

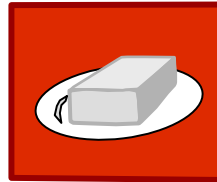
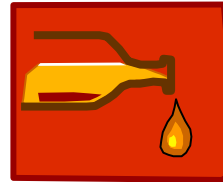
Modifizierte aid-Ernährungspyramide

geeignet bei: Insulinresistenz/Diabetes mellitus/Metabolischem Syndrom/Fettleber/Störung im Triglyceridstoffwechsel



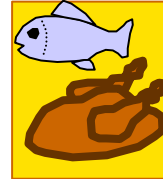
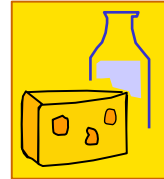
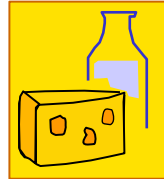
1 Portion Luxus: 1 Handvoll Nüsse/Saaten oder Schokolade (25 g) oder 1 Handvoll salzige Knabbereien oder 1 Stück Kuchen oder 1 Glas (alkoholfrei !) Sekt oder Bier

Pflanzenöle (2 -3 Esslöffel)
(Sonnenblumenöl, Distelöl,
Olivenöl, Nuss und Kernöle)

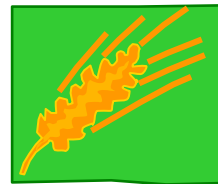
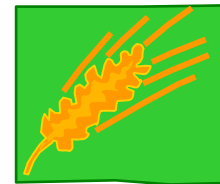
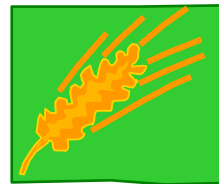
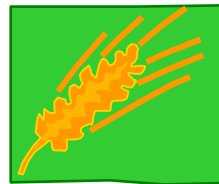


Streich- und Kochfette (2
Esslöffel)
(Butter, Margarine
oder Sahne, Mayo)

3 Portionen Milchprodukte,
z.B. 0,2 l Milch,
150g Joghurt, 50 g Käse
(nicht fettarm!)

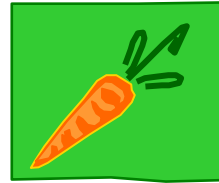
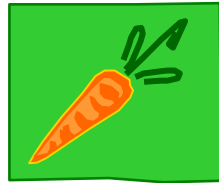
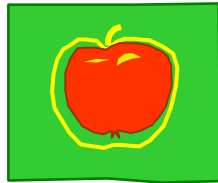
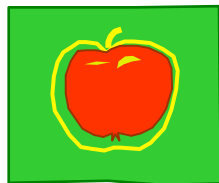


150-200g Fleisch, Geflügel, Fisch,
oder 2 Eier oder 80 g Wurst.

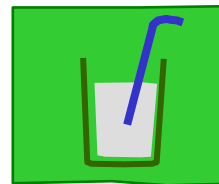
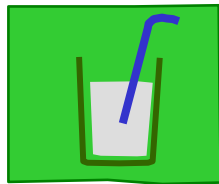
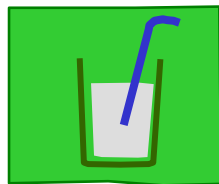
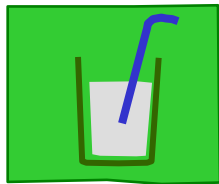


4 x 1 Portion = 1 Handvoll
Getreideprodukte/Beilagen
(Brot oder Brötchen (50 g), Müsli
(ungezuckert), Reis, Nudeln und
Kartoffeln)

2 x 1 Handvoll
frisches Obst



3 x 1 Handvoll Gemüse,
Salate, Rohkost



6 x 0,3 l
Mineralwasser,
Leitungswasser,
Tee, Kaffee,
ggf. 1 Glas
kalorienfreie
Limonade

