Patient name: SmartSalem Test Patient	Gender: Male	• Date of birth: 03-03-1973
· Sample code: NIIT22026AA	• Sample date: 03-07-2024	• Date of the results: 03-07-2024



NUTRITION Solutions

Smart DNA - Nutrition Package

FoodList report



Smart DNA - Nutrition Package CONTENT

- 1. Patient identification data
- 2. Daily food intake
- 3. Food list:
 - 3.1. CARBO+ (Carbohydrate-rich foods)
 - 3.1.1. Vegetables
 - 3.1.2. Fruits and derivates
 - 3.1.3. Cereals and derivates
 - 3.1.4. Legumes and derivates
 - 3.1.5. Tubers and derivates
 - 3.2. PROTEIN+ (Protein-rich foods)
 - 3.2.1. Milk and derivates
 - 3.2.2. Eggs and derivates
 - 3.2.3. Meats and derivates
 - 3.2.4. Fish and derivates
 - 3.2.5. Shellfish and derivates
 - 3.3. LIPID+ (Lipid-rich foods)
 - 3.3.1. Oils and fats
 - 3.3.2. Sauces and condiments
 - 3.4. Extras
 - 3.4.1. Sugars and derivates
 - 3.4.2. Nuts and seeds
 - 3.4.3. Snacks
 - 3.4.4. Non-alcoholic beverages
 - 3.4.5. Alcoholic beverages



Patient identification data

1

Patient's name and last name — SmartSalem Test Patient

Date of birth — **03-03-1973**

Gender — Male

Sample type — Buccal mucosa

Sample code — NUT22926AA

Sample date — **03-07-2024**

Report date — 07-08-2024

Doctor's name and last name — SmartSalem test doctor

Email address — testsmartsalemdoctor@mail.com

DISCLAIMER

Fagron Genomics, S.L.U carries out genetic tests upon request by healthcare professionals, in relation to biological samples from patients obtained by the healthcare professional. Our tests do not replace a medical consultation, nor do they make up a diagnostic or treatment, nor should they be interpreted this way. Only healthcare professionals can interpret the results of said tests, based on their knowledge of the clinical records of the patients and other relevant factors and, under their responsibility, give a diagnostic or prescribe treatment to the patient. We decline all responsibility derived from the use and interpretation of the results of our tests by the solicitant healthcare professional. Fagron Genomics, S.L.U expressly reserves any legal actions in case of an inappropriate, negligent or incorrect use or interpretation of the results of our tests. It is the responsibility of the healthcare professional who requests a test to guarantee to the patient the appropriate genetic advice as foreseen by Law 14/2007, of 3rd July, of biomedical research. As Fagron Genomics, S.L.U does not have access to the personal identifiable information about the patient from whom the sample comes, it is the responsibility of the requesting healthcare professional to comply with the applicable data protection Laws and regulations.



Fagron Genomics, SRN: ES-MF-00001092 C/ de les Cosidores, 150 08226 Terrassa, Barcelona (Spain)









Product version: NutriGenTM 3.0

Reception date: 03-07-2024

Report version: Rev.4 / 07-08-2024 11:31:45

Daily food intake

2

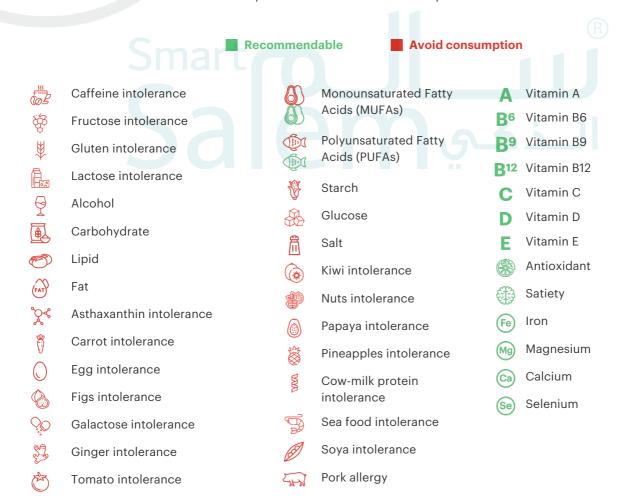
Recommendations

- 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*

* Observations on recommended foods are a suggestion based on the genetic findings. The results should be evaluated by a professional and accurately adapted to the clinical history, blood analyses, fitness, eating habits, exercise, medication and psychological status.

Indications

On the food table, we have incorporated specific symbols for the reported patholgies, intolerances or vitamin deficiencies based on the data included in the clinical questionnaires. When several foods from a category have a similar level of recommendation, those symbols will help you decide whether they will have a positive effect or negative impact in the diet plan. Find below the list of the symbols.



^{*} These recommendations are based only in the analysis of your genetic test. Always seek the advice of your physician or other qualified health specialist before proceeding with any nutritional or dietary modifications.



• Sample date: 03-07-2024

Food list

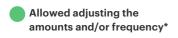
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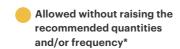
Carbohydrate-rich foods

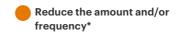
Vegetables

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Black salsify, cooked	⊕ B ⁹ E Fe ©a	Italian Chicory, radicchio from Castelfranco, variegated	B ₆ ©
Spinach, boiled	A B ⁶ B ⁹ E Fe Ca Mg	Mustard greens , raw	A B ⁹ C E ©
Turnip greens	A B ⁶ B ⁹ C E ©	Asparagus, green	B9 Fe Ca
Garden cress	A B ⁶ B ⁹ C ©	Watercress, raw	A B ⁶ B ⁹ C ©
Red pepper	A B ⁶ B ⁹ C ©	Artichokes Roman IGP	A ©
Tomato concentrate	A B ⁶ B ⁹ C E ©	Cilantro, raw	A B ⁹ C E ©
Chicory	A B ⁹ C E ©a	Red cabbage, boiled	Be Be C ©
Italian Chicory, radicchio from Treviso, red, tardive	B 6 ©a	Endive	B ₉ ©
Bamboo shoots	Be Ba ©	Leek, frozen	Be Ba ©
Brussels sprouts, boiled in unsalted water	Be Ba C (ca)	Cabbage, Chinese, raw	A B ⁹ C ©a

Recommendations







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• Sample date: 03-07-2024

Food list

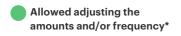
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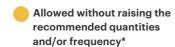
Carbohydrate-rich foods

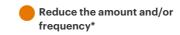
Vegetables

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Brussels sprouts, cooked	B ₉ C ©	Mushroom, griddle	B ₉ ©a
Endive, raw	B ₉ ©	Tomatoes, canned, whole contents	Ba @
Kohlrabi, raw	B ₈ C ©	Italian Chicory, radicchio from Treviso, red, precocius	(Ca)
Leek, raw	Be Be ©	Bean Sprouts	B ⁹ C (a)
Chard, boiled	A B ⁹ C E Fe Ca Mg	Radish	B ₉ C ©
Lamb's lettuce	C Fe Ca	Calabash	B 9 ©a
Spinach, canned	A B ⁹ C E Fe Ca Mg	Brussels sprout, frozen	B ₉ C ©
radicchio, raw	B ⁹ E ©	Savoy cabbage	B ₉ C ©
Courgette	B ₉ C ©	Green bean, boiled	B 9 ©
Cauliflower, boiled	B ₉ C ©	Lettuce	A B ₉ ©

Recommendations







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• Date of the results: 03-07-2024

Food list

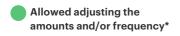


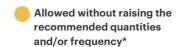
CARBO+

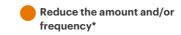
Carbohydrate-rich foods

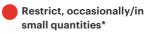
Vegetables

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Romaine lettuce	A B ⁹ ©	Watercress	A B ⁹ C [©]
Pumpkin, boiled	A B ⁹ ©	Broccoli, boiled	B _a C ©
Chive	A B ⁹ C [©]	Courgette, roasted	B ₉ ©
Palm heart, canned	(e) B ₀ (a) (iii	Mushroom	B ⁹ © (R)
Italian Chicory, radicchio, green, fresh	A C Fe Ge	Cabbage, white	B ₉ C ©
Hearts of Palm, canned	(e) B ₉ (a) ∏	Cabbage	B ₉ C ©
Jicama, raw	B ₉ C © ₈	Fennel, Florence, boiled in unsalted water	B ₉ ©
Squash, acorn, baked	В9 ©а	Fennel, Florence, raw	B ₉ ©
water chestnut		Leeks, boiled in unsalted water	B ₉ ©
Chard	A B ⁹ C E © Mg III	Leeks, raw	B a (®)









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Food list

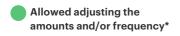
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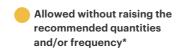
AKBU+

Carbohydrate-rich foods

Vegetables

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Pak choi, steamed	B ₉ C ©	Onion	B ₉ ©a
Kohlrabi	B _a C ©	Arugula	B ₉ C ©
Swiss Chard, raw	A B ⁹ C E © Mg n	Alfalfa sprouts, raw	B ₉ ©a
Scallions/Green onion	B ₉ C ©	Celery, raw	B ₉ ©a
Lombard	B ₉ C ©	Italian Chicory, radicchio, red, fresh	Са
Corn, on the cob	B ₉ ©	Bamboo shoots, cooked	B ₉ ©a
Turnip, peeled	B ₉ ©	Ginger root, raw	B ₉ ©a
Cucumber	B _a ©	Garlic	B ₉ B ₆ C ⊚ €
Tomato	B ₉ C ©	Tomato, ripe, peeled and ground, canned	B ₉ C ©
Pumpkin, cooked	B ₉ ©	Artichoke, globe, raw	B ₉ ©a Mg





Reduce the amount and/or frequency*

Restrict, occasionally/in small quantities*

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Food list

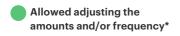


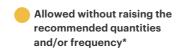
Carbohydrate-rich foods

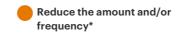
Vegetables

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Celery root	B ₉ ©	Canned corn	© B9 🖺
Carrot	A B ₉ ©a	Curly kale, raw	A B ⁹ C ©a
Sauerkraut	C B ₉ ©	Squash, all varieties, baked, winter	B ₉ A © III
Pickled cucumbers	© B9 🖺	Pepper, fried	A B ⁶ B ⁹ C E © n
Grape leaves, Sera	Fe C Ca fi	Curly kale, boiled in unsalted water	A B9 C E
Cardoon	© B9 🖟	Arrowroot powder	
Artichoke, frozen	© B 9 🖺	Green bean, canned	© B9 🗓
Sweet pepper, canned	C B ⁹ © 1	Pico de Gallo	© B9 m
Celery	B ₉ ©	Onion, roasted	© B9 n
Soybean, sprouts, canned	B ₉ © M ₉	Avocado, raw	⊕ Be Ba E ⊚ ♥ ♥ ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Recommendations







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• Sample date: 03-07-2024

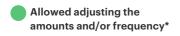
Food list

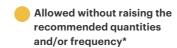
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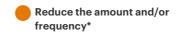
Carbohydrate-rich foods

Vegetables

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Baby bok choy		Beetroot, raw	B ₉ ©
Garlic, fried	Be Ba C ⊚ 🖫 🛅	Parsnips, cooked	C B ₉ © 11
Celeriac, raw	B _o C ©	Caper	© B9 🗓
Edamame	Fe B9 Ca Mg A	Celeriac, boiled in unsalted water	B 9 ©
Okra, cooked	Be Ba C © Wa 🗓	Beetroot, pickled, drained	(ca) B 9 (fin
Carrots, old, boiled in unsalted water	A B ⁹ ©	Peas, green	C B ₉ © III
Broccoflower, cooked	B ₉ B ₆ C © III	Collard greens, fat added, cooked, fresh	A B ⁹ C E © ÎÎ
Kale, raw	A C ©	Artichoke, tinned	© B9 🖺
Eggplant, cooked, no added fat	© B9 🗓	Swede, flesh only, boiled in unsalted water	B ₈ C ©
Asparagus, white, canned	C B ⁹ © 11	Rutabaga, cooked	C B ₉ © 🛅







Restrict, occasionally/in small quantities*

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• Sample date: 03-07-2024

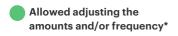
Food list

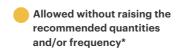
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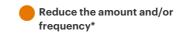
Carbohydrate-rich foods

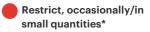
Vegetables

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Aubergine	Ba (ca)	Bitter melon, cooked	B ₉ C © 🖟 🔕
Shallots, raw	B ₈ C ©	Olive, black	Fe Ca fil (a)
Olive, green	B ⁹ E ⁽²⁾ (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	Parmesan aubergine	
Kohlrabi, cooked	C B ₉ © ii	Escarole	® B9 ◎ 🗂 🔕
Mushrooms, canned	© B9 🗓	Tomato, roasted	B ₉ C © 🗓 👰
Beets, drained, boiled, cooked	B ⁹ ©	Coleslaw, not low calorie, retail	A B ⁹ E © ÎÎ 🔊 🔕
Fennel, cooked	© B 9 🗓	Aubergine, fried, in sunflowerseed oil	⊕ B9
Horseradish	C B ⁹ © ⁿ	Okra, fried	⊕ B₂ ⓒ ☐ ↔ ⑥
Horseradish, prepared	C B ₉ © 1	Bell pepper, raw	C A B
Ackee, canned, drained	B ₉ C ⊚ 🗓 🔛	Beetroot, cooked in unsalted water	© B 9 €









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• Sample date: 03-07-2024

Food list





Carbohydrate-rich foods

Vegetables

FOOD

NUTRIENT CONTENT

B9 © 🖺 🔊 🕥

FOOD

NUTRIENT CONTENT

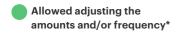
Pickled gherkin

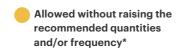


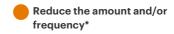


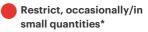


Coleslaw, with reduced calorie dressing, retail









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• Sample date: 03-07-2024

Food list

3

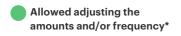
CARBO+

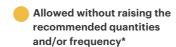
Carbohydrate-rich foods

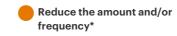
Fruits and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Blackberries, stewed without sugar	B ₉ E ©	Strawberry	B _a C (ca)
Cranberries	B ₉ C ©	Lime	B ₀ C ©
Raspberry	⊕ B ₉ C ⊚	Blackberries, raw	B ₉ E C ₉
Lemons, peeled, flesh only	B ₉ C (3)	Lemon juice, raw	B ₉ C ©
Black currant	C ©	American persimmons	Fe C Ca E
Quince	B ₉ C (3)	Gooseberry	B _o C (Ca)
Medlar, with skin	B 9 ©	Avocado	⊕ Be Be E □ ♥ ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
Pineapple, canned, extra heavy syrup pack, solids and liquids	B 9 ©	Melon	B ₉ C ©
Cranberries, raw	B ₈ C ©	Peach in syrup	B ₉ ©
Chayote	B 9 ©	Custard apple	© C

Recommendations







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• Date of the results: 03-07-2024

Food list



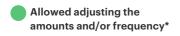


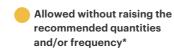
Carbohydrate-rich foods

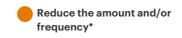
Fruits and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Grapefruit	B ₉ C ©	Olive	B ₉ E ⓒ ੈ 🛗 ὧ 🚳
Watermelon	B ⁹ ©a	Red currant	B ₉ C ©
Red grape	B ₉ C © _a	Pear	B ₉ ©a
Apricot	Вэ ©а	Yellow plum, with skin	B ⁹ ©a
Orange	B ₉ C (c ₉)	Peach	B ₉ ©a
Nectarine	B ₉	Papaya, without skin	B ₉ C ©
White grapes	B ₉ C ©	Pineapple	B ₉ C ©
Apples, cooking, stewed without sugar, flesh only	B ₉ ©a	Coconut, dried	Be Be Ee Ca Wa ♥♥
Apricots, raw, flesh and skin	Вэ ©э	Apricots, dried	♣ A B ⁹ E ♠ ♠ ♣
Coconut	B 9	Blackberries, stewed with sugar	E B ⁹ € €

Recommendations







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Carbohydrate-rich foods

• Date of the results: 03-07-2024

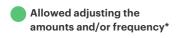
• Sample date: 03-07-2024

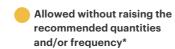
Food list

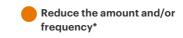
Fruits and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Olive, black, with pip	Fe (a) (ii) (iii) (b)	Pomegranate	© B ₉
Banana	B ₉ B ₆ © €	Pomegranate, raw	© B ₉
Kiwi	B ₀ C ©	Yogurt, coconut milk	B ⁹ B ¹² D ©
Coconut flour, organic, by Hy-Vee, Inc.		Peach, dried	Fe
Maracuja - Passion Fruit	B ₉ ⊕ C ⊚ 🗐	Cherry	© B ⁹
Litchis	C B ₉ ©	Guava, canned in syrup	C B ₉ © B
Mango, without skin	C B ₉ © €	Figs	© B ₉
Syrup peach	B ₉ ∰	Fruit salad, canned in own juice	© B ⁹
Black grape	© B 9 €	Tangerine	C B ₉ © €
Persimmon	© B ₉	Apple	© B ⁹

Recommendations







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Food list



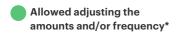
CARBO+

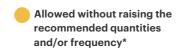
Carbohydrate-rich foods

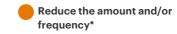
Fruits and derivatives

FOOD NUTRIENT CONTENT FOOD NUTRIENT CONTENT Pear, canned, in © B₉ **Blueberry B**9 (Ca) syrup Plantain, yellow, Pineapple, canned, © B₉ Be Ba C @ F % in juice Plum, canned B9 🚯 🕝 🗟 🛞 © B9 🗐 **Date** Jackfruit, raw © B₉ 🖺 🛞 © B₉ 💇 Raisin Apple sauce, **Fruit paste** C B9 @ 🗐 👭 unsweetened

Recommendations







Restrict, occasionally/in small quantities*

16 / 66

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• Sample date: 03-07-2024

Food list



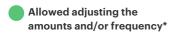
ARBO+

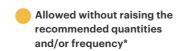
Carbohydrate-rich foods

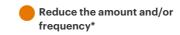
Cereals and derivates

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Corn starch	⊕ Be Ba te ca wa €	Buckwheat flour, whole-groat	
Barley	⊕ Be Ba te ce wa ma ma	Buckwheat flour, whole groat	⊕ Be Ba ⊕ © № ■
Rye	⊕ B ₆ B ₉ ← ← ← ← ← ← ← ← ← ← ← ← ← ← ← ← ← ← ←	Corn flour	⊕ Be Be be ce we ■
Barley flour	⊕ Be B ₉ € € € € € € € € € € € € € € € € € € €	Millet	Be Be Ee € € € € € € € € € € € € € € € € € €
Rye flour	⊕ Be B ₉ ⊕ © № ■	Porridge oats, unfortified	⊕ Be Be e ca wa way
Quinoa	Be Be E	Sorghum	Be Be be € € € € € € € € € € € € € € € € € €
Flour, chapati, brown	⊕ Be Ba to (3) (4)	Sorghum flour, whole grain	⊕ Be Be Ee Ce № ■
Wheat, bran	⊕ Be B ₆ € © № €	Buckwheat	Be Ba te ca wa
Buckwheat, groats	⊕ Be B ₆ ⊕ ⊚ № €	Wheat, bulgur, raw	
Flour, wheat, brown, bread/strong	Be Be € € € € € € € € € € € € € € € € €	Amaranth, uncooked	⊕ Be Be Ee Ca Wa ♥♥ ■

Recommendations







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• Sample date: 03-07-2024

Food list



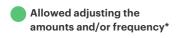


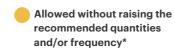
Carbohydrate-rich foods

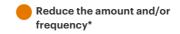
Cereals and derivates

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Brown rice	⊕ Be Ba © №	Whole bread, toasted	⊕ Be Ba
Laverbread	A B ⁹ C ©	Teff flour, whole grain, Bobs Red Mill Natural foods, Inc	Fe (Ca) (E)
Millet flour	B ₆ B ₉ (e) (ca) (Mg)	Wheat flour	Fe B ⁹ Ca
Porridge, made with water	B _a ca	Rice, pilau, plain, homemade	B ⁹ E Ca
Breakfast cereal, shredded wheat type, unfortified	⊕ B ₉ ⊕ © № €	Oat	⊕ B9
Breakfast cereal, wheat biscuits, Weetabix type, unfortified	Be B ₀ € € € € € € € € € € € € € € € € € € €	Wholewheat bread	B6 B9 Fe Ca Ma A B
Wholewheat flour		Flour, wheat, bread/strong, white	© B ₉
Tortilla-Corn	⊕ Be Ba ⓒ №	Oat flakes	⊕ B9
Amaranth, cooked	Ca) Mg	Amaranth flour, organic, Bobs Red Mill Natural foods, inc.	⊕ Fe Ca ♠ E
Quinoa, cooked	Ba (ca) (wd)	Oat flour, Bobs Red Mill Natural foods, Inc	⊕ Fe

Recommendations







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• Date of the results: 03-07-2024

Food list

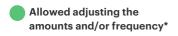


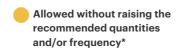


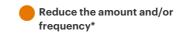
Carbohydrate-rich foods

Cereals and derivates

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Rice starch	B ₈ B ₆ ©	Graham bread	
Barley, pearl, boiled	© B ₉ ∰	Crackers, melba toast, wheat	
Flour, chapati, white	(a) B9 (€)	Couscous, plain, cooked	© B ₉
Casava Flour	(a) (4)	Couscous, plain, raw	© B ₉ M ₉
Corn flour, organic, Bobs Red Mill Natural foods, Inc.		Rice, wild, boiled in unsalted water	© B ₉
Wheat cereal, chocolate flavored, cooked	(a) B9 (f)	Pasta, whole wheat, mixed varieties	© B ₉
Pasta, homemade, made with egg, cooked	B 9 ©a	Pearl barley	© B ₉
Rice noodles, cooked	(a) (final distribution of the control of the contr	Semolina	(ca) B 9
White bread, without salt		Rice, Thai fragrant, boiled in unsalted water	(ca) B 9
White bread, toasted, without salt	Fe B9 ©a	Rice, white, basmati, boiled in unsalted water	© B ₉







Restrict, occasionally/in small quantities*

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• Date of the results: 03-07-2024

Food list

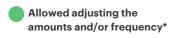


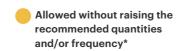
CARBO+

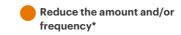
Carbohydrate-rich foods

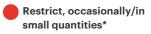
Cereals and derivates

FOOD NUTRIENT CONTENT FOOD NUTRIENT CONTENT Gluten-free pizza Black rice, cooked (#) **(** crust, Smart Flour Porridge, made B12 B9 (Ca) (FAT) Rye bread **B**9 **(a) (a) (b) (a) (b)** with whole milk Quinoa, raw **Egg-free pasta** © B9 🗃 **Brown rice flour** Mg Ca 🔂 Flour, wheat, Fe Ca Mg 🖺 🖳 wholemeal, self raising Semolina, raw (ca) **B**9 noodles, egg, dried, raw **Pumpernickel** noodles, egg, fine, © B₉ B₉ (e) (a) (f) (§) dried, boiled in unsalted water **Spelt flour** Mg Ca 📳 Gluten-free lentil crackers, ancient grain, Halal Company Crispbread B9 Fe Ca Mg A E **Gluten-free lassic B**9 (Fe) (Ca) ⋒ ■ white bread, Schar Flour, wheat, white, **B**⁹ (€) (€) (∄) (€) Pasta, whole, B9 @ 🖺 🖳 self raising cooked **Tortilla- Brown rice** B6 @ 🖺 🖳 Flax, seeds









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• Sample date: 03-07-2024

Food list

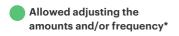


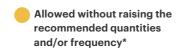
CARBO+

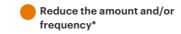
Carbohydrate-rich foods

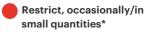
Cereals and derivates











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ARBO+

• Date of the results: 03-07-2024

• Sample date: 03-07-2024

Food list

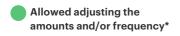


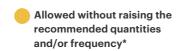
Carbohydrate-rich foods

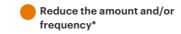
Cereals and derivates



Recommendations







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• Sample date: 03-07-2024

Food list



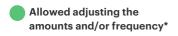


Carbohydrate-rich foods

Cereals and derivates

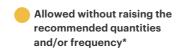
NUTRIENT CONTENT FOOD NUTRIENT CONTENT FOOD Gluten-free ₩ 局 ₩ 国 Cereal (Kellogg's ♠ A B⁶ B⁹ B¹² C D ♠ pretzels, deli style, **Apple Jacks)** everything spice, **Snack Factory, Inc** Cereal, frosted A B6 B9 B12 C D Fe Ca Gluten-free bread corn flakes crumbs, Schar White bread **B**9 (Fe) (Ca) ∄ (■ **Barley bread B**⁹ (Fe) (Ca) ∄ (基) White bread, B9 🕞 🕝 🧂 🖳 Pudding, rice, toasted canned Pudding, rice, **Breadcrumbs** B⁹ (€) (□) (□) (□) (□) (□) canned, low fat Pizza, with tomato Gluten-free Fe Ca ii FAT I and mozzarella crackers, Back to **Nature** Gluten-free pizza () 高風 Pizza, with tomato B9 @ 🖺 🔊 🗟 crust mix, Bob's **Red Mill Natural** foods, Inc Bread, naan, retail B9 ⓒ ffi ⋒ 🖼 Gluten-free bread Fe Ca A 🖟 & pizza crust mix, **The King Arthus** Flour Co Cereal, frosted oat A B6 B9 B12 C D Fe Ca Gluten-free pizza cereal with crust, The Gluten marshmallows Free Food Group, LLC **Gluten-free** © Mg à ♠ ♠ **Gluten-free flat 高** crackers, 6 whole bread pita, by grain & 4 seed, The

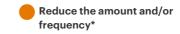
Recommendations



Production House,

Inc.





Perfect 10. Vans

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• Date of the results: 03-07-2024

Food list

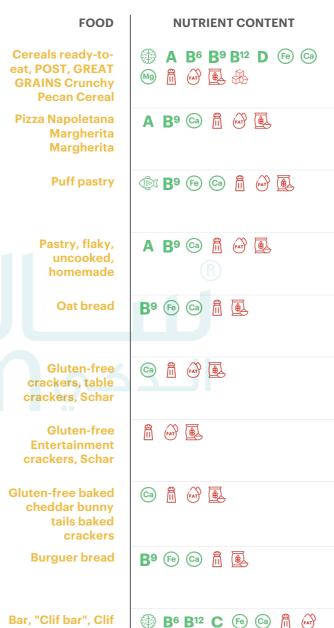




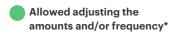
Carbohydrate-rich foods

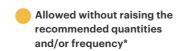
Cereals and derivates

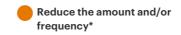
FOOD NUTRIENT CONTENT Gluten-free artisan ₩ 局 ₩ 国 baker 10 grains & seeds bread, Schar **Gluten-free 7 grain** bread, Kroger co. pizza crust C @ A A E cauliflower Cereal (Kellogg's A B6 B9 B12 C D Fe Ca **Rice Krispies Treats** Cereal) A B6 B9 B12 C D (Ca) (M9) Cereal, puffed wheat, sweetened 局風象 Almond flour (Fe) (FA) (Ca) (Mg) (FAT) ₩ B6 B9 E Fe Ca M9 ₩ Wheatgerm 風船 Pastry, shortcrust, B⁹ E ⓒ Ã ♠ ♠ retail, uncooked Gluten-free challah bread, Gluten Free **Bake Shop** Gluten-free pizza crust, Wegmans Food Markets, Inc



Recommendations

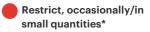






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• Sample date: 03-07-2024

Food list





Carbohydrate-rich foods

Cereals and derivates

FOOD NUTRIENT CONTENT Corn bread Cereal (Kashi ♣ B9 € € € ♠ ♣ **GOLEAN)** Bar, dark chocolate mocha almond bar, (FAT) A Luna Inc Cereal, Honey **Vanilla Crunch** organic gluten free, Cascadian **Farms** Challah **Gluten-free** multigrain sandwich bread. **Whole Foods** Market, Inc. Cereal, GoLean ⊕ B9 Fe Ca M9 ⋒ ⋒ ⋒ ⊕ ■ Crunch, Kashi B⁹ (a) ⋒ ■ & Sponge cake **Raisin pudding** B₀ D ⊚ 🖞 💇 gluten free

FOOD	NUTRIENT CONTENT
Gluten-free Whole grain bread soft & hearty, Udi's	
Granola	⊕ B ₉ € C ₉ (W) ♠ ♠
Cereal, Apple Cinnamon, Kind, Inc	
Bar, Z bar, Clif Inc	
Gluten-free animal crackers, Simple Truth by Kroger Co	Fe Ca III (A) E &
Bar, Fruit & Nut,	

Gluten-free Original sandwich bread, Rudi's

Spelt bread

Kind, Inc.

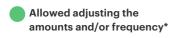
Fruit cake

Chocolate cake

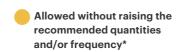


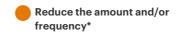
B9 © (A) 🙀 🛞

Recommendations



multigrain bread





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Food list



Carbohydrate-rich foods

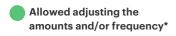


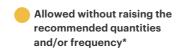
CARBO+

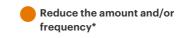
Cereals and derivates

FOOD NUTRIENT CONTENT FOOD NUTRIENT CONTENT Cookie, chocolate, B⁹ E ^{F⊕} ^{C□} [⋒] [⋒] [♠] Biscuit, fruit jam 周 @ 国 & with icing or filled, comercial coating Bar, Energy Bar, Ca Mg (AT) A Cereal, Honey Almond, Kind, Inc Clif Inc Cereal, Dark Cruller B9 (Fe) (Ca) (A) (A) (B) (A) chocolate almond, Kind, Inc B9 (e) (a) (ii) (iii) (iii) (iii) **Cookies, Marie** B9 🖺 🐼 🗟 🕸 **Doughnut** biscuit **Gluten-free White** Muffin 篇 融 图 品 B9 (a) A (A) A **Soft & Delicious** Sandwich Bread **Croissant with** B9 (e) (a) (ii) (iii) (iii) (iii) **Ricotta Stuffed Roll** chocolate B⁹ E ^F ○ ○ ÎÎ ↔ II ↔ Cookie, with Croissant A B⁹ © 🖺 🐼 chocolate **Cereal, Cranberry** Applesauce cake, B9 @ A A A almond, Kind, Inc with icing or filling B9 (Fe) (Ca) (A) (A) (B) (A) Doughnut, with Pudding, suet, B9 @ A A A chocolate homemade Cookie, digestive type, with chocolate

Recommendations







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Food list



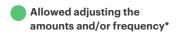
CARBO+

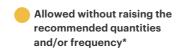
Carbohydrate-rich foods

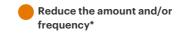
Legumes and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Lentil, boiled		Beans, blackeye, whole, dried, boiled in unsalted water	B ₉ ©
Beans, red kidney, canned in water, re-heated, drained		Chickpea, boiled	B ₉ ⊕ ⊚ <u>¶</u>
Beans, red kidney, dried, boiled in unsalted water	⊕ B₂	Pea, frozen, boiled	B ₉ ©
Beans, haricot, whole, dried, boiled in unsalted water	Fe) Ca)	Pea, canned	© B9 🗓
Beans, mung, dahl, dried, boiled in unsalted water	⊕ B₂	Baked beans, canned in tomato sauce	© B9 🖺
Pinto bean, steeped, boiled	B6	Baked beans, canned in tomato sauce, reduced sugar, reduced salt	© B9 n
Broad bean, dried, steeped, boiled	B 9 ©	Beans, kidney, red, canned, solids and liquids	© B9 🗓
Beans, aduki, whole, dried, boiled in unsalted water	Ca Mg	White bean, tinned	⊕ B9 Fe
White bean, boiled	⊕ B ₉ ⊕ □ □ M ₉ €	Soybean, dry, soaked, boiled	(B) Be B ₉ (E) (Ca) (Mg) (A)
Chickpea, canned	Be ⊕ Ba ⓒ 및	Chickpea flour, Bobs Red Mill Natural Foods, Inc	

Recommendations







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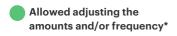


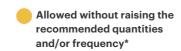
CARBO+

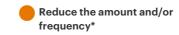
Carbohydrate-rich foods

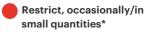
Legumes and derivatives











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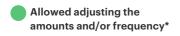


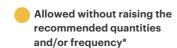
CARBO+

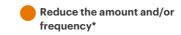
Carbohydrate-rich foods

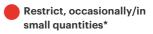
Tubers and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Truffle	Fe Ca	Sweet potato	A B ⁹ ©
Red potatos, baked	Be Ba C ©	Potatoes, old, mashed with reduced fat spread	B ₉ ©
Potato, red, flesh & skin, baked	Be Ba C ©	Tapioca flour, organic, by The Hain Celestial group, Inc	
Potato, russet, cooked in skin, microwaved	B ₈ B _e C © Ü	Sweet potato, baked, flesh, cooked	B ₉ B ₆ C © III
Parsnip	B ₉ C ©	Potato, roast	B ₉ B ₆ C (3) [1]
Parsnip, boiled in unsalted water	B ₉ © ⁹	Potato, boiled	B ₉ B ₆ C © 🗓
Potatoes, new and salad, boiled in salted water, flesh and skin	B ₉ ©	Potato, cooked, fat added	B ₉ B ₆ C (a) (iii
Potatoes, new and salad, boiled in unsalted water, flesh and skin	B ₉ ©	Potatoes, old, mashed with butter	B ₉ ©
Pierogi with potato and cottage cheese stuffing	B6 B9 B12 ©	Beetroot, canned	© B 9 🗓
Arrowroot flour	© B9 🖺	Potato, prefried, frozen	C B ⁹ © ÎÎ









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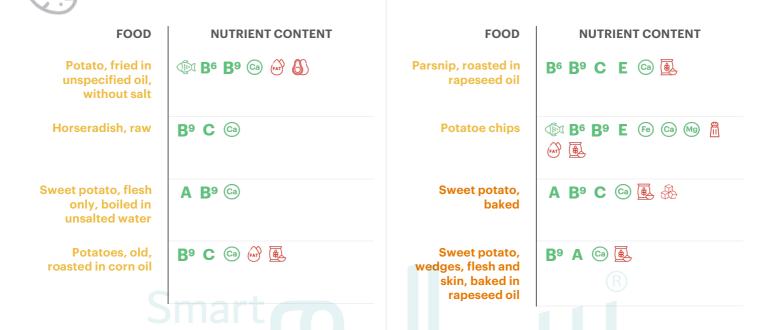
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Food list

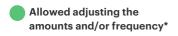
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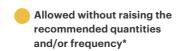
Carbohydrate-rich foods

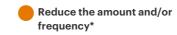
Tubers and derivatives



Recommendations







Restrict, occasionally/in small quantities*

30 / 66

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• Sample date: 03-07-2024

Food list

3

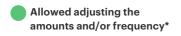
PROTEIN+

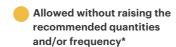
Protein-rich foods

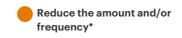
Milk and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Quark, light	B9 B12 ©a	Cottage cheese	B ¹² B ⁹ © ÎÎ
Milk, semi- skimmed, lactose- reduced	B ⁹ B ¹² D ©a	Clarified butter	B ₆ D E ⊚ 🐼 🔕
Milk, skimmed, pasteurized	B ⁹ B ¹² D ©a	Milk, soya, non- dairy alternative to milk, unsweetened, fortified	® B9 B12 D ⊚ ₩
Almond milk	B ₉ D E ©	Egg custard	B6 B9 B12 @
Milk, semi- skimmed, pasteurized	B ¹² B ⁹ D 🔞 🔊	Coconut milk	D B12 Ca) (AAT)
Yoghurt, skimmed, vanilla flavour	B ⁹ B ¹² D ©a	Brie cheese	A B6 B9 B12 © 1
Soy Yoghurt	© B9 (A)	Camembert cheese, 20-30% fidm	A B ⁶ B ⁹ B ¹² © 1
Milk, whole	D B ¹² ©	Greek yoghurt, plain	B12 B9 Ca (A)
Cottage cheese, semi-fat	B9 B12 ©a	Cream cheese spread, fat free	B ¹² B ⁹ ©
Kefir	A B ⁹ D ©	Cheese Feta	A B6 B9 B12 © 11 (A)

Recommendations







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Food list

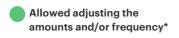


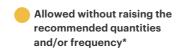
PROTEIN+

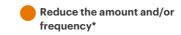
Protein-rich foods

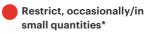
Milk and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Ghee, butter	ADE &	Sheep's milk	© B ₉ 🖏
Quark, full fat	B ¹² B ⁹ ©a 🔊	Yoghurt mousse, plain	B ₉ ©
Yoghurt, skimmed, plain flavour	B ⁹ B ¹² D ©a	Gruyere cheese	A B ⁹ B ¹² © 1
Gouda cheese	A B ⁹ B ¹² ©	Drinking yoghurt, plain, sweetened	B ⁹ B ¹² D ©
Milk, semi- skimmed, UHT	(a) B9 (A)	Cheese Mysliwski	A B ⁹ B ¹² ©
Ewes cheese	A B ⁹ B ¹² © A	Cheese Tylzycki, full-fat	A B ⁹ B ¹² © 1
Fresh cheese	A B ⁹ B ¹² D ⓒ 扁 ౹ ౹	Liquid yoghurt	B ⁹ B ¹² D ©a
Cheese, fresh	A B ⁹ B ¹² D ⓒ 扁 ౹ 😭	Cheese, like parmesan	A B ⁹ B ¹² © M ⁹ M M
Crème fraîche	(a) A (A)	Cheese, soft cheese, stracchino	Ca) (rat)
Goat's milk	D B ₉ © 💮	Yoghurt, milk, plain flavour	© B ₉ ₩









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• Date of the results: 03-07-2024

Protein-rich foods

Food list

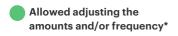


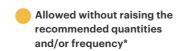
PROTEIN+

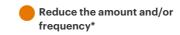
Milk and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Milk, goats, pasteurised	© B9 🔊	Cheese fondue	A B ⁹ B ¹² © 🛅 🚱
Cream cheese , edamski	A B ⁹ B ¹² ©	Provolone Cheese	A B ⁹ B ¹² ⓒ 🗂 ↔
Blue cheese	A B ⁹ B ¹² ©	Almond milk yogurt, vanilla, by Dahilicous	Ca (A)
Cheddar cheese	A B ⁹ B ¹² ©	Coconut milk yogurt, WWf Operating Company	© B ¹² (R)
Mozzarella cheese	A B ⁹ B ¹² ©	Nutritional drink or shake, liquid, soy- based	B ⁶ B ⁹ B ¹² C D E © (3)
Cheese spread	A B ⁹ B ¹² © 1	Cheese, edam type	A B ⁹ B ¹² ©
Parmesan cheese	A B ⁹ B ¹² ©	Monterey Jack- Cheese	A B ⁹ B ¹² ⓒ ੈ ਿ ↔ 🍑
Grated cheese, parmesan	A B ⁹ B ¹² ©	Pepper Jack - Cheese	A B ⁹ B ¹² ⓒ ੈ ਿ ↔ 🍑
Cream 18% fat	A B ⁹ ©	Mascarpone	A @ @ 🚳
Cream 30% fat	A B ⁹	Coconut milk creamer, organic	

Recommendations







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• Sample date: 03-07-2024

3

Food list

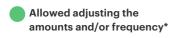


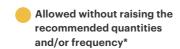
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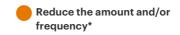
Protein-rich foods

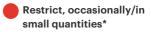
Milk and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Goat cheese, cured	A B ⁹ © 1 1 1 1	Strawberry ice cream	B9 © (A)
Emmental cheese	A @ 🖺 🚱	Roquefort cheese	A B ⁹ © 🛅 🐼 🚳
Goat cheese, uncured	A B ⁹ ©	Cheese, soft, gorgonzola	A @ fi & &
Yogurt parfait, low fat, with fruit and granola	B ⁶ B ⁹ B ¹² C (a)	Yoghurt , skimmed, flavoured n/e	B ¹² B ⁹ D @
Cheese, semisoft, caciocavallo	A @ fil w	Yogurt, Greek style, plain	© B9 (A)
Mozzarella, buffalo milk	A @ 🖺 🔊	Asedero Cheese	B ₉ (a) (ii) (iii) (j)
Cheese, hard cheese, pecorino, sheep milk	A @ 🖺 🔊	Processed cheese, portions	A B ⁹ B ¹² D © 1
Cheese, hard cheese, roman pecorino, sheep milk	A @ A	Yoghurt, skimmed, with fruits	B ¹² B ⁹ D © .
Sour cream	A B ⁹ ⓒ ὧ ὧ	Yogurt, NS as to type of milk, fruit (contain jams)	B12 B9 D © .
Drinking Yoghurt, skimmed, plain	B _a ©	Cream, half and half	B9 (a) (A) (b)









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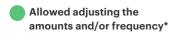
• Sample date: 03-07-2024

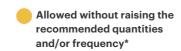
Food list

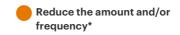
Protein-rich foods

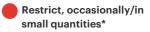
Milk and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Yoghurt mousse, with fruits	B _a D ©	Chocolate mousse	A B ⁹ B ¹² ⓒ ♠ ♠ ♠
Cream cheese spread, light	A B ⁹ B ¹² © 🛅 🐼	Frozen yogurts	B ₉ © 📆
Almond milk yogurt, organic, by Dahlicious	Ca) (A)	Yogurt, with fruit and multigrain cereal puree	B ₉ ⊚ ∰
Almond milk yogurt, organic, blueberry, by Dahlicious	Ca) (AT)	Milk, condensed, with sugar	B9 B12 @ 🖺 🔊 🖶
Milk, semi-skimmed, dried	A B ⁶ B ⁹ B ¹² D © M ⁹	Milk, canned, condensed, sweetened	B9 B12 © 🖺 🔊 🗟 👭
Drinking Yoghurt, milk, with fruits	D B9 © 6	Milk shake, chocolate	B ₉ © AN B
Yogurt, greek, strawberry, low fat	B ¹² B ⁹ ©	Milk shake, flavors other than chocolate	
Cottage Cheese,homogenized, vanilla	B¹2 B9 ⓒa ∰.	Frozen yogurts, vanilla, soft-serve	B ₉ © AN B
Swiss spread cheese	A B ⁹ B ¹² ©	Almond milk yogurt, strawberry, Lyrical foods, Inc.	
Dessert, custard pudding, vanilla, strained	© B ₉ €	Cream ice cream	B9 B12 ⓒ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮ ℮









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• Date of the results: 03-07-2024

Food list





Protein-rich foods

Milk and derivatives

FOOD

NUTRIENT CONTENT

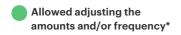
Chocolate ice cream

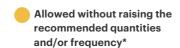


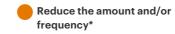


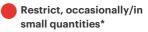












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• Sample date: 03-07-2024

Food list

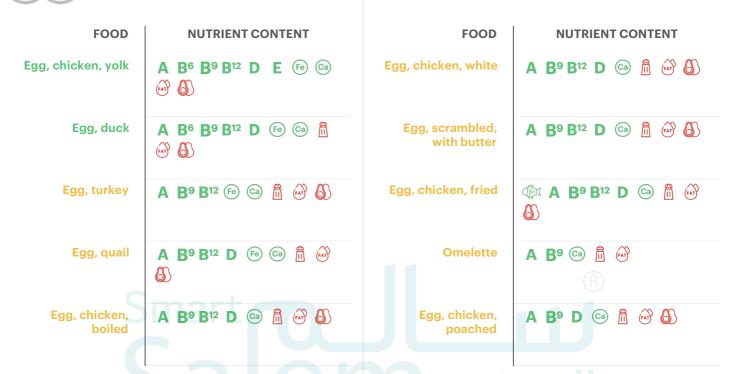




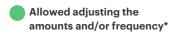
PROTEIN+

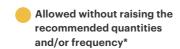
Protein-rich foods

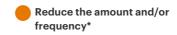
Eggs and derivatives



Recommendations







Restrict, occasionally/in small quantities*

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Food list



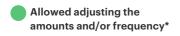


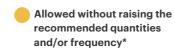
Protein-rich foods

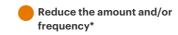
Meats and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Liver, chicken, raw	A B6 B9 B12 C (Fe) Ca)	Beef, heart, cooked	B ⁶ B ⁹ B ¹² Fe Ca
Turkey, breast, without skin, grilled	B ⁶ B ⁹ B ¹² ©	Liver, beef	A B ⁶ B ⁹ B ¹² D Fe Ca III
Cured beef	B6 B9 B12 Fe Ca Ti	Liver, lamb, raw	A B ⁶ B ⁹ B ¹² C Fe Ge A
Liver, pork	A B ⁶ B ⁹ B ¹² C Fe Ca	Red Sulmona Garlic, fresh, raw	B ⁶
Ostrich, sirloin	B ⁶ B ⁹ B ¹² Fe Ca	Wild boar, loin, stewed	B ⁶ B ¹² ©a
Turkey	B ⁹ B ⁶ B ¹² Ca n	Beef, braising steak, braised, lean only	B ⁶ B ⁹ B ¹² D (e) (a)
Bresaola, cured meat	B ¹² B ⁶ Fe Ca n	Beef, fillet steak, fried in corn oil, lean	B ⁶ B ⁹ B ¹² Fe Ca A
Beef, part n/s, roasted, with separable fat	B ⁶ B ⁹ B ¹² Fe Ge fi	Beef, fillet steak, grilled, lean	B ⁶ B ⁹ B ¹² Fe C3 A
Beef, rump steak, barbecued, lean	B6 B9 B12 Fe Ca A	Beef, mince, raw, extra lean	B ⁶ B ⁹ B ¹² ©
Pork, loin	B ¹² B ⁶ ©a 🔊	Beef, rump steak, barbecued, lean and fat	B6 B9 B12 Fe) C3 (A)

Recommendations







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Food list



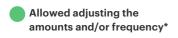


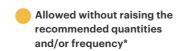
PROTEIN+

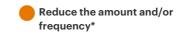
Protein-rich foods

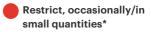
Meats and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Beef, rump steak, fried in corn oil, lean only	B ⁶ B ⁹ B ¹² Fe Ca A	Pork, sirloin, roasted	B ¹² B ⁶ ©
Beef, sirloin steak, fried in corn oil, lean	B6 B9 B12 Fe) ©a (A)	Ham, roasted	B12 B6 ©a 🔊
Liver, lamb, fried in corn oil	A B ⁶ B ⁹ B ¹² C D Fe Ca	Pigeon, part n/e, without skin, roasted	B6 B9 B12 Fe Ca (A)
Venison, part n/e, with fat edge	B 12 (Fe) (Ca)	Chicken, leg, with skin, roasted	B9 B6 B12 ©a 🔊
Heart, chicken	B6 B9 B12 Fe) ©a (A)	Veal, rib, with separable fat	B9 B6 B12 ©a 🔊
Liver, chicken, fried in corn oil	A B6 B9 B12 C Fe Ca A	Beef, fore-rib/rib- roast, roasted, lean	B6 B9 B12 D (Ca) (AT)
Liver, chicken	A B ⁶ B ⁹ B ¹² C [€] € € € € € € € € € € € € € € € € € €	Vegetarian sausage patties, Morningstar Farms	B6 B12 Fe Ca Fil (AT)
Chicken luncheon meat	B ₈ B ₉ ©	Veggie Burgers "grillers" by Morningstar Farms	B6 B12 Fe Ca Fil (AT)
Quorn, pieces, as purchased	B9 ⊕ 🛅	Chicken, fried	B ₉ B ₆ © (A)
Pork, rib	B ¹² B ⁶ ©	Turkey, leg, with skin	B ₉ B ₆ (e) (c) (w)









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• Sample date: 03-07-2024

Food list

3

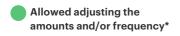
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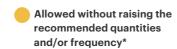
Protein-rich foods

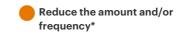
Meats and derivatives

FOOD	NUTRIENT CONTENT	FOOD NUTRIENT CONTENT	
Loin turkey	B ⁹ B ⁶ B ¹² ©	Veal, sirloin, roasted, with separable fat	
Beef, braising steak, braised, lean and fat	B6 B9 B12 Fe Ca AN (1)	Beef, part n/s, stewed, with separable fat	
Beef, rump steak, fried in corn oil, lean and fat	B6 B9 B12 Fe Ca AN 6	Beef, mince, raw B9 B6 B12 ©a	
Beef, sirloin steak, grilled rare, lean	B9 B6 B12 ©a) (AT)	Chorizo Be Be Be Be Co The Co	
Burger, beef, 98- 99% beef, grilled	B6 B12 D Fe Ca A A A	Heart, lamb B12 B9 Fe) Ca A	
Gut pie	A B ⁶ B ⁹ B ¹² D ⊕ © ∏	Cured ham B6 B9 B12 D (a) (ii)	
Mincemeat	B6 B9 B12 Fe	Beef, sirloin, grilled Be B9 B12 Fe Ca A	
Pork, chop	B6 B12 ©	Pork, loin, roasted B6 B9 B12 D a h	
Chicken, breast, grilled	Be B ₈ ©	Cooked ham B6 B9 B12 D (a) (ii) (iii)	
Oxtail	B6 B9 B12 Fe	Pork, shoulder, cooked, lean and fat eaten	

Recommendations







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• Date of the results: **03-07-2024**

Food list



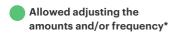


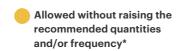
Protein-rich foods

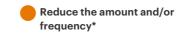
Meats and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Cured pork, loin	B ⁶ B ⁹ B ¹² ©	Quail, cooked	Be Ba te ca the case
Turkey, breast, with skin	Ba Be ⓒa	Sausage zywiecka	B6 B9 B12 ©
Veal, loin, with separable fat	B6 B9 B12 ©	Loin sopocka	B6 B9 B12 ©
Sausage krakowska, sucha	B6 B9 B12 D @ 🖺 🔊 \delta	Ham wiejska	B6 B9 B12 © 1
Pre-dried chicken sausage	B6 B9 B12 © 11 (A)	Kabanos sausage	B6 B9 B12 © 11 (A)
Bacon rashers, back, dry-cured, grilled	B ⁶ B ⁹ B ¹² D © 🖟 🔊 🔕	Chicken juniper sausage	B6 B9 B12 © 11 (A)
Beef, fore-rib/rib- roast, roasted, lean and fat	B6 B9 B12 ©	Chicken Podlaska sausage	B6 B9 B12 © 11 (A)
Beef, sirloin steak, fried in corn oil, lean and fat	B6 B9 B12 ©	Chicken ham sausage	Be Be Ca III (AT)
Beef, sirloin steak, grilled rare, lean and fat	B6 B9 B12 ©	Bacon rashers, back, fat trimmed, grilled	B6 B9 B12 © 11 (A)
Bacon, smoked, grilled	B ⁶ B ¹² ⓒ ੈ ੈ 🍪 💩	Partridge, raw	Ca Fe A

Recommendations







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• Sample date: 03-07-2024

Food list

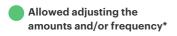


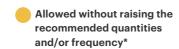
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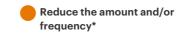
Protein-rich foods

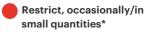
Meats and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Blood sausage, fried	B ⁹ B ¹² D [€] © ⁶ M	Bacon	B6 B12 ©
Liver sausage, liverwurst, pork	A B ⁹ B ¹² ^{Fe} ⓐ 👸 ὧ	Rabbit, stewed	B ⁶ B ⁹ B ¹² (a) (ii) (a) (b)
Vegetarian sausage patties, maple, Morningstar Farms	B6 B12 Fe Ca III (A)	Cooked ham, canned	B6 B9 B12 @ ii
Foie gras	A B ⁹ B ¹² Fe (a) fi (a)	Chicken, breast, with skin	Be Be © [A
Turkey luncheon meat	B ₉ B ₆ ©	Sausage, fresh	B ⁶ B ⁹ B ¹² ©
Salami	B6 B12 D © 11 (A)	Roasted chicken pate	A B ⁹ B ¹² Fe Ca A A A
Vegetarian burger spicy black bean	Ca) (rAT)	Turkey or chicken sausage, reduced sodium	Be Ba 🖫 🖦
Salchichon	⊕ B ⁶ B ⁹ B ¹² C D	Iberico ham (cebo)	B12 (Fe) (Ca) (Mg) (III)
Lamb, mince, raw	B ⁹ B ¹² D © \iint	Haggis, boiled	A B ⁹ B ¹² Fe Ca A A A
Salami, Cacciatore type	® B6 B12 ©	Pork sausage	B9 B12 D @ 🖺 🔊 🔕









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Food list

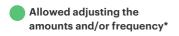


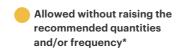


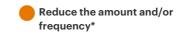
Protein-rich foods

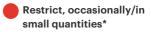
Meats and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Chicken, wing, with skin	Be Ba ⓒ ∰ 👰	Sausage zwyczajna	B9 B12 © 1 6 6
Chicken, with skin, roasted	Be Ba © 📆 👰	Corned beef, canned	B9 B12 © 🛅 🔊 🔕
Lamb, mince, stewed	B ⁹ B ¹² ©	Polish sausage, pork	B9 B12 ©3 🛅 🔊 🚳
Duck, whole, baked	B ₉ D (e) (a) (b)	Sausage	B ⁹ B ¹² D ⊚
Soppressata, Calabria, cured meat	B ₉	Bologna	B ⁹ B ¹² D ⓒ ੈ ਿ 🍪 🚳
Sausage, smoked link sausage, pork	B ⁹ B ¹² D © 11	Pork and beef sausage	B ⁹ B ¹² D ⓒ Ã ὧ ὧ
Burger, beef, 62- 85%, beef, grilled	B ¹² (Fe) (Ca) (H) (AA) (A)	Duck, roasted	B ₉ (c ₉ (<u>u</u>) (<u>w</u>) (<u>0</u>)
Lamb, rib	B ⁹ B ¹² ©	Beef, mince, stewed	B ⁹ B ¹² ©
Lamb, not specified part	B ⁹ B ¹² ©	Sausages, beef, grilled	B9 B12 © 🛅 🔊 🚳
Hen	Be Ba ca w 🕅	Pork luncheon meat	B ⁹ B ¹² © 🖺 🔊 🚳
	•		•









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• Sample date: 03-07-2024

Food list





Protein-rich foods

Meats and derivatives

FOOD

Sausages, vegetarian, baked/grilled

Pork, not specified part

Vegetarian burger "meat lovers" by **Morningstar farms** foods Inc.

Sausage, smoked, Chicken and bread

Breaded chicken.

NUTRIENT CONTENT

B9 Fe Ca A FAT A











B⁹ B¹² ⓒ 扁 ㈜ ⓓ

FOOD

NUTRIENT CONTENT

Chicken sausages

Croquettes

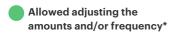
Pork marinated in misture of white wine,lemon juice, cumin, garlic, and bay leaf. Cooked

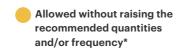
B9 (ca) | (A) (b)

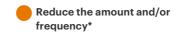
Chicken croquettes

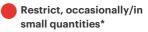
B6 B9 B12 Ca

fried









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• Date of the results: 03-07-2024

Food list



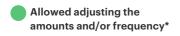


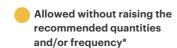
Protein-rich foods

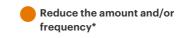
Fish and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Tuna	B ⁶ B ⁹ B ¹² D ©	Perch	B ⁹ B ¹² D ©
Cod	B6 B9 B12 D ©a	Seabass	B ₈ B ₆ D © III
Halibut	B6 B9 B12 D ©	Swordfish	B6 B9 B12 D E ©3 (AT)
Monkfish, grilled	B6 B9 B12 ©a	Trout, smoked	A B ⁶ B ⁹ B ¹² D E © 1
Tuna, canned in water	B6 B9 B12 D © 11	Pike, baked	B ¹² B ⁹ D © 11
Pout	B6 B9 B12 ©a	Salmon	B6 B9 B12 D ©a
Tuna, baked	B ⁶ B ⁹ B ¹² D © 11	Trout	B ⁶ B ⁹ B ¹² D E © 🗓 🔊
Whiting, frozen	B ⁹ B ¹² D ©	Sardine in tomatoes	B ⁶ B ⁹ B ¹² D E F ⁰ C ³
Cod, smoked	B ¹² B ⁹ D © III	Mullet, Red, flesh only, grilled	B6 B9 B12 D ©a
Grouper, griddle	Be Ba ©	Cod, fresh, baked	B ¹² B ⁹ ©a 🛅

Recommendations







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• Sample date: 03-07-2024

Food list

3

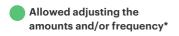
) | EIN+

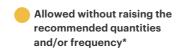
Protein-rich foods

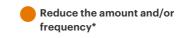
Fish and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Sea bream	B ⁶ B ⁹ B ¹² D 🕝 🛅	Codfish, fried	B ¹² B ⁹ ©
Perch, baked	B ¹² B ⁹ D © 1	Caviar	 ♠ A B⁶ B⁹ B¹² D E ♠ ♠ ♠
Anchovy in vegetable oil	B ⁹ B ¹² D E Fe Ca Mg ∏	Anchovy	B ⁹ B ¹² Fe Ca
Sole, baked	B ¹² B ⁹ D © 1	Swordfish baked	B ⁹ B ¹² D E © 11
Hake	B6 B9 B12 Fe) Ca) M9 11	Herring in oil	B ⁶ B ⁹ B ¹² D E ⓐ fi ₩
Smoked salmon	B6 B9 B12 D © 1	Anchovies, canned in oil, drained	B ⁹ B ¹² D E Fe Ca H A
Mullet	Be Ba D (ca)	Tuna, griddle	B ₉ B ₆ D © 🗓
Sardine, roasted	B6 B9 B12 D E (Fe) Ca) (Mg)	Carp, baked	B6 B9 B12 D © 11 (A)
Anchovy cooked	B ⁹ B ¹² D E [€] © [®] [®] [®] [®]	Dogfish	B6 B9 B12 D © M9 🖺 🔊
Flounder, steamed	B ¹² B ⁹ D © III	Salmon, griddle	B6 B9 B12 D © 11 (A)

Recommendations







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Protein-rich foods

• Sample date: 03-07-2024

Food list

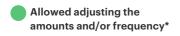


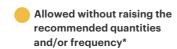
PROTEIN+

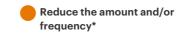
Fish and derivatives

FOOD	NUTRIENT CONTENT	FOOD NUTRIENT CONTENT
Herring, salted	B6 B9 D E № ©a №9 🗓	Europan eel, boiled A B ⁹ B ¹² D E © II W
Mackarel	B6 B9 B12 D © M9 🔊 🐧	Herring, smoked B ⁶ B ⁹ B ¹² D © ÎÎ
Mackerel, canned in oil, drained	A B ⁹ B ¹² D @ 🖺 🔊	Turbot © B9 🖺
Sardine	⊕ B ⁹ B ¹² D E	Fish, tuna, light, canned in oil, drained solids
Sardine, canned in oil, drained	⊕ B ⁹ B ¹² D E ⊕ ⊕ ਜ	Tuna, canned, oil pack B9 B12 D a fill w
Sardienen, in oil, canned	B ⁹ B ¹² D E (€) (€) (Ã)	European eel, smoked A B ⁹ B ¹² D E © M W
Mackarel, smoked	B ⁶ B ⁹ B ¹² D ⊚ 🛅 🚱	Iridescent shark B9 B12 ©a 🖺 🔊
Mackerel, baked	B ⁶ B ⁹ B ¹² D E Ca Mg A	European eel, baked A B ⁹ B ¹² D E © M W
Swordfish, griddle	B ⁶ B ⁹ B ¹² D E ©	Whiting Be Be D © The Second Be Be Be D
Ray	B6 B9 B12 © Mg 👸 🔐	Sardine canned in tomato sauce B9 B12 D Fe Ca fil O

Recommendations







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• Date of the results: 03-07-2024

Food list



Protein-rich foods

Fish and derivatives

FOOD

Paprykarz

szczecinski

NUTRIENT CONTENT

B⁹ B¹² E (a) ((a) (b) (a)







FOOD

Herring in cream

NUTRIENT CONTENT

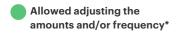
B⁹ B¹² D © A A A

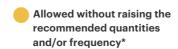


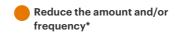


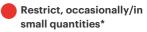












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• Date of the results: 03-07-2024

Food list



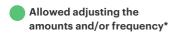
PROTEIN+

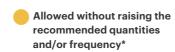
Protein-rich foods

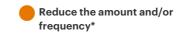
Seafood and derivatives

FOOD NUTRIENT CONTENT Cuttlefish A Be Be @ @ @ @ Squid, mixed species, raw Octopus, boiled Be Be Biz @ Cockles @ Cockles @ Cockles, boiled @ Biz @ Mollusks, blue mussel, cooked, moist heat Langoustine, boiled Biz Be Lobster, cooked Biz Be Mussel, canned in brine Mussel, boiled Biz Be Scampi or Scampi or Scampi or Scampi or				
Squid, mixed species, raw Octopus, boiled Be Be Biz	FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Species, raw Octopus, boiled Be Be Be Be Be Be Be Comment of the control of the	Cuttlefish	A B6 B9 Fe (a) (Mg) (11)	Clams	B9 B12 Ca
Cockles, boiled Page 12 Ca Ca Captish Respond to the content of		B6 B9 B12 Ca)	Squid, roasted	B ¹² B ⁹ ©a 🛅
Cockles, boiled (a) B12 (a) (ii) Mollusks, blue mussel, cooked, moist heat Langoustine, boiled B12 B9 E (a) (ii) Mussel, canned in brine Mussel, canned in brine B9 B12 C (a) (a) (ii) Mussel, boiled B9 B12 C (a) (a) (iii) Mussel, boiled B9 B12 C (a) (a) (iii) Snail B9 B12 C (a) (a) (iii) Crab B12 B9 E (a) (iii) Snail B9 B12 E (a) (iii) Oyster B9 B12 (a) (iii) Snail Scampi or Crayfish B12 B9 (a) (iii) Scampi or (a) (iii)	Octopus, boiled	B6 B9 B12 Fe Ca 🖺	Shrimp, boiled	B ¹² B ⁹ Ca
Langoustine, boiled B12 B9 E © Mussel, canned in brine B9 B12 C © © M Mussel, boiled B12 B9 E © Mussel, boiled Crab B12 B9 E © Mussel, boiled B12 B9 E © Mussel, boiled Snail B12 B9 E © Mussel, boiled B12 B9 E © Mussel, boiled Snail Snail B12 B9 © Mussel, boiled Snail Snail Scampi or © Mussel, boiled Snail Scampi or © Mussel, boiled B12 B9 © Mussel, boiled Snail Scampi or © Mussel, boiled Snail Scampi or © Mussel, boiled Scampi or © Mussel, boiled B12 B9 © Mussel, boiled Scampi or © Mussel, boiled B12 B9 © Mussel, boiled Scampi or	Cockles	Fe Ca	Scallop	B ¹² B ⁹ ©
Lobster, cooked B12 B9 E (a) (iii) Crab B12 B9 E (a) (iii) Snail B9 B12 C (Fe) (ca) (Mg) (iii) Snail B9 B12 E (Fe) (ca) (Mg) (iii) Oyster B9 B12 Fe) (ca) (Mg) (iii) Crayfish B12 B9 (a) (iii) Scampi or (ca) (iii)	Cockles, boiled		mussel, cooked,	B ⁹ B ¹² C Fe Ca H
Crab B12 B9 E Ca		B ¹² B ⁹ E C ₃	brine	B ⁹ B ¹² C Fe Ca Mg 1
Lobster, boiled B12 B9 Ca A Scampi or Ca A Scampi or Ca A Ca	Lobster, cooked	B ¹² B ⁹ E © 1	Mussel, boiled	B ⁹ B ¹² C Fe Ca Mg n
Crayfish B12 R9 (ca) A Scampi or (ca) A	Crab	B ¹² B ⁹ E Ca	Snail	B ⁹ B ¹² E ^{Fe} Ca Mg
	Lobster, boiled	B ¹² B ⁹ ©a 🛗	Oyster	B9 B12 Fe Ca Mg H
langoustine	Crayfish	B ¹² B ⁹ ©a 🛱	Scampi or langoustine	Ca III

Recommendations







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• Sample date: 03-07-2024

Food list

Protein-rich foods

Seafood and derivatives

FOOD

Squid, mixed species, cooked **NUTRIENT CONTENT**

Squid in vegetable



B12 B9 © 6

FOOD

Variegated scallop

Squid rings, fried

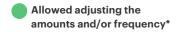
NUTRIENT CONTENT

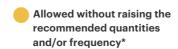
B⁹ B¹² Ca Mg ⋒ ⋒

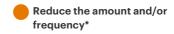


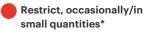












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IPID+

• Date of the results: 03-07-2024

Lipid-rich foods

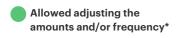
• Sample date: 03-07-2024

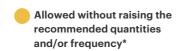
Food list

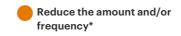
3











Restrict, occasionally/in small quantities*

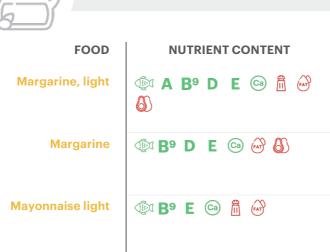
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Lipid-rich foods

• Sample date: 03-07-2024

Food list

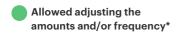


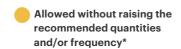


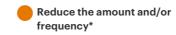
Cacao butter (FAT) (A) Suet, shredded

FOOD NUTRIENT CONTENT Butter with salt A B⁹ © A A A **Butter, light** A B⁹ © A A A Mayonnaise classic **Sheabutter** B⁹ B¹² E (a) (↑ (+1) (+1) Salad cream

Recommendations







Restrict, occasionally/in small quantities*

52 / 66

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Food list

3



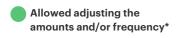
Sauces and condiments

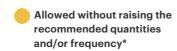
Lipid-rich foods

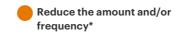
FOOD	NUTRIENT CONTENT	
Mint, fresh	⊕ A B ⁹ C	
Jalapeno Peppers	Be Ba C E ©	
Chili or hot pepper	Be Ba C E ©	
Oregano, dried	⊕ Be Ba E te ca wa 🗑	
Cinnamon, powder	⊕ B9 E Fe ©a №a ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■	
Parsley, fresh	A B ⁹ C Fe Ca	
Rosemary	A Be Be C © © Mg	
Garlic, powder	⊕ Be B ₆ e c ∞ w €	
Black pepper	⊕ Be B ₉ €	
Basil	A B9 C Fe Ca Mg	

FOOD	NUTRIENT CONTENT
Dill, dried	A B ⁶ C Fe Ca Mg A
Apple vinegar	Са
Wine vinegar	©a)
White pepper	⊕ B9 C
Bay, leaf	A Be Be C Fe Ca Mg
Coriander leaves, fresh	A B ⁹ C E C ₃
Ginger	B 9 (ca)
Thyme, dried	⊕ A B ⁶ B ⁹ C E ⊕ ©
Fennel	B 9 (Ca)
Chili pepper, red	B6 B9 C (Ca)

Recommendations







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Food list

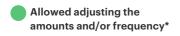


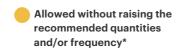
Lipid-rich foods

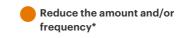
Sauces and condiments



Recommendations







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Lipid-rich foods

• Sample date: 03-07-2024

Food list

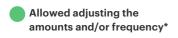
3

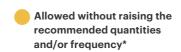
Sauces and condiments

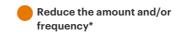




Recommendations







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• Sample date: **03-07-2024**

Food list

3

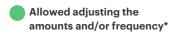
EXTRAS

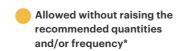


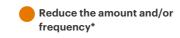
Sugars and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Gelatin Desserts Sugar Free	(Ca)	Sugar, Demerara	
Cocoa powder	B ₆ (ca) (wa) (wa)	Low-sweetened peach jam	© B ₉ €
Plum jam	© (F) (B) (A)	Soluble cocoa, with sugar, powder	B ₆ B ₉ C ⊚ 🗓 🗐 🛞
Nougat, alicante type	E B ⁹ ⓒ € &	Chewing gum	■ &
Sugar, white		Custard	B ¹² B ⁹ D © 3
Sugar, brown	© B ⁹ ♣	Jelly	© B ₉ €
Honey	© B ₉ €	Marmalade, strawberry, light	C B ⁹ ■ &
Low-sugar plum jam		Drop	Ca Fe Mg &
Low-sugar cherry jam	© B ₉ €	Maple syrup	
Gelatin Desserts Dry Mix Prepared With Water	© B ⁹ ■	Fruit gum	■ &

Recommendations







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• Sample date: **03-07-2024**

Food list



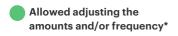


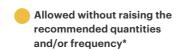
EXTRAS

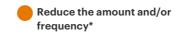
Sugars and derivatives

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Syrup, golden		Shortbread	A B ⁹ D E ©
Marmalade, strawberry	© B ₉ € &	Gingerbread Alpejskie	B ₆ (ca) [II] (va) (a)
Marmalade, orange	© B ₉ € &	Chocolate, milk, with nuts, not almond or peanuts	B ⁹ B ¹² Fe Ca Mg ₩ ₩ ♠ ♠
Liquorice		Chocolate paste with hazelnuts	B9 (©) (M9 (A) (B) (A)
Chocolate, bitter, with almonds	⊕ B ⁹ E Fe © Mg	Smarties	
Yeast cake	B ₉ ⓒ ੈ 🖫 💮	Chocolate bar, type children chocolate	
Chocolate and cream pudding	B ₉ ⊚ 🗓 👰	Chocolate bar, type kit kat	B ⁹ B ¹² ⓒ ⋒ 🗒 🍇
Chocolate with milk and almonds	⊕ B ⁹ B ¹² E	White chocolate	B ⁹ B ¹² ⓒ ⋒ ♣
Chocolate bitter, with sugar		Milk chocolate	B ₉ (co) (mg) (mg) (mg) (mg) (mg)
Chocolate, bitter	Pe Ca Mg A A	Sesame seed cookies	(Be Ba () () () () () () () () () (

Recommendations







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• Sample date: 03-07-2024

Food list





Sugars and derivatives

FOOD

Chocolate

NUTRIENT CONTENT











B9 @ A A A

FOOD

NUTRIENT CONTENT

Jaffa cakes





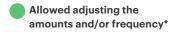


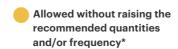
Oreo

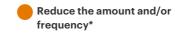


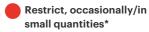












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• Sample date: 03-07-2024

Food list

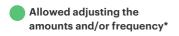


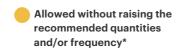


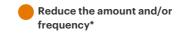
Nuts and oilseeds

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Lupin	Be Be be co wo	Almond, toast	⊕ B9 E
Sunflower seeds	₩ B6 B9 E € Ca M9	Sunflower seeds, peeled, with salt	Be Be E e ca wa
Hazelnut		Peanut, unsalted	
Sweetened almond milk	B ₉ D E ©	Peanut, fried, salted	
Brazil nuts, kernel only	Be Ba E to co wo to	Peanut, toasted, salted	
Brazil nut	Be Ba E to ca wa to the care was the care wa	Pine nut	B ₉ E (e) (ca) (Mg) (A) (D)
Walnut	(B) Be Be Ee (a) (M) (A)	Unsweetened almond milk	D B ₉ E ©
Macadamia Nut	⊕ Be B ₉ ⊕ ⊚ ₩ 🕖	Chia seeds	⊕ B6 B9
Sesame, seed		Pumpkin seeds	⊕ B₂
Almond	⊕ B ⁹ E Fe ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	Pecan nuts, kernel only	B9 E Fe Ca Mg A D

Recommendations







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• Sample date: **03-07-2024**

Food list

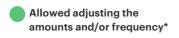


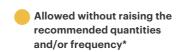


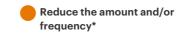
Nuts and oilseeds

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Pekan nut		Pistachio nut	⊕ Be Be E ⊕ © we
Almond, fried, salted		Bar, Fruit, Nut & Veggie bar, Naked	
Peanut butter, smooth	 ⊕ B₀ B₀ E	Bar, Almond, Kind Inc.	
Cashew nut	Be B ₈ (ca) (wa) (vy) (f) (Q)	Almond Paste	B ₉ E © M M M M M M M M M M M M M M M M M M
Bar, Nuts over Chocolate, Luna, Inc.	A B ⁶ B ⁹ B ¹² C D E Fe	Bar, Peanut Butter Dark Chocolate, Kind Inc	
Chestnut flour	Be Ba C & @ @ # %	Cashew Milk	
Chestnut	Be Ba C ⊚ 🗑 🏵	almond creamer, by Danone Us, LLC	
Chestnut, roasted	Be Ba C ⊚ 🗑 🎨	Bar, Protein, Kind, Inc.	

Recommendations







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Food list



EXTRAS

Snacks

Pop corn

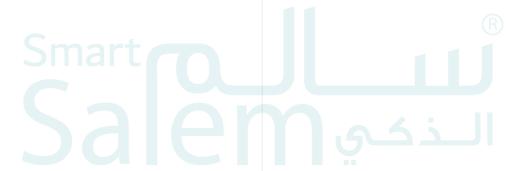
Potato chips salt

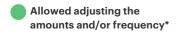
⊕ B⁶ B⁹ C E ○ □ □ ○

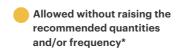
FOOD

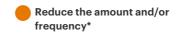
NUTRIENT CONTENT

B9 (a) (ii) (iii) (iii)









Restrict, occasionally/in small quantities*

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Food list

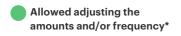


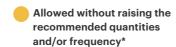


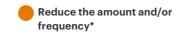
EXTRAS

Non-alcoholic beverages

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Carrot, fresh juice	A B6 B9 ©	Tea, without sugar	
Lager, alcohol-free	B ₉ ©	Cola, diet	(Ca)
Tap water	(Ca)	Tea - without sugar	B ₉ ©
Mineral water	(Ca)	Coffee, substitute, instant	® Be B ₉ ⊕ © № €
Sparkling water, bottled		Coffee, powder	Ca Fe Mg
Coffee, seed or powder, decaffeinated	baler	Apple Spritzer	(Ca)
Coffee, brewed, decaffeinated		Coconut Water	(Ca)
Infusion, tea, herbal	B ₉	Coffee infusion, with milk	B ₉ ©
Soft drink, carbonated, orange flavoured	(Ca)	Tomato, fresh juice	C B ⁹ © II
Lemon juice, fresh	B _a C ©	Sport drink	







Restrict, occasionally/in small quantities*

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• Sample date: 03-07-2024

Food list

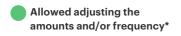
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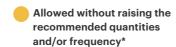


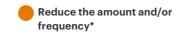
EXTRAS

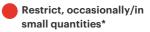
Non-alcoholic beverages

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Soluble coffee, powder	B ₉	Apple juice	(Ca)
Coffee, brewed	B ₉	Pineapple juice	B ₉ C ©
Soy milk	B ¹² B ⁹ D ©	Coconut milk, reduced fat, retail	Ca (A)
Orange juice	Be Ba C	Grapefruit juice	B ₉ C ©
Energy drink	B ¹² B ⁶ ©	Soft drink, orange flavoured, non carbonated	
Tea infusion, with milk	B ₉ ©	Soda	
Non-alcoholic beer	B ₉ ©	Cranberry juice	© C
Soft drink, tonic water type		Cola	Ca) (A)
Carbonated drink, lemon		Cranberry fruit juice drink	C B ₉ ©
Blackcurrant juice	C (3)	Coca-cola, Pepsi- cola	









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• Date of the results: 03-07-2024

Food list



Non-alcoholic beverages

FOOD

NUTRIENT CONTENT

Lemonade

B9 🗐

Fruit juice

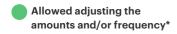
© C

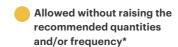
FOOD

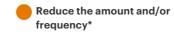
NUTRIENT CONTENT

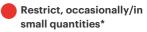
Soluble cocoa, with sugar, powder, light B9 © M9 🖺 🖳 🛞











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• Date of the results: 03-07-2024

Food list

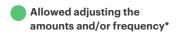


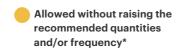


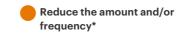
EXTRAS

Alcoholic beverages

FOOD	NUTRIENT CONTENT	FOOD	NUTRIENT CONTENT
Beer, bitter, strong (>5% ABV)	(Ca)	Beer, bitter, average (<4% ABV)	♀ ©a
Cognac	₽	Lager, low alcohol	₽ B 9 © a
Gin	₽	Lager, premium	B 9 €a
Rum	₽	Lager, standard	₽ B ⁹ ©
Tequila		Stout, Guinness	B 9 €a
White wine	B B	Red green wine	₹ Ca
Wine, rose	B 9 € B9 € B9	White green wine	♀ ©
Red wine	B B₀ ⓒ	Sparkling wine, cava type	B ₉ ©
Vodka	9	Beer	B 8 €
Whisky	9	Beer, low alcohol	B B € B







Restrict, occasionally/in small quantities*

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• Sample date: 03-07-2024

Food list



Alcoholic beverages

FOOD

NUTRIENT CONTENT

Sidra

Sangria

B9 (Ca)

B9 (Ca)

FOOD

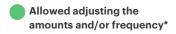
NUTRIENT CONTENT

Fruit liqueur

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Recommendations



Allowed without raising the recommended quantities and/or frequency*

Reduce the amount and/or frequency*

Restrict, occasionally/in small quantities*

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