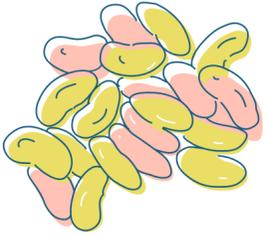
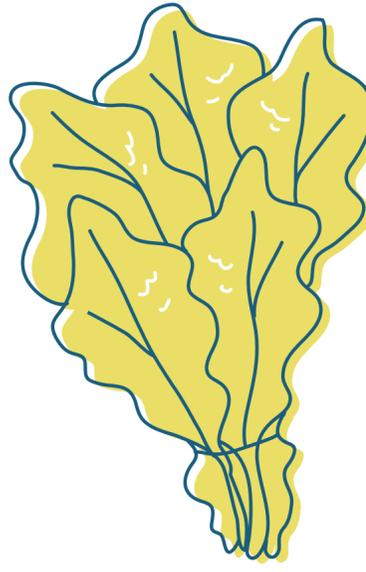
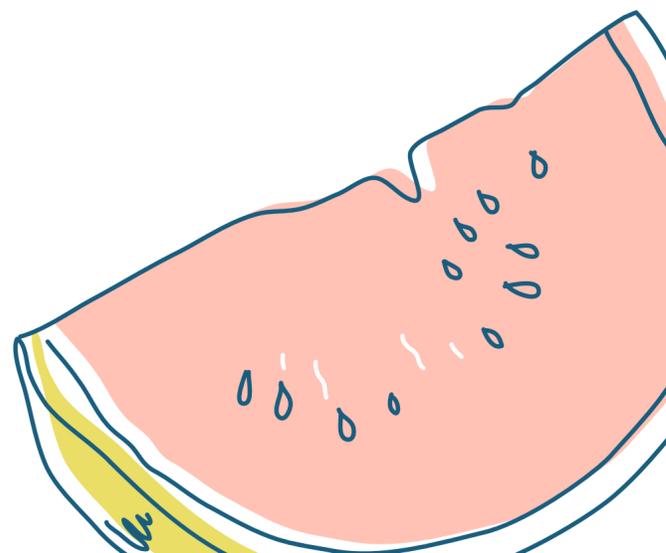
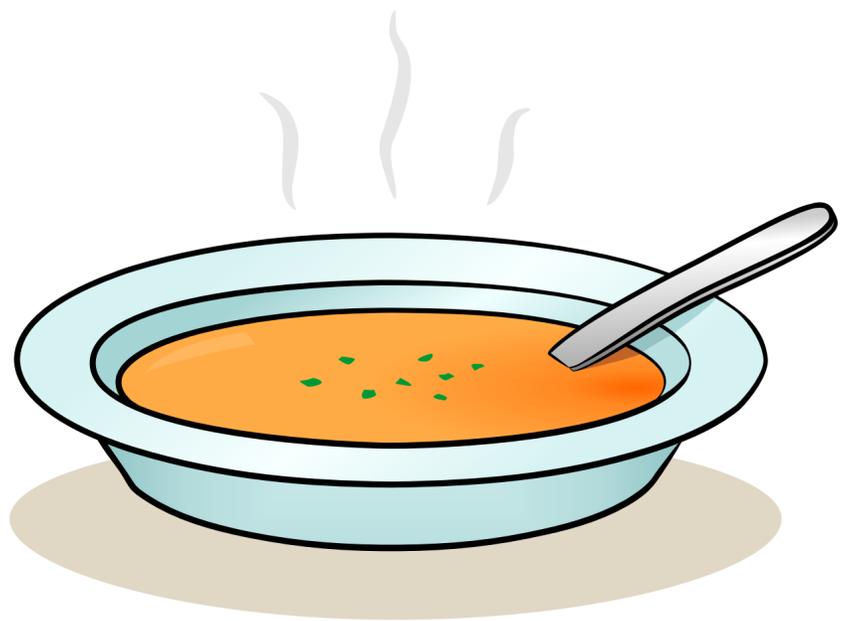
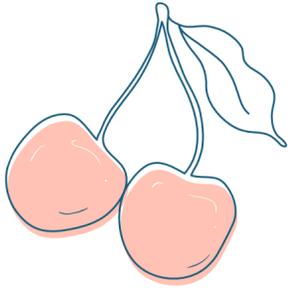


# DIA NACIONAL DE LUTA CONTRA A OBESIDADE 21 DE MAIO

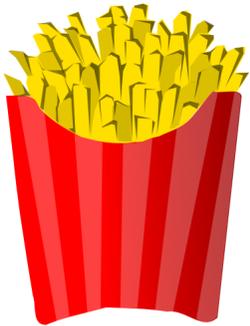


## DIZ NÃO À OBESIDADE



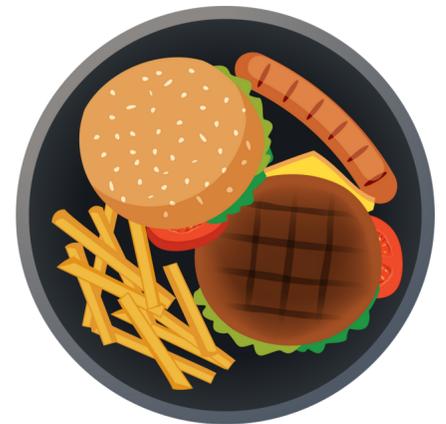
# ALIMENTOS A EVITAR

REFRIGERANTES



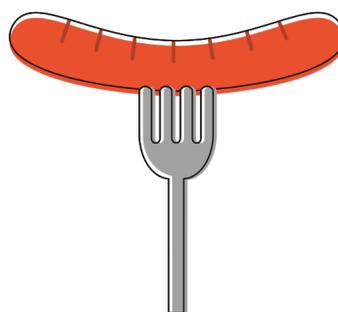
BATATAS FRITAS E APERITIVOS  
SALGADOS

REFEIÇÕES PRÉ-COZINHADAS



AÇÚCAR E  
ALIMENTOS COM AÇÚCAR

PRODUTOS DE  
CHARCUTARIA E  
CONSERVAS



# PROBLEMAS SOCIAIS E PSICOLÓGICOS

**BULLYING**



**BAIXA AUTOESTIMA**



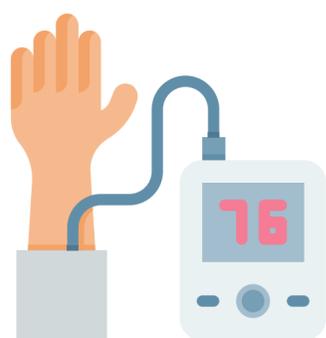
**DEPRESSÃO**



**BAIXO RENDIMENTO ESCOLAR**

# CONSEQUÊNCIAS DA OBESIDADE INFANTIL

DOENÇAS CARDIOVASCULARES

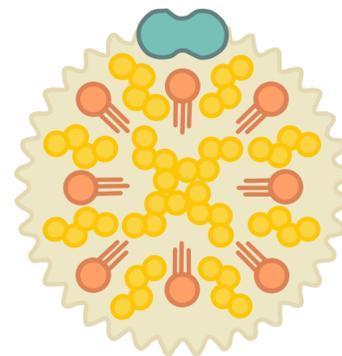


HIPERTENSÃO ARTERIAL

DIABETES TIPO 2



COLESTEROL ELEVADO

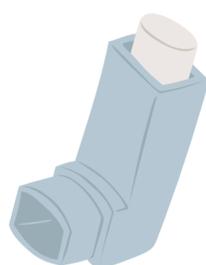


PROBLEMAS ÓSSEOS



APNEIA DO SONO

ASMA

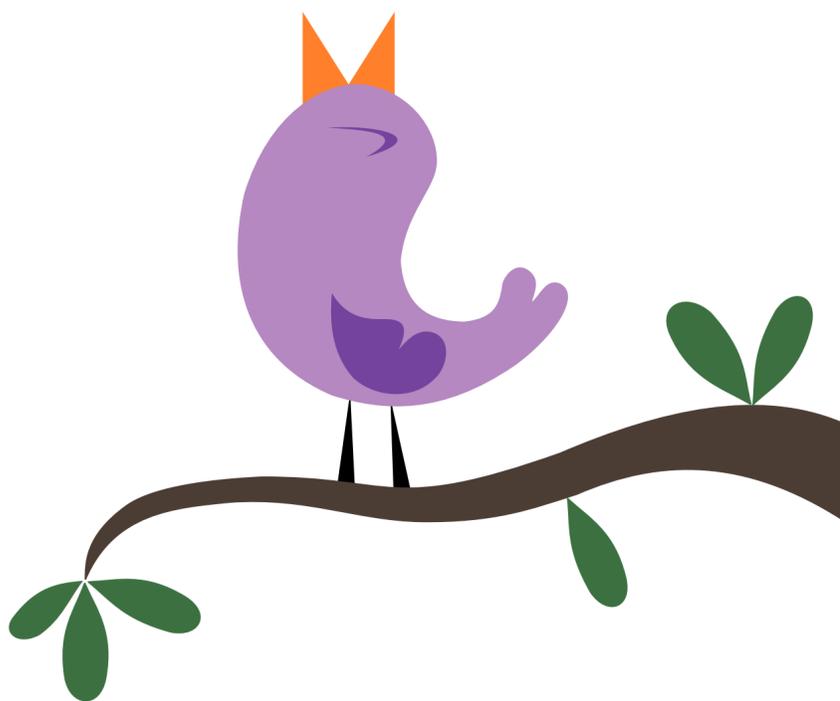
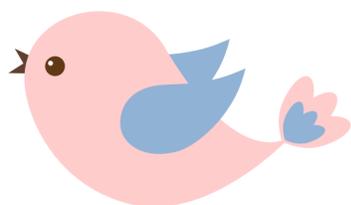
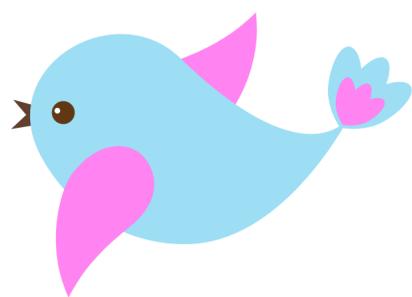


VÁRIOS TIPOS DE CANCRO





BEBE ÁGUA COM  
FREQUÊNCIA,  
MESMO QUE NÃO  
TENHAS SEDE.





# PRÁTICA EXERCÍCIO FÍSICO DUAS A TRÊS VEZES POR SEMANA.



OCUPA OS TEUS TEMPOS  
LIVRES EM FAMÍLIA E AO  
AR LIVRE.

