

Nutrition advices - GIHT

Not allowed food	Allowed food	Allowed food but in small amounts
Offal:	White bread	Rye bread
Liver	Baked products Biscuits Wheat germ Wheat semolina Macaroni Corn flour Rice	
Kidneys	Eggs	Cauliflower
Brain	Milk	Spinach
Tongue	Cheese, not old	
Meat extracts:	Greens	
Bacon	Carrot	Chicken
Pork	Celery	Ham
Beef	Potato	Sheep meat
	Peas	Crabs
Pheasants	Zucchini	Mushrooms
Ducks	Tomato	
Geese	Cucumbers	
Sardines	Radishes	
Shells	All kinds of fruit	
	Juices	
Alcohol drinks	Cocoa	
Lens	Chocolate	
	Lamb	
	White turkey meat	

Not allowed canned meat, canned fish and canned cheese.  
Fat intake restricted. Coffee and tea omitted.

Yours,

MEDIKOM

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