Fat Free Diet

DIETA BIX-XAHAM IMNAQQAS (FAT FREE)

BIEX TIKKONTROLLA L-PROBLEMA TAL-MARRARA JEW/U TAL-FWIED TRID:

- **TIKKONTROLLA L-PIZ ZEJJED**
- **TNAQQAS IX-XAHAM FL-IKEL - specjalment dawk saturati**
- **IZZID IL-FIBRE FL-IKEL**
- **TNAQQAS L-ALKOHOL**

Biex tghinek imxi ma din il-gwida:

	TISTA TIEHU BIL-QIES	TISTA' TIEHU FTIT KULTANT	MA JGHODDX GHALIK
GRASS	Low fat spreads	Zejt u Margarine immarkat HIGH IN POLYUNSATURATES e.z. corn, olive u sunflower	Grass bhall-butir, xaham zejt u margarine maghmul mill-coconut jew palm
HUT	Il-hut kollu		Il-hut moqli u frott tal-bahar
LAHAM	Tigieg u Tjur (bla gilda), fniek.	Laham bla grass u kappuljat maghmul mil-laham dejf BISS	Il-grass ta' mal-laham, bacon, zalzett, salami, qassatat, gilda tat-tigieg, luncheon meat.
GOBON	Rikotta, low fat Yoghurts jew gobon low fat.	Gobon Edam, Comembert, Brie jew ftit Parmesan.	Gobon Cheddar, Stilton, Ementhal u gobon iehor iebes hafna. *Full fat* Yoghurt.
BAJD	l-abjad tal-bajd		Isfar tal-bajd.
HALIB	Halib *skimmed*	Halib frisk, u *semi-skimmed*	Halib tal-bott, krema, Ice-cream u Gelati
FROTT U HAXIX	Il-frott kollu. Il-Haxix frisk jew tal-friza, pizelli, fazola, favetta u ful niexef. Patata (specjalment bil-qoxra)	Zebbug u Frott tal-bott.	*Chips* u patata l-forn biz-zejt, *Crips*.
CEREALI	Dqiq ismar, Hobz *wholemeal*. Cereali *wholegrain*, ross u	Dqiq, Hobz, Ross, u ghagin abjad, Cereali tal-breakfast biz-zokkor.	Pasti, Pastini, Gallettini, Kejkijiet, Pudini u

	ghagin ismar.		Pastizzi.
XORB	Te',Kafe', Ilma, Luminati '*Sugar Free*'	Luminata biz-zokkor,	*Liqueurs*, soppa tal-pakkett, *chocolate drinks* u kokotina. Nbid birra jew xorb alkoliku.
HELU	*Sugar Free Sweetners*	*Jam*, *Marmalade*, Helu, Ghasel, Gulepp, Pastilji, Marzipan u Mustardini.	Cikkulata u *Toffee*
OHRAJN	Hwawar, *Spices*, Mustarda, Bzar u Hall	*Pastes* u *Sauces*, *Low fat dressings*.	*Salad dressing; Mayonnaise* u Krema.