



2018.10.25

A large monitor is positioned on a wooden counter, displaying a presentation slide. The slide has a light purple background and features a title in a red oval, a bulleted list of symptoms, and a concluding sentence. The monitor is connected to a laptop and other equipment on the counter. A cardboard box is visible to the right of the monitor.

メタボリックシンドロームと肥満

- 肥満により
- 高血圧
- 脂質異常症
- 糖尿病

などの疾病が引き起こされやすい



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A large monitor is positioned on the right side of the frame, displaying a presentation slide. The slide has a light purple background and a title in a red oval. Below the title are three bullet points in Japanese. The monitor is sitting on a wooden ledge. In the background, there is a large stained-glass window with colorful floral patterns.

### 肥満の改善には

- ③栄養の偏りが無いように
- 摂りすぎ、減らしすぎはどちらも体に悪影響を与える
- 三大栄養素+ビタミン、ミネラル、食物繊維をバランスよく食べることが肥満解消の一番の近道