



Permitted and non-permitted food groups

Food group	Allowed	Prohibited
Dairy and dairy products	<ul style="list-style-type: none">· Lactose-free, skim milk (0%).· Natural Yogurt 0%.· Ricotta cheese (pasteurized).· Cottage cheese (pasteurized).· Turrialba cheese (pasteurized).· Buffalo cheese (Fresh mozzarella cheese, pasteurized).· Sour milk (pasteurized).· Dairy ice cream without sugar, 0% (Vanilla or strawberry ice cream Dos Inline, Dos Pinos Yogurt Popsicles).	<ul style="list-style-type: none">· Whole milk.· Evaporated milk.· High fat cheeses: Manchego, Swiss, Cheddar, mature cheeses.· Custard.· Cream cheese.· Goat cheese.· Regular yogurt.· Ice cream.
Non-floury vegetables	<p>All cooked and seeded</p> <ul style="list-style-type: none">· Squash.· Eggplant.· Ayote tender.· Tender chayote.· Mushrooms.· Mustard greens.· Beet.· Natural tomato in sauce.· Carrots.· Zuchinni.· Onion.	<ul style="list-style-type: none">· Radishes.· Broccoli.· Spinach.· Raw chili.· Raw onion.· Hot peppers.· Lettuce.· Cucumber.· Mini cabbage.· Vanica.· Chard asparagus.· Leek.

	<ul style="list-style-type: none"> · Sweet chili. 	<ul style="list-style-type: none"> · Watercress. · Cabbage. · Celery. · Cauliflower. · Kale. · Arugula. · Basil. · Peppermint / Mint. · Raw tomato. · Raw leaves in general. · Canned hearts of palm. · Canned vegetables: petit pois, mixed, mushrooms, pickled, chili peppers.
Floury vegetables	<ul style="list-style-type: none"> · Potato. · Sweet potato. · Cassava. · Ripe plantain. · Green plantain. · Chayote sazón. · Ayote sazón. · Tiquisque. · Ñame, ñampí. 	<ul style="list-style-type: none"> · Elote, sweet corn. · Soy bean.
Flours	<ul style="list-style-type: none"> · Rice, beans, chickpeas, lentils (soak 12 hours, cook with new water). · White bread. 	<ul style="list-style-type: none"> · Quinoa. · Risotto. · Brown rice.

	<ul style="list-style-type: none"> · Flour tortillas, corn tortillas. · Regular oatmeal. · Cornflakes cereal. · Arepas without filling. · Pancakes. · Maria and soda crackers, rice crackers. · Regular pasta. · Cous-cous. · Bread homemade bread. 	<ul style="list-style-type: none"> · Canned beans, processed ground beans. · Canned chickpeas. · Granola. · Sugared cereals. · sweet and savory pastries · cookies with fillings · Whole wheat pasta, whole wheat bread, whole wheat crackers. · Popcorn · Packaged fried snacks such as Tronaditas, Picaritas, Meneitos, Cheese balls, Bravos. · Doritos, chips.
Products of animal origin animal	<ul style="list-style-type: none"> · Fish: Tilapia, Snapper, Sea bass, Dorado, Marlin, Sole. · Chicken: boneless breast without skin. · Soft beef without fat: Tenderloin, entraña, vacuum, quititeña. · Shredded pork, kidney cutlet, pork loin. · Whole egg. · Canned tuna in water without salt. 	<ul style="list-style-type: none"> · All types of meat with visible fat and prepared fried, for example: cracklings, chicken thigh, beef or pork ribs, salmon, fresh tuna, shrimp, oysters, octopus, mussels, squid. · All types of sausages (sausage, chorizo, hams, blood sausage, mortadella, bacon). · Offal (tripe, liver, chicken giblets). · Sardines, canned tuna with vegetables, smoked, with garlic, with spicy chili.
Beverages	<ul style="list-style-type: none"> · Chamomile. · Sweet water. · Non-acidic flavored tea: apple tea, peach, hibiscus rose, mango. · Strained Chan. 	<ul style="list-style-type: none"> · Coffee. · Black tea, green tea, red tea, white tea. · All kinds of acid drinks: orange juice, passion fruit juice, carambola, lemonade, grape juice, grapefruit juice, tamarind fresh,

	<ul style="list-style-type: none"> · Flaxseed (boil seeds and strain). · Mozote. · Rice water. · Fresh oats. · Fresh barley. · Aloe. · Decaffeinated coffee without sugar or artificial flavorings (caramel, moccachino). · Apple juice without sugar. · Pear juice without sugar. 	<p>blackberry fresh, cas fresh, watermelon fresh, green smoothies.</p> <ul style="list-style-type: none"> · All kinds of powdered drinks: Tang, Clight, chocolate powder. · Soft drinks. · Alcoholic beverages.
Condiments	<ul style="list-style-type: none"> · Salt. · Fresh garlic. · Dry thyme. · Dried rosemary. · Dried oregano. · Dried basil. · Dried bay leaf. · Nutmeg. 	<ul style="list-style-type: none"> · Paprika, pesto, hot chili, tahini, garlic powder, onion powder, cinnamon powder, onion powder, cinnamon. · All types of artificial condiments: cubes, bouillons, consommés, peppers, English sauces, Chinese sauce, soy sauce, ketchup, mayonnaise, mustard). · Dehydrated soups, packaged chicken or beef broth.
Sugar	<ul style="list-style-type: none"> · Brown sugar. · Honeys. · Jellies. 	<ul style="list-style-type: none"> · Candies. · Chocolates, filled chocolates, marshmallows, syrup, caramel-chocolate sauces, whipped cream, frozen desserts, custards, flavored gelatin. · Condensed milk. · Dulce de leche.
Fats	<p>In moderation:</p> <ul style="list-style-type: none"> · Avocado. 	<ul style="list-style-type: none"> · Sweet cream. · Pate.

	<ul style="list-style-type: none"> · Oil (canola, olive, peanut, flaxseed, soybean, corn). · Butter or ghee. 	<ul style="list-style-type: none"> · Pork rinds. · Lard. · Vegetable shortening. · Mayonnaise.
Other foods	<ul style="list-style-type: none"> · Moisturizer: AlipreQx 1 sachet in 500mL of water. · In case of diarrhea: 1 sachet of Banatrol every 8 hours. 	<ul style="list-style-type: none"> · Frozen prepared meals. · Dehydrated soups. · Junk food.

Dra. Daniela Gölcher
 Specialized Nutrition Consultant.
 CPN 1784-14
daniela.golcher@asesoresdesaludcr.com