



SPEZIERIE PALAZZO VECCHIO

DIETARY RECOMMENDATION 3 - FOR DYSLIPIDEMIA AND DIABETES: OR FOR ALTERATION OF THE LIPID CURVE: TOTAL CHOLESTEROL, HDL, LDL AND TRIGLYCERIDES

Spezierie Palazzo Vecchio Dott. Di Massimo Food supplements recommended with this diet:

- LIPO-STATIN OMEGA 3 60 CPS, red yeast rice -omega 3 - coenzima Q10
- SOJA-LIPID 60 CPS, l-carnitina- soy-fosfolipides
- OENOTHERA OMEGA 6 150 perls
- IMMUNO 6 60 CPR turmeric- lycopene – rhodiola rosea – pomegranate– resveratrol- coenzime Q10

For a customised dietary plan, contact a food and/or a nutrition professional.

*The recommended daily quantities indicate the possible alternatives for each individual food listed under "Recommended".

FOOD	RECOMMENDED	RECOMMENDED DAILY QUANTITY*	NOT RECOMMENDED
PLANT BASED FOOD, RECOMMENDED FOR THE VEGETARIAN-VEGAN POPULATION	- Tofu - Tempeh - Seitan - Vegetable soy drink - Vegetable soy yogurt - Vegetable almond drink - Rice-based vegetable drink	100-120g per serving, once or twice a week 50-70g per serving, once or twice a week 30-40g per serving, once a week 125ml per serving 100ml per serving 125ml per serving 125ml per serving	
MILK AND DAIRY PRODUCTS, according to individual tolerance	SEMI-SKIMMED COW/ SHEEP OR GOATMILK (or LOW-FAT) OR NON-FAT, UNSWEETENED MILK YOGHURT	100ml per serving 100ml per serving	Whole milk, whole milk yogurt
EGGS	In shell, hard-boiled, poached, soft-boiled, tomato, fat-free in non-stick coated cookware	2 eggs per serving, once a week	Fried, omelette



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LEAN MEATS	<p>All types are welcome, with a preference for white meat (poultry, turkey, rabbit).</p> <p>If red meat is preferred, opt for red meat chosen from the leanest parts (beef, veal, pork, game, venison) at most once a week.</p> <p>Simple cooking: grilled, roasted, boiled and without sauces, grilled liver and kidney, spit-roasted and grilled game. Remove visible fat. Remove skin (if present). Remove any burnt/carbonized parts.</p>	<p>100g per serving, twice-three times a week</p> <p>100g per serving, once a week</p>	<p>Fatter cuts: bacon, ribs, lard and offal (heart, liver, brains, sweetbreads, kidneys, tripe, tongue...) which contain a lot of cholesterol. Remove visible fat. Remove skin (if present). Remove any burnt/carbonized parts.</p>
FISH	<p>Both fresh and frozen. Prefer oily fish (such as mackerel, anchovies, sardines), salmon and tuna as they are rich in omega-3 fatty acids.</p>	<p>150g per serving, recommended 2-3 times a week</p>	<p>Avoid canned fish preserved in oil, salt or brine.</p>
CURED MEATS AND SAUSAGES	<p>RAW HAM OR BACON WITH THE VISIBLE FAT REMOVED, COOKED HAM, BRESAOLA</p>	<p>50g per serving, max. once a week</p>	<p>All the other ones</p>
CHEESES	<p>Fresh cheeses such as mozzarella, stracchino, crescenza, robiolina, quartirolo. or Cow's milk ricotta or Matured cheeses (parmesan, grana, pecorino, fontina)</p>	<p>100g per serving</p> <p>120g per serving</p> <p>40g per serving</p>	<p>High-fat fresh cheese (e.g. mascarpone, burrata)</p>
BREAD (or substitutes) SOUPS	<p>Wholemeal or type 1 bread which can be replaced with</p> <p>- 6 normal or 7 wholemeal rusks Or semolina or pasta (white or wholemeal) or white bread or white or brown rice</p>	<p>80g per serving</p> <p>60-70g per serving</p> <p>80-100g per serving</p> <p>50g per serving</p> <p>80-100g per serving</p>	<p>Seasoned bread, crackers, breadsticks topped</p>
VEGETABLES	<p>Vegetables which are about to be eaten cooked, such as: asparagus, cauliflower, cardoons, cabbage, catalonia, carrots, turnip greens, green beans, fennel, squash</p>	<p>300g per serving</p>	



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	blossoms, aubergines, peppers, spinach, Savoy cabbage, pumpkin, courgettes, black peel, beetroot, chard, carrots, broccoli, artichokes, Brussels sprouts. Fresh vegetables, such as: cucumbers, various salads, tomatoes, radishes.	100g per serving	
FRUIT	Seasonal fruit Or Figs, persimmons, grapes, bananas, dried fruit, chestnuts	150g per serving 100g per serving	Dried and canned fruit
NUTS	Almonds, walnuts, pine nuts, hazelnuts, pistachios, walnuts, cashews, pecans, sunflower seeds, pumpkin seeds	30g per serving, also suitable as a snack throughout the day	
BEANS, if tolerated	Peas, beans, chickpeas, lentils, broad beans, soya beans, chickling peas, lupins	50g if dry, per serving Or 150g if, cooked or frozen, per serving 2-3 servings per week are recommended, if preferred and tolerated	
DRINKS and BEVERAGES	Still water, also drunk as infusions, herbal teas, decoctions, unsweetened Tea, coffee, barley, unsweetened malt, natural water.	At least 1.5l to be distributed throughout the day, every day	Wine, beer, brandy, cognac, etc ... artificial carbonated soft drinks (oranged drinks, coca-cola, ...)
DRESSINGS	Extravirgin olive oil The indicated daily amount may vary depending on the diet plan. Lemon juice, salt in small amounts, vegetable stock, flavourings, spices, pickles, saccharin.	10g per portion (1 tablespoon).	Butter, margarine, lard, sugar, cream
DESSERT		Once a week, if preferred	



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FOODS SPECIFICALLY SUITED TO VEGETARIAN-VEGAN DIETS

- Tofu: vegetable substitute for animal protein foods such as cheese, meat, fish, eggs, widely used in the Middle East. Naturally rich in protein, calcium, potassium, phosphorus and B vitamins. It is known as "vegetable cheese" or "soya cheese" and can be eaten plain or blanched in a frying pan with a little olive oil (1 teaspoon), dressed with simple vegetable sauces or can be the primary ingredient in the preparation of main courses (e.g. tofu meatballs).
- Tempeh: vegetable substitute for animal protein foods such as cheese, meat, fish, eggs, widely used in the Middle East. Naturally rich in protein, calcium, potassium, phosphorus and vitamin B12. It is known as 'soy meat'. It can be eaten sautéed in a pan for 10-15 minutes with a little olive oil and used as the main ingredient in the preparation of main courses, such as vegetable sauces for pasta.
- Seitan: high-protein vegetable food and meat substitute. Derives from the mechanical processing of hydrated wheat flour. Its main ingredient is gluten, a protein naturally present in wheat, therefore it is not recommended for people suffering from coeliac disease or gluten sensitivity. It can be used as the main ingredient for cooking vegan or vegetarian meat sauce, for making burgers or meatballs, but can also be stir-fried with a little oil or cooked on a griddle.
- Soya-based vegetable drink: replaces milk or yoghurt of animal origin. Choose food with no added sugar.
- Plant-based soya yoghurt: replaces yoghurt or milk of animal origin. Choose food with no added sugar.
- Almond vegetable drink: replaces milk or yoghurt of animal origin. Choose food with no added sugar.
- Rice vegetable drink: replaces milk or animal yoghurt. Choose food with no added sugar.

DIETARY AND BEHAVIOURAL ADVICES

- Eliminate consumption of simple sugars in the form of white or brown sugar, honey, fructose. Eliminate the consumption of confectionery, sweet snacks, sweets, chocolates, sugary drinks: the simple sugars contained in these foods contribute to raising blood triglyceride levels and blood glucose. Avoid sugar, honey, jam, chocolate, ice cream, sweets of all kinds. Avoid stockpiling these foods.
- Avoid butter, cream, lard, margarine, baked and packaged goods. They are energy-dense and high in saturated fat and cholesterol.
- Regular, daily consumption of fibre promotes regularisation of bowel movements, normalisation of blood sugar and blood lipids, and better weight control. It is advisable to consume large portions of fruit and vegetables because the fibre found in these foods is hypoglycaemic and therefore helps control blood sugar levels. It can also be found in wholemeal foods (wholemeal pasta, wholemeal bread and other cereals used in the preparation of pasta dishes), where it plays the same role in our health.
- Reduce sodium intake by avoiding to add salt to dishes. If you like, use spices, aromatic herbs, herbs, lemon juice, vinegar, a little wine when cooking to enhance the flavours. Salt the pasta cooking water at the end.
- Preferred cooking methods are: pan-frying, grilling, steaming, boiling, baking: prefer simple cooking methods that do not require long cooking times and/or generous amounts of seasoning. Make sporadic use of fried and barbecued food, avoid eating burnt food and/or charred parts.



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One-dish meal: Cereals (such as pasta, rice, bread) combined with a second course are considered one-dish meals; examples of one-dish meals are pasta and beans, pasta with meat sauce. Pizza is a single dish: it can be eaten once a week in place of a portion of fresh cheese. Choose simple toppings (e.g. margherita, vegetarian, mushroom, napoli,...) and add a portion of vegetables and fruit.

- Limit consumption of fresh and frozen industrial products, foods preserved in salt or brine, and condiments such as mayonnaise, soy sauce and ketchup.

- Avoid consumption of alcoholic beverages, such as wine and beer, and sugary spirits (cocktails). Excessive alcohol consumption causes hypertriglyceridemia.

- For a proper hydration and regular bowel movements, consume at least 2 litres of liquids daily, in the form of water, herbal teas and infusions.

- Physical activity reduces the risk of chronic diseases (including obesity and cardiovascular diseases), improves intestinal motility, helps reduce blood pressure, improves lipid balance and better controls blood sugar levels. For advice and guidance better suited to your condition, see your diabetologist or sports physician.

This paper was drawn up with the advice and collaboration of
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