













































































## Food list

3



### EXTRAS

#### Sugars and derivatives

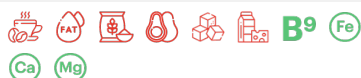
##### FOOD

##### NUTRIENT CONTENT

Chocolate bar,  
type kit kat



Chocolate



##### FOOD

##### NUTRIENT CONTENT

White chocolate



**SAMPLE REPORT**

### Recommendations

- Allowed adjusting the amounts and/or frequency\*
- Allowed without raising the recommended quantities and/or frequency\*
- Reduce the amount and/or frequency\*
- Restrict, occasionally/in small quantities\*

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## Food list

3



### EXTRAS

### Nuts and oilseeds

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Lupin		Pine nut	
Sunflower seeds		Peanut, fried, salted	
Hazelnut		Pumpkin seeds	
Sunflower seeds, peeled, with salt		Sunflower seeds	
Sesame, seed		Almond, fried, salted	
Almond		Cashew nut	
Almond, toast		Pistachio nut	
Walnut		Chestnut	
Peanut, toasted, salted		Chestnut, roasted	

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## Food list

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### EXTRAS

#### Snacks

##### FOOD

Pop corn



Corn chips



##### FOOD

Butter cookie



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## Food list

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### EXTRAS

#### Non-alcoholic beverages

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Lemon juice, fresh	B <sup>9</sup> C Ca	Pineapple juice	B <sup>9</sup> C Ca
Coffee, substitute, instant	B <sup>6</sup> B <sup>9</sup> Fe Ca Mg Se	Sport drink	
Carrot, fresh juice	A B <sup>6</sup> B <sup>9</sup> Ca	Non-alcoholic beer	B <sup>9</sup> Ca
Tomato, fresh juice	C B <sup>9</sup> Ca	Grapefruit juice	B <sup>9</sup> C Ca
Tap water	Ca	Raspberries juice	C Ca
Mineral water	Ca	Soft drink, tonic water type	
Sparkling water, bottled	Ca	Carbonated drink, lemon	
Soft drink, carbonated, orange flavoured	C	Apple juice	Ca
Orange juice	B <sup>6</sup> B <sup>9</sup> C	Cranberry juice	Ca C
Soy milk	B <sup>12</sup> B <sup>9</sup> D Ca	Lemonade	B <sup>9</sup>

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## Food list

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### EXTRAS

#### Non-alcoholic beverages

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Fruit juice	Ca C	Tea, without sugar	
Soda	Ca	Soluble coffee, powder	B <sup>9</sup>
Infusion, tea, herbal	B <sup>9</sup>	Coffee, brewed	B <sup>9</sup>
Coffee infusion, with milk	B <sup>9</sup> Ca	Tea infusion, with milk	B <sup>9</sup> Ca
Coffee, powder	Fe Ca Mg Se	Energy drink	B <sup>6</sup> B <sup>12</sup> Ca
Coffee, seed or powder, decaffeinated		Soft drink, orange flavoured, non carbonated	
Coffee, brewed, decaffeinated		Soluble cocoa, with sugar, powder, light	B <sup>9</sup> Ca Mg

SAMPLE REPORT

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## Food list

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### EXTRAS

#### Alcoholic beverages

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
White wine	B9 Ca	Rum	
Wine, rose	B9 Ca	Tequila	
Red wine	B9 Ca	Vodka	
Sparkling wine, cava type	B9 Ca	Whisky	
Beer	B9 Ca	Sidra	B9 Ca
Beer, low alcohol	B9 Ca	Sangria	B9 Ca
Cognac		Fruit liqueur	
Gin			

**SAMPLE REPORT**

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**SAMPLE REPORT**

**Together**  
we create the future  
of personalizing medicine.

