|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |