

LISTA DE CUMPARATURI (ALIMENTE SANATOASE)

Proteine	Carbohidrati (energie)
<input type="checkbox"/> Peste (de toate felurile, atat proaspat cat si in conserva)	<input type="checkbox"/> Banane
<input type="checkbox"/> Carne de vita	<input type="checkbox"/> Fasole, linte sau mazare
<input type="checkbox"/> Fructe de mare	<input type="checkbox"/> Paine (integrala)
<input type="checkbox"/> Carne de porc (cu portiunile de grasime inlaturate)	<input type="checkbox"/> Biscuiti (integrali)
<input type="checkbox"/> Curcan	<input type="checkbox"/> Fulgi de grau, ovaz
<input type="checkbox"/> Pui (piept sau ciocanele)	<input type="checkbox"/> Paste (de preferat integrale)
<input type="checkbox"/> Oua	<input type="checkbox"/> Cartofi
<input type="checkbox"/> Carne de miel (nu e chiar preferata mea)	<input type="checkbox"/> Orez (de preferat brun)
<input type="checkbox"/> Organe (de pui sau vita)	<input type="checkbox"/> Lipie (integrala)
<input type="checkbox"/> Carne de vanat	<input type="checkbox"/> Ciocolata neagra (mai mult de 85% cacao)

Carbohidrati (fructe)	Carbohidrati (legume)
<input type="checkbox"/> Ananas	<input type="checkbox"/> Brocolli
<input type="checkbox"/> Afine	<input type="checkbox"/> Conopida
<input type="checkbox"/> Avocado	<input type="checkbox"/> Salata
<input type="checkbox"/> Alune	<input type="checkbox"/> Spanac
<input type="checkbox"/> Banane	<input type="checkbox"/> Telina
<input type="checkbox"/> Caise	<input type="checkbox"/> Varza
<input type="checkbox"/> Capsuni	<input type="checkbox"/> Ardei (toate formele si culorile)
<input type="checkbox"/> Cirese	<input type="checkbox"/> Castraveti
<input type="checkbox"/> Coacaze	<input type="checkbox"/> Dovleac
<input type="checkbox"/> Curmale	<input type="checkbox"/> Rosii
<input type="checkbox"/> Fistic	<input type="checkbox"/> Vinete
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Fasole
<input type="checkbox"/> Gutui	<input type="checkbox"/> Linte
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Mazare
<input type="checkbox"/> Lamai	<input type="checkbox"/> Cartofi
<input type="checkbox"/> Mango	<input type="checkbox"/> Ceapa
<input type="checkbox"/> Mandarine	<input type="checkbox"/> Gulie
<input type="checkbox"/> Mere	<input type="checkbox"/> Sparanghel
<input type="checkbox"/> Migdale	<input type="checkbox"/> Usturoi
<input type="checkbox"/> Mure	<input type="checkbox"/> Hrean
<input type="checkbox"/> Nuci	<input type="checkbox"/> Morcovi
<input type="checkbox"/> Nectarine	<input type="checkbox"/> Ciuperci
<input type="checkbox"/> Pepene (galben si rosu)	<input type="checkbox"/> Pastarnac

<input type="checkbox"/> Piersici	<input type="checkbox"/> Ridichi
<input type="checkbox"/> Pere	
<input type="checkbox"/> Portocale	
<input type="checkbox"/> Prune	
<input type="checkbox"/> Smochine	
<input type="checkbox"/> Visine	
<input type="checkbox"/> Struguri	
<input type="checkbox"/> Zmeura	
<input type="checkbox"/> Curmale	

Lactate	Grasimi sanatoase
<input type="checkbox"/> Unt (nu margarina, pentru ca contine grasimi nesanatoase)	<input type="checkbox"/> Avocado
<input type="checkbox"/> Branza slaba	<input type="checkbox"/> Migdale (crude sau coapte)
<input type="checkbox"/> Branzica de casa	<input type="checkbox"/> Ulei de masline
<input type="checkbox"/> Lapte degresat (1,5%)	<input type="checkbox"/> Ulei de in
<input type="checkbox"/> Iaurt simplu (nu variantele "cu fructe" sau alte chestii, pentru ca au mult zahar)	<input type="checkbox"/> Unt de arahide
	<input type="checkbox"/> Fistic
	<input type="checkbox"/> Seminte (de floarea soarelui, de dovleac)