

Example of food plan

Breakfast 8:00)

- 1 mug of slim milk (200 ml) with barley **Or** 1 Liquid/solid natural yogurt **Or** 1 thin yogurt liquid/solid without sugar;
- + Integral mixing bread/corn (50g) + 10gr vegetable cream (1C. Coffee Shallow) **Or** 1 Slice of thin cheese **Or** 1 Slice of poultry ham;

Middle of the morning (10h30)

- 1 Slim Liquid Yogurt **Or** 3/4 Maria Biscuits/ **Or** Water and salt biscuits **Or** integrals toasts;
- + 1 Piece of fruit *

Lunch/Dinner (12h30)

- 1 vegetable soup, no potatoes, no fat;
- Dish: meat/fish (100g) without sauces, without skin and fat (cooked, grilled or baked) + Rice/Pasta/potatoes (3 Rice Soup spoons or 1 Mass Forceps or 2 small potatos) or Beans/grain (3 tablespoons) or peas/fava beans (4 tablespoons) or corn (4 tbsp);
- vegetables and/or salads (1/2 of the main meal dish);
- 1 Piece of fruit *



Exemplo - Prato Tipo para Almoço e Jantar

Snack 1-2h after (14h30)

- 2/3 Maria biscuits **Or** Water and salt biscuits **Or** Integral toasts;
- 1 Piece of fruit * **Or** 1 yogurt Liquid;

Snack 2 (5:30) = Breakfast


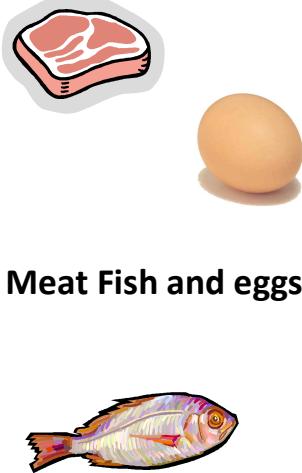


Dinner (20h30) = Lunch **Or** 1 bowl of vegetable soup with 1 slice of bread mixing/corn and a slice of thin cheese

*** Fruit equivalences, a piece of fruit is equivalent to:**

- 1 medium apple;
- 13/16 Strawberries;
- 1 slices of pineapple;
- ½ Banana;
- 15 grapes;
- 2 carved watermelon/melon;
- 2 small peaches;
- 2 medium plums;

Recommendations

- Eat less, but more times per day (at least 6 meals per day);
- Don't stay more than three hours without eating, or 8/9 at night fasting;
- Always take breakfast and do not skip meals;
- Slowly chew the food, to increase satiety;
- Whenever possible make your main meals with soup and vegetables;
- Choose to consume fish more frequently (Minimum 3x week);
- Prefer knitting methods such as cooked, grilled, simple stews (without sauteed) and roasts without sauces avoiding the fried/gratin;
- Preferably consume white meat (chicken, turkey, rabbit) to detriment of red meat. No sauces and no fats; Always remove the skin from the birds and the fat visible to the meat);
- Fats must be restricted (avoid sauces, reduce knitting fats, sausages, cakes)
- It incorporates fiber-rich foods (soup, fruit, vegetables, whole grains, legumes), within the recommended quantities, since they regulate the intestinal transit and decrease the absorption of fats and sugars, helping to control the glucoses;
- Prefer fresh fruit at least 3/4x a day.
- Privileges the consumption of oil and lean daisies, to the detriment of vegetable oil, lard, oil Palm etc.
- Decrease salt consumption by promoting the use of aromatic herbs (basil, coriander, parsley, laurel), spices, garlic, onion and lemon;
- Avoid processed foods, industrial sauces, cream, appetizers, etc.
- Avoid all kinds of alcoholic, sugary and carbonated beverages. (e.g. wine, beer, soft drinks, nectars, teas with added sugar);
- Drink water preferably simple several times a day, making at least 1, 5l to 2l per day;
- Keep a lifestyle as active as possible and create a physical activity routine that is appropriate to your possibilities;

	Food allowed	Food to avoid/moderation
 <p>Milk and derivatives</p>	<ul style="list-style-type: none"> • Nonfat milk and its derivatives (cheese, yogurts); 	<ul style="list-style-type: none"> • Fat milk; • Cheeses with a fat content of more than 30%; • Cream; • Condensed milk; • Cream; • Ice cream;
 <p>Meat Fish and eggs</p>	<ul style="list-style-type: none"> • Fish, lean meat (rabbit, quail, chicken, partridge, turkey, pork (loin and loin ribs); • Skinny fish (hake, sea bass, Whiting, Croaker Etc.); • Fat fish (sardines, tuna, salmon, mackerel, trout Etc.); • Eggs (cooked, poached or stirred without fat); <p>Remove all visible fats and skins</p>	<ul style="list-style-type: none"> • Fatty meats: cow, pig, poultry skins, ribs and enlarged, viscera, sausages; • Croquettes, pies, puff pastry, patty, delicatessen products and sausages; • Pates; • Canned tuna, mackerel and sardines; • Cod pastry, shrimp patty, croquettes (fried); • Egg staring or stirred in margarine or oil;
 <p>Fats and oils</p>	<ul style="list-style-type: none"> • Oil; • Vegetable margarine; • Lean butter Low fat; 	<ul style="list-style-type: none"> • Sunflower oils; • Lard; • palm oil; • Butter; • Béchamel sauce; • Mayonnaise; • Ketchup;
 <p>Bread and Cereals</p>	<ul style="list-style-type: none"> • Rice; • Potato; • Mass; • Mixing bread, integral, rye; • Wafer Maria or toast or integral or water and salt; • Cereals with no added sugar; 	<ul style="list-style-type: none"> • Chocolate biscuits, vanilla, "Belgian", butter, digestive; • Cakes and pastry products (such as croissants, doughnuts and cakes, spoon desserts, salted pastries, pastries, pies, quiches, Fried appetizers);

<p>Vegetables</p> 	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
<p>Legumes</p> 	<ul style="list-style-type: none"> • All (peas, fava beans, bean, grain, lentils, soy) 	<ul style="list-style-type: none"> • None
 <p>Fruits</p>	<ul style="list-style-type: none"> • Fresh fruit, in moderation; 	<ul style="list-style-type: none"> • Tropical fruit (Anona, Banana, persimmon, mango); • Fig, grapes; • Fruit in syrup; • Dried fruit and oilseeds (almond, walnut, pistachios, peanut, hazelnut, olive, chestnut);
 <p>Sugar and sweetened products</p>	<ul style="list-style-type: none"> • Sweetener Stevia Or Sucralfato; 	<ul style="list-style-type: none"> • Sugar; • Jams and fruit candy, marmalade, jam, honey; • Chocolates, cocoa powder, chocolate cream to bar; • Sweet desserts;
<p>Drinks</p> 	<ul style="list-style-type: none"> • Water; • Herbal infusions; 	<ul style="list-style-type: none"> • Alcoholic; • Nectars, fruit juices; • Sugar Teas (ice Teas, teas with added Sugar);

Wearer:

Nutritionist:

Weight:

IMC =

Associated risks

<u>Metabolic disorders</u>	<u>Mechanical disturbances</u>	<u>Psychological disorders</u>

Nutritional advice:

Nutritional Assessment

Wearer:

First Appointment: ___/___/___

Date of birth:

Age:

Genus:

Pathologies:

Food intolerances:

Physical Activity:

MUST Assessment:

Weight:

BMI value from electric bioimpedance:

Weight indicated for stature:

Weight to be reached initially:

Body circles:

Perimeters:

Waist/Hip ratio:

Waist perimeter:

Associated nutritional risks:

Nutritional advice:

Observations: Consultation with user:

Next query: ___/___/___

The Nutritionist

Date

(1) – Data provided by the institution.

(2) – Evaluation in consultation/symptoms associated with pathologies.