Healthy diet

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Meals

Breakfast	-Glass of milk (100 ml of milk) -Toast with fresh cheese (2 toast and 2 slices of fresh cheese) -Kiwi (1 kiwi)
Lunch	- Water-H2O (200 ml of water,more if you need) -Sauteed chickpeas with peas, onion and tomato(62g-chickpeas/5g-peas,onion and tomato) -Grilled tuna with steamed cauliflower(a piece of tuna and 14 g of cauliflower) -Rice pudding(buy in a supermarket also you can do it)
Snack	-Macedonia with fresh fruits-kiwi,strawberry,orange and apple (one piece of each fruit)
Diner	-Water-H2O (200 ml of water, more if you need) -Salad with endive and cucumber(10 leaves, a little cucumber and endive) -Baked chicken with mushrooms(¼ of chicken and 30g of mushrooms) -Natural yogurt (buy in a supermarket)

Analysis

Meal	Food	Nutrient	Function

Glass of milk	Milk	Mineral salts (calcium) Vitamins(A/D)	Regulator Regulator
Toast with fresh cheese	Bread (toasted)	Glucids	Energetics
Toast with fresh cheese	Cheese fresh	Mineral salts (calcium) Proteins Vitamins(A/D)	Regulator Structural Regulator
Kiwi	Kiwi	Fiber H2O Vitamins(C)	 Plastic Regulator
Sauteed chickpeas with peas, onion and tomato	Chickpeas	Mineral salts(calcium,iron…) Glucids Vitamins(B/C/A)	Regulator Energetics Regulator
Sauteed chickpeas with peas, onion and tomato	Peas	Mineral salts(potassium) Glucids Vitamins(C) Proteins	Regulator Energetics Regulator Structural
Sauteed chickpeas with peas, onion and tomato	Onion	Vitamins(C/B/E) Glucids Fiber	Regulator Energetics
Sauteed chickpeas with peas, onion and tomato	Tomato	Mineral salts(calcium,iron..) H2O Vitamins(B/C/K/E)	Regulator Plastic Regulator
Grilled tuna with steamed cauliflower	Tuna	H2O Proteins Mineral salts (iron, magnesium ...) Vitamins(A/D/B)	Plastic Structural Regulator Regulator
Grilled tuna with steamed cauliflower	Cauliflower	H2O Vitamins(K) Mineral salts (potassium, calcium,magnesium) Fiber	Plastic Regulator Regulator
Milk rice	Rice	Minerals (phosphorus and potassium) Vitamins(B)	Regulator Regulator

Macedonia of fresh fruits	Varied fresh fruits	Fiber Minerals(potassium,iodine) Vitamines(A,E,K)	 Regulator Regulator
Salad with endives and cucumber	Endives	Minerals(potassium,zinc) Vitamins(A/C)	Regulator Regulator
Endive cucumber salad	Cucumber	H2O Vitamins(C/A)	Plastic Regulator
Chicken with varied mushrooms	Chicken	Proteins Lipids	Structural Energetics
Chicken with varied mushrooms and mushrooms	Mushrooms	Mineral(magnesium, potassium) Vitamins(D/B/C) Glúcids	Regulator Regulator Energetics
Natural yogurt	Yogurt	Mineral (calcium) Vitamins(B/A/D) H2O	Regulator Regulator Plastic

Why is it healthy?

It is a healthy diet because it intends to eat various foods, in order to get the proper nutrients for our body, that is, not many, or a few, with the right proportion.

Why is it mediterranean?

It is a Mediterranean diet, because it collects dishes and typical recipes from this area. They are very varied and healthy dishes, the Mediterranean diet is one of the healthiest diets that exist and has also been revolutionizing over the years. We have drawn attention

to the fact that it was cooked first with pork lard that had a lot of fat and cholesterol and now it is cooked with olive oil a food typical of the Mediterranean diet that is almost everywhere.