

## JULY 10: CHRONIC DISEASE AWARENESS DAY



### YOUR HEALTH IS BUILT WITH EVERYDAY DECISIONS!

Chronic diseases are health conditions that last a year or more and, in many cases, require continuous treatment. Some of the most common are:

- Diabetes
- Hypertension (high blood pressure)
- Heart disease
- Cancer
- Chronic kidney disease

These conditions affect millions of people and represent one of the leading causes of illness, disability, and death in the world. However, many of them can be prevented or delayed by adopting healthy habits.

Nutrition is a powerful tool for preventing or avoiding complications if a diagnosis has already been made. All our decisions directly influence our health. Practice healthy practices, visit your doctor once a year and reduce the risk of developing chronic diseases.

**Sometimes it is not necessary to change everything about the diet, choose one change at a time and choose to apply for a new one every week:**

1. Fill half your plate with vegetables.
2. Use fruit as dessert and avoid sweets or pastries.
3. He prefers whole grains (whole grain with fiber) like oats, whole wheat pasta, whole wheat bread, among others.
4. Include healthy proteins like fish, skinless chicken, turkey, and nuts (avoid those that cause allergies).
5. Choose water as your main drink and avoid sugary drinks.
6. Reduce the consumption of foods high in sodium, avoid adobos, cubes and seasonings, prefer spices, natural herbs such as oregano, basil, parsley among others to enhance the taste of your food.
7. Consume the direct sugar from fruits, avoid adding it to your meals.
8. Steam, bake, or grill your meats; avoid soaked foods.

Decide to be an active person, if you have been without moving your body for more than 15 minutes, stretch out. Structure your life so that you can walk for at least 30 minutes most days. Keep a sleep schedule of 7-9 hours each night. During stressful times, stop, take a deep breath and count in your mind. Prevention starts today. You don't need to make perfect changes, just constant changes. Every healthy meal, walk and decision for your well-being is an investment in your health.

Source: Centers for Disease Control (CDC, 2025)



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