NUTRITIONAL DISEASES
A good nutrition is a fundamental state for the adults’ wellbeing and health and is also essential for the healthy growth of children.
What are the mistakes of Portuguese nutrition?

Will malnutrition have an important role, in our future health?
Why have we left our Mediterranean food??

We often have no time to eat properly. Sometimes, we don’t give nutrition the real value. We aren’t correctly informed about well balanced food importance.
And then...

We feed ourselves badly...

Eating “fast food”...

Not having a diverse and balanced nutrition...
And...

Abusing of fried foods, saturated fats, salty foods and refined carbohydrates, and we drink soft drinks containing high-fructose syrup as well as aspartame.

Not having a well-balanced diet

(fat, protein, carbohydrates, vitamins, minerals, water and fibre all in correct proportions)...
Increase the risk of getting many diseases

Like this...
Saturated fat abuse...

Stimulates the production of LDL cholesterol ("bad" cholesterol) and therefore increases blood cholesterol levels and the risk of heart disease.
Uncontrolled High Blood Pressure...

Can lead to stroke, heart attack, heart failure or kidney failure.
This is why high blood pressure is often called the "silent killer."
Carbohydrate abuse …

Can cause an increase in the total caloric intake, causing obesity.
SUGAR...

Can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
All nutrition errors can increase the risks of...

Colon Cancer
Breast Cancer
Hepatic Cancer
Lung Cancer
Pancreatic Cancer
Prostate Cancer
What can we do to avoid having some of this diseases?

To became healthier adults we must try to follow our ancestors nutrition habits
Avoid the abuse of fast food.

Stick to Mediterranean diet...

Use olive oil, eat fish, vegetables, fruit and dairy products in a balanced way.
It’s easy!

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