

RECOMMENDATIONS FOR PATIENTS WITH A MODIFIED FAT DIET

Dear patient,

In order to ensure a reliable result, please follow the recommendations below:

If your health condition requires you to restrict dietary fats, please keep in mind the following recommendations:

Dairy: Prefer the consumption of skim milk, yogurt or diet kumis, and low-fat cheese.

- Eat plenty of vegetables; you can prepare them raw or steamed.
- Avoid fried foods, breaded products, chops and fried packaged products (for example: potato chips, and cornmeal snacks, such as “Chitos” or “Maizitos”, plaintain crisps).
- Eat chicken without skin, and beef and pork without fat (lean).
- Limit or avoid egg yolk consumption, as recommended by your nutritionist or treating physician.
- Eat sea fish 3 times a week, you may eat canned tuna in water or in oil; eat avocados and peanuts sparingly.
- Avoid cold cuts (ham, sausages, mortadella, pork sausage), sausages (Spanish sausage, blood sausage), bacon, bacon strips and canned products; also calf, chicken and pork offal (liver, spleen, and kidney), seafood (shrimps, prawns, lobster).
- Use only vegetable fat (for example, canola oil, olive oil, corn oil or sunflower oil).
- Avoid the intake of margarine, butter, sour cream, cream cheese and mayonnaise.

- To flavour your meals, use natural products, such as vinegar, lemon, garlic, onion, tomato, thyme, bay leaf, coriander, parsley and oregano.
- Practice physical activity as recommended by your doctor.
- Establish a schedule for meals; chew well and eat slowly.

Remember that according to Law 100/1993, it is the patients' DUTY to take self-care measures and adhere to their Treating Physician recommendations.