

·Healthy heart diet (approximately, 1,800 kcal)

BREAKFAST	<ul style="list-style-type: none"> ·One glass of skimmed milk (~ 200 ml) with wholegrain cereals (~ 30 g) ·One peach, unpeeled (~ 150 g)
MID-MORNING	<ul style="list-style-type: none"> ·One coffee (or tea) with skimmed milk (~ 150 ml) and sweetener ·One handful of walnuts (~ 20 g)
LUNCH	<ul style="list-style-type: none"> ·Mixed salad: tomato (~ 200 g), lettuce (~ 50 g), carrot (~ 100 g), boiled sweet corn kernels (~ 75 g) and one spoonful of virgin olive oil (~ 10 ml) ·Salmon (~ 120 g) en papillote (with ~ 100 g of vegetables) ·Three slices of wholemeal bread (~ 50 g) ·One medium banana (~ 90 g)
MID-AFTERNOON	<ul style="list-style-type: none"> ·Two handfuls (~ 40 g) of dried fruit (raisins, apricots, dates) ·Popcorn (~ 75 g) ·One tea with lemon (~ 200 ml) and one teaspoonful of sugar (~ 5 g)
EVENING MEAL	<ul style="list-style-type: none"> ·One large glass of tomato juice (~ 300 ml) ·Two slices of wholemeal toast with scrambled egg (1 unit) and one spoonful of virgin olive oil (~ 10 ml) ·One kiwi (~ 90 g)