

STUDIO DIETISTICO  
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# THE GOOD NUTRITION TO GAIN HEALTH



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. There are certain rules of fundamental importance to gain confidence in our food choices in order to maintain a good state of health and physical well-being through nutrition.

1. **Drink at least 1.5 to 2 liters of water a day**, just trying to drink little during meals and to hydrate your body especially in the morning when we wake up. It's important to drink often between meals and the other one. In addition to the pure water you can drink herbal tea without added sugar . Depending on the selected herbs it can also have side effects on the body (relaxing, detoxifying, purifying ...)
2. **Chew well all foods**, normally allowing himself at least 20 minutes for the meal: it will be a calm and relaxation moment; good rule is in fact that you do not eat standing, but sitting comfortably so that the meal represents a break from all the commitments and daily worries
3. **Breakfast** should be a full meal that contains proteins: chiefly milk and yogurt. Carbohydrates that are contained mainly in rusks, cornflakes and biscuits. Simple sugars (critical in the morning to give, "sprint") that initially you can find in marmalade, honey or sugar. Fiber, which is rich in fruits: it plays an essential role in the proper intestinal functioning.
4. **Never skip meals** undergoing fasts. It 's always important to find time to eat or snack throughout the day
5. **As a rule, it is important that a daily meal is based on carbohydrates preferably grains** (such as pasta, rice, barley, oats, rye, millet, etc ...), while the other meal of the day should be formed mainly by varying protein among different sources: fish, meat preferably white one, eggs, cheese, lean cold meats and legumes
6. **And it's also good rule to prefer the consumption of vegetable fats** (extra virgin olive oil) to those ones of animal origin that contain "saturated fats" . They damage to the cardiovascular system. We strongly recommend the use of 3 tablespoons per day
7. **Avoiding the use of cigarettes and liquor**, while it has been shown that during meals (lunch and dinner) taking a glass of wine a day for women and two glasses of wine for men can be consumed without damage to the organism
8. **Consuming in limited quantities refined foods and sugars**, especially paying attention to elaborate desserts, rich cream, creams or chocolate.

# WHAT DOES IT GO INTO THE POT?



## TECNICHE DI CUCINA DIETETICA

There is some important information that everyone should have in mind to be able to make his own choices at the table in the proper order.

Here are some guidelines.

- a. **In every meal, inserting a portion of seasonal vegetables**, raw or cooked , so the body is given every day the right amount of vitamins, minerals and fiber
- b. **Preferring daily use of whole grains**: whole wheat bread, wholemeal rasks, whole wheat pasta, millet, emmer ...
- c. **Never mix with each other, in the same meal, proteins from different foods**: for example meat and eggs or meat and cheese, milk and eggs or meat and legumes because this union makes the dish difficult to digest
- d. **Eating 2 or 3 fruits in a day** using them as delicious snacks for break in mid-morning and in mid-afternoon
- e. **Moderating added salt's consumption** to food and limiting foods particularly high in sodium (smoked fish, already commercially prepared sauces , cold cuts and cheese, mayonnaise, kitchen dices...). Using spices and herbs to flavor dishes
- f. **Eat nuts and seeds every day** to introduce essential fatty acids, very important for health
- g. **Always give preference to fresh food than canned one**, if this can not be better than using frozen food
- h. **The easiest way to secure the supply of all essential nutrients is to vary as much as possible our food choices.**  
This behavior will not only ensure greater satisfaction of taste, but also a better nutritional balance.



It often gives up the good intention of applying to the daily diet some rules to eliminate fat's intake, because people think that foods, prepared using tricks to a style of cooking healthy, can lose its flavor. A dietary indicates how to handle and cook all the food, maintaining their nutritional potential, avoiding the use of added or excess condiments without altering the taste and palatability.

### **The cooking times**

The cooking times affect food's nutritional properties: the greater the cooking times, the greater the nutrients loss contained in foods; also the longer the food's cooking time, the longer the digestive process.

### **The cooking methods**

The preferred cooking methods are those that allow you to cook food without added fat:

- steamed: it can cook quickly and healthy and it does not affect the taste and nutritional properties. Essential to body's health;
- at the grid: attention to burns food because it generates harmful compounds to health
- to the oven: also in foil

### **Other tricks**

It is appropriate for a dietary to follow some simple tips:

- Raw oil : cooked and burned oil becomes toxic to the body and it is less digestible
- using spices and herbs to flavor dishes
- The fried: you can replace the oil with white wine, vegetable broth or skimmed milk, then adding to dish at cooking's end a drizzle of olive oil
- avoid creaming risotto (cheese and butter)

## SOME LIGHT RECIPES

### 1. *Meatballs light* (for 4 persons)

500g lean minced beef  
2 eggs whites  
salt , pepper and  
parsley to taste  
1 tablespoon bread crumbs  
1 chopped carrot  
¼ onion

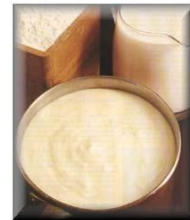


*Cook the meatballs in a pan with an inch of vegetable broth.*

*Alternatively, you can cook the meatballs in the oven on a special paper, for a crisper preparing*

### 2. *Light Sauce* (for 2 persons)

500ml semi-skimmed cold milk  
1 handful of flour  
Salt to taste



*Mix the flour in cold milk with a whisk kitchen, up to*

*achieve a homogeneous mixture. Put the mixture on fire. Add salt and thicken to taste.*

### 3. *Courgettes*

Zucchini to taste  
1 clove garlic  
parsley  
1 tablespoon olive oil  
Salt  
or seasonings to taste



*Brown the garlic in a veil of vegetable broth, add the zucchini into pieces, cook and salt to taste. Sprinkle with a handful of chopped parsley if it desired. Add 1 tablespoon of olive oil.*

### 4. *Amatriciana Light Sauce*

Tomato sauce or chopped tomatoes  
1/2 onion  
Some cubes of raw or coke ham Salt and  
pepper to taste



*Brown the onion and then the diced ham in a thin layer of vegetable broth. Add the tomato sauce and season with salt and pepper.*