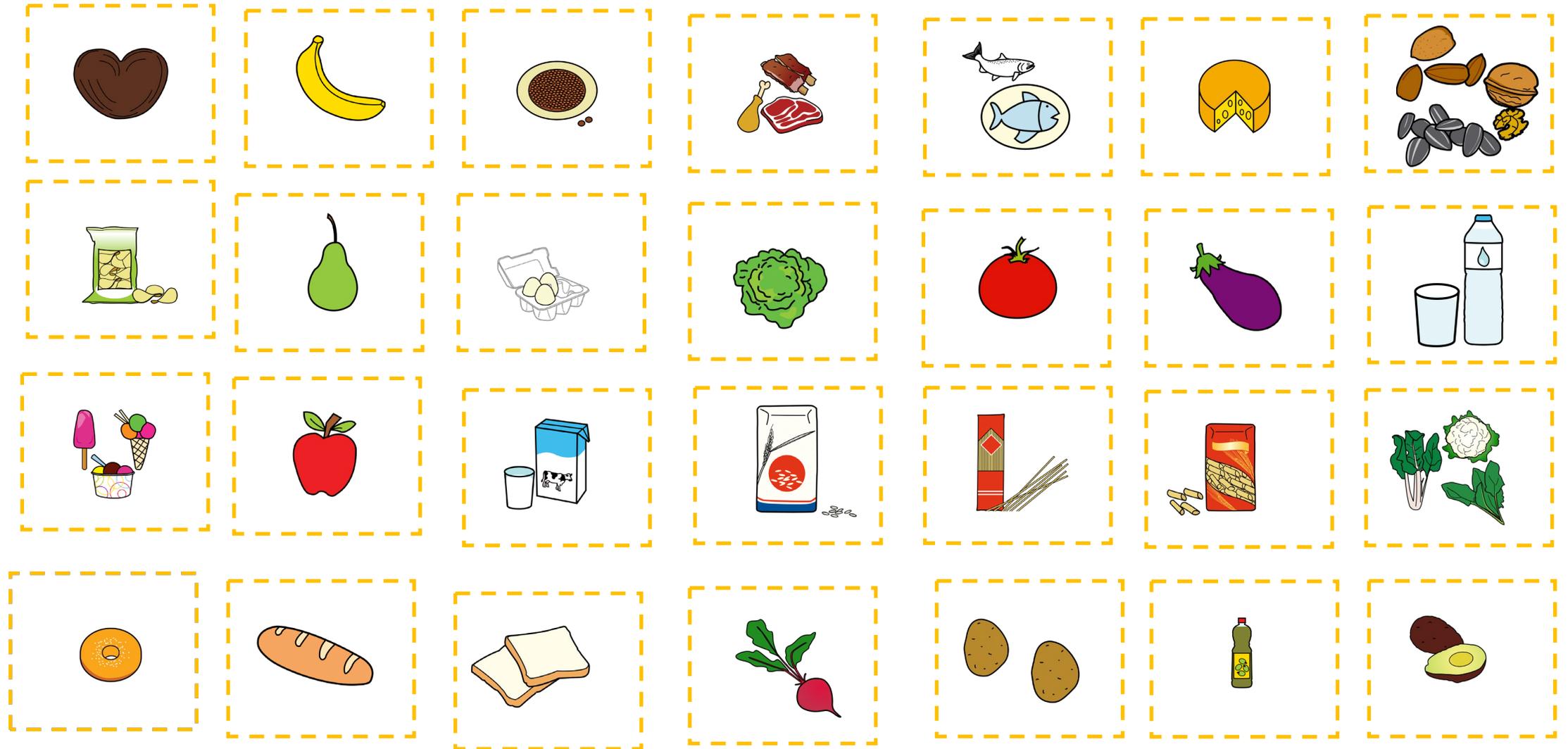




# Nutrientes: Los alimentos aportan diferentes nutrientes



Recorta y pega según los nutrientes que tenga cada alimento.  



Pega los alimentos según los nutrientes que contengan 

Hidratos de carbono

Proteínas

Fibra

Minerales

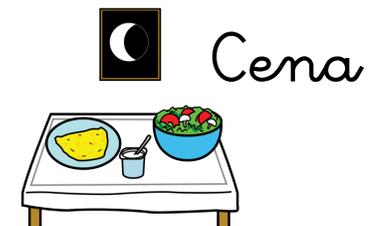
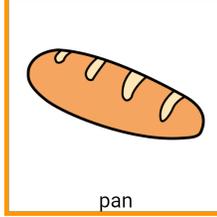
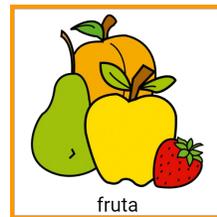
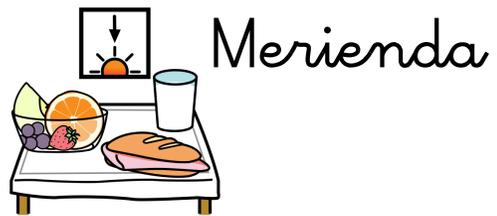
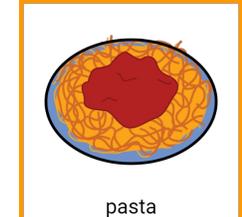
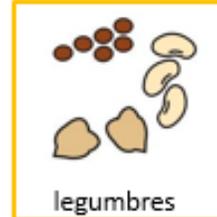
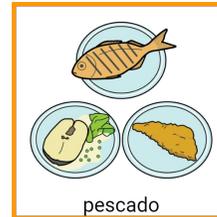
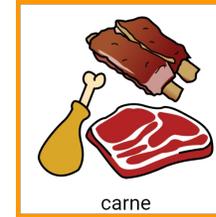
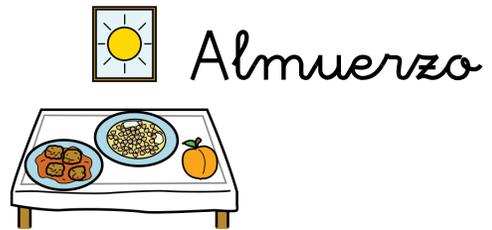
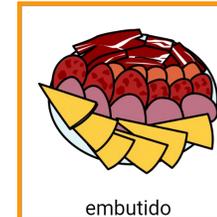
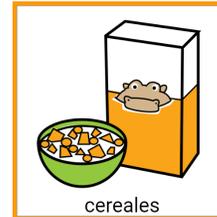
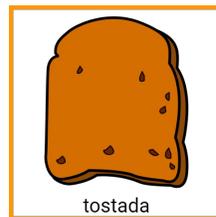
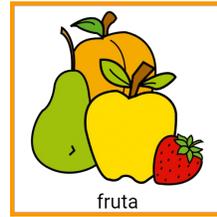
Agua

Grasas Saludables

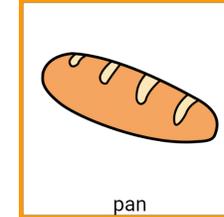
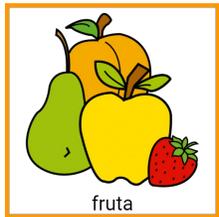
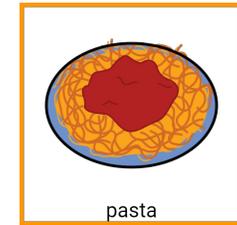
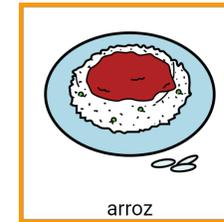
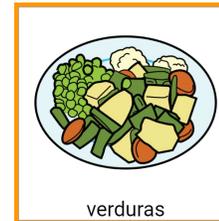
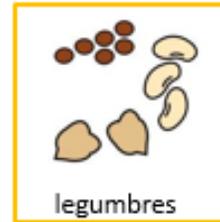
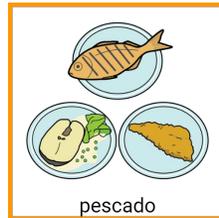
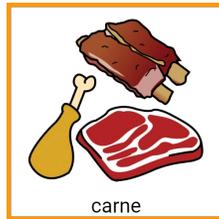
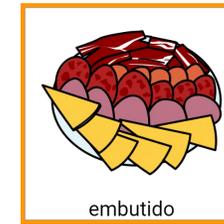
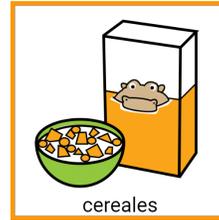
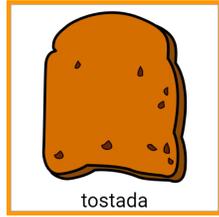
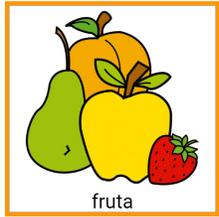
Grasas Saturadas

Vitaminas

Hay que repartir bien los nutrientes a lo largo del día:



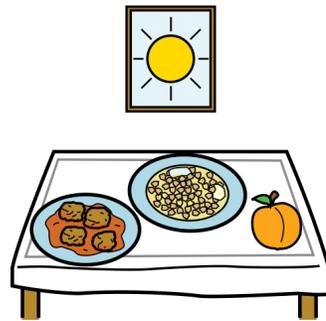
# Recorta y pega para hacer un menú equilibrado



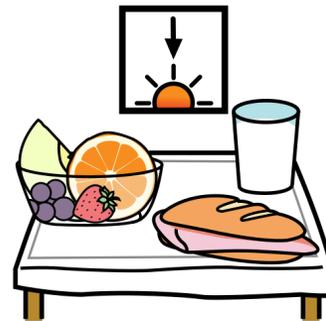
Desayuno



Almuerzo



Merienda



Cena

