

PERSONALIZED FOOD PLAN

PROCESSING BY

45t6yufi

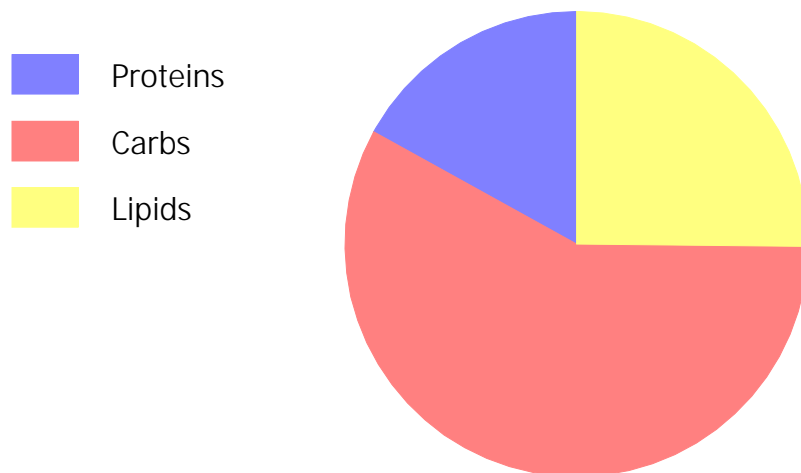
Tel.
Fax.
e-mail:

PERSONALIZED FOOD PLAN

Processed at: **45t6yuf1**

Date of the processing:09/10/2009	Personal data	
Richards John	Sex:	Male
	Age (years):	59
	Height (cm):	175
	Weight (kg):	86
	Basal metabolism (kcal):	1877
	BEE Harris-Benedict (kcal):	1725
	Diet code:RCHJHNIJ09001	BMI (Body Mass Index):

GRAPH REPRESENTATION OF THE ENERGY SUPPLIES



ENERGY SUPPLIES

	Grams	kcal	%
Proteins	80	322	16,98
Carbs	282	1097	57,86
Lipids	53	477	25,16
Total kcal		1896	100,00

THE MEANING OF THE DIET

TOWARDS A TARGET

In the moment in which you have started to follow my food plan, you have decided to achieve important results, such as an improvement of your state of health and fitness, the prevention of certain illnesses and the correction of imbalances and deficiencies which bad food and living habits can cause to your body.

This important goal requires willpower and commitment, which are always indispensable factors for the improvement of the human condition, in the diet field, as well as in other sectors.

KNOWING HOW TO CHANGE FOOD HABITS!

The problems, which you have decided to resolve with my diet, are the direct consequences of your food habits; the more you are capable of changing them and of scrupulously following the diet, the greater will be the results that you will achieve.

Your physical wellbeing will be pursued by means of a choice of foods and their quantities according to your physiopathological state and depending on scientific principles. On following the new diet, nevertheless, you may sometimes feel a sensation of fullness or of a slight hunger; such sensations, which may occur, above all during the first period, are the prelude to a better physical condition and must not be contrasted, by means of tampering with the food plan, in the form of additions or reductions.

It is normal that the quantities of the various foods may at times seem higher and at other times seem lower as regards to those previously consumed, however it is a mistake to judge the food plan developed according to the scientific principles regarding nutrition, on the basis of incorrect eating habits.

Bear in mind, moreover, that in all the sectors of our life, we are accompanied by daily regulations, and so it is immature to think that this doesn't apply also to the alimentation sector.

Being the protagonist of the diet course...

It is important that you actively participate by confronting the diet and that you don't passively trust only in the nutritionist's capacity: your willpower will allow you to change your eating habits and your spirit of initiative will lead you to a more active and healthy lifestyle. Only in this way will you achieve and maintain the desired results.

THE PHASES OF THE THERAPY

The diet lasts the time needed to achieve the pre-established results.

You won't have to "eat this way" all your life, but only for a limited period, only until the results have been reached, when the diet will be replaced by a maintenance diet, also this limited in time and aimed at the stabilization of the result. The entire treatment is concluded with the most important medical check-up, during which, you will be given those guidelines that will place you in the condition of intelligently managing your free eating, in accordance with my instructions.

In the future you will have to limit yourself and not make those mistakes that in the past were the basis of the problems, which you had decided to resolve with my food plan.

THE POSITIVE FORCE AND THE NEGATIVE FORCE...

The trend and the results of a diet treatment are greatly influenced by the presence of two opposing forces: one is positive, which is born from motivations and operates in favour of the diet, and the other is negative, a consequence of the difficulties of a psychological nature met by who assign an inappropriate significance to food.

The positive force is an authentic expression of oneself, of the legitimate desire to improve one's state of health, performance, physical aspect, in other words to live a more fulfilled life.

The negative force is the expression of an oral instinct, an expression of that part of one which will have to be analysed and improved, it is the basis of eating behavioural problems and of the possible unsuccessful sticking to the diet.

The existence of these two forces at stake, is often subject to variations during the diet course, therefore, at the medical check-ups you should inform me of your mood and any possible psychological problems encountered regarding the nutritional therapy, so that I shall be able to furnish you with the necessary support to overcome them.

Let me remind you that it is fundamental that you never interrupt the treatment before having attained acceptable results; if you do not complete the diet following the full cycle of medical check-ups and if you don't carry out the maintenance diet, sooner or later the partial results achieved will be fruitless.

SOME RECOMMENDATIONS FOR THE BEST RESULTS

In order to help you achieve the best results with my food plan, and based upon the observations I have made over the years, I should like to give you some useful advice:

- never miss a medical check-up, avoiding postponing an appointment, unless due to circumstances beyond your control; it is particularly serious following the diet without carrying out these examinations, during which, after a careful evaluation of your physical condition, the necessary modifications and/or supplements will be introduced to your assigned food plan;
- during the diet period, I advise you to weigh yourself only with my scales during the medical check-up, avoid, therefore, weighing yourself on other scales above all if they are imprecise and of poor quality;
- the day after possibly overeating and on the wake of emotiveness, don't make the mistake of carrying out reductions to the food plan which go beyond my instructions;
- avoid letting yourself be influenced by the opinions of those who, lacking an adequate scientific knowledge and with only their own personal interest at heart, give wrong advice regarding the food therapy and propose "miracle" solutions that don't require changes in one's eating habits.

GENERAL RULES

Below is a list of certain behaviours that must be avoided so as not to compromise the scientific presuppositions of the diet:

- Reduce or increase the quantities of any food included in the printout;
- Skip meals;
- Invert the diet days;
- Substitute or move the foods without my precise indication.

METHODS OF COOKING

MEAT AND FISH: grilled, roasted, stewed, baked in foil, boiled.

VEGETABLES: grilled, roasted, boiled, steamed.

PERSONALIZATION OF THE MEALS

You are allowed to combine in a single dish two or more courses of a meal, when the foods of which it is composed allow it and according to your tastes, taking care not to modify the quantities indicated. For example you may use all or part of the vegetables and/or the main course assigned to flavour the first course, or all or part of the fruit to enrich a vegetable or a main course.

WATER

Drink spring or natural but not fizzy water every day, preferably at room temperature and in quantities of no less than one litre; you can drink during the meals but not too much, so that you don't dilute the gastric juices too much as they are essential for an efficient digestive process.

FROZEN FOODS

The use of frozen foods is permitted for all those products, mainly fish and vegetables that are difficult to find fresh.

SPICES AND HERBS

In order to make the various dishes more enjoyable, if desired, in some cases the utilization of spices and herbs used for cooking is recommended in modest quantities.

SALT

The use of salt in the preparation of the food is allowed but the quantity utilized must be the minimum needed to satisfy your taste.

IN THE SPACE OF A DAY

The foods under this wording can be distributed at any moment of the day, during the meals or between meals; bear in mind however, that they are not optional and must be consumed in addition to those previously assigned in the same diet day.

DFC

Next to many foods you will find the initials "DFC" (Diet Food Codes) followed by a number that will allow you to individualize and read, in the special end section of the diet, some useful advice regarding the single foods.

In the DCF section you will find a table in which the first choice foods with the quantity assigned in the eating plan are shown at the top and in the lines below appear the alternatives. You can carry out substitutions, remembering however that the first choice foods are the ones you must eat the most often.

WEIGHTS AND MEASURES

Weigh the foods before any possible cooking and, in the case of frozen foods, after they have been thawed, bear in mind, also that the weight refers only to the eatable parts (example: meat is to be weighed without the bone, fruit without its peel and when present without its seeds, fish after having discarded the parts that are uneatable such as the head, fishbone, etc.).

If you live with your family you can reduce the cooking times by using a pan with two compartments that will allow you to cook different quantities and different types of food at the same time.

Kitchen scales

Before starting the diet and then periodically, check the precision of the scales you use for weighing your food; do this by carrying out several tests with products of which you know the exact weight and that you can easily find in your kitchen, from the smallest ones (ex. a biscuit, a dry toast, etc.) to the largest ones (ex. A tub of cream cheese, the contents of a pack of pasta, a kilogram of sugar, etc.).

Approximation

Any kind of approximation can notably increase the time necessary for achieving the therapeutic goal.

To stick correctly to the eating plan you must follow the diet prescription with precision and accurately weigh all the foods expressed in grams.

You should never have the presumptuous attitude of “feeling an expert” in that you are able to quantify the foods “at a glance” when this isn’t required, because this type of behaviour will have a negative influence on the attainment of the results.

When others do the weighing

In the case where other people are responsible for weighing or cooking the food, you must make sure that they do not make the following mistakes:

- 1) Quantify the foods “at a glance” instead of weighing them;
- 2) Increase the quantity of the assigned foods.

It may happen, in fact, that such people, unaware of basic diet rules, increase the quantity thinking that they are able to establish the right times for achieving some results, tampering with the eating plan and compromising the scientific presuppositions and the results.

Visualized weight

Thanks to this solution, instead of being assigned in grams, many foods are quantified by means of alternative and familiar units of measurement (example: tablespoon, glass, portion, unit).

This technique reduces considerably the preparation time regarding many foods, making it even easier to stick to the eating plan; in this way, you will also get used to quantifying the foods according to some standard measurements that you will use also when the diet period is over.

You are advised to weigh the foods expressed in alternative measurement units until you are able to judge the quantity “at a glance”.

Food plan Monday 1° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta, tomato, cow's milk ricotta		322,8	50
• Superfine pasta	g 70		828
• Tomato sauce	Satisfying qty		1448
• Cow's milk ricotta cheese	g 40		
Tomatoes	1 portion	46,6	1257
Winter melon	g 250	57,2	1307
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Turkey leg	g 200	239,8	855
Mixed salad	1 portion	30,5	1245
Apples	g 300	166,2	1305
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	7 teaspoons	251,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	81,5	g	281,8	g	53,0	1899,1	
Fiber (g)	25,70	SFAC/USFAC	0,41	Sodium (mg)	908,25	Zinc (mg)	10,26	Vitamin B1 (mg)	0,99
Cholesterol (mg)	181,18	MUSFAC/PUSFAC	3,58	Calcium (mg)	913,70	Copper (mg)	1,26	Vitamin B2 (mg)	1,82
PUSFAC (g)	7,65	Iron (mg)	11,19	Phosphorus (mg)	1283,51	Iodine (µg)	144,44	Vitamin C (mg)	183,60
SFAC (g)	14,18	Potassium (mg)	4287,40	Magnesium (mg)	250,58	Vitamin A (µg RE)	1387,64	Niacin (mg)	15,74

Food plan Tuesday 1° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with clams		239,9	42
• Superfine pasta	g 60		828
• Clams	g 30		
Brussels sprouts	1 portion	75,3	1231
Pears	g 300	109,0	1312
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean veal	g 130	139,2	869
Spinach	1 portion	55,0	1267
Bananas	n° 2	134,8	1290
White bread	g 50	142,0	1525
During the space of the day			
Olive oil	9 teaspoons and ½	341,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	81,0	g	283,7	g	53,3	1907,5	
Fiber (g)	38,62	SFAC/USFAC	0,28	Sodium (mg)	926,20	Zinc (mg)	11,77	Vitamin B1 (mg)	1,27
Cholesterol (mg)	118,88	MUSFAC/PUSFAC	5,33	Calcium (mg)	1057,10	Copper (mg)	1,68	Vitamin B2 (mg)	2,43
PUSFAC (g)	6,14	Iron (mg)	20,85	Phosphorus (mg)	1258,16	Iodine (µg)	110,18	Vitamin C (mg)	298,10
SFAC (g)	10,94	Potassium (mg)	4601,10	Magnesium (mg)	393,36	Vitamin A (µg RE)	1587,69	Niacin (mg)	17,75

Food plan Wednesday 1° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Small pasta in veg. broth, parmesan		353,4	283
• Small pasta	3 spoons and ½		831
• Vegetable broth	Satisfying qty		
• Grated parmesan cheese	2 teaspoons		1446
Turnips	1 portion	37,6	1262
Grapefruit	n° 1	63,6	1314
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Prawns	g 220	187,8	930
Endive	1 portion	16,8	1243
Grapes	g 210	133,5	1316
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	9 teaspoons and ½	341,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 80,2	g 287,3	g 53,4	1918,8
Fiber (g)	24,00	SFAC/USFAC	0,29	Sodium (mg)	2302,30
Cholesterol (mg)	355,48	MUSFAC/PUSFAC	4,98	Calcium (mg)	1314,60
PUSFAC (g)	6,62	Iron (mg)	16,28	Phosphorus (mg)	1195,06
SFAC (g)	11,54	Potassium (mg)	3247,20	Magnesium (mg)	283,98
				Zinc (mg)	10,34
				Copper (mg)	3,27
				Iodine (µg)	186,41
				Vitamin A (µg RE)	574,51
				Vitamin B1 (mg)	0,97
				Vitamin B2 (mg)	1,70
				Vitamin C (mg)	204,90
				Niacin (mg)	10,69

Food plan Thursday 1° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with peas		234,1	28
• Superfine pasta	g 60		828
• Fresh peas	1 spoon and ½		
Cauliflower	1 portion	50,2	1230
Kiwi	n° 3	122,1	1298
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lamb	g 150	183,8	847
Spinach	1 portion	55,0	1267
Apples	g 300	166,2	1305
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	8 teaspoons and ½	305,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 80,9	g 283,8	g 52,6	1901,4
Fiber (g)	31,87	SFAC/USFAC 0,31	Sodium (mg) 893,15	Zinc (mg) 13,12	Vitamin B1 (mg) 1,35
Cholesterol (mg)	124,38	MUSFAC/PUSFAC 4,59	Calcium (mg) 1080,90	Copper (mg) 1,98	Vitamin B2 (mg) 2,28
PUSFAC (g)	6,66	Iron (mg) 15,95	Phosphorus (mg) 1418,66	Iodine (µg) 95,89	Vitamin C (mg) 467,20
SFAC (g)	11,70	Potassium (mg) 4765,01	Magnesium (mg) 368,98	Vitamin A (µg RE) 1216,61	Niacin (mg) 19,59

Food plan Friday 1° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Rice, tomato sauce, prawns		277,0	224
• Rice	3 spoons and ½		833
• Tomato sauce	Satisfying qty		1448
• Prawns	g 30		
Chicory	1 portion	22,4	1233
Plums	n° 5	93,8	1315
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Shellfish	g 300	212,3	929
Endive	1 portion	16,8	1243
Pears	g 300	109,0	1312
White bread	g 50	142,0	1525
During the space of the day			
Olive oil	9 teaspoons and ½	341,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 79,8	g 280,3	g 52,9	1885,8
Fiber (g)	33,52	SFAC/USFAC 0,26	Sodium (mg) 1457,70	Zinc (mg) 15,46	Vitamin B1 (mg) 1,21
Cholesterol (mg)	223,38	MUSFAC/PUSFAC 4,45	Calcium (mg) 1283,20	Copper (mg) 4,62	Vitamin B2 (mg) 2,92
PUSFAC (g)	7,19	Iron (mg) 26,98	Phosphorus (mg) 1335,26	Iodine (µg) 300,30	Vitamin C (mg) 103,60
SFAC (g)	10,05	Potassium (mg) 3679,40	Magnesium (mg) 299,16	Vitamin A (µg RE) 1187,89	Niacin (mg) 12,47

Food plan Saturday 1° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with spinach		229,3	21
• Superfine pasta	g 60		828
• Spinach	Satisfying qty		
Brussels sprouts	1 portion	75,3	1231
Apples	g 300	166,2	1305
White bread	g 20	56,8	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Turkey breast	g 130	138,8	865
Mushrooms	1 portion	47,1	1240
Plums	n° 5	93,8	1315
White bread	g 30	85,2	1525
During the space of the day			
Low-alcohol beer	1 glass	56,5	1739
Olive oil	10 teaspoons	359,6	1425

Processing by: 45t6yufI

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 80,0	g 283,7	g 52,3	1894,2
Fiber (g)	32,93	SFAC/USFAC 0,25	Sodium (mg) 714,00	Zinc (mg) 9,68	Vitamin B1 (mg) 1,54
Cholesterol (mg)	81,38	MUSFAC/PUSFAC 5,09	Calcium (mg) 878,50	Copper (mg) 1,78	Vitamin B2 (mg) 2,33
PUSFAC (g)	6,46	Iron (mg) 12,36	Phosphorus (mg) 1289,36	Iodine (µg) 125,33	Vitamin C (mg) 228,20
SFAC (g)	9,93	Potassium (mg) 4152,40	Magnesium (mg) 280,32	Vitamin A (µg RE) 765,48	Niacin (mg) 26,03

Food plan Sunday 1° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with cow's milk ricotta		313,5	45
• Superfine pasta	g 70		828
• Cow's milk ricotta cheese	g 40		
Mixed salad	1 portion	30,5	1245
Winter melon	g 250	57,2	1307
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean veal	g 170	182,1	869
Carrots	1 portion	53,6	1229
Grapefruit	n° 1	63,6	1314
White bread	g 60	170,3	1525
During the space of the day			
Low-alcohol beer	1 glass	56,5	1739
Olive oil	8 teaspoons and ½	305,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 80,5	g 284,3	g 52,9	1903,8
Fiber (g)	24,45	SFAC/USFAC 0,36	Sodium (mg) 1021,80	Zinc (mg) 13,82	Vitamin B1 (mg) 1,14
Cholesterol (mg)	159,88	MUSFAC/PUSFAC 5,59	Calcium (mg) 991,70	Copper (mg) 1,40	Vitamin B2 (mg) 1,88
PUSFAC (g)	5,59	Iron (mg) 12,94	Phosphorus (mg) 1309,36	Iodine (µg) 136,39	Vitamin C (mg) 206,10
SFAC (g)	13,15	Potassium (mg) 3906,50	Magnesium (mg) 254,64	Vitamin A (µg RE) 2008,73	Niacin (mg) 19,69

Foods assigned in the 1° Week

Food	Quantity summary
FIRST COURSES	
Rice	3 spoons and ½ (g70)
Small pasta	3 spoons and ½ (g70)
Superfine pasta	g 320
Vegetable broth	1 Satisfying qty
MAIN COURSES	
Cow's milk ricotta cheese	g 80
Lamb	g 150
Lean veal	g 300
Turkey breast	g 130
Turkey leg	g 200
Clams	g 30
Prawns	g 250
Shellfish	g 300
VEGETABLES	
Brussels sprouts	2 portions (g400)
Carrots	1 portion (g150)
Cauliflower	1 portion (g200)
Chicory	1 portion (g200)
Endive	2 portions (g200)
Fresh peas	1 spoon and ½ (g30)
Mixed salad	2 portions (g400)
Mushrooms	1 portion (g200)
Spinach	2 portions + 1 Satisfying qty (g440)
Tomatoes	1 portion (g250)
Turnips	1 portion (g200)
FRUIT	
Apples	g 900
Bananas	n° 2
Grapefruit	n° 2
Grapes	g 210
Kiwi	n° 3
Pears	g 600
Plums	n° 10
Winter melon	g 500
OTHER FOODS	
Olive oil	62 teaspoons and ½ (g250)
White bread	g 510
Decaffeinated coffee	7 coffee-cups
Fruit juice	7 glasses (g1400)
Grated parmesan cheese	2 teaspoons (g10)
Jam	14 teaspoons (g140)
Low-alcohol beer	2 glasses (g400)
Partially skimmed cow's milk	7 glasses (g1400)
Rusks	n° 56 (g448)
Skimmed milk fruit yoghurt with calcium	7 jars (g875)
Tomato sauce	2 Satisfying qty (g100)

Food plan Monday 2° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Rice with spinach		253,1	190
• Rice	3 spoons and ½		833
• Spinach	Satisfying qty		
Turnips	1 portion	37,6	1262
Pineapple	g 280	114,5	1286
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Chicken leg	g 190	249,9	854
Cabbage	1 portion	48,2	1272
Winter melon	g 300	68,6	1307
White bread	g 60	170,3	1525
During the space of the day			
Olive oil	8 teaspoons	287,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	80,8	g	282,5	g	53,2	1900,5	
Fiber (g)	26,04	SFAC/USFAC	0,31	Sodium (mg)	1032,00	Zinc (mg)	13,50	Vitamin B1 (mg)	1,24
Cholesterol (mg)	155,08	MUSFAC/PUSFAC	3,81	Calcium (mg)	1045,40	Copper (mg)	1,65	Vitamin B2 (mg)	2,03
PUSFAC (g)	7,86	Iron (mg)	13,78	Phosphorus (mg)	1234,36	Iodine (µg)	167,63	Vitamin C (mg)	313,30
SFAC (g)	11,52	Potassium (mg)	4301,20	Magnesium (mg)	317,44	Vitamin A (µg RE)	540,52	Niacin (mg)	23,72

Food plan Tuesday 2° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta, tomato sauce and prawns		289,7	54
• Superfine pasta	g 70		828
• Tomato sauce	Satisfying qty		1448
• Prawns	g 30		
Fennel	1 portion	17,4	1239
Pineapple	g 280	114,5	1286
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean pork	g 160	206,9	861
Chicory	1 portion	22,4	1233
Bananas	n° 2	134,8	1290
White bread	g 50	142,0	1525
During the space of the day			
Olive oil	8 teaspoons and ½	305,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	80,6	g	285,0	g	52,6	1904,1	
Fiber (g)	28,94	SFAC/USFAC	0,30	Sodium (mg)	956,60	Zinc (mg)	10,68	Vitamin B1 (mg)	1,99
Cholesterol (mg)	163,78	MUSFAC/PUSFAC	4,16	Calcium (mg)	1066,16	Copper (mg)	2,55	Vitamin B2 (mg)	2,00
PUSFAC (g)	7,37	Iron (mg)	14,56	Phosphorus (mg)	1218,86	Iodine (µg)	179,20	Vitamin C (mg)	147,70
SFAC (g)	11,57	Potassium (mg)	4376,30	Magnesium (mg)	355,56	Vitamin A (µg RE)	927,71	Niacin (mg)	15,64

Food plan Wednesday 2° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with cuttlefish		240,0	41
• Superfine pasta	g 60		828
• Cuttlefish	g 30		
Broccoli head	1 portion	55,3	1226
Bananas	n° 2	134,8	1290
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Dentex	g 180	183,6	928
Carrots	1 portion	53,6	1229
Kiwi	n° 3	122,1	1298
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	8 teaspoons and ½	305,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 80,3	g 279,3	g 52,4	1879,5
Fiber (g)	29,93	SFAC/USFAC 0,28	Sodium (mg) 880,00	Zinc (mg) 10,54	Vitamin B1 (mg) 1,04
Cholesterol (mg)	35,58	MUSFAC/PUSFAC 3,86	Calcium (mg) 899,20	Copper (mg) 1,90	Vitamin B2 (mg) 2,04
PUSFAC (g)	7,80	Iron (mg) 12,63	Phosphorus (mg) 1496,76	Iodine (µg) 211,22	Vitamin C (mg) 389,60
SFAC (g)	10,64	Potassium (mg) 4033,50	Magnesium (mg) 278,18	Vitamin A (µg RE) 1997,31	Niacin (mg) 17,30

Food plan Thursday 2° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with butter		294,1	29
• Superfine pasta	g 60		828
• Cow's milk butter	g 10		
Lettuce	1 portion	17,5	1246
Apples	g 300	166,2	1305
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lamb	g 210	257,4	847
Mixed salad	1 portion	30,5	1245
Pineapple	g 280	114,5	1286
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	6 teaspoons and ½	233,8	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 80,5	g 281,4	g 53,5	1898,3
Fiber (g)	23,38	SFAC/USFAC 0,49	Sodium (mg) 783,83	Zinc (mg) 10,95	Vitamin B1 (mg) 1,23
Cholesterol (mg)	192,58	MUSFAC/PUSFAC 5,15	Calcium (mg) 817,20	Copper (mg) 1,49	Vitamin B2 (mg) 1,79
PUSFAC (g)	5,42	Iron (mg) 13,06	Phosphorus (mg) 1172,96	Iodine (µg) 149,43	Vitamin C (mg) 170,70
SFAC (g)	16,47	Potassium (mg) 3633,21	Magnesium (mg) 233,05	Vitamin A (µg RE) 576,15	Niacin (mg) 18,90

Food plan Friday 2° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Rice with spinach		287,7	190
• Rice	4 spoons		833
• Spinach	Satisfying qty		
Broccoli head	1 portion	55,3	1226
Kiwi	n° 3	122,1	1298
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Monkfish	g 210	150,4	926
Spinach	1 portion	55,0	1267
Grapefruit	n° 1	63,6	1314
White bread	g 50	142,0	1525
During the space of the day			
Olive oil	9 teaspoons and ½	341,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 80,8	g 281,2	g 52,4	1888,3
Fiber (g)	29,32	SFAC/USFAC 0,25	Sodium (mg) 886,20	Zinc (mg) 9,71	Vitamin B1 (mg) 1,20
Cholesterol (mg)	68,88	MUSFAC/PUSFAC 4,21	Calcium (mg) 1127,20	Copper (mg) 1,67	Vitamin B2 (mg) 2,13
PUSFAC (g)	7,48	Iron (mg) 14,73	Phosphorus (mg) 1533,06	Iodine (µg) 216,26	Vitamin C (mg) 543,30
SFAC (g)	9,77	Potassium (mg) 5368,30	Magnesium (mg) 399,46	Vitamin A (µg RE) 1302,53	Niacin (mg) 15,26

Food plan Saturday 2° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with cow's milk ricotta		313,5	45
• Superfine pasta	g 70		828
• Cow's milk ricotta cheese	g 40		
Brussels sprouts	1 portion	75,3	1231
Winter melon	g 300	68,6	1307
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Chicken leg	g 150	197,3	854
Chicory	1 portion	22,4	1233
Plums	n° 5	93,8	1315
White bread	g 50	142,0	1525
During the space of the day			
Low-alcohol beer	1 glass	56,5	1739
Olive oil	7 teaspoons	251,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 79,9	g 282,7	g 52,5	1891,8
Fiber (g)	33,24	SFAC/USFAC 0,37	Sodium (mg) 814,80	Zinc (mg) 8,64	Vitamin B1 (mg) 1,18
Cholesterol (mg)	148,68	MUSFAC/PUSFAC 3,59	Calcium (mg) 1191,80	Copper (mg) 1,93	Vitamin B2 (mg) 2,18
PUSFAC (g)	7,69	Iron (mg) 12,43	Phosphorus (mg) 1251,46	Iodine (µg) 100,74	Vitamin C (mg) 250,60
SFAC (g)	13,17	Potassium (mg) 4309,20	Magnesium (mg) 314,56	Vitamin A (µg RE) 1094,14	Niacin (mg) 19,97

Food plan Sunday 2° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta, tomato sauce and peas		241,6	56
• Superfine pasta	g 60		828
• Tomato sauce	Satisfying qty		1448
• Fresh peas	1 spoon and ½		
Endive	1 portion	16,8	1243
Pineapple	g 280	114,5	1286
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Pork steak	g 180	283,0	860
Turnips	1 portion	37,6	1262
Plums	n° 5	93,8	1315
White bread	g 40	113,6	1525
During the space of the day			
Low-alcohol beer	1 glass	56,5	1739
Olive oil	7 teaspoons and ½	269,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	78,8	g	283,0	g	53,6	1897,8	
Fiber (g)	25,38	SFAC/USFAC	0,39	Sodium (mg)	912,10	Zinc (mg)	8,77	Vitamin B1 (mg)	2,55
Cholesterol (mg)	127,98	MUSFAC/PUSFAC	4,15	Calcium (mg)	923,80	Copper (mg)	1,83	Vitamin B2 (mg)	2,95
PUSFAC (g)	7,12	Iron (mg)	12,12	Phosphorus (mg)	1116,06	Iodine (µg)	105,18	Vitamin C (mg)	168,00
SFAC (g)	14,25	Potassium (mg)	3862,90	Magnesium (mg)	260,98	Vitamin A (µg RE)	566,13	Niacin (mg)	16,50

Foods assigned in the 2° Week

Food	Quantity summary
FIRST COURSES	
Rice	7 spoons and ½ (g150)
Superfine pasta	g 320
MAIN COURSES	
Cow's milk ricotta cheese	g 40
Chicken leg	g 340
Lamb	g 210
Lean pork	g 160
Pork steak	g 180
Cuttlefish	g 30
Dentex	g 180
Monkfish	g 210
Prawns	g 30
VEGETABLES	
Broccoli head	2 portions (g400)
Brussels sprouts	1 portion (g200)
Cabbage	1 portion (g200)
Carrots	1 portion (g150)
Chicory	2 portions (g400)
Endive	1 portion (g100)
Fennel	1 portion (g200)
Fresh peas	1 spoon and ½ (g30)
Lettuce	1 portion (g100)
Mixed salad	1 portion (g200)
Spinach	1 portion + 2 Satisfying qty (g280)
Turnips	2 portions (g400)
FRUIT	
Apples	g 300
Bananas	n° 4
Grapefruit	n° 1
Kiwi	n° 6
Pineapple	g 1120
Plums	n° 10
Winter melon	g 600
OTHER FOODS	
Olive oil	55 teaspoons and ½ (g222)
White bread	g 540
Cow's milk butter	g 10
Decaffeinated coffee	7 coffee-cups
Fruit juice	7 glasses (g1400)
Jam	14 teaspoons (g140)
Low-alcohol beer	2 glasses (g400)
Partially skimmed cow's milk	7 glasses (g1400)
Rusks	n° 56 (g448)
Skimmed milk fruit yoghurt with calcium	7 jars (g875)
Tomato sauce	2 Satisfying qty (g90)

Food plan Monday 3° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Rice, tomato sauce, prawns		240,6	224
• Rice	3 spoons		833
• Tomato sauce	Satisfying qty		1448
• Prawns	g 30		
Tomatoes	1 portion	46,6	1257
Kiwi	n° 3	122,1	1298
White bread	g 20	56,8	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean beef	g 160	189,9	862
Potatoes	g 200	158,8	1253
Winter melon	g 300	68,6	1307
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	9 teaspoons	323,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	80,4	g	282,5	g	53,9	1906,2	
Fiber (g)	23,38	SFAC/USFAC	0,28	Sodium (mg)	874,35	Zinc (mg)	13,22	Vitamin B1 (mg)	1,22
Cholesterol (mg)	161,78	MUSFAC/PUSFAC	4,20	Calcium (mg)	863,40	Copper (mg)	1,85	Vitamin B2 (mg)	1,56
PUSFAC (g)	7,54	Iron (mg)	13,16	Phosphorus (mg)	1356,61	Iodine (µg)	150,16	Vitamin C (mg)	383,30
SFAC (g)	11,08	Potassium (mg)	5318,21	Magnesium (mg)	284,40	Vitamin A (µg RE)	1130,05	Niacin (mg)	22,14

Food plan Tuesday 3° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with shellfish		239,6	25
• Superfine pasta	g 60		828
• Shellfish	g 30		
Chard	1 portion	34,0	1225
Kaki	g 250	168,4	1291
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean pork	g 150	194,0	861
Brussels sprouts	1 portion	75,3	1231
Plums	n° 4	75,0	1315
White bread	g 50	142,0	1525
During the space of the day			
Olive oil	8 teaspoons and ½	305,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	80,3	g	283,6	g	53,3	1904,6	
Fiber (g)	31,57	SFAC/USFAC	0,29	Sodium (mg)	833,90	Zinc (mg)	10,33	Vitamin B1 (mg)	1,96
Cholesterol (mg)	128,58	MUSFAC/PUSFAC	3,97	Calcium (mg)	944,09	Copper (mg)	2,05	Vitamin B2 (mg)	2,37
PUSFAC (g)	7,76	Iron (mg)	13,96	Phosphorus (mg)	1179,46	Iodine (µg)	146,63	Vitamin C (mg)	291,60
SFAC (g)	11,37	Potassium (mg)	3744,60	Magnesium (mg)	301,46	Vitamin A (µg RE)	1665,31	Niacin (mg)	17,94

Food plan Wednesday 3° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Minestrone with pasta and parmesan		247,3	269
• Small pasta	2 spoons and ½		831
• Mixed vegetables for soup	Satisfying qty		
• Grated parmesan cheese	1 teaspoon		1446
Cauliflower	1 portion	50,2	1230
Apples	g 300	166,2	1305
White bread	g 20	56,8	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Plaice	g 210	158,8	943
Carrots	1 portion	53,6	1229
Grapes	g 210	133,5	1316
White bread	g 30	85,2	1525
During the space of the day			
Olive oil	10 teaspoons	359,6	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 80,6	g 282,6	g 52,8	1896,7
Fiber (g)	30,71	SFAC/USFAC	0,26	Sodium (mg)	1048,50
Cholesterol (mg)	125,93	MUSFAC/PUSFAC	5,28	Calcium (mg)	1164,45
PUSFAC (g)	6,23	Iron (mg)	13,11	Phosphorus (mg)	1364,06
SFAC (g)	10,37	Potassium (mg)	4144,10	Magnesium (mg)	309,97
				Zinc (mg)	13,70
				Copper (mg)	2,89
				Iodine (µg)	490,13
				Vitamin A (µg RE)	2917,63
				Vitamin B1 (mg)	1,50
				Vitamin B2 (mg)	2,14
				Vitamin C (mg)	213,11
				Niacin (mg)	19,72

Food plan Thursday 3° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with mushrooms		227,8	26
• Superfine pasta	g 60		828
• Mushrooms	Satisfying qty		
Endive	1 portion	16,8	1243
Pineapple	g 280	114,5	1286
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Pork steak	g 180	283,0	860
Spinach	1 portion	55,0	1267
Apples	g 300	166,2	1305
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	7 teaspoons	251,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	81,2	g	283,7	g	52,3	1899,2	
Fiber (g)	24,37	SFAC/USFAC	0,40	Sodium (mg)	878,40	Zinc (mg)	10,96	Vitamin B1 (mg)	2,50
Cholesterol (mg)	127,98	MUSFAC/PUSFAC	3,83	Calcium (mg)	1056,40	Copper (mg)	1,83	Vitamin B2 (mg)	3,27
PUSFAC (g)	7,28	Iron (mg)	14,72	Phosphorus (mg)	1140,76	Iodine (µg)	126,08	Vitamin C (mg)	193,90
SFAC (g)	14,07	Potassium (mg)	4133,80	Magnesium (mg)	330,68	Vitamin A (µg RE)	1304,54	Niacin (mg)	14,81

Food plan Friday 3° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Rice, tomato sauce, minced veal		201,8	223
• Rice	2 spoons and ½		833
• Tomato sauce	Satisfying qty		1448
• Lean veal	g 20		
Fresh beans	8 spoons	218,1	1236
Winter melon	g 250	57,2	1307
White bread	g 20	56,8	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Cod	g 130	94,4	934
Broccoli head	1 portion	55,3	1226
Kaki	g 250	168,4	1291
White bread	g 30	85,2	1525
During the space of the day			
Olive oil	10 teaspoons	359,6	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	79,7	g	281,4	g	52,1	1882,3	
Fiber (g)	30,01	SFAC/USFAC	0,25	Sodium (mg)	773,00	Zinc (mg)	13,53	Vitamin B1 (mg)	1,26
Cholesterol (mg)	95,58	MUSFAC/PUSFAC	5,37	Calcium (mg)	874,65	Copper (mg)	2,64	Vitamin B2 (mg)	1,61
PUSFAC (g)	6,14	Iron (mg)	14,46	Phosphorus (mg)	1364,36	Iodine (µg)	274,28	Vitamin C (mg)	228,80
SFAC (g)	9,93	Potassium (mg)	4541,20	Magnesium (mg)	494,22	Vitamin A (µg RE)	914,08	Niacin (mg)	17,81

Food plan Saturday 3° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta with cow's milk ricotta		226,0	45
• Superfine pasta	g 50		828
• Cow's milk ricotta cheese	g 30		
Cabbage	1 portion	48,2	1272
Bananas	n° 2	134,8	1290
White bread	g 20	56,8	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean pork	g 180	232,8	861
Lettuce	1 portion	17,5	1246
Apples	g 300	166,2	1305
White bread	g 40	113,6	1525
During the space of the day			
Low-alcohol beer	1 glass	56,5	1739
Olive oil	7 teaspoons and ½	269,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	81,0	g	284,5	g	53,0	1907,6	
Fiber (g)	25,89	SFAC/USFAC	0,37	Sodium (mg)	792,30	Zinc (mg)	12,60	Vitamin B1 (mg)	2,10
Cholesterol (mg)	148,68	MUSFAC/PUSFAC	3,84	Calcium (mg)	963,59	Copper (mg)	1,41	Vitamin B2 (mg)	2,34
PUSFAC (g)	7,49	Iron (mg)	13,34	Phosphorus (mg)	1287,46	Iodine (µg)	139,00	Vitamin C (mg)	249,10
SFAC (g)	13,29	Potassium (mg)	3457,40	Magnesium (mg)	286,80	Vitamin A (µg RE)	680,73	Niacin (mg)	18,66

Food plan Sunday 3° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Thick veget. soup with parm. cheese		65,3	318
• Mixed vegetables for soup	Satisfying qty		
• Grated parmesan cheese	1 teaspoon		1446
Endive	1 portion	16,8	1243
Pineapple	g 280	114,5	1286
White bread	g 40	113,6	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Turkey breast	g 170	181,6	865
Chicory	1 portion	22,4	1233
Kaki	g 300	202,0	1291
White bread	g 60	170,3	1525
During the space of the day			
Low-alcohol beer	1 glass	56,5	1739
Olive oil	10 teaspoons	359,6	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	81,2	g	279,4	g	53,0	1888,3	
Fiber (g)	31,76	SFAC/USFAC	0,28	Sodium (mg)	941,90	Zinc (mg)	10,32	Vitamin B1 (mg)	1,15
Cholesterol (mg)	105,93	MUSFAC/PUSFAC	5,66	Calcium (mg)	1216,45	Copper (mg)	2,39	Vitamin B2 (mg)	2,31
PUSFAC (g)	5,89	Iron (mg)	14,12	Phosphorus (mg)	1173,56	Iodine (µg)	144,28	Vitamin C (mg)	231,70
SFAC (g)	10,82	Potassium (mg)	4285,80	Magnesium (mg)	359,27	Vitamin A (µg RE)	2486,53	Niacin (mg)	20,26

Foods assigned in the 3° Week

Food	Quantity summary
FIRST COURSES	
Rice	5 spoons and ½ (g110)
Small pasta	2 spoons and ½ (g50)
Superfine pasta	g 170
MAIN COURSES	
Cow's milk ricotta cheese	g 30
Lean beef	g 160
Lean pork	g 330
Lean veal	g 20
Pork steak	g 180
Turkey breast	g 170
Cod	g 130
Plaice	g 210
Prawns	g 30
Shellfish	g 30
VEGETABLES	
Broccoli head	1 portion (g200)
Brussels sprouts	1 portion (g200)
Cabbage	1 portion (g200)
Carrots	1 portion (g150)
Cauliflower	1 portion (g200)
Chard	1 portion (g200)
Chicory	1 portion (g200)
Endive	2 portions (g200)
Fresh beans	8 spoons (g160)
Lettuce	1 portion (g100)
Mixed vegetables for soup	2 Satisfying qty (g400)
Mushrooms	1 Satisfying qty (g40)
Potatoes	g 200
Spinach	1 portion (g200)
Tomatoes	1 portion (g250)
FRUIT	
Apples	g 900
Bananas	n° 2
Grapes	g 210
Kaki	g 800
Kiwi	n° 3
Pineapple	g 560
Plums	n° 4
Winter melon	g 550
OTHER FOODS	
Olive oil	62 teaspoons (g248)
White bread	g 470
Decaffeinated coffee	7 coffee-cups
Fruit juice	7 glasses (g1400)
Grated parmesan cheese	2 teaspoons (g10)
Jam	14 teaspoons (g140)
Low-alcohol beer	2 glasses (g400)
Partially skimmed cow's milk	7 glasses (g1400)
Rusks	n° 56 (g448)
Skimmed milk fruit yoghurt with calcium	7 jars (g875)
Tomato sauce	2 Satisfying qty (g80)

Food plan Monday 4° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Mixed legumes	3 spoons and ½	211,6	340
Fresh beans	8 spoons	218,1	1236
Plums	n° 5	93,8	1315
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Beef hamburger	g 80	136,5	859
Fennel	1 portion	17,4	1239
Kiwi	n° 3	122,1	1298
White bread	g 50	142,0	1525
During the space of the day			
Olive oil	8 teaspoons	287,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	81,0	g	282,9	g	52,8	1899,8	
Fiber (g)	40,57	SFAC/USFAC	0,31	Sodium (mg)	685,60	Zinc (mg)	15,83	Vitamin B1 (mg)	1,53
Cholesterol (mg)	63,58	MUSFAC/PUSFAC	4,46	Calcium (mg)	955,00	Copper (mg)	2,99	Vitamin B2 (mg)	1,56
PUSFAC (g)	6,88	Iron (mg)	17,94	Phosphorus (mg)	1524,46	Iodine (µg)	157,19	Vitamin C (mg)	296,10
SFAC (g)	11,76	Potassium (mg)	5442,70	Magnesium (mg)	534,06	Vitamin A (µg RE)	164,72	Niacin (mg)	16,56

Food plan Tuesday 4° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta, butter and parmesan cheese		369,2	48
• Superfine pasta	g 70		828
• Cow's milk butter	g 10		
• Grated parmesan cheese	2 teaspoons		1446
Turnips	1 portion	37,6	1262
Plums	n° 4	75,0	1315
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean beef	g 150	178,1	862
Cauliflower	1 portion	50,2	1230
Grapes	g 210	133,5	1316
White bread	g 50	142,0	1525
During the space of the day			
Olive oil	6 teaspoons and ½	233,8	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	80,1	g	283,1	g	52,0	1890,1	
Fiber (g)	26,34	SFAC/USFAC	0,47	Sodium (mg)	895,90	Zinc (mg)	11,67	Vitamin B1 (mg)	1,22
Cholesterol (mg)	144,60	MUSFAC/PUSFAC	4,74	Calcium (mg)	1005,40	Copper (mg)	2,03	Vitamin B2 (mg)	1,84
PUSFAC (g)	5,73	Iron (mg)	11,70	Phosphorus (mg)	1230,96	Iodine (µg)	81,87	Vitamin C (mg)	200,70
SFAC (g)	15,61	Potassium (mg)	3561,82	Magnesium (mg)	254,43	Vitamin A (µg RE)	332,25	Niacin (mg)	18,83

Food plan Wednesday 4° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Rice with cuttlefish		229,2	207
• Rice	3 spoons		833
• Cuttlefish	g 30		
Mixed salad	1 portion	30,5	1245
Bananas	n° 2	134,8	1290
White bread	g 20	56,8	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Dentex	g 230	234,7	928
Fennel	1 portion	17,4	1239
Apples	g 300	166,2	1305
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	9 teaspoons	323,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	80,1	g	280,1	g	53,6	1892,3	
Fiber (g)	25,63	SFAC/USFAC	0,29	Sodium (mg)	704,50	Zinc (mg)	7,60	Vitamin B1 (mg)	1,11
Cholesterol (mg)	35,58	MUSFAC/PUSFAC	4,45	Calcium (mg)	896,60	Copper (mg)	1,44	Vitamin B2 (mg)	1,81
PUSFAC (g)	7,19	Iron (mg)	12,03	Phosphorus (mg)	1358,36	Iodine (µg)	299,11	Vitamin C (mg)	148,10
SFAC (g)	11,33	Potassium (mg)	3497,60	Magnesium (mg)	226,80	Vitamin A (µg RE)	457,40	Niacin (mg)	14,05

Food plan Thursday 4° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta, butter and parmesan cheese		405,6	48
• Superfine pasta	g 80		828
• Cow's milk butter	g 10		
• Grated parmesan cheese	2 teaspoons		1446
Broccoli head	1 portion	55,3	1226
Kiwi	n° 3	122,1	1298
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean pork	g 150	194,0	861
Turnips	1 portion	37,6	1262
Winter melon	g 300	68,6	1307
White bread	g 50	142,0	1525
During the space of the day			
Olive oil	5 teaspoons and ½	197,8	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	81,4	g	280,2	g	53,1	1893,6	
Fiber (g)	29,90	SFAC/USFAC	0,50	Sodium (mg)	989,70	Zinc (mg)	8,99	Vitamin B1 (mg)	1,74
Cholesterol (mg)	146,48	MUSFAC/PUSFAC	3,24	Calcium (mg)	1030,39	Copper (mg)	1,76	Vitamin B2 (mg)	2,07
PUSFAC (g)	7,74	Iron (mg)	12,50	Phosphorus (mg)	1438,46	Iodine (µg)	117,84	Vitamin C (mg)	433,60
SFAC (g)	16,25	Potassium (mg)	4579,50	Magnesium (mg)	278,73	Vitamin A (µg RE)	234,37	Niacin (mg)	19,22

Food plan Friday 4° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Rice, tomato sauce, peas		230,8	226
• Rice	3 spoons		833
• Tomato sauce	Satisfying qty		1448
• Fresh peas	1 spoon and ½		
Fennel	1 portion	17,4	1239
Pineapple	g 280	114,5	1286
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Bass	g 200	232,2	953
Cauliflower	1 portion	50,2	1230
Grapes	g 210	133,5	1316
White bread	g 40	113,6	1525
During the space of the day			
Olive oil	9 teaspoons	323,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins	Carbs	Lipids	Kcalories
Fixed supplies:		g 80,0	g 282,0	g 53,0	1896,0
Assigned supplies:		g 81,2	g 278,9	g 53,0	1886,6
Fiber (g)	26,01	SFAC/USFAC 0,26	Sodium (mg) 822,20	Zinc (mg) 12,10	Vitamin B1 (mg) 1,40
Cholesterol (mg)	140,38	MUSFAC/PUSFAC 4,12	Calcium (mg) 990,60	Copper (mg) 3,50	Vitamin B2 (mg) 1,63
PUSFAC (g)	7,72	Iron (mg) 18,92	Phosphorus (mg) 2231,26	Iodine (µg) 217,28	Vitamin C (mg) 229,10
SFAC (g)	10,27	Potassium (mg) 4428,50	Magnesium (mg) 317,08	Vitamin A (µg RE) 456,70	Niacin (mg) 14,50

Food plan Saturday 4° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Pasta, spinach, parmesan cheese		268,0	60
• Superfine pasta	g 60		828
• Spinach	Satisfying qty		
• Grated parmesan cheese	2 teaspoons		1446
Mixed salad	1 portion	30,5	1245
Plums	n° 5	93,8	1315
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Chicken breast	g 160	160,6	864
Lettuce	1 portion	17,5	1246
Grapes	g 210	133,5	1316
White bread	g 40	113,6	1525
During the space of the day			
Low-alcohol beer	1 glass	56,5	1739
Olive oil	10 teaspoons	359,6	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	80,4	g	282,5	g	53,8	1904,5	
Fiber (g)	22,22	SFAC/USFAC	0,29	Sodium (mg)	770,90	Zinc (mg)	6,84	Vitamin B1 (mg)	1,17
Cholesterol (mg)	121,48	MUSFAC/PUSFAC	5,53	Calcium (mg)	994,10	Copper (mg)	1,73	Vitamin B2 (mg)	1,95
PUSFAC (g)	6,09	Iron (mg)	9,91	Phosphorus (mg)	1176,96	Iodine (µg)	130,38	Vitamin C (mg)	145,80
SFAC (g)	11,53	Potassium (mg)	3540,80	Magnesium (mg)	261,88	Vitamin A (µg RE)	725,18	Niacin (mg)	21,78

Food plan Sunday 4° Week

Food	Quantity	kcal	DFC
Breakfast			
Rusks	n° 8	268,4	1492
Jam	2 teaspoons	46,2	1613
Partially skimmed cow's milk	1 glass	93,9	1677
Decaffeinated coffee	1 coffee-cup	1,0	1692
Mid-morning snack			
Skimmed milk fruit yoghurt with calcium	1 jar	59,1	1564
Lunch			
Mixed legumes	3 spoons and ½	211,6	340
Carrots	1 portion	53,6	1229
Grapes	g 210	133,5	1316
White bread	g 30	85,2	1525
Afternoon snack			
Fruit juice	1 glass	117,0	1715
Dinner			
Lean pork	g 170	219,9	861
Endive	1 portion	16,8	1243
Pears	g 300	109,0	1312
White bread	g 40	113,6	1525
During the space of the day			
Low-alcohol beer	1 glass	56,5	1739
Olive oil	8 teaspoons and ½	305,7	1425

Processing by: 45t6yufl

© Copyright 2002-2009 PROGEO S.r.l.

MAIN NUTRIENTS NUTRITIONAL OUTLINE

		Proteins		Carbs		Lipids		Kcalories	
Fixed supplies:		g	80,0	g	282,0	g	53,0	1896,0	
Assigned supplies:		g	80,0	g	279,1	g	53,9	1890,9	
Fiber (g)	39,22	SFAC/USFAC	0,30	Sodium (mg)	880,60	Zinc (mg)	14,03	Vitamin B1 (mg)	2,06
Cholesterol (mg)	125,18	MUSFAC/PUSFAC	3,81	Calcium (mg)	961,52	Copper (mg)	2,51	Vitamin B2 (mg)	2,01
PUSFAC (g)	8,18	Iron (mg)	16,44	Phosphorus (mg)	1275,86	Iodine (µg)	100,33	Vitamin C (mg)	79,70
SFAC (g)	11,64	Potassium (mg)	3801,90	Magnesium (mg)	276,08	Vitamin A (µg RE)	2014,41	Niacin (mg)	15,02

Foods assigned in the 4° Week

Food	Quantity summary
FIRST COURSES	
Mixed legumes	7 spoons (g140)
Rice	6 spoons (g120)
Superfine pasta	g 210
MAIN COURSES	
Beef hamburger	g 80
Chicken breast	g 160
Lean beef	g 150
Lean pork	g 320
Bass	g 200
Cuttlefish	g 30
Dentex	g 230
VEGETABLES	
Broccoli head	1 portion (g200)
Carrots	1 portion (g150)
Cauliflower	2 portions (g400)
Endive	1 portion (g100)
Fennel	3 portions (g600)
Fresh beans	8 spoons (g160)
Fresh peas	1 spoon and ½ (g30)
Lettuce	1 portion (g100)
Mixed salad	2 portions (g400)
Spinach	1 Satisfying qty (g40)
Turnips	2 portions (g400)
FRUIT	
Apples	g 300
Bananas	n° 2
Grapes	g 840
Kiwi	n° 6
Pears	g 300
Pineapple	g 280
Plums	n° 14
Winter melon	g 300
OTHER FOODS	
Olive oil	56 teaspoons and ½ (g226)
White bread	g 510
Cow's milk butter	g 20
Decaffeinated coffee	7 coffee-cups
Fruit juice	7 glasses (g1400)
Grated parmesan cheese	6 teaspoons (g30)
Jam	14 teaspoons (g140)
Low-alcohol beer	2 glasses (g400)
Partially skimmed cow's milk	7 glasses (g1400)
Rusks	n° 56 (g448)
Skimmed milk fruit yoghurt with calcium	7 jars (g875)
Tomato sauce	1 Satisfying qty (g40)

Diet Food Code

DFC: 21

PASTA WITH SPINACH: you can find fresh spinach in the shops at any time of the year, however you can also use the frozen product. With the fresh product check that the leaves are fresh, with no marks and that they are a dark green colour. After having carefully washed the leaves you can boil them or finely chop them up and cook them in a frying pan with part of the condiment at your disposal. Prepare the prescribed quantity of pasta, drain it while it is still firm, add the spinach and stirring the ingredients, complete the preparation.

For "satisfying quantity" of Spinach it means the minimum quantity necessary to have a good meal.

DFC: 25

PASTA WITH SHELLFISH: you can buy either fresh or frozen mussels, clams and squid in the quantities prescribed, already cleaned and ready for cooking. Place the seafood in a pan with aromatic herbs as you like and tepid water and leave it to cook slowly; you can use part of the condiment assigned during the cooking or add it at the end of the cooking. Finally, prepare the quantity of pasta prescribed and add the seafood.

DFC: 26

PASTA WITH MUSHROOMS: if you buy fresh mushrooms, choose ones with firm flesh and eliminate the dirty part and, if necessary, any damaged parts, by scraping with a knife blade the caps and the stalks. In the shops you can also find frozen mushrooms, already cleaned and ready-to-cook. Cut them in thin slices and cook them in a frying pan with part of your prescribed condiment and aromatic herbs as you like.

Prepare your prescribed quantity of pasta and, when the cooking is finished, add the mushrooms and mix well.

For "satisfying quantity" of Mushrooms it means the minimum quantity necessary to have a good meal.

DFC: 28

PASTA WITH PEAS: you can buy fresh or frozen peas in the shops but avoid tinned peas. Cook them in a frying pan over a low heat for about 20 minutes in a little water, add flavourings as you like; you can use part of the condiment assigned during the cooking or add it raw at the end of the preparation. Cook the prescribed quantity of pasta and add the sauce that by this time will be ready.

To quantify the Fresh peas use a completely full soup spoon which contains about g. 20.

DFC: 29

PASTA WITH BUTTER: prepare the quantity of the pasta indicated in the diet; when cooked, drain, add the butter according to the dose prescribed and mix well.

DFC: 41

PASTA WITH CUTTLEFISH: choose the small cuttlefish, either fresh or frozen and, after having gutted and cleaned them, cut them and cook them in a frying pan with part of the condiment assigned and flavourings you like. Pour a drop of tepid water on the molluscs and add a glass of white wine; leave it to evaporate for about ten minutes.

Cook the quantity of pasta prescribed, add the prepared sauce and mix well.

DFC: 42

PASTA WITH CLAMS: after having carefully washed the clams, cook them in a pan with part of the condiment assigned; when they have opened, remove the valves and eliminate any clams that have remained closed. Filter the sauce through a gauze, so as to eliminate any possible residues of sand and add it to the clams.

You can also easily find in the shops frozen or potted clams already cleaned and ready for cooking.

Cook the prescribed quantity of pasta, add the previously prepared sauce and mix well.

Use flavourings as you like during the cooking.

DFC: 45

PASTA WITH COW'S MILK RICOTTA: choose the type of cow's milk ricotta that you prefer among the various kinds available in the shops, avoiding mature or salted types.

Prepare the quantity of pasta prescribed and, when cooked add the ricotta and mix well.

DFC: 48

PASTA, BUTTER AND PARMESAN CHEESE: prepare the quantity of the pasta indicated in the diet; when cooked, drain, add the butter and the grated Parmesan cheese assigned and mix well.

Consider that a medium size coffee spoon contains about g 5 of Grated parmesan cheese.

DFC: 50

PASTA, TOMATO, COW'S MILK RICOTTA: prepare the sauce using fresh tomatoes or canned peeled tomatoes, cook them in a frying pan over a medium heat and add, when the cooking is finished, your prescribed quantity of cow's ricotta. You can use part of the condiment at your disposal for cooking the tomato sauce or you can add it at the end, when the cooking is finished.

Cook your prescribed quantity of pasta, add the tomato and cow's ricotta sauce and mix all together.

For "satisfying quantity" of Tomato sauce it means the minimum quantity necessary to have a good meal.

DFC: 54

PASTA, TOMATO SAUCE AND PRAWNS: cook the fresh or tinned peeled tomatoes in a frying pan over a medium heat with aromatic herbs as you like. Then add the fresh or frozen prawns and finish cooking.

You can use part of the condiment available for cooking the tomato sauce or add it to the sauce when it is cooked.

Prepare the quantity of pasta prescribed and add the sauce that, by this time, will be ready.

For "satisfying quantity" of Tomato sauce it means the minimum quantity necessary to have a good meal.

DFC: 56

PASTA, TOMATO SAUCE AND PEAS: place the peas in a pan and leave them to cook for about 20 minutes in water, adding flavourings as you like and part of the condiment assigned. Then add the fresh or tinned peeled tomatoes and continue the cooking.

In the meantime, prepare the quantity of pasta prescribed and add the pea sauce that by this time will be ready.

For "satisfying quantity" of Tomato sauce it means the minimum quantity necessary to have a good meal. To quantify the Fresh peas use a completely full soup spoon which contains about g. 20.

DFC: 60

PASTA, SPINACH, PARMESAN CHEESE: you can find fresh spinach in the shops all the year around, however, if you prefer, you can also use frozen spinach. In the first case, check that the spinach has full leaves, with no bruising and of a dark green colour. After having carefully washed them you can boil them or finely chop them and cook them in a frying pan with part of the condiment at your disposal. Prepare the prescribed quantity of pasta, add the spinach, the Parmesan cheese assigned and mix well.

For "satisfying quantity" of Spinach it means the minimum quantity necessary to have a good meal. Consider that a medium size coffee spoon contains about g 5 of Grated parmesan cheese.

DFC: 190

RICE WITH SPINACH: you can purchase the spinach fresh or frozen, however if the product is fresh, check that the leaves are fresh, with no marks and that they are a dark green colour. After having carefully washed the leaves you can boil them or finely chop them up and cook them in a frying pan with part of the condiment at your disposal. Prepare the prescribed quantity of rice, drain it while it is still firm, add the spinach and stirring the ingredients, complete the preparation.

To quantify the Rice use a completely full soup spoon which contains about g 20. For "satisfying quantity" of Spinach it means the minimum quantity necessary to have a good meal.

DFC: 207

RICE WITH CUTTLIFISH: choose the small cuttlefish, either fresh or frozen and, after having gutted and cleaned them, cut them up and cook them in a frying pan with part of the condiment assigned and flavourings as you like. Pour a drop of tepid water on the molluscs and add a glass of white wine; leave it to evaporate for about ten minutes.

Cook the prescribed quantity of rice, drain it, add the prepared sauce and mix well.

To quantify the Rice use a completely full soup spoon which contains about g 20.

DFC: 223

RICE, TOMATO SAUCE, MINCED VEAL: cook the minced veal in a frying pan with part of the condiment assigned and, if you wish, a celery stick and a carrot; add fresh or tinned peeled tomatoes and leave to cook.

Cook the prescribed quantity of rice, drain it while it is still firm, add the meat sauce and complete the cooking, stirring from time to time.

To quantify the Rice use a completely full soup spoon which contains about g 20. For "satisfying quantity" of Tomato sauce it means the minimum quantity necessary to have a good meal.

DFC: 224

RICE, TOMATO SAUCE, PRAWNS: cook the fresh or tinned peeled tomatoes in a frying pan over a medium heat and add flavourings as you like. Then add fresh or frozen prawns and complete the cooking. You can use part of the condiment at your disposal for cooking the tomato sauce or add it raw at the end of the cooking.

Cook the rice according to the prescribed quantity, drain it while it is still firm, add the prawn sauce and complete the cooking, stirring from time to time.

To quantify the Rice use a completely full soup spoon which contains about g 20. For "satisfying quantity" of Tomato sauce it means the minimum quantity necessary to have a good meal.

DFC: 226

RICE, TOMATO SAUCE, PEAS: put the peas in a pan and let them cook for about 20 minutes in some water with flavourings as you like and part of your prescribed condiment. Then add the fresh tomatoes or the canned peeled ones and continue the cooking.

In the meanwhile, prepare your prescribed quantity of rice, strain it when it's still "al dente", add the pea sauce and finish the cooking, mixing all together.

To quantify the Rice use a completely full soup spoon which contains about g 20. For "satisfying quantity" of Tomato sauce it means the minimum quantity necessary to have a good meal. To quantify the Fresh peas use a completely full soup spoon which contains about g. 20.

DFC: 269

MINISTRONE WITH PASTA AND PARMESAN: choose the vegetables from the ones included in your eating plan, excluding potatoes and legumes; if you wish, you can purchase the type of minestrone ready prepared, frozen and packed as long as the vegetables used correspond to the ones allowed.

Cook the vegetables in small pieces in slightly salted water and before the cooking is complete, add the prescribed quantity of small shaped pasta and cook until its ready to eat.

Finally add the indicated amount of parmesan cheese and stir well.

You can use part of the condiment at your disposal in the preparation of the soup or add it raw once it has been cooked.

To quantify the Small pasta use a completely full soup spoon that contains about g 20. For "satisfying quantity" of Mixed vegetables for soup it means the minimum quantity necessary to have a good meal. Consider that a medium size coffee spoon contains about g 5 of Grated parmesan cheese.

DFC: 283

SMALL PASTA IN VEGETABLE BROTH, PARMESAN: finely chop the vegetables, place them in a pan of slightly salted water and bring to boil; cook over a medium heat for about an hour and then filter the broth and add the prescribed amount of small pasta. Finally add the prescribed dose of Parmesan cheese and, if you like, part of the condiment at your disposal.

To quantify the Small pasta use a completely full soup spoon that contains about g 20. For "satisfying quantity" of Vegetable broth it means the minimum quantity necessary to have a good meal. Consider that a medium size coffee spoon contains about g 5 of Grated parmesan cheese.

DFC: 318

THICK VEGETABLE SOUP WITH PARMESAN CHEESE: choose vegetables that are among those included in your food plan, excluding potatoes and legumes; if you buy the frozen packets already prepared, check that the vegetables used correspond to the ones that I propose.

Cook the finely chopped mixed vegetables in slightly salted water; when ready, utilizing a vegetable mill or a blender, transform the soup into a thick cream. Add the assigned quantity of Parmesan cheese and, if you wish, part of the condiment at your disposal.

For "satisfying quantity" of Mixed vegetables for soup it means the minimum quantity necessary to have a good meal. Consider that a medium size coffee spoon contains about g 5 of Grated parmesan cheese.

DFC: 340

MIXED LEGUMES: we refer to a mixture of more than one type of dried legume, which are easily found in the shops throughout the year. You can buy the product already mixed, or choose your own mixture from chickpeas, beans, peas and lentils. At the moment of purchase, check that the seeds are not damaged and are not mixed with foreign matter. Preserve them in a cool, dry place until you are ready to cook them, then wash them and leave them to soak for 6-8 hours. To reduce the lengthy cooking times required, we suggest you use a pressure cooker. Utilize the part of the condiment at your disposal and add flavourings as you like.

To quantify use a completely full soup spoon which contains about g 20.

DFC: 828

SUPERFINE PASTA: we refer to the pasta made from durum wheat, available on the market in various shapes, sizes and packets; it should not be confused with fresh pasta or egg pasta. The cooked pasta should be eaten "al dente" (firm) and it should maintain its pale yellow colour; remember also that from the moment in which the pasta is removed from the heat until it is served, it continues to cook.

If you cook for more than one person, choose "short pasta" so that, before cooking, in weighing your portion, you will be easily able to count the number of corresponding pieces. This exercise will be useful in that, once the pasta is cooked, you will be able to quantify your portion by simply counting the corresponding pieces.

The operation must be repeated if you use a different type and make of pasta.

DFC: 831

SMALL PASTA: we refer to small size superfine pasta. Choose your favourite type amongst those available on the market (capelli d'angelo, stelline, farfalline ...) and keep it in its original packet until you are ready to use it respecting the expiry date indicated.

To quantify the Small pasta use a completely full soup spoon that contains about g 20.

DFC: 833

RICE: there are many different varieties of rice: "common", "semi-fine", "fine" and "superfine"; they differ in the shape and size of the grains and in the required cooking times. The "parboiled" rice quality, thanks to the particular steam treatment processing it undergoes, preserves, more than the others, its nutritional characteristics and, furthermore, being more resistant to cooking it remains firm "al dente".

Choose your favourite variety and keep it in a cool and dry place, far from food with a strong smell. When you cook it, remember that rice must be "al dente" and that it keeps cooking from the moment you take it away from the heat until it is served.

To quantify the Rice use a completely full soup spoon which contains about g 20.

DFC: 847

LAMB: this is the young sheep slaughtered at about 100 days old, not to be confused with spring lamb, which is slaughtered at 25-30 days old. Lamb preserves well also frozen, but remember, when it is time to consume it, carefully discard all the visible fat. It can be cooked in the oven, or grilled, rendering it easier to digest. Use part of the condiment at your disposal, preferably at the end of the cooking and add, if you wish, or substitute the condiment with, a little lemon juice.

DFC: 854

CHICKEN LEG: so as to guarantee the product is fresh, check, when buying, that the skin is thin and stretchy. To reduce the cooking time and give the meat a uniform flavour, we suggest, after having carefully discarded all the skin, you insert longitudinal cuts in various parts of the leg. You can cook it in the oven, under the grill, in a frying pan or boil it, adding part of the condiment at your disposal or, if you wish, a small quantity of tomato sauce; remember to use a non-stick pan which will allow you, even with little oil, to cook the meat until it is golden brown.

If you weigh the leg with the bone, add 30% to the weight indicated.

DFC: 855

TURKEY LEG: after having carefully discarded the skin, add 30% to the prescribed quantity if you weigh the meat with the bones. To reduce the cooking time and give the meat a uniform flavour, we suggest that you insert longitudinal cuts in various parts of the leg. You can boil it, roast it in the oven or cook it in a frying pan, preferably a non-stick one which will allow you, even with little oil, to cook the meat until it is golden brown. Add part of the prescribed condiment during the cooking or at the end of it.

DFC: 859

BEEF HAMBURGER: we refer to the hamburger made of minced beef, without any added ingredients, that can be found ready-made or frozen in the shops, or you can buy the minced meat and prepare homemade ones. We suggest that you preserve the meat in the refrigerator for no more than two days, wrapped in tin foil. You can cook the hamburger on a griddle or under the grill, if necessary still frozen, and add, if you like, part of the prescribed condiment (only after it is cooked) and lemon juice.

DFC: 860

PORK STEAK: this derives from the pork fillet or loin. If it isn't consumed straight away, it can be preserved in the refrigerator only for a few days or, alternatively it can be frozen. You can cook it in the oven, grill it or roast it and use part of the condiment at your disposal preferably once the meat is cooked; remember, however, that pork should always be eaten well done. If you wish, you can add a small quantity of lemon juice.

DFC: 861

LEAN PORK: we refer to the pork chine or loin, the leanest and most tender part of the pig. We suggest that you cook it in the oven or grill it, adding part of the prescribed condiment preferably once it is cooked. The pork must be well done and before cooking, to make it tastier, you can marinate or sprinkle it with vinegar or white wine and add aromatic herbs.

DFC: 862

LEAN BEEF: this derives from the adult bullock, whose tenderness is the result of a suitable hanging and refrigeration. It can be grilled, cooked in the oven or in a frying pan, preferably a non-stick one; add part of the prescribed condiment, preferably once the meat is cooked and, if you wish, some lemon juice. If you wish, you can mince the meat and prepare a hamburger.

DFC: 864

CHICKEN BREAST: the aspect is important to distinguish free-range chickens, which have a dark pinkish-yellow coloured meat, from the battery farmed chickens, which have a lighter coloured meat. You can boil it, cook it in the oven or in a frying pan, using part of the prescribed condiment preferably once the meat is cooked and, if you like, some lemon juice. We suggest you use a non-stick frying pan, which will allow you, even with little oil, to cook the meat until it is golden brown.

DFC: 865

TURKEY BREAST: the meat is more tender if the bird is young, 8-10 months old. Turkey breast is easily found in the shops also pre-packed, whole or already cut into slices. You can roast it, grill it or cook it in a frying pan using part of the prescribed condiment preferably once the meat is cooked and, if you like, some lemon juice. We suggest you use a non-stick frying pan, which will allow you, even with little oil, to cook the meat until it is golden brown.

DFC: 869

LEAN VEAL: this refers to a calf of less than 12 months old; the meat is more tender and easier to digest than beef and the colour is lighter. We suggest that you cook it slowly in a frying pan or under the grill, avoid barbecuing it because it will make the meat too dry, impairing the flavour. Use part of the prescribed condiment preferably after the meat is cooked and, if you wish add a small quantity of lemon juice.

DFC: 926

MONKFISH: we refer to the end part of the "angler fish", a sea fish with a flattened body and an enormous head. We suggest that you eat the fish soon after its purchase, because its meat is easily perishable. Before cooking it wash the tail without keeping it under water.

After having discarded the skin, you can grill it, roast it or cook it in a frying pan adding part of the prescribed condiment and some lemon juice, or, alternatively, a little tomato sauce.

DFC: 928

DENTEX: this is a sea fish with a light, blue back and silver flanks, especially caught during the summertime when it swims near to the coast.

You can buy the fillets and boil them, roast them, cook them in a frying pan or grill them adding part of your prescribed condiment and, if you wish, some lemon juice.

DFC: 929

SHELLFISH: they include only some types of fishing products: mussels, clams, squids, cuttlefish, octopuses, periwinkles. If you don't eat them immediately, you can freeze them after discarding any possible innards and shells. You can cook them in a frying pan adding part of your prescribed condiment.

DFC: 930

PRAWNS: with this name we generally intend different species of crustaceans, of both freshwater as well as seawater. If you buy fresh prawns, preserve them in the coldest part of the fridge; if you buy them frozen, on the other hand, keep them in the freezer up until the moment of eating.

You can boil them or cook them in a frying pan, adding part of the prescribed condiment and aromatic herbs as you like; we suggest that you cook them with their shells to make them more tender and, in this case, add 25% to the quantity indicated.

DFC: 934

COD: there are two varieties: the Atlantic cod which is very large and is usually sold in pieces or fillets, and the Mediterranean cod, known also as "hake", which is smaller and is sold whole. If you buy it fresh, check that the meat is compact, white and doesn't emit an unpleasant odour; it should be consumed in the space of a day and kept in a refrigerator up until the moment of its cooking. You can also easily find the frozen product in the shops.

After having discarded the head, the tail and the innards, weigh the fish and add 5% to the prescribed quantity for the fish bone. It can be boiled, cooked in the oven, in a frying pan or grilled, adding part of the prescribed condiment and, if you like, some lemon juice.

DFC: 943

PLAICE: this is a sea fish with a flat body, typical of the North Sea; it is usually sold frozen in ready to cook fillets, which should be kept in the freezer up until the moment of their preparation. You can boil them, cook them in the oven or in a frying pan adding part of the prescribed condiment and, if you wish, some lemon juice.

DFC: 953

BASS: it is characterized by a grey back and grey flanks and a silver abdomen. When it is fresh it must have a bright general aspect, an undamaged abdomen and prominent eyes. You can buy the farmed sea bass or, if available, the wild one.

After washing it carefully, scrape away, with a table knife, the back of the sea bass in order to eliminate the scales, then eliminate the head, the fins and the innards; weigh the fish adding 20 % of its weight to your prescribed quantity, for the bone. If you don't use it immediately, you can keep it in the freezer wrapped in tin foil or in cling film.

You can roast it or cook it wrapped in tin foil, in the oven, adding part of your prescribed condiment.

DFC: 1225

CHARD: there are two varieties of this vegetable: the type, which is similar to spinach and the ribbed type with larger leaves. Choose the variety you prefer, checking that the leaves are a bright green and have no yellow parts; the ribs, moreover, must be white, tender and full. This vegetable should be eaten within a few days of purchase, preserve it in the refrigerator in a closed plastic bag. Once boiled, you can add, if you wish, some lemon juice and part of the condiment at your disposal.

A portion of Chard weights about g 200

DFC: 1226

BROCCOLI HEAD: choose broccoli with firm florets, avoiding those with open yellow flowers indicating an over-ripening; the external leaves must be bright green and without marks. Broccoli can be kept at the most for five days in the refrigerator, closed in a plastic bag. Before cooking it, wash the broccoli very carefully, possibly adding some bicarbonate of soda to the water, and then you can boil it remembering that, to avoid an unpleasant smell during the cooking, you can add some lemon juice to the boiling water.

Add part of the condiment at your disposal.

A portion of Broccoli head weights about g 200

DFC: 1229

CARROTS: choose firm carrots, that have thin skins and a bright orange colour, which can be preserved for a few weeks in the refrigerator, wrapped in cling film. After having removed the outside cuticle and washed them, you can grate them or cut them into small pieces. Eat them raw, adding lemon juice, or boil them but, in this case, remember that during the cooking they will lose part of their vitamins.

A portion of Carrots weights about g 150

DFC: 1230

CAULIFLOWER: choose white cauliflowers, without any dark marks on the surface and with the florets closed surrounded by healthy green leaves. You can preserve it in the refrigerator for several days, closed in a plastic bag and, if you want, you can also freeze it. Before cooking it wash it carefully adding bicarbonate of soda to the water, you can then boil it remembering that, in order to avoid an unpleasant smell during the cooking, add a piece of bread soaked in vinegar and some slices of lemon so that the florets remain white. Add, if you wish, part of the condiment at your disposal.

A portion of Cauliflower weights about g 200

DFC: 1231

BRUSSEL SPROUTS: choose firm and bright green Brussels sprouts, with closed external leaves avoiding the yellowed and bruised ones. Eat them within a short time of purchase and, in the meantime, keep them in the refrigerator wrapped in cling film.

A portion of Brussels sprouts weights about g 200

DFC: 1233

CHICORY: choose leaves that are fresh and not damaged. This green vegetable can be preserved in the refrigerator inside a plastic bag. Before eating it, carefully wash it with water and bicarbonate of soda; once boiled you can add part of the condiment at your disposal and, if you wish a little lemon juice.

A portion of Chicory weights about g 200

DFC: 1236

FRESH BEANS: there are different varieties of beans: the "borlotto" with red veined, white seeds; the "toscanello" with white roundish seeds; the "bianco di Spagna" with large white seeds. Choose the variety you like the most giving preference to fresh beans when in season, which you can preserve in the refrigerator in their pods, or in a plastic bag, however, not for long; otherwise use frozen ones. Remember never to consume tinned beans.

To quantify the Fresh beans use a completely full soup spoon which contains about g. 20.

DFC: 1239

FENNEL: choose fennels that have closed, fleshy, white leaves avoiding those that have bruised or brownish parts. Remember that round fennels are usually more tender and less stringy than the flatter ones. You can preserve them in the refrigerator in a closed plastic bag and eat them raw or boiled adding, if you wish, some lemon juice and part of the condiment at your disposal. Remember to carefully wash them first with water and bicarbonate of soda.

A portion of Fennel weights about g 200

DFC: 1240

MUSHROOMS: you can find different varieties in the shops, select the type of your choice, giving preference to mushrooms that are not too big and that have a firm flesh, remembering also that the most sought-after varieties are those that have a well developed cap. Being that mushrooms are highly perishable it is best to cook them within a few hours of their purchase, after having eliminated the earthy part and any part that may be spoiled, scraping with a blade the caps and the stalks. You can cook them under the grill or in the frying pan flavouring them as you like and adding part of the prescribed condiment. Some types of mushrooms, particularly valuable ones, can be eaten also raw, cut into very thin slices and seasoned with the condiment.

A portion of Mushrooms weights about g 200

DFC: 1243

ENDIVE: we refer to the "witloof" or "Belgian endive", a type of salad characterized by rosette leaves, smooth, with limbs and variable colours according to the crops. Choose heads with fresh leaves that are not darkened at the edges or withered.

If you preserve it in the refrigerator, wrap it in cling film and eat it within a brief period, as the leaves tend to spoil quickly; you can eat it raw or cooked, adding part of the prescribed condiment. Remember to carefully wash it adding bicarbonate of soda to the water.

A portion of Endive weights about g 100

DFC: 1245

MIXED SALAD: prepare it, choosing from the salads and vegetables that have been assigned and excluding all types of legumes. Carefully wash the ingredients with water and bicarbonate of soda.

You can add to the salad part of the prescribed condiment, some lemon juice or a small quantity of vinegar even the balsamic type.

A portion of Mixed salad weights about g 200

DFC: 1246

LETTUCE: there are two main groups of lettuce: one has smooth or crinkled leaves, their colour varies from light to deep green and they gather themselves into the shape of a big round or long hood (trocadero); the other has large, smooth leaves that don't gather in a hood shape (Roman lettuce). Choose the variety you prefer, taking care that the leaves aren't damaged or wilted. You can keep the lettuce in the refrigerator for a day or two, in airtight containers. Wash it carefully in water and bicarbonate of soda and leave it to drain. You can use part of the condiment that you have been assigned and add some lemon juice or, if you prefer, a drop of vinegar, also the balsamic type.

A portion of Lettuce weights about g 100

DFC: 1253

POTATOES: they are characterised by shape and size as well as the colour that goes from off-white to yellow and by the floury or compact consistency. In the shops it is possible to find also potatoes extracted from the soil before the end of their maturation, which are smaller in size and are called "new potatoes". Choose the variety you prefer avoiding soft and wrinkly potatoes; the potatoes should be kept in the dark, in a cool place, to avoid them germinating and becoming inedible. The peel can be removed before cooking or it can be left, after having carefully washed the potato. Usually boiled or baked potatoes are tastier if cooked in their skins and peeled when they are hot at the moment when they are served.

"New potatoes", on the other hand, are cooked whole, after having lightly scraped their skins with a damp rough tea cloth. When cooked you can add part of the prescribed condiment.

DFC: 1257

TOMATOES: there are many varieties of tomatoes, which vary in shape and size. Choose your favourite variety, selecting deep red tomatoes of a good consistency, avoiding tomatoes with whitish nervations. You can keep them in the refrigerator for ten days at the most; if kept at room temperature, on the other hand, avoid places that are damp or too hot. Eat them preferably raw, after washing them carefully with water and bicarbonate of soda, adding salt and part of the condiment at your disposal; from time to time you can bake or griddle them flavouring them with aromatic herbs that you like.

A portion of Tomatoes weights about g 250

DFC: 1262

TURNIPS: we can use the white and round roots of this vegetable as well as its flowers, called "turnip tops" or "Apulian broccoli"; here we refer to the turnip tops that when fresh are characterized by bright green leaves and a floret in bud that is found on the top of a pulpy stalk.

The turnip tops can be kept in the refrigerator and they must be cooked before eating; they must be boiled in water for about 15 minutes after having eliminated any yellow or damaged leaves, the woody part of the stalk and after having washed them very carefully.

After cooking them you can add part of your prescribed condiment and, if you wish, some lemon juice.

A portion of Turnips weights about g 200

DFC: 1267

SPINACH: this can be found fresh all the year around but if you prefer you can use the frozen product. If you buy it fresh, check that the spinach has full leaves, with no bruising and of a dark green colour; the stalks, on the other hand, should be short and red or slightly red in colour. Spinach can be preserved in the refrigerator for a few days inside a plastic bag. Before cooking it, it must be washed very carefully and left in water with lemon juice or bicarbonate of soda for at least 10 minutes. You can boil it and add lemon juice and part of the prescribed condiment; in the case where the spinach has very fresh and tender leaves, it can also be eaten raw.

A portion of Spinach weights about g 200

DFC: 1272

CABBAGE: the cabbage has wide, wrinkled leaves, deep green outside and whitish inside, closed like a ball. When you buy it, the Savoy cabbage must look fresh and must be firm compact and intact.

After eliminating the tough ribs and the core, remember to wash it very carefully with water and bicarbonate of soda. It can be eaten raw or cooked adding, if you wish, part of your prescribed condiment.

A portion of Cabbage weights about g 200

DFC: 1286

PINEAPPLE: choose a firm fruit that has a crown of fresh leaves, a fragrant smell and an orange colour. Keep it in the refrigerator only if it is very ripe and eat it as soon as possible.

DFC: 1290

BANANAS: choose firm and undamaged fruit and buy them possibly in bunches with their stalks intact so they can keep for a longer period of time.

Eat Bananas average size peeled, it has weight of about g 100.

DFC: 1291

KAKI: also known as date plum or persimmon, is a fruit originating from Asia and is characterized by its thin reddish, orange skin and its soft gelatinous flesh. In order to appreciate the fruit's organoleptic qualities, the fruit must be left to fully ripen after it has been picked.

When purchasing the fruit, choose the ones with a shiny skin and no dark marks and keep them in the refrigerator until you are ready to eat them.

DFC: 1298

KIWI: we suggest you buy this fruit while it is still unripe and leave it to ripen at room temperature until it is soft to the touch and then ready to be eaten; this avoids jeopardizing the high vitamin C content which is one of the most important nutritional characteristics of this fruit. Remember that if it is kept in contact with apples it will ripen more quickly.

Eat Kiwi average size peeled, it has weight of about g 90.

DFC: 1305

APPLES: there are many different varieties of apples, choose your favourite one taking care that the apples are firm, without bruises and with the stalk still attached; furthermore, pay attention to the fact that green apples have a lower content of sugar. Eat them preferably with their peel after washing them carefully adding bicarbonate of soda to the water. You can eat them raw or cooked.

DFC: 1307

WINTER MELON: this is a variety of the "Maltese melon", which can be conserved for long periods and therefore, it can be eaten in the winter.

If kept in the refrigerator, put the slices of melon in a tightly closed container or wrap them in cling film to avoid the fruit's smell influencing other foods that are in the refrigerator.

DFC: 1312

PEARS: there are many different varieties of this kind of fruit, but despite the differences in colour and shape, they all have the same nutritional value, therefore you can choose your favourite one.

Keep them at room temperature until, when pressing with your fingers, the pears quite soft; if you buy pears that are already ripe you can preserve them in the refrigerator.

If you wish, you can even eat them cooked.

DFC: 1314

GRAPEFRUIT: there are two main species of this fruit: the first has a yellow flesh and the second has a pinkish flesh. Choose the one you prefer and select the heavier fruits with thin peels that are shiny and have no signs of bruising; preserve them preferably at room temperature. Remember to eat them in segments and not squeezed; if you wish, to reduce the fruit's characteristic bitter taste, eliminate the white skin that covers the segments.

Eat fruits average size peeled that have the weight of about g 240.

DFC: 1315

PLUMS: this fruit, also called damson, has many varieties, which differ according to shape, skin colour and the ripening period, but they all have the same nutritional value; choose the type you prefer, avoiding to buy those that are unripe or bruised.

They should be eaten in a short time of their purchase, as they don't keep for a long time. |

Eat Plums average size peeled, it has weight of about g 50.

DFC: 1316

GRAPES: grapes are found in many varieties that can be subdivided into these large categories: white or black according to the colour, for wine or for eating, depending on the use even though there are varieties suitable for both uses.

Choose the type you prefer but when buying them, check that the grapes are firmly attached to the grape stalk and that they are full and not damaged. They can be kept also in the refrigerator and must be eaten only after having been carefully washed

DFC: 1425

OLIVE OIL: on the market there are different types, classified according to the production process, the degree of acidity, the pureness and the zone of origin. The best qualities are those that have the denomination "virgin" or, better still, "extra virgin", which is typical of the oil obtained from the pressing of the olives without chemical doctoring or adulterations due to the addition of lesser valued oils.

In order to maintain the organoleptic characteristics as best as possible, the oil should be preserved at room temperature and away from the light, in closed containers or bottles with a narrow neck resulting in a minor surface being exposed to the air. Although it has a good resistance to high temperatures, olive oil, during cooking undergoes modifications in its chemical structure; for this reason, you are allowed to use it for cooking the foods included in the diet, however, so as to exploit its nutritional qualities, we suggest that you mostly use the oil as a raw condiment.

Use a medium size teaspoon that contains about g 4.

DFC: 1446

GRATED PARMESAN CHEESE: buy the cheese in pieces, choosing between the "Reggiano" type and the "Grana padano" one and keep it in the warmest part of the refrigerator in suitable plastic or glass containers. So as not to alter the organoleptic characteristics of the Parmesan cheese, grate it only when you use it; if you wish, you can add it to the first course which may be present in the same diet day.

If you wish, you can buy already grated Parmesan cheese, but remember to use it within a few days of purchase; otherwise, in case the product is already pre-packed, respect the expiry date indicated.

Consider that a medium size coffee spoon contains about g 5 of Grated parmesan cheese.

DFC: 1448

TOMATO SAUCE: we refer to the condiment prepared with fresh tomatoes or peeled tomatoes, which must not be confused with tomato concentrate, commonly known by the name "tomato puree". If you buy tinned tomatoes, choose from those available on the market, the ones without added preservatives, keep them at room temperature and consume them before the expiry date indicated and, once opened, within two days; finally, check that the tomatoes are skinless, whole, homogenous in size and mould free.

If you wish to use fresh tomatoes, on the other hand, choose ripe ones, without bruises and with a firm pulp.

Prepare the sauce by cooking the tomatoes over a medium heat adding flavourings as you like; at the end of the cooking you can add part of the condiment at your disposal.

If you don't use it immediately, preserve the sauce in the refrigerator for up to a maximum of 24 hours.

DFC: 1492

RUSKS: we refer to rusks prepared with flour, vegetable fats, sugar and, in some cases also milk.

Choose the type that you prefer, avoiding products enriched by cereals, malt, barley or other ingredients, which have very different nutritional characteristics.

Consume the rusks before the expiry date indicated and, once having opened the packet, preserve them in their original wrapper if furnished with a practical closing device; otherwise, place them in a closed container. With the aim of preserving their fragrance, we also suggest that you place a sheet of tissue paper at the bottom of the container.

We refer to Rusks of medium size, each of which weighs about g 8.

DFC: 1525

WHITE BREAD: we refer to bread made from flour, available in the shops in various forms. If the quality is good, the bread should have a pleasing fragrance and a homogenous crust that isn't fragile; at the moment of eating, moreover, the soft part of the bread should have a uniform porosity and elasticity, without any empty zones.

Preserve it at room temperature in a ventilated container, preferably of wood, wrapped in the paper in which it was sold or in a cloth. It should be eaten within two days of its purchase; if you wish instead, to preserve it for more time, put it in the freezer and, before eating it, heat it for a few minutes in the oven. Avoid keeping it in the refrigerator, where the bread will become stale more quickly.

The weight indicated refers to the bread including both the soft part as well as the crust, therefore both parts should be eaten: if you wish you can, however, toast it.

DFC: 1564

SKIM. MILK FRUIT YOGHURT WITH CALCIUM: we refer to fruit flavoured yoghurt made from skimmed milk with added calcium. You can choose the flavour you prefer from the ones available in the shops that have no added sugar.

Keep the yoghurt in the refrigerator at a temperature that does not exceed 4°C so as not to jeopardize the life of the milk enzymes; it should be eaten before the "best before" date indicated on the carton.

DFC: 1613

JAM: we refer to the common jam that is easily found on the supermarket shelves or in the herbalist's shop.

You can freely choose from those available, remembering, however, to give preference to those that don't contain "whole pieces of fruit".

Use a medium size teaspoon that contains about g 10.

DFC: 1677

PARTIALLY SKIMMED COW'S MILK: we refer to cow's milk with a partially reduced fat content (about 1.8 %). It is available on the market in different containers: cartons, plastic or glass bottles. You can choose the fresh product or, if you wish, the long-life one: the fresh product must be kept in the refrigerator for 3-4 days at the most at a temperature of not more than 4°C; the long-life milk can be kept at room temperature until the expiry date indicated. In both cases, once the carton/bottle has been opened, the milk must be kept in the refrigerator and used within two days; remember also that, if you drink hot milk, you must not boil it but only warm it up, so as not to change its nutritional characteristics.

To quantify the Partially skimmed cow's milk use a glass which filled to the brim contains about g 200.

DFC: 1692

DECAFFEINATED COFFEE: it is different from the normal coffee for the lack of caffeine.

A medium cup of Decaffeinated coffee is equivalent to about g 50.

DFC: 1715

FRUIT JUICE: you can freely choose your favourite flavour amongst the juices without added sugar. To quantify the Fruit juice use a glass which filled to the brim contains about g 200.

DFC: 1739

LOW-ALCOHOL BEER: this is a drink obtained from the fermentation of cereals flavoured with hops, with an alcoholic content of between 1.2 to 3.5 degrees. Choose the type you prefer, bearing in mind that a good product should have a generous and stable froth, a clear colour and a fragrant and slightly bitter taste. Consider that a glass of Low-alcohol beer contains about g 200.

DFC numbers list of: Richards John

No.	Title
21	PASTA WITH SPINAC
25	PASTA WITH SHELLFISH
26	PASTA WITH MUSHROOMS
28	PASTA WITH PEAS
29	PASTA WITH BUTTER
41	PASTA WITH CUTTLEFISH
42	PASTA WITH CLAMS
45	PASTA WITH COW'S MILK RICOTTA
48	PASTA, BUTTER AND PARMESAN CHEESE
50	PASTA, TOMATO, COW'S MILK RICOTTA
54	PASTA, TOMATO SAUCE AND PRAWNS
56	PASTA, TOMATO SAUCE AND PEAS
60	PASTA, SPINACH, PARMESAN CHEESE
190	RICE WITH SPINACH
207	RICE WITH CUTTLEFISH
223	RICE, TOMATO SAUCE, MINCED VEAL
224	RICE, TOMATO SAUCE, PRAWNS
226	RICE, TOMATO SAUCE, PEAS
269	MINISTRONE WITH PASTA AND PARMESAN
283	SMALL PASTA IN VEGETABLE BROTH, PARMESAN
318	THICK VEGETABLE SOUP WITH PARMESAN CHEESE
340	MIXED LEGUMES
828	SUPERFINE PASTA
831	SMALL PASTA
833	RICE
847	LAMB
854	CHICKEN LEG
855	TURKEY LEG
859	BEEF HAMBURGER
860	PORK STEAK
861	LEAN PORK
862	LEAN BEEF
864	CHICKEN BREAST
865	TURKEY BREAST
869	LEAN VEAL
926	MONKFISH
928	DENTEX
929	SHELLFISH
930	PRAWNS
934	COD
943	PLAICE
953	BASS
1225	CHARD
1226	BROCCOLI HEAD
1229	CARROTS
1230	CAULIFLOWER
1231	BRUSSEL SPROUTS
1233	CHICORY
1236	FRESH BEANS
1239	FENNEL
1240	MUSHROOMS
1243	ENDIVE
1245	MIXED SALAD
1246	LETTUCE
1253	POTATOES
1257	TOMATOES
1262	TURNIPS
1267	SPINACH
1272	CABBAGE
1286	PINEAPPLE
1290	BANANAS
1291	KAKI
1298	KIWI
1305	APPLES
1307	WINTER MELON

DFC numbers list of: Richards John (Continuation...)

No.	Title
1312	PEARS
1314	GRAPEFRUIT
1315	PLUMS
1316	GRAPES
1425	OLIVE OIL
1446	GRATED PARMESAN CHEESE
1448	TOMATO SAUCE
1492	RUSKS
1525	WHITE BREAD
1564	SKIM. MILK FRUIT YOGHURT WITH CALCIUM
1613	JAM
1677	PARTIALLY SKIMMED COW'S MILK
1692	DECAFFEINATED COFFEE
1715	FRUIT JUICE
1739	LOW-ALCOHOL BEER

Distribution of the supplies

Day	Proteins	Carbs	Lipids	Kcalories	% Protein variance	% Carb variance	% Lipid variance	% Calory variance
1	81,5	281,8	53,0	1899,1	1,28%	-0,07%	0,01%	0,18%
2	81,0	283,7	53,3	1907,5	0,66%	0,61%	0,58%	0,62%
3	80,2	287,3	53,4	1918,8	-0,34%	1,88%	0,77%	1,21%
4	80,9	283,8	52,6	1901,4	0,53%	0,64%	-0,74%	0,29%
5	79,8	280,3	52,9	1885,8	-0,84%	-0,60%	-0,17%	-0,53%
6	80,0	283,7	52,3	1894,2	-0,59%	0,61%	-1,31%	-0,08%
7	80,5	284,3	52,9	1903,8	0,03%	0,82%	-0,17%	0,42%
8	80,8	282,5	53,2	1900,5	0,41%	0,18%	0,39%	0,25%
9	80,6	285,0	52,6	1904,1	0,16%	1,07%	-0,74%	0,44%
10	80,3	279,3	52,4	1879,5	-0,21%	-0,95%	-1,12%	-0,86%
11	80,5	281,4	53,5	1898,3	0,03%	-0,21%	0,96%	0,13%
12	80,8	281,2	52,4	1888,3	0,41%	-0,28%	-1,12%	-0,39%
13	79,9	282,7	52,5	1891,8	-0,71%	0,25%	-0,93%	-0,21%
14	78,8	283,0	53,6	1897,8	-2,08%	0,36%	1,15%	0,11%
15	80,4	282,5	53,9	1906,2	-0,09%	0,18%	1,71%	0,55%
16	80,3	283,6	53,3	1904,6	-0,21%	0,57%	0,58%	0,47%
17	80,6	282,6	52,8	1896,7	0,16%	0,22%	-0,36%	0,05%
18	81,2	283,7	52,3	1899,2	0,90%	0,61%	-1,31%	0,18%
19	79,7	281,4	52,1	1882,3	-0,96%	-0,21%	-1,68%	-0,71%
20	81,0	284,5	53,0	1907,6	0,66%	0,89%	0,01%	0,63%
21	81,2	279,4	53,0	1888,3	0,90%	-0,92%	0,01%	-0,39%
22	81,0	282,9	52,8	1899,8	0,66%	0,32%	-0,36%	0,21%
23	80,1	283,1	52,0	1890,1	-0,46%	0,39%	-1,87%	-0,30%
24	80,1	280,1	53,6	1892,3	-0,46%	-0,67%	1,15%	-0,18%
25	81,4	280,2	53,1	1893,6	1,15%	-0,64%	0,20%	-0,11%
26	81,2	278,9	53,0	1886,6	0,90%	-1,10%	0,01%	-0,48%
27	80,4	282,5	53,8	1904,5	-0,09%	0,18%	1,52%	0,46%
28	80,0	279,1	53,9	1890,9	-0,59%	-1,03%	1,71%	-0,26%

General data

	Proteins	Carbs	Lipids	Kcalories
Totals obtained	2.254,05	7.904,35	1.483,28	53.113,66
Totals calculated	2.253,23	7.895,76	1.483,79	53.081,55
Daily average obtained	80,50	282,30	52,97	1.896,92
Daily average calculated	80,47	281,99	52,99	1.895,77
Percentage differences of the average	0,04%	0,11%	-0,03%	0,06%

List of foods

Code	Food	Number of times
BA06	Low-alcohol beer	8
BR11	Thick veget. soup with parm. cheese	1
BV07	Decaffeinated coffee	28
BV46	Fruit juice	28
CF01	Lamb	2
CF08	Chicken leg	2
CF09	Turkey leg	1
CF13	Beef hamburger	1
CF14	Lean pork	5
CF15	Pork steak	2
CF16	Lean beef	2
CF17	Chicken breast	1
CF18	Turkey breast	2
CF22	Lean veal	2
CN03	Chard	1
CN05	Carrots	4
CN06	Brussels sprouts	4
CN09	Chicory	4
CN11	Fennel	4
CN13	Endive	6
CN18	Mixed salad	5
CN19	Lettuce	3
CN25	Tomatoes	2
CN29	Turnips	5
CN46	Cauliflower	4
CN47	Mushrooms	1
CN48	Spinach	4
CN52	Cabbage	2
CN55	Potatoes	1
CN58	Fresh beans	2
CN65	Broccoli head	4
CP05	Olive oil	28
DL14	Jam	28
FF03	Pineapple	7
FF04	Bananas	5
FF05	Kaki	3
FF11	Kiwi	6
FF16	Apples	8
FF19	Winter melon	7
FF23	Pears	3
FF25	Grapefruit	3
FF26	Plums	8
FF27	Grapes	6
LS08	Mixed legumes	2
LT02	Partially skimmed cow's milk	28
PA04	Pasta with butter	1
PA05	Pasta, butter and parmesan cheese	2
PA07	Pasta with mushrooms	1
PA08	Pasta with shellfish	1
PA09	Pasta, tomato sauce and prawns	1
PA16	Pasta with peas	1
PA22	Pasta, tomato sauce and peas	1
PA24	Pasta with cow's milk ricotta	3
PA25	Pasta, tomato, cow's milk ricotta	1
PA33	Pasta with cuttlefish	1
PA34	Pasta, spinach, parmesan cheese	1
PA37	Pasta with clams	1
PA48	Pasta with spinach	1
PF06	Monkfish	1
PF08	Prawns	1
PF10	Cod	1
PF14	Plaice	1
PF27	Bass	1
PF28	Shellfish	1

List of foods (Continuation...)

Code	Food	Number of times
PF30	Dentex	2
PN01	Rusks	28
PN06	White bread	56
PT02	Small pasta in veg. broth, parmesan	1
PT49	Minestrone with pasta and parmesan	1
RI09	Rice, tomato sauce, prawns	2
RI24	Rice, tomato sauce, minced veal	1
RI26	Rice, tomato sauce, peas	1
RI37	Rice with cuttlefish	1
RI54	Rice with spinach	2
YO36	Skimmed milk fruit yoghurt with calcium	28