

	CIBI DA EVITARE	CIBI CON MODERAZIONE	CIBI CONSIGLIATI
Carne, uova e pesce 	Carne di maiale Cibi fritti Cotoletta alla milanese Estratto di carne Hamburger Salame Pancetta Lardo Mortadella	Carne trita magra Hot dog manzo/maiale Insalata di pollo Insalata di tonno Uova strapazzate al burro	Bistecca alla griglia Coniglio Pesce crudo, al vapore, al cartoccio, lessato Pesce fresco alla griglia Petto di pollo Prosciutto cotto, crudo Speak Bresaola Tacchino Uova
Dolci e alim. grassi 	Anice Biscotti al burro, al cioccolato Brioches Caramelle Cioccolato Frittelle e fritture Menta Pan di spagna Panettone e pandoro Patatine	Biscotti con pochi grassi Liquirizia	Biscotti senza grassi Olio extravergine d'oliva crudo (poco)
Bevande 	Acqua minerale frizzante Bibite gassate (coca cola, aranciata, acqua tonica...) Birra Energy drink Liquori Spremute di agrumi Vini frizzanti Vino bianco	Succhi di frutta industriali Vino rosso Caffè e the	Acqua minerale naturale Caffè d'orzo Succo di mela
Altro 	Cannella Chewing gum (a qualunque gusto) Dado di carne e vegetale Noce moscata Paprika Pepe Peperoncino Zenzero	Aceto e sottaceti	

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