

## Useful Tips on Standard Menu Diets

### Making a seasonal salad

Our everyday salad can be raw or boiled, and the boiled vegetables can be consumed in a soup. Add olive oil (1-2 tablespoons), and according to your preference, vinegar, lemon and foods from the list below\*. One teaspoon of olive oil can be replaced with 5 olives or 2 tablespoons avocado.

**Advice:** Use olive oil for cooking, reduce the use of salt and utilize herbs and spices to enhance the aroma and flavor.

### \*Free Foods:

Free Foods are defined as any food containing less than 20 calories, or less than 5 gram carbohydrates per serving. Aside from a salad you can try them in a sandwich, or add them to your traditional meals etc. From the foods below with respective serving sizes, daily consumption of up to 3 servings per day is advised, either with one meal or spread throughout the day. For any foods marked as "free", there is no limitation for daily consumption, unless a contra-indication exists otherwise.

FREE FOODS	
Foods	Portion/ Quantity
Yoghurt plain 0% fat (e.g. as dressing in salad)	1 tablespoon
Jellies, no flavour	1 sachet
Cocoa powder without sugar	2 tablespoons
Tomato ketchup	1 tablespoon
Lean meat (e.g. ham in salad)	15 grams
Mayoneza light	1 teaspoon
Margarine vegetable low-fat spread	1 teaspoon
Blueberries, fresh	¼ cup (40g)
Mustard	1 teaspoon
Parmesan, grated	1 tablespoon
Pop Corn, homemade (without butter)	1 cup
Tabasco(e.g. tomato juice with tabasco)	1 teaspoon
Cheese, fat-free	15 grams
Cream cheese, low-fat	1 tablespoon
Soya sauce* <i>High content of sodium!</i>	1 tablespoon
Sweet and sour sauce	2 teaspoons
Barbecue sauce	2 teaspoons

### Free consumption (for the appropriate age ranges) in

- ✓ Tonic without sugar, mineral or carbonated water, sugar free soda pop (diet).
- ✓ Hot beverages (tea, chamomile, hot cocoa, etc) without added sugar or honey\*
- ✓ Coffee\*\* without added sugar\*

\* If you consume your coffee or hot beverage with sugar or honey do not exceed three teaspoons daily (or 1 tablespoon). 1 table spoon honey or sugar provides 15 gr carbohydrates (as much as 30 gr of bread) and 60 calories. If adding milk preferably use skimmed milk. When concerning sweeteners without caloric value, their consumption is safe as long as daily limits are not surpassed (FDA guidelines)

\*\*Increased coffee intake may affect and reduce absorption of vitamins and minerals.

---

Food Exchange list for fruit:

FRUIT	QUANTITY	FRUIT	QUANTITY
Kiwifruits	1 ½ kiwifruit (105 g)	Cranberries, dried, sugar free	¼ cup (15 g)
Pineapple, fresh	¾ cup (chunks) (124g)	Nectarine	1 medium-sized (140 gr)
Pear	½ medium-sized (90 g)	Papaya, fresh	½ cup, chunks
Blackberries, fresh	1 cup (144 g)	Melon	2 slices (205 g)
Apricots, fresh	4 fruits (140g)	Orange	1 medium-sized (135 g)
Apricots, dried, sugar-free	¼ cup (65 g)	Pomegranate (seeds)	½ cup (85 g)
Grapefruit, white, fresh	piece of 150 g	Peach, fresh	1 medium-sized (150 g)
Plum, fresh	2 fruits (132 gr)	Peaches, canned	½ cup
Prunes, dried, with stone removed	3 fruits (28 gr)	Grapes, fresh	85 g
Watermelon	200 g	Figs, fresh	2 small (80 g)
Lychee, fresh	9 pieces without shell (85g)	Figs, dried	3 figs (25 g)
Cherries, fresh	12 pieces (100 g)	Black seedless grapes, dried	2 tablespoons (18-20 g)
Tangerines, fresh	1 large (120 g)	Strawberries	1 ¼ cup (180 g)
Mango, fresh	⅔ cup, diced (110 g)	Dates, fresh	3 items (21 g)
Apple with skin	1 small (150 g)	Cranberry juice, no added sugar	½ cup (125 g)
Blueberries, fresh	¾ cup (110 g)	Pineapple juice, no added sugar	½ cup (125 g)
Mulberries	1 cup (140 g)	Lemon juice, fresh	1 cup (245 ml)
Banana	½ large (65-70 g)	Grapefruit juice, fresh	⅔ cup (163 ml)
Banana, dried	3 tablespoons	Orange juice, fresh	½ cup (124 g)