



Régimen Hipocalórico

Se debe mantener una alimentación saludable escogiendo variedad de alimentos en el día a día, ayudara a presentar una dieta equilibrada y suficiente en nutrientes. Para ellos es importante:

1. Distribuir las porciones de alimentos de acuerdo con la preparación que ocuparas en el tiempo de comida (porciones: verduras generales y libres consumo, frutas, lácteos, alimentos ricos en lípidos (A.R.L.) etc.).
2. Incorporar verduras en la mayoría de nuestros tiempos de comida (desayuno, once, almuerzo y cena).
3. Es importante mantener la distribución de tus tiempos de comida (DESAYUNO-COLACIÓN-ALMUERZO-COLACIÓN-ONCE) con los horarios indicados, respetando sus tiempos cada 3 a 4 horas.
4. Tener en cuenta las técnicas de alimentación: siempre comer sentado, masticar tus alimentos 20 a 30 veces, realizar pequeñas pausas entre bocado, dejar el servicio (tenedor, cuchara, etc.) en la mesa y dedicarse a comer para demorar 20 minutos como mínimo por cada tiempo de comida.
5. La preparación de tus comidas puede ser: al vapor, cocción, horno, parrilla y a la plancha (con agua), evitando la cocción del aceite (grasa saludable). Es por esto, que el aceite es ideal incorporarlo de manera cruda.
6. El alimento rico en lípidos (A.R.L.) puede ser incorporado de 3 maneras: aceitunas, palta y frutos secos. Puedes escoger como incorporarlos, ideal que haya variedad.
7. Recordar la importancia de beber agua antes y después de cada tiempo de comida, ayudando a incorporar y aumentar su consumo.

1.200 calorías



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Lauren Gardner



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