

## Nutrition list to lower cholesterol

### Main course (unlimited):

- Fish (all sorts) fresh or in tin, min. 3 -5 times a week. Unlimited!
- Poultry; Chicken / Turkey and Duck whole (**skinless**)
- Soya cubes
- Eggs (cooked, scrambled or filled with **mayonnaise light**)
- Brown rice. Max. 4 table spoons a day
- Whole wheat bread (no brown or bran bread) Max. 2 slices a day

### Vegetables (unlimited):

- Tomato
- Spinach / callaloo bush
- Carali
- Cabbage / Cauliflower
- Cellery / Parsley
- Beans and peas
- Bodie / string beans
- Broccoli / sweet pepper
- Cucumber / zuchinni
- Christophene
- Melon gene
- Pimentos
- Watercress
- Pak-choi

### Fruit (per day):

- Orange in slices (max. half a day). Don't squeeze!
- Avocado (max. half a day) (**rich in mono-unsaturated fat**)
- Apples (2 per day)
- Lime
- Paw paw (once a week)

### Deserts:

- Peanuts/ cashew nuts / almonds / hazelnuts (unlimited) (**rich in poly-unsaturated fat**)
- Quaker oats (twice a week) with skimmed milk or Soya milk without sugar. Perhaps sweetener. Max. 250 ml.

### Prepare main courses and vegetables with:

- Mayonnaise (max 6 table spoons)
- Mustard
- Shallot
- Olive- or sunflower oil
- Salt (Iodized salt)
- Vinegar
- Black / white / Red / Green pepper
- Onion / Garlic
- Curry
- Dried chicken-/ meat-/ fish spices
- Lime / 1 tbs ginger slices
- Fresh seasoning

### Drinks:

- Water (unlimited) IMPORTANT!
- Green tea with sugar (no milk – non diary creamer is allowed)
- Soft drinks (Avoid all drinks with caffeine)
- White wine / red wine (3 glasses per day)
- All juices

### Vitamines :

- **Multi-vitamin with minerals**
- **Vitamin B-complex (min. 25 mg per day)**
- **Vitamin C (min. 500 mg per day)**

**This nutrition program can only be used by the person it's been given to. Don't try this program without consulting a nutritionist.**

Every morning: 1 teaspoon of dark green olive – oil.

Every day: Garlic pills (to help the blood vessels keep their softness and flexibility)

3 times a week 30 minutes of light exercising is highly recommended. This to keep the arteries wide and increase the blood circulation. Even to strengthen the heart muscle.

**(Intensive fitness programs and sudden intensive exercising is FORBIDDEN)**

**If you smoke, you should stop immediately and radical.**

Try to drink 2.5 litre liquids per day. If you are constipated, we advise to consume more vegetables.

**The Romano Foundation**

**Health Center - Wood brook**

**23 Baden Powell street/ corner Gatacre Street**

**Open from Mon –Sat 9a.m. – 6p.m.**

**Safety tip: Be careful on the road. Drive safe! Your mistake can cost the death of others.**