



## SPEZIERIE PALAZZO VECCHIO

### DIETARY RECCOMENDATION 3 - FOR DYSLIPIDEMIA AND DIABETES: OR FOR ALTERATION OF THE LIPID CURVE: TOTAL CHOLESTEROL, HDL, LDL AND TRIGLYCERIDES

Spezierie Palazzo Vecchio Dott. Di Massimo Food supplements recommended with this diet:

- LIPO-STATIN OMEGA 3 60 CPS, red yeast rice -omega 3 - coenzima Q10
- SOJA-LIPID 60 CPS, l-carnitina- soy-fosfolipides
- OENOTHERA OMEGA 6 150 perls
- IMMUNO 6 60 CPR turmeric- lycopene – rhodiola rosea – pomegranate– resveratrol- coenzime Q10

FOOD	ALLOWED	NOT ALLOWED
MILK AND DERIVED	Low-fat milk (or semi-skimmed), low fat milk yoghurt	Whole milk, whole milk yogurt
EGG	Albume	Whole, yolk
MEAT-POULTRY	Veal, beef, poultry, rabbit: choices in the most tender and lean. The poultry skin should be discarded	Fatty meats, organ meats such as liver, kidney and brain
FISH	Fresh or frozen: mackerel, bluefish	Eel, herring, salmon, molluscs, crustaceans, fish preserved in oil
MEATS AND SAUSAGE	Dried beef, ham without visible fat	All the others
CHEESES	Ricotta, mozzarella, robiola cheese, Carthusian crescenza, quartirolo (1-2 times a week)	All the others
BREAD (or substitutes) SOUPS	White bread, integrale.pasta bread, rice, semolina ( <u>all moderately</u> )	Seasoned bread, crackers, breadsticks topped
VEGETABLES (food ALWAYS at the TOP of each MEAL)	All green leafy vegetables, vegetables, fresh and dried vegetables – eat them always at the beginning of each meal	All the others
FRUIT (food ALWAYS AWAY from MEALS)	Fresh and season- eat them <u>always between meals</u>	Figs, persimmons, grapes, banana, dried and canned fruit
DRINKS ( <b>NEVER WHILE EATING</b> )	Tea, coffee, still water - <u>never during meals</u>	Wine, beer, brandy, cognac, etc ... artificial carbonated soft drinks (oranged drinks, coca-cola, ...)
DRESSING	Corn oil, sunflower oil, olive oil to raw, lemon juice	Butter, margarine, lard
DESSERT	Spices, pickles, onion, sage, rosemary, basil, etc.	Fruit chutney. Sugar, chocolate, cookies, candy, ice cream, sweets in general
<b>RECCOMENDATIONS</b>	<p><i>For overweight people it is essential:</i></p> <ul style="list-style-type: none"> <li>• <i>Limit bread, pasta, soups</i></li> <li>• <i>Avoid potatoes and legumes</i></li> <li>• <i>Replace sugar with fructose or other sweeteners according to medical prescription</i></li> </ul>	