

Dietary advise

The advices in nutrition and micro nutrition could be revised in the next follow up examination. The advices do not take care about the clinical context, current treatment and specific lifestyle such as vegetarian, athletes.

The advices are issue from Food-Based Dietary Guidelines, the DASH Diet, American Diabetes Association and the Nutrition Source from Harvard School of Public Health.

NOT RECOMMENDED FOODS	RECOMMENDED FOODS
<p>Vegetables Asparagus, Artichokes, Lentils , Peas, Red beans, Brussels sprouts, Dried vegetables, Tomatoes, Onions, Black radish, Maize, Feculent, Celery, Potato</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., Strong cheese, Smoked meat, Shellfish, Animal fats, Fresh cream, Goose, Bologna, Sausages, Strasbourg sausages Eat very little meat (once a week is enough) ,replace with fish, oily if possible</p> <p>Dairy products Milk, Dairy products</p> <p>Carbohydrates White flours and derivatives, White bread, French toasts, Pastries, Semolina, White sugar, Pasta, Chocolate, White rice flour, Bread, Oats, Whole meal bread, Sodium glutamate (often used in Chinese cooking), Confectionary, Corn-flakes, Pop corn, Jam</p> <p>Fats Hard fats, Refined oils, Fatty stock, Margarine, Fried food, Mayonnaise</p> <p>Drinks Black tea, Alcohol, Commercial vinegar, Strong alcohol, All sweet drinks, White wine</p> <p>Oily foods Salted or coated nuts or walnuts</p> <p>Fruit Apricots, Plums, Bananas, Dates , Orange, Dried fruit</p> <p>Herbs Rosemary</p> <p>Aromatic herbs Cress, Rhubarb</p> <p>Reduce containing gluten foods (for one month): Wheat, barley, rye, oats, kamut, wild wheat, pastries, sweet bread products and cakes of all kinds, bars, confectionery, breakfast cereals and mueslis, pizzas, quiches.</p>	<p>Vegetables Pumpkin, sesame, sunflower seeds, Sprouted seeds, Cabbage, Sunflower, Spinach, Egg Plant, Cucumber, String beans, Leeks, Carrots, Pumpkin, Zucchini, Endives, Salsify, Cooked green vegetables, Steamed potatoes, Soya, Beans, Avocado, bitter gourd, yam, Garlic</p> <p>Animal protein Poultry, Oysters, Fish, Beef, Salmon, Cod</p> <p>Dairy products Probiotics supplements</p> <p>Carbohydrates Honey, lotus seeds</p> <p>Drinks Chicory</p> <p>Oily foods Pine nuts</p> <p>Fruit Dried figs, Raspberries, Guavas, Pears, Grape skin and pips, Pear, Watermelon, Lemon, Peaches, Blackberries, Strawberries, Citrus fruits, Apples, Crataegus cuneata</p> <p>Herbs Tarragon, Basil, mint, Chinese chive, Cinnamon, Liquorices, Astragalus root, maikaika, rehmanniae radix</p> <p>Aromatic herbs Honey and pollens, Cider vinegar, Cinnamon, Curry, Ginger, Lemon</p> <p>Plant protein Soy, Jew's-ear, Hoelen</p> <p>Cereals Bran</p> <p>Fish trout, octopus, squid, tiger prawn</p>
REGIME	COOKING METHODS
Daily Energy Expenditure (DEE): 3299 Kcal	<ul style="list-style-type: none"> Steaming is to be preferred to all other methods. For cooking food: olive, peanut or palm oil, without ever allowing it to smoke. For improved digestion, advice for cooking : 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.

MICRONUTRITION	FOOD ASSOCIATIONS
<p>Trace elements Magnesium, Cobalt, Phosphorus, Manganese Copper</p> <p>Plant therapy Garden Angelica, boldus, Marian thistle, Fennel</p>	<ul style="list-style-type: none"> Diversity of fruit and vegetables (action synergy of plant- micronutrients)
DIETARY ADVICE	
<p>Reduce salt, alcohol, fast sugars, avoid barbecued foods and overcooked or burned foods, smoked animal protein (meat, fish, poultry), avoid fried foods and do not re-use cooking fat or oil.</p> <p>A balanced diet must include all these substances vitamins and trace elements must be added.</p> <p>Water quality is the essential complement to a balanced diet.</p> <p>A Magnesium supplement (300 mg / day) is recommended.</p> <p>You should always eat a big breakfast, moderate lunch and light meal in the evening.</p> <p>Avoid using microwave ovens. If possible, one day of fasting per month is recommended (only water and tea)</p>	