



# What shall we eat today?



## FEBRUARY 2023 - LOW CHOLESTEROL DIET

## GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31 White beans with chicken  White rice Sauteed vegetables Fresh fruit Water	1 Creole salad  Roasted chicken thigh  Roasted sweet corn Yogurt Water	2 Sauteed vegetables  Steak with onions  Rice with hearts of palm Fresh fruit Water	3 Mini potatoes with rosemary  Fish patties  Mixed salad Fresh fruit Water
6 Rice with mushrooms  Grilled chicken fillet  Pico de gallo Fresh fruit Water	7 Cassava sticks  Pork ribs  Mixed salad Fresh fruit Water	8 Vegetable stew  Grilled tilapia  Mashed potatoes Fresh fruit Water	9 Spaghetti in Provençal sauce  Beef fajitas  Garden salad Fresh fruit Water	10 <b>JAPAN</b> Soy and vegetable (miso) soup  Kakuri  Vegetable gyozas Moshi Water
13 Cream of squash and cheese  Egg white omelette (tomato and ham)  Garden rice Fresh fruit Water	14 Fusilli with butter  Meatballs with tomato sauce  Mixed salad Fresh fruit Water	15 Cream of carrot  Chicken breast with cheese and york ham Baked potatoes Yogurt Water	16 Lentils with chicken  Rice with peas  Garden salad Fresh fruit Water	17 Ham and cheese pizza  Mediterranean salad  Cream of vegetables Fresh fruit Water
20 Chickpea stew with pork  Rice with broccoli  Pisto manchego Fresh fruit Water	21 Heart of palm and avocado salad  Chicken lasagna in cream sauce  Corn chowder Fresh fruit Water	22 Mashed sweet potatoes  Tilapia in lemon and parsley sauce  Sauteed vegetables Fresh fruit Water	23 Roasted potatoes with chimichurri  Arrachera fajitas  Garden salad Jello Water	24 <b>CHINA</b> Cantonese rice  Chinese tacos  Sauteed vegetables with ginger and sesame Fresh fruit Water
27 Salad (Coleslaw)  Cassava  Shredded pork Fresh fruit Water	28 Roast chicken  Ratatouille  Pasta salad Fresh fruit Water and bread			

### Tips for a healthy dinner

Dinner should be a full meal, but a light one in order to promote good rest and contribute to adequate energy intake.

It will consist of a starter, main course and dessert.

It should complement the rest of the day's intake, which is why it should be made up of food groups which were not eaten at lunch:

#### If at lunch...

#### At dinner...

#### Starters

Rice/pasta, potatoes or pulses

Cooked or raw vegetables

Vegetables

Rice/pasta or potatoes

#### Main course

Meat (beef, pork, poultry)

Fish or eggs

Fish

Lean meat or egg

Egg

Fish or meat

#### Dessert

Fruit

Dairy product or fruit

Dairy product

Fruit

It's recommended to eat food that is not high in fat in order to sleep well afterwards.

Water should be the drink of choice as opposed to juice or soft drinks.

A balanced diet should be varied in order to make sure we have a good intake of all the nutrients.

It's advisable to eat fresh and seasonal food, favoring the consumption of fruit, vegetables and pulses.

It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals: breakfast.

We can't forget to include physical exercise as the companion to a balanced diet.

In every menu, the kcal of an approximate average serving is indicated.

