|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Considerations**  |  **Share per month** | **Average amount each time** | **Never**  | **Rarely**  | **Per month** | **Per week** | **Per day** | **Amount** | **Food** |
|  |  |  |  |  |  |  |  | Palm  | **White bread (Lavash, baguette and ...)** |
|  |  |  |  |  |  |  |  | Palm  | **Wholemeal bread (barley bread, Sangak, Barbari, Taftoon or local bread, etc.)** |
|  |  |  |  |  |  |  |  | 1 skimmer | **Rice**  |
| ordinary☐whole grain ☐ |  |  |  |  |  |  |  | 1 | **Biscuits**  |
| medium☐drier☐ |  |  |  |  |  |  |  | 1 | **Cakes and sweets**  |
|  |  |  |  |  |  |  |  | medium slices | **Pizza**  |
|  |  |  |  |  |  |  |  | Glass | **Full milk** |
|  |  |  |  |  |  |  |  | glass | **Low-fat milk** |
| low-fat☐Normal☐High-fat☐ |  |  |  |  |  |  |  | 1 tbsp | **yogurt** |
| Ordinary☐Creamy☐ |  |  |  |  |  |  |  | Match box | **Cheese Breakfast**  |
|  |  |  |  |  |  |  |  | Match box | **Butter**  |
|  |  |  |  |  |  |  |  | Tea Spoon  | **Cream**  |
|  |  |  |  |  |  |  |  | 1 medium | **Ice cream**  |
|  |  |  |  |  |  |  |  | Tea spoon  | **Honey**  |
|  |  |  |  |  |  |  |  | 1 medium | **Tree fruits (apples, oranges, etc.)**  |
|  |  |  |  |  |  |  |  | 1 medium cut | **Seasonal fruits (watermelon, melon, cherry, etc.)**  |
|  |  |  |  |  |  |  |  | Can  | **Fruit compote** |
|  |  |  |  |  |  |  |  | Glass | **natural fruit juice** |
|  |  |  |  |  |  |  |  | Glass | **Industrial fruit juice**  |
|  |  |  |  |  |  |  |  | Glass | **Carbonated drinks**  |
|  |  |  |  |  |  |  |  | Glass | **Beer or hearty**  |
|  |  |  |  |  |  |  |  | Glass | **diet drinks** |
|  |  |  |  |  |  |  |  | Glass | **Tea**  |
|  |  |  |  |  |  |  |  | Glass | **Coffee**  |
|  |  |  |  |  |  |  |  | Glass | **Milk coffee**  |
|  |  |  |  |  |  |  |  | Glass | **Instant coffee** |
|  |  |  |  |  |  |  |  | 1 cube | **Cube Sugar**  |
|  |  |  |  |  |  |  |  | 1 tablet | **Diabetic sugars (saccharin)**  |
|  |  |  |  |  |  |  |  | Tea spoon | **Sugar**  |
|  |  |  |  |  |  |  |  | 1 medium | **Boiled potatoes**  |
|  |  |  |  |  |  |  |  | 1 medium | **Potatoes in other foods** |
|  |  |  |  |  |  |  |  | 1 medium slice | **Homemade French fries**  |
|  |  |  |  |  |  |  |  | 1 medium slice | **Potato cutlets or meat cutlets**  |
|  |  |  |  |  |  |  |  | 1 medium slice | **Vegetable cutlet**  |
|  |  |  |  |  |  |  |  | 1 plate | **Rice milk**  |
|  |  |  |  |  |  |  |  | 1 plate | **Soup**  |
| Raw☐Baked☐ |  |  |  |  |  |  |  | 1 salad plate | **Vegetables**  |
|  |  |  |  |  |  |  |  | 1 medium | **tomato** |
|  |  |  |  |  |  |  |  | 1 medium  | **Cucumber**  |
|  |  |  |  |  |  |  |  | 1 small bowl | **Salad (including cucumber, tomato or lettuce)**  |
|  |  |  |  |  |  |  |  | 1 small bowl | **Lettuce** |
|  |  |  |  |  |  |  |  | 1 small bowl | **Spinach (borani) or spinach in other foods 1 cup** |
| mayonnaise☐ ketchup☐ |  |  |  |  |  |  |  | 1 tsbp | **Salad dressing**  |
|  |  |  |  |  |  |  |  | 1 | **boiled egg** |
|  |  |  |  |  |  |  |  | 1 | **fried egg or omelet** |
| German☐Cocktail☐ |  |  |  |  |  |  |  | 1 piece  | **Meat products (sausages, bologna, etc.)**  |
|  |  |  |  |  |  |  |  | 1 medium cut | **Fish**  |
|  |  |  |  |  |  |  |  | 1 can | **Canned tuna**  |
|  |  |  |  |  |  |  |  | 1-piece | **other seafood** |
|  |  |  |  |  |  |  |  | 1 stew piece  | **Lamb meat**  |
|  |  |  |  |  |  |  |  | 1 stew piece  | **Beef and veal**  |
|  |  |  |  |  |  |  |  | 1 stew piece  | **Hunting meat or other red**  |
| Head 150 g☐Legs 50 g☐Tongue 90 g☐Brain 20 grams☐ |  |  |  |  |  |  |  | 1 whole | **Kale pacheh** |
|  |  |  |  |  |  |  |  | 1 medium piece | **Heart and gizzard liver**  |
|  |  |  |  |  |  |  |  | 1 medium piece | **Chicken barbecue and cooked chicken**  |
|  |  |  |  |  |  |  |  | 1 small bowel | **Nuts**  |
|  |  |  |  |  |  |  |  | 1 tbsp | **Dried fruits**  |
|  |  |  |  |  |  |  |  | Medium package | **Snacks such as chips or**  |
|  |  |  |  |  |  |  |  | glass | **Mineral water**  |
|  |  |  |  |  |  |  |  | 1 medium piece  | **Chocolate number** |
|  |  |  |  |  |  |  |  | 1 tbsp | **Pickles**  |
|  |  |  |  |  |  |  |  | glass | **Doogh**  |
|  |  |  |  |  |  |  |  | 1 skimmer | **Spaghetti pasta** |
|  |  |  |  |  |  |  |  | 1 tbsp | **Cereals**  |
|  |  |  |  |  |  |  |  | 1 tbsp | **Salty pickles**  |