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L.D Technology

Personalized diet and micro nutrition

NOT RECOMMENDED FOODS	RECOMMENDED FOODS
<p>Warning! These recommended or not recommended foods are temporary (4-6 weeks), they will be revised to the next examination. These foods are recommended or not recommended according to an analysis program issue from the acid-base balance, the main functional risk, the BMI and the body composition.</p> <p>Vegetables Asparagus, Avocado, Artichokes, Lentils, Peas, Red beans, Brussels sprouts, Dried vegetables, Tomato, Onions, Egg Plant, Avocado, Beetroot, Fennel, Spinach</p> <p>Animal protein Egg-white, Game, Cold cuts, Liver, Kidneys, Offal, Brain, Smoked meats smoked fish and smoked poultry, Raw fish, Fat meet and animal fats, Salami, Frankfurters, Well-hung game, Marinated herring, Beef liver, Lard, Sausages, Bacon, Goose, Animal proteins and fats with moderation Anchovies, Bacon, Caviar, Shrimps, Herring, Ham, Rock lobster, Cod, Parmesan, Bottarga, Sardine, Salmon, Lamb, Eel, Lard, tilefish, Veal sweetbreads Eat very little meat (once a week is enough), replace with fish, oily if possible</p> <p>Dairy products Strong and fermented cheese, Butter, Mozzarella, Margarine, Fresh cream, Cheese, Dairy products</p> <p>Carbohydrates White flours and derivatives, White bread, French toasts, Pastries, Semolina, White sugar, Pasta, Chocolate, White rice, Brewer's yeast, Sodium glutamate (often used in Chinese cooking), Ice-cream, Honey, Jam, Cocoa, Jam tart, Not more than 30 g of fiber per day</p> <p>Liquorice</p> <p>Fats Hard fats, Refined oils, Fatty stock, Margarines, Fried food, Mayonnaise</p> <p>Oils</p>	<p>Vegetables Chestnuts, Pumpkin, sesame, sunflower seeds, Sprouted seeds, String beans, Celery root, Lee Dandelion, Celery, Cabbage, Beans, Lettuce, Salsify, Cucumber, Garlic, Carrots, Shallots, Turnip Pumpkin, Courgette, Olives, Horse-tail, Maize, Bell peppers</p> <p>Soya, Chickpeas</p> <p>Carbohydrates Yeast, Whole meal bread, Oats</p> <p>Drinks Chicory, Oily food</p> <p>Brazil nut</p> <p>Fruit 2 fruits a day Raspberries</p> <p>Herbs Parsley, Garlic, Shallots, Sesame, Chervil</p> <p>Aromatic herbs Cider vinegar, Cinnamon, Curry, Ginger, Lemon, Peppers</p> <p>Plant protein Soy beans, soy and barley derivatives, Algae</p> <p>Oils Olive oil, Safflower oil, Corn oil, Grape pip oil, Sunflower oil</p> <p>Cereals Wild chicory, Cereals</p>
MICRONUTRITION	COOKING METHODS
<p>Warning! The micro nutrition is indicating in particularly vulnerable people such as the malnourished, alcoholics, cancer sufferers and pregnant women. This list of micro nutriments is a suggestion of some products, according to the analysis of tissue parameters, statistical risk analysis, Body composition and BMI. The health care professional will choose the final prescription within the clinical context.</p> <p>Vitamins Vit. B5, Vit.C, Vit.B6, Vita, Vit. B8, Vit.E, Vit. F</p>	<p>Steaming is to be preferred to all other methods.</p> <ul style="list-style-type: none"> - For cooking food: olive, peanut or palm oil, without ever allowing it to smoke. - For improved carotenoid digestion, cook: carrots, tomatoes, broccoli, spinach then add olive or colza oil after cooking. - To prepare fish, marinate in lemon juice, wine or oil, then steam or poach in stock - Do not burn or carbonize meat and throw away the gravy.

Based on BMI, Risk Factors, and pH

Slide 50 of 168

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