

**DIET GUIDELINES FOR PERSONS WITH HIGH BLOOD PREASURE
(HYPERTENSIO ARTERIALIS)**

Type of food	ALLOWED FOOD	NOT ALLOWED FOOD
milk and products of milk	milk with low percentage of fats, joghurt, sour milk, unsalted cheese with low percentage of fats	butter, kajmak (cream), margarine, high percentage fat cheese
eggs	white part	yellow part
bread, pastry, paste food	bread, pastry, sweets in small amounts	bread, pastry, sweets in big amounts
meat, fish, frutti di mare	young and nofat meat, chicken, young beef, lamb and fish. boiled meat. slight soups, made of vegetables and young meat. Blue and white fish, turkey, veal, lamb, poultry, gammon, smoked ham, chicken rumpsteak and bust, turkey bust	pigs, entrails, ham, conserved food, fatty soups with spices
vegetables and fruits	unrestricted vegetables, salads and fruits	/
oils and fats	low percentage of oils, (not for roast), without fats	roasting, grill
spices	minimum of salt, lemon, vineger	mayonese
sweets	sweets with sweeteners, dry cookies without fats	sugar, honney, marmelade, jam, cakes, pancakes, puddings, icecreams, chocolade
drinks	tea and coffe without sugar, mineral water, natural juices without sugar. Max. 1700 ml of fluid/day. Coffe 2x. Obligatory a glass of red wine daily.	alchocolic drinks in big amounts

Yours,

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