



Alimentação Saudável

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Uma alimentação saudável ajuda a proteger contra a má nutrição em todas as suas formas, bem como contra as doenças crônicas não transmissíveis (DCNT), entre elas diabetes, doenças cardiovasculares, AVC e câncer. A alimentação não saudável e a falta de atividade física são os principais riscos globais para a saúde.



Alimentos Naturais

Os alimentos naturais são mais saudáveis, pois não contêm substâncias químicas que podem causar danos à saúde. Além disso, os alimentos naturais costumam ser mais frescos e saborosos. Já os industrializados são mais baratos e práticos, mas costumam ser menos saudáveis e menos saborosos.



Alimentos Industrializados

Alimentos industrializados são aqueles produtos que passam por várias etapas e técnicas de adição de ingredientes e produtos químicos. Na sua fabricação esses procedimentos geralmente adicionam sal, açúcar e gordura em alimentos naturais.



Alimentos Light

São produtos com redução no valor calórico ou em algum outro nutriente. Eles não precisam, necessariamente, ter isenção total de certo ingrediente. Basta uma diminuição de, no mínimo, 25% de calorias ou de qualquer outro nutriente (açúcar, gordura total, gordura saturada, sódio, etc.)



Alimentos Diet

Os alimentos diet se destinam a grupos populacionais com necessidades específicas e significa que o produto é isento de um determinado nutriente. Na maioria dos produtos, os diet são sem açúcar, mas é importante comprovar se o nutriente retirado foi mesmo o açúcar, e não gordura, sódio ou outro componente.



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