

<p class="MsoNormal" style="text-align: center;" align="center">
</p> <p class="MsoNormal" style="text-align: center;"
align="center">ANALIZA DE SITUA?IE</p> <p
class="MsoNormal" style="text-align: center;" align="center">
</p> <p class="MsoNormal" style="text-align: center;"
align="center"> </p> <p class="MsoNormal"
style="text-align: justify;">I. Cadrul normativ na?ional ?i
interna?ional aplicabil obezit??ii</p> <p class="MsoNormal"><span
style="color: #ffc000;"> </p> <p class="MsoNormal" style="text-align: justify;
text-indent: .5in;">Supraponderea ?i obezitatea reprezint? al cincilea factor de risc pentru
mortalitatea general?. Cel pu?in 2,8 milioane de adul?i decedeaz? ♦ fiecare an ca urmare a
faptului c? sunt supraponderali sau obezi. <a name="_ftnref1"
href="file:///E:/site_romtelecom/promovare/19%20mai/obezitate.doc#_ftn1"><span
class="MsoFootnoteReference"><span style="font-size: 12.0pt; mso-fareast-font-family:
"Times New Roman"; mso-ansi-language: EN-US; mso-fareast-language: EN-US;
mso-bidi-language: AR-SA;">[1] </p> <p
class="MsoNormal" style="text-align: justify; text-indent: .5in; mso-layout-grid-align: none;
text-autospace: none;"> </p> <p><span style="font-size: 12.0pt;
font-family: "Times New Roman"; "serif"; mso-fareast-font-family:
"Times New Roman"; mso-ansi-language: RO; mso-fareast-language: EN-US;
mso-bidi-language: AR-SA;" lang="RO">♦ anul 2011 a fost adoptat Planul de Ac?iune pentru
implementarea Strategiei </p> <div>
 <hr width="33%" size="1" /> <div
id="ftn1"> <p class="MsoNormal"> >>> mai
mult </p> <p class="MsoNormal">♦</p> <p class="MsoNormal">♦</p> <p
class="MsoNormal"><span style="font-size: 14.0pt; line-height: 115%; font-family:
"Times New Roman"; "serif"; color: #0070c0; mso-bidi-font-style:
italic;">ALIMENTATIA SANATOASA</p> <p
class="MsoNormal"><span style="font-size: 14.0pt; line-height: 115%;
font-family: "Times New Roman"; "serif";"> </p>
<p class="MsoNormal"><span style="font-size: 14.0pt; line-height: 115%;
font-family: "Times New Roman"; "serif";">Cele 6 grupe ale piramidei
alimentelor sunt:</p> <p class="MsoNormal"><span
style="font-size: 14.0pt; line-height: 115%; font-family: "Times New
Roman"; "serif";">1.<span style="font-size: 14.0pt;
line-height: 115%; font-family: "Times New Roman"; "serif";">
Cereale si produse din cereale: paine integrala, fulgi din cereale.</p>
<p class="MsoNormal"><span style="font-size: 14.0pt; line-height: 115%; font-family:
"Times New Roman"; "serif";">2. Legume<span
style="font-size: 14.0pt; line-height: 115%; font-family: "Times New
Roman"; "serif";">: in special cele portocalii si cu frunze verzi: morcovi, rosii,
salata, varza, etc.</p> <p class="MsoNormal"><span style="font-size: 14.0pt;
line-height: 115%; font-family: "Times New Roman"; "serif";">3.
Fructe:<span style="font-size: 14.0pt; line-height: 115%; font-family:
"Times New Roman"; "serif";"> de preferat in stare
proaspata.</p> <p class="MsoNormal"><span style="font-size: 14.0pt;
line-height: 115%; font-family: "Times New Roman"; "serif";">4. Lapte

degresat si derivate

iaurt, sana, branza de vaci.

5. Carne slaba

pui, peste.

6. Grasimi si dulciuri

uleiuri vegetale, preparate din fructe.

Sa consumam zilnic preparate din fiecare grupa, in cantitatea indicata de piramida.

Sa nu uitam de micul dejun! Micul dejun creste performantele scolare si cele fizice.

1.

Recomandari generale:

<http://upload.cuvant/obezitate/alimentatie.doc> >>> mai mult