



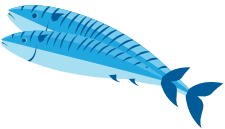



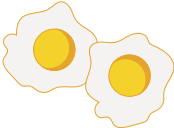



AdventHealth Fatty Liver Disease Program

The Mediterranean Diet: Limit or Avoid Refined Carbohydrates

FOOD	SERVING GOAL	SERVING SIZE
 <p>Fresh Fruits Vegetables</p>	<p>Fruit: 3 servings per day</p> <p>Veggies: At least 3 servings per day</p>	<p>Fruit: ½ cup to 1 cup</p> <p>Veggies: ½ cup cooked or 1 cup raw</p>
 <p>Whole grains</p> <ul style="list-style-type: none"> Choose oats, barley, wheat, bulgur, quinoa, brown rice or couscous. 	<p>3 to 6 servings per day</p>	<p>½ cup cooked grains, pasta or cereal</p> <p>1 slice of bread</p> <p>1 cup dry cereal</p>
 <p>Extra virgin olive oil (on salad dressing)</p> <ul style="list-style-type: none"> AVOID butter, sour cream and mayo. 	<p>1 to 4 servings per day</p>	<p>1 tablespoon</p>
 <p>Legumes</p> <ul style="list-style-type: none"> Choose beans and lentils (add to salads and soups), and hummus. 	<p>3 servings per week</p>	<p>½ cup</p>
 <p>Fish</p> <ul style="list-style-type: none"> Choose fish rich in omega-3s, like salmon, sardines, herring, tuna and mackerel. 	<p>3 servings per week</p>	<p>3 to 4 ounces</p>
 <p>Nuts</p> <ul style="list-style-type: none"> Choose walnuts, almonds and hazelnuts. Choose raw, unsalted and dry roasted nuts (may add to salad or yogurt). 	<p>At least 3 servings per week</p>	<p>¼ cup nuts</p>

FOOD	SERVING GOAL	SERVING SIZE
 <p>Poultry</p> <ul style="list-style-type: none"> • Choose white meat instead of dark meat. • Eat in place of red meat. • Choose skinless poultry or remove the skin before cooking. • Bake, broil or grill it. 	<p>No more than once daily</p>	<p>3 ounces</p>
 <p>Dairy</p> <ul style="list-style-type: none"> • Choose naturally low-fat cheese. • Choose fat-free or 1% milk, yogurt and cottage cheese. • Avoid whole-fat milk, cream, and cream-based sauces and dressings. 	<p>No more than once daily</p>	<p>1 cup milk or yogurt 1½ ounces natural cheese</p>
 <p>Eggs</p> <ul style="list-style-type: none"> • Limit egg yolks. • No limit on egg whites. • If you have high cholesterol, have no more than 4 yolks per week. 	<p>Up to 1 yolk per day</p>	<p>1 egg (yolk + white)</p>
 <p>Red meat (beef, pork, veal and lamb)</p> <ul style="list-style-type: none"> • Limit to lean cuts, such as tenderloin, sirloin and flank steak. 	<p>None, or no more than 1 serving per week</p>	<p>3 ounces</p>

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

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2520 North Orange Avenue, Suite 100
Orlando, FL 32804
407-599-6460 | 407-599-6461 FAX