

Partner center: DEMO
Sample code: DEMO
Results date: 27-11-2017

nutrigen | diet complet

Laboratorios Biolnove

Camí de Can Calders 8, 2º - 1, 08173, Sant Cugat del Vallès (Barcelona)

ATENCIÓN AL CLIENTE

(+34) 934 88 46 62 | info@biolnove.com



How to read and use the NutriGen® BioInnove report?

This report is structured into the following sections:

- I. **Summary of your health habits**, including the various factors related to your weight, exercise, metabolism, and key parameters, all related and analyzed by our diagnostic platform.
- II. **Genetic results**, including the most relevant for each of the 32 analyzed genetic variations of your body and your metabolism data. The results are presented in 9 categories for easy understanding.
- III. **Personalized Diet Plan (made from your genetic and health/behaviour data)**.
 - a. **List of foods to avoid and enhance**, the nutritional description of 639 foods, beverages and sauces, classified into 18 general categories for easy interpretation and daily use. Food is suggested from the results of the test performed by BioInnove® and professional nutritionists.
 - b. **Scheduled and individually designed diet** to achieve your goal weight, maintaining a balanced, healthy and controlled nutrition.
 - c. **Nutritional equivalence tables** to adapt your diet to your daily needs and changing tastes.

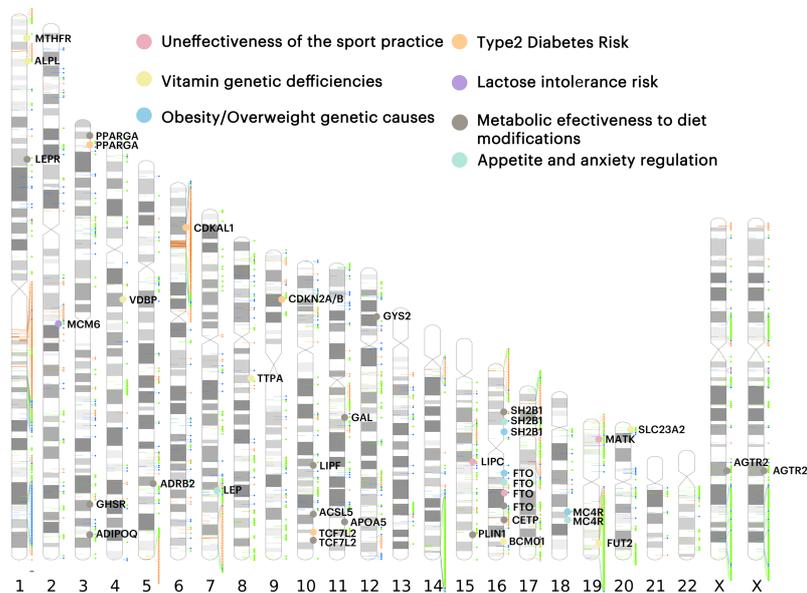
Before proceeding with your nutritional and dietary modifications, please read this report carefully and consult your specialist.

General Information

© Diet Nutrigen studies 32 top-informative DNA variations in 9 different categories:

1. Factors and causes of obesity.
2. Regulation of appetite and anxiety.
3. Limitation factors of the effectiveness of physical activity.
4. Vitamin deficiency (optional feature).
5. Risk of developing type 2 diabetes.
6. Risk of lactose intolerance.
7. Metabolic effectiveness to specific diet modifications.

Please find below the analyzed genetic variations in the BioInnove® test (*).

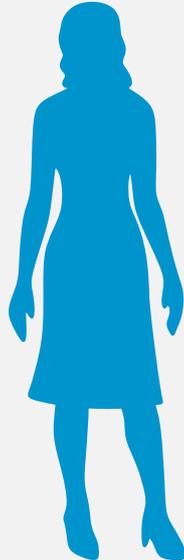


BioInnove® plans are designed using the genetic results of this study. Your personalized diet plan and suggested food habits are carefully selected in order to enhance individual strengths and minimize localized genetic deficiencies.

(*) The plot represents a global and not individualized genetic map for informative purposes. Please note that the genes that are analyzed are the same for everyone (men or women), however the results shown in part II may be different. Chromosome Y is not analyzed, therefore the test is useful either for men and women.

Weight-related variables



Gender	Woman	
Age.	43 years	
Height	170 cm.	
Current weight	65 Kg.	
Goal weight	57 Kg.	
Current BMI	22.5	
IMC Objetivo	19.7	
Weight type	Normal weight	
Body morphology	Android Obesity	

physical exercise and metabolism related factors

Daily sport activity	Light
Current DEE (Kcal.)	
Actual	2091.75 Kcal
Target	1987.35 Kcal
Variation	104.4 Kcal
Current basal metabolism (Kcal.)	
Actual	1394.5 Kcal
Target	1324.9 Kcal

Diet-related variables

Cardiovascular Risk Index (1- 6 according SEEDO)	Normal
Optimum to reduce cardiovascular risk perimeter	80

PART II. Genetic Results Report

Sample code	DEMO
Reception date	01-10-2017
Results date	27-11-2017
DNA quantity	62.27 ng/ul
Passed quality control	YES
Passed genotyping quality	YES
Final quality control	CORRECT

To summarize , then you may notice the genetic results obtained in our laboratories for each of the categories analyzed in the test.

CATEGORY	DESCRIPTION	RESULTS
Obesity/Overweight genetic causes	Genetic tendency to suffer higher levels of overweight, obesity and body mass index.	LOW
Appetite and anxiety regulation	Appetite and anxiety genetic deregulation, causing higher levels of intake of food and lower levels of fullness.	MEDIUM
Uneffectiveness of the sport practice	Some genetic variations imply greater efforts to achieve satisfactory results on the weight decrease through sport practice.	LOW
Vitamin genetic deficiencies	Genetic deregulation in metabolism carrying potential deficiencies in vitamins, and therefore, increasing their risk of developing vitamin-related diseases.	MEDIUM
Type2 Diabetes Risk	Some genetic modifications imply a greater risk of developing type 2 diabetes and its possible associated diseases.	HIGH
Lactose intolerance risk	Some genetic modifications imply a greater risk of developing lactose intolerance.	HIGH
Metabolic effectiveness to diet modifications.	Depending on the specific needs of your body, and based on your genes, a specific type of diet is determined to effectively and permanently reduce the excess of weight. The diet plan is then customized according to all the above indicators, food preferences and personal and health data.	LOW CALORIES

Obesity/Overweight genetic causes: **LOW**

Key genetic predisposition genes to obesity and weight gain are analyzed. Obesity is influenced by the interplay between external factors (such as diet and / or physical inactivity) and is highly linked to the individual genetics. Genetic highly determines how the body processes or metabolizes fats and/or nutrients. Therefore, understanding our own genetics is a must to control the obesity and as a key overweight reduction tool.

GEN NAME	DESCRIPTION	EFFECT
FTO	We analyze variations in this gene associated with uncontrolled intake and eating behavior. Associated with anthropometric parameters such as body mass index (BMI), the amount of subcutaneous fat and waist circumference. Increased cardiovascular risk and insulin resistance	
SH2B1	Variations of this gene are associated with inherited predisposition to complex obesity	
MC4R	Variations in this gene are associated with increased energy intake and carbohydrate intake as well as a natural elevation of body mass index (BMI).	

Results evaluation:

-  Presents genetic obesity and/or overweight predisposition.
-  Patient presents some genetic obesity and/or overweight predisposition.
-  Patient do not present any genetic marker related to obesity and/or overweight predisposition.

Results evaluation:

HIGH: a high part of your obesity and/or weight gain is due to their genetic causes and therefore the effects of a personalized diet, with a high degree of difficulty, will be highly satisfactory.

MEDIUM: your obesity and/or weight gain is due to some extent to their genetic heritage, and a nutritional change will be affordable with satisfactory results.

LOW: their obesity and/or weight gain is largely due to their nutritional habits. Amendment should be easier than in other cases and highly satisfying.

Regulation of appetite and anxiety: MEDIUM

We analyze the main variations related to the levels of appetite and anxiety to eat. Appetite is a phenomenon created by our nervous system which results in a desire to eat, either by necessity or by pleasure, and in which external factors (such as odors, flavors, appearance and presentation of food) are involved. It has been seen in numerous studies that the appetite or desire to eat can also have genetic causes that can determine inhibition of intake or less feeling of filling. Anxiety related to food intake can be developed by periods of stress, but it has also been seen that there is an important genetic component that makes us more prone to anxiety and translate into compulsive eating more easily. The main parameters related to genetic predisposition to deregulated levels of appetite and anxiety in food intake, increased risk of obesity, increased food intake and less fullness are analyzed below. Knowing these genetic processes focuses on your diet to allow proper handling of meals.

GEN NAME	DESCRIPTION	EFFECT
MC4R	Genetic variations related to appetite control and anxiety. The resulting protein is a receptor that causes inhibition of food intake. Variations generate greater appetite and anxiety.	
FTO	Strongly linked to obesity to have an effect on the regulation of appetite control and hyperphagia. Variations generate less fullness after food intake.	
LEP	Encodes for the leptin, a protein synthesized by adipocytes (fat natural storage cells) playing a major role in regulating weight by inhibiting food intake and energy expenditure regulation.	
SH2B1	Increased genetic tendency to snack between meals and thus increase the risk to be overweight or obese.	

Results evaluation:

-  Presents genetic appetite and anxiety-related to food intake predisposition.
-  Patient do not present any genetic marker related to appetite and anxiety-related to food intake predisposition.

Results evaluation:

HIGH: genetic causes a high tendency to deregulation of the natural processes of the food intake. Therefore, your body demands more food than it needs for proper functioning and fullness is much lower after ingestion. You should proceed to a type of diet focuses on regularizing their level of appetite and anxiety sensations keeping filled.

MEDIUM: High genetic deregulation processes in the food intake. Your body will demand more food to fill, though less than in the previous case. Proceed with diet regularization of appetite and fullness and it will be fully satisfactory.

LOW: the levels of appetite regulation and anxiety in the intake are normal or with a very low tendency to be increased.

Uneffectiveness of the sport practice in weigh reduction: **LOW**

The main changes related to genetic limitation to lose weight through sport are analyzed. Although the sport is strongly recommended for anyone, the study of genetic variations to determine the innate difficulty can be found to achieve their goals through sport.

GEN NAME	DESCRIPTION	EFFECT
FTO	Increased physical activity attenuates the negative variations in this gene, associated with a higher body mass index (BMI).	
MATK	Gene related to body energy expenditure. MATK gene variations have been associated with lower levels of weight reduction.	
LIPC	Lipase gene encoding proteins responsible for controlling lipid metabolism. Physical activity is the ability to reverse changes in this gene.	

Results evaluation:

-  Presents an elevated genetic limitation to reduce weight based on sport.
-  Presents an some genetic limitation to reduce weight based on sport.
-  Patient do not present any genetic marker related limitation to reduce weight based on sport.

Results evaluation:

HIGH: high limitation in the loss of weight through sports. Therefore, to achieve the goals of health and wellness you will need a much higher level of effort in your daily workout.

MEDIUM: certain limitation in the loss of weight through sporst. It will require more effort than most people in their daily training.

LOW: genetic levels are normal and adequate training regarding to your age and state of health should be fully satisfactory to your goals of reducing the overweight.

Vitamin genetic deficiencies: **MEDIUM**

Major genetic variations related to the metabolism of each of the vitamins are analyzed. Possible deficiencies are determined so that our specialists are able to adapt your diet to improve your health and prevent putative diseases related to the lack of vitamins.

GEN NAME	DESCRIPTION	EFFECT
Vitamin A BCM01	Vitamin A is essential for the development of bones, skin and ocular elements of the eye. It boosts the immune system, creating resistance against infections and diseases. Also regulates growth by controlling the expression of the gene responsible for the growth hormone. Metabolic deficiencies in this gene can cause a reduction in normal levels of this vitamin in our body.	●
Vitamin B6 ALPL	Vitamin B6 produce a part of the hemoglobin, causing the blood cells have the ability to transport oxygen throughout the body. Vitamin B6 regulates metabolism, digestion and fluid balance and the nervous system remains active. Metabolic deficiencies in this gene can cause a reduction of normal levels of this vitamin in your body.	●
Folato (Vit.B9) MTHFR	Folate is essential for the cell growth and development and normal functioning of the nervous system. Folate deficiency is characterized by anemia, followed by a decrease in oxygen uptake by the blood. This causes symptoms such as cuts breathing, fatigue and weakness. Metabolic deficiencies in this gene can cause a reduction of normal levels of this vitamin in your body	●
Vitamin B12 FUT2	Vitamin B12 contributes to the formation of blood cells and bone marrow metabolism of carbohydrates, fats and proteins. It also plays a major role in the nervous and cardiovascular mechanisms. Metabolic deficiencies in this gene can cause a reduction of normal levels of this vitamin in your body	●
Vitamin C SLC23A2	Vitamin C is essential for collagen synthesis, and is an essential component of tendons, bones, teeth, blood vessels and muscles. It plays an essential role in the transport of fat cells and cholesterol metabolism. It is also a powerful oxidant that helps the body in viral infections, bacterial infections and toxicity. Metabolic deficiencies in this gene can cause a reduction of normal levels of this vitamin in your body	●
Vitamin D VDBP	Vitamin D is essential for the development and growth of bones and ensure proper density, in addition to a properly functioning nervous system. Vitamin D is essential for heart function and calcium metabolism Metabolic deficiencies in this gene can cause a reduction of normal levels of this vitamin in your body	●
Vitamin E TTPA	Vitamin E is a powerful antioxidant that maintains the integrity of the cells of the body, the right heart functions and the sexual organs integrity. Vitamin E is an essential part of the immune system. Metabolic deficiencies in this gene can cause a reduction of normal levels of this vitamin in your body	●

Results evaluation:

- Metabolic deficiency in the vitamine.
- Some metabolic deficiency in the vitamine.
- No genetic deficiencies or within normal ranges.

Results evaluation:

Each vitamin is analyzed independently to facilitate their incorporation in the final diet if a genetic defect is detected. The high, medium or low results in this section corresponds to a global view of the metabolic status of vitamins. Here we highlight the main consequences of a vitamin deficiency:

Vitamine	Consequence
A	Infectious diseases Vision problems
B6	Confusion Depression Canker on mouth and tongue Anemia and lack of hemoglobin.
B9	Fatigue Gray hair Oral stripes Poor growth Swelling of the tongue Anemia In severe cases, deficiency of white blood cells (defenses) and platelets It is essential for the development of the spinal cord and brain in the fetus.
B12	Anemia Equilibrium loss Numbness or tingling in arms and legs Weakness
C	Anemia Bleeding gums Decreased ability to fight infections Decreased rate of wound healing Dry and splitting hair tufts Tendency to hematoma formation Gingivitis (gum inflammation) Nosebleeds Possible weight gain due to slow metabolism Rough, dry, scaly skin Pain and swelling in the joints Weakened enamel of the teeth
D	Osteoporosis Reduced cognitive function (mental process that allows us to carry out any task)
E	Neurological symptoms Muscular weakness Retinal degeneration with putative blindness

Type2 Diabetes Risk: **HIGH**

Major genetic variations related to the risk of developing type II diabetes, often associated with obesity, altered lipid metabolism as well as high blood pressure and cardiovascular risk factors are analyzed. Knowing your risk implies changes in your diet to prevent some food such as heart disease-related food and encourage the practice of physical activities and eliminating unhealthy habits like smoking.

GEN NAME	DESCRIPTION	EFFECT
TCF7L2	Variations in this gene have been associated with insulin and hemoglobin levels. It has also been associated with the lipemia (total cholesterol, HDL, and VLDL, apolipoprotein A1 and B) and the levels of adipokines (leptin, resistin, and adiponectin). Besides having a clear relationship to diabetes, variations in this gene have also been associated with increased body fat and weight.	
CDKN2A/B	Changes in the CDKN2A/B gene results in a significant increase in the risk of developing type 2 diabetes.	
CDKAL1	Changes in the CDKAL1 gene results in a significant increase in the risk of developing type 2 diabetes.	
PPARG	Variations in this gene are associated with low insulin levels and high levels of HDL cholesterol. It is associated with an increased risk of developing type 2 diabetes.	

Results evaluation:

-  the patient has an increased risk to develop type 2 diabetes.
-  the patient has certain risk to develop type 2 diabetes.
-  the patient has no increased risk of developing type 2

Results evaluation:

HIGH: high genetic risk of developing type 2 diabetes.

MEDIUM: moderate risk of developing type 2 diabetes. In both cases some diet changes are necessary to prevent the onset of the disease and they will be suggested in the diet at the end of this report. You also need to initiate or maintain sport at least 3 times a week. Finally, in the case of smoking, it is urgent to change this habit.

LOW: the levels of genetic risk to develop type 2 diabetes are normal or low, therefore, you should not perform any specific action in this category. However, good nutrition and exercise habits are basic.

Lactose intolerance risk: **HIGH**

¿What means the lactose intolerance?

Lactose intolerance means that there is insufficient enzyme (lactase to break all the consumed lactose in the intestine. Partially digested lactose or undigested one passes into the large intestine and that causes symptoms: pain, abdominal bloating, diarrhea, etc.

GEN NAME	DESCRIPTION	EFFECT
MCM6	Symptoms of lactose intolerance.	

Results evaluation:

-  the patient has a high risk of developing lactose intolerance
-  The patient has a moderate risk of developing lactose intolerance
-  The patient has a low risk of developing lactose intolerance

Results evaluation:

HIGH: high genetic risk of developing intolerance to lactose.

MEDIUM: moderate genetic risk of developing intolerance to lactose.

LOW: the levels of genetic risk to develop intolerance to lactose are normal or low, thus, you do not need to make any specific action.

Symptoms of lactose intolerance.

If you suffer from these symptoms and/or have a medium or high risk of developing intolerance is advisable to eliminate as much dairy products from your diet as possible.

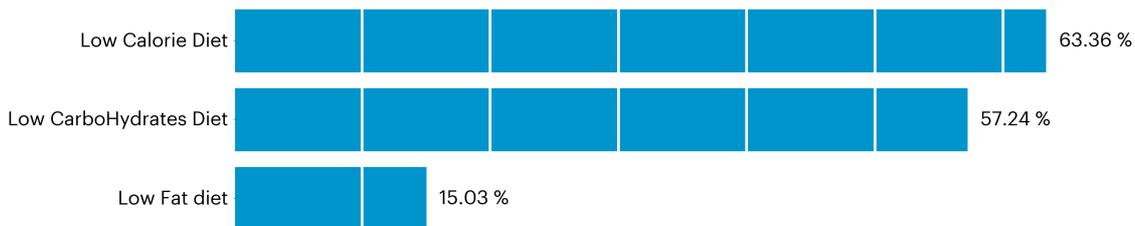
Major intestinal symptoms following ingestion of dairy products	Other nonspecific symptoms due to an alteration of the intestinal mucosa
Nausea	Abatement
Abdominal pain	Tiredness;
Spasms	Extremities pain
Swelling and abdominal bloating	Skin problems
Abdominal gases and flatulence	Reduced mental concentration
Acidic diarrhea	Nervousness
Vomiting	Sleep Disorders

Best effectiveness to specific diet modifications: **LOW CALORIES**

17 genetic variations related to the metabolism of different nutrients are analyzed. Through genetic study it is possible to determine the best way for losing weight from three types of nutritional modifications: low-carb, low-calorie and low-fat.

GEN NAME	EFFECT	GEN NAME	EFFECT	GEN NAME	EFFECT
FTO	●	ADIPOQ	●	CETP	●
SH2B1	●	PPARG	●	CYS2	●
APOA5	●	ADRB2	●	GAL	●
PPARGA	●	LEPR	●	LIPF	●
GHSR	●	ACSL5	●	AGTR2	●
TCF7L2	●	PLIN1	●		

Knowing the type of diet that will nbe more effectively to reduce your overweight creates the basis for the personalized dietary plan to achieve your goals while maintaining a balanced and healthy diet.



Results evaluation:

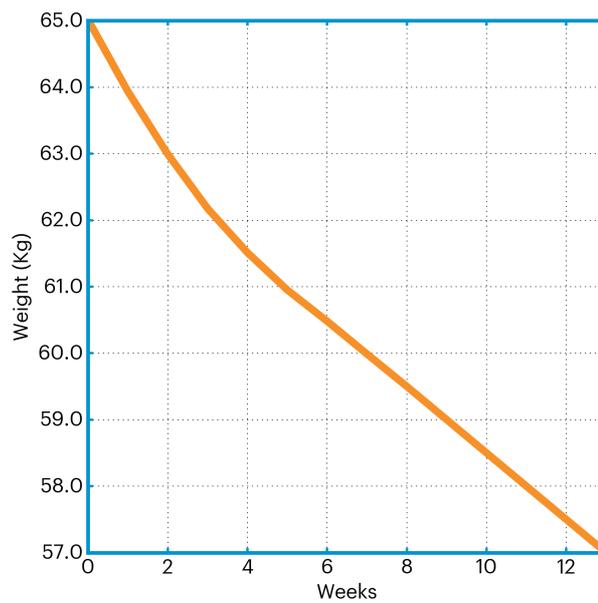
- the patient has no genetic predisposition to effective weight loss
- the patient has a favorable genetic predisposition to effective weight loss

PART III. Your personalized Diet Plan

From the combination of your genetic results with your health information and your current habits, our nutrition experts have determined that your body will respond better and you will get better results with:

DIET PLAN: **LOW CALORIES**

Please find below the approximated time plan you should follow to achieve your desired weight reduction if you strictly follow the nutritional recommendations of your BioInnove® plan.



The selected base plan is modified and customized to your specific needs based on previous analyzes of this. In addition, we include in the plan your food preferences and food intolerance (optional test) to boost the effectiveness of the diet.

Your diet plan includes the following:

1. Your diet plan includes the following:

1. Oils and fats
2. Appetizers
3. Sugars and derivatives
4. Alcoholic Drinks
5. Non-alcoholic beverages
6. Meat and meat products
7. Cereals and derivatives
8. Fruits and derivatives
9. Nuts and oilseeds
10. Eggs
11. Milk and dairy products
12. Legumes and derivatives
13. Seafood and derivatives
14. Fish and derivatives
15. Sauces and condiments
16. Tubers and derivatives
17. Vegetables

Interpretation of the 639 food list.

In the following tables appear the list of **639 foods** classified in the 17 food groups with a series of **instructions** and **recommendations**. Shown below briefly how to interpret the results shown in the tables:

Recommendation:

Each food has an associated **bar recommendation** that takes into account your **genetic information** and data provided in the **clinical report**, whether illnesses, intolerances or tastes. Food with a high level of recommendation should be among your first choices when it comes to make or modify your menu.

Indications

Along with some of the foods of the table we have added **symbols** specific to your **diseases, intolerances or vitamin deficiency**. So when you have a variety of foods to choose from a category with a similar level of recommendation, we added these symbols to help you decide whether they will have a positive or negative effect on your diet. In your case, you'll find symbols are listed below:

Diseases and disorders related indications

Interpretation	Disease or disorder				
	Dyslipidemia	Hypertension	Lactose int.	Gluten int.	Osteoporosis
Recommendable					
Moderate the consumption					
Avoid consumption					

Vitamins related indications

Interpretation	Type of Vitamin						
	A	B6	B9	B12	C	D	E
Recommendable							

RECOMMENDATIONS

Recommendations specific of your plan

From the results obtained in the analysis, your dietary habits and your general information, our genetic and nutritionist adviser team have determined a personalized plan with nutritional and dietetic recommendations.

Your personalized plan has three clear objectives:

1. Reduce overweight to your ideal weight.
2. Prevent the rebound effect caused by most diets.
3. Keep your weight once the target is reached.

Important:

Follow the special diet modifications and the right intensity to ensure good results without health risks.

We strongly recommend monitoring of your plans by your doctor or nutritionist

Any alteration you may detect in your health you should contact your doctor. Remember that the information contained in this report BioInnove® should not be treated as a clinical diagnosis but informative.

Specific recommendations for your current health condition. :

1. Replace whole milk for lactose-free milk, whole yogurt for lactose-free yogurt and normal cheese for lactose-free cheese. It can also be exchanged for vegetable drink or vegetable tofu cheese.
2. Enhance food marked in green to increase calcium absorption.
3. See if in the food labels if food contains lactose or may contain traces of lactose. Avoid these foods.

Oils and fats

Food	Indications	Recommendation
Olive oil, virgin		
Sunflower oil		
Olive oil		
Vegetal margarine, enriched	 	
Margarine, light		
Cod liver oil	 	
Pork lard		
Walnut oil		
Soybean oil		
Corn oil		
Butter	 	

Appetizers

Food	Indications	Recommendation
Pizza, tomato and cheese, baked		
Potato chips, lights		
Popcorn, with oil, with salt		
Potato chips		
Crackers		
Corn snack: generic		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Sugars and derivatives

Food	Indications	Recommendation
Fruit jam, low calorie		
Sorbet		
Icecream		
Fruit jam,		
Sugar, brown		
Licorice		
Fructose		
Honey		
Sugar, white		
Chewing gum		
Hard candy, fruit flavor		
Chocolate bar		
Chocolate with hazelnut cream		
Nougat dessert		
Chocolate Bar, Kit-kat type		
Chocolate, white		
Chocolate Bar, Mars type		
Marzipan		
Chocolate, milk		

Food	Indications	Recommendation
Nougat dessert, type Alicante		
Fruit jellies		
Chocolate, black		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Alcoholic Drinks

Food	Indications	Recommendation
White wine, 11		
Beer, blonde, 4-5		
Cider, dry		
Cava or champagne		
Red wine, 11		
Beer, dark, 8°-9 °		
Gin		
Whisky		
Tequila		
Cognac		
Rum		
Vodka		
Black, sweet vermouth		
Cider, sweet		
Vermouth		
Cake		
Sweet wine		
Fernet-Branca Liqueur		
Beer		

Food	Indications	Recommendation
Bitter, with alcohol		
Red wine combinate (sangria)		
Fruit liquor		
Anise, dry		



Non-alcoholic beverages

Food	Indications	Recommendation
Water, non-carbonated, bottled		
Ground coffee		
Tea infusion		
Water, weak mineralization		
Coffee, black		
Water, gas, bottled		
Isotonic drink		
Soda, cola flavor, light, gas		
Powdered coffee		
Soda		
Soda, orange flavor without gas		
Soda, lemon flavor without gas		
Soda, cola flavor, with gas		
Soda, lemon flavor, with gas		
Soda, tonic, with gas		
Soda, lemon-lime flavor, with gas		
Soda, orange flavor, with gas		
Carrot juice, packaging: Pasteurized		
Passion fruit nectar, packing: Pasteurized		

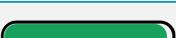
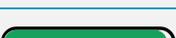
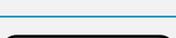
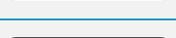
Food	Indications	Recommendation
Orange juice, packaging: Pasteurized		
Orange Nectar, packaging: Pasteurized		
Grapefruit juice, packaging: Pasteurized		
Exotic fruit juice, packaging: Pasteurized		
Tomato juice packaging: Pasteurized		
Apricot nectar, packing: Pasteurized		
Lemon juice, to dilute		
Pineapple juice, packaging: Pasteurized		
Exotic fruit nectar, packing: Pasteurized		
Pear nectar, packing: Pasteurized		
Mango nectar, packing: Pasteurized		
Lime juice, packaging		
Apple juice, packaging: Pasteurized		
Pear juice, packaging: Pasteurized		
Grape juice, packaging: Pasteurized		
Horchata, bulk or packaged		
Coffee with milk		

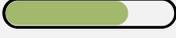
	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Tea with milk		
Soluble cocoa powder		

 Free consumption	 1-2 times a week	 1 times a month
 2-3 times a week	 1 every two months	 Avoid consuming

Meat and meat products

Food	Indications	Recommendation
Rabbit, whole, raw		
Baby bird, skinless, roasted		
Beef, round steak, cooked		
Veal, part, roasted		
Veal, shoulder, raw		
Chicken, thigh, with skin, roasted		
Chicken, whole, with skin, roasted		
Turkey thigh, with skin, raw		
Veal, sirloin, lean, raw		
Cow, steak, grilled		
Pork tenderloin, raw		
Turkey thigh, without skin, raw		
Beef, sirloin, roasted		
Cow / ox sirloin, grilled		
Chicken breast without skin, raw		
Chicken, whole, without skin, raw		
Chicken, thigh, without skin, raw		
Turkey without skin, raw		
Veal, rib, raw		

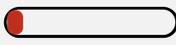
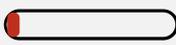
Food	Indications	Recommendation
Turkey breast without skin, raw		
Cooked ham, extra		
Cured ham, fat		
Pork loin		
Horse, part s / e, raw		
Pork rib, raw		
Pork cutlet with visible fat, crude		
Pork chop, grilled		
Cured ham with fat		
Boar, part, raw		
Pheasant, skinless, raw		
Cow, skirt, raw		
Cow / Ox round roast		
Cow, roasted		
Quail, whole, with skin, raw		
Cow steak, with fat, broiled		
Hare, stewed in sauce		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Ground beef, seasoned stuffing, raw		
Sausage, frankfurter, raw		
Lamb, leg, fat, crude		
Lamb, shoulder, fat, raw		
Lamb rib / chop with fat, crude		
Liver, cow / beef, raw		
Brains, lamb, raw		
Kidney, lamb, raw		
Kidney, pig, crude		
Heart, cow / beef, raw		
Greaves		
Chicken with skin, boiled		
Duck, whole, roasted		
Gizzards, beef, roast		
Liver, lamb, raw		
Liver, chicken, crude		
Goose, skinless, roasted		
Kidney, beef, raw		
Brains, pork, raw		
Brains, veal, raw		

Food	Indications	Recommendation
Liver, beef, raw		
Chicken, skinless, boiled		
Tongue, veal, raw		
Sausage, type country, grilled		
Sausage, White		
Catalan sausage, dry		
Minorcan Sobrassada		
Bacon, smoked, grilled		
Pork, bacon, raw		
Sallami		
Bacon, pork, smoked, raw		
Dried sausage		
Spanish Chorizo,		
Sausage, raw		
Blood Sausage, raw		
Pate, pork liver, preserved		
Mortadella		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Luncheon, Boars Head		
Foie gras: from goose liver	  	
Paté of campaign	 	

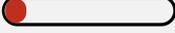
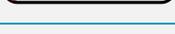
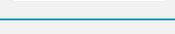
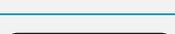
 Free consumption	 1-2 times a week	 1 times a month
 2-3 times a week	 1 every two months	 Avoid consuming

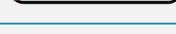
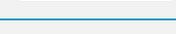
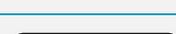
Cereals and derivatives

Food	Indications	Recommendation
Oatmeal for breakfast		
Puffed rice for breakfast, enriched		
Breakfast cereals rich in fiber (type All-Bran)		
Muesli for breakfast		
Whole, boiled rice		
Whole rice, raw		
Quinoa, uncooked		
White rice, quick cooking, raw		
Pasta, stuffed with meat, boiled		
White rice, raw		
Semolina, boiled		
Rye flour		
White boiled rice		
Cornstarch		
Semolina, raw		
Wheat Germ		
Pasta, boiled		
Gofio canary, tan: Gofio wheat, corn and barley		
Toast		

Food	Indications	Recommendation
Pasta with egg, boiled		
White bread, stick, without salt		
Pasta with egg, raw		
Wheat flour, whole		
Bread, bar		
White bread, bar		
Food, raw pasta		
Pasta, stuffed with cheese, boiled		
Corn flakes for breakfast, enriched		
Cereal for breakfast, mixed with chocolate		
White bread, baguette		
Wheat and rye bread		
White bread, peasant type		
White bread, mold		
Croutons		
Breadcrumbs		
Wheat flour		

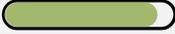
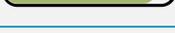
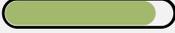
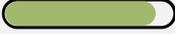
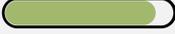


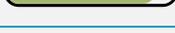
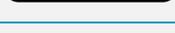
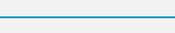
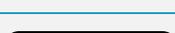
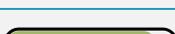
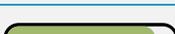
Food	Indications	Recommendation
Pastry tart with custard and apple		
Magdalena, pastry		
Raisin Bread		
Small pastries		
Waffle waffle with fruit jelly		
Croissant		
Pie crust, raw: made with butter		
Cookie, type Mary		
Nutty		
Chocolate scones		
Cookies, chocolate, cookies type		
Plum pudding: English recipe		
Cookie, Double, Prince Type: Chocolate		
Meringue		
Savoyard cake		
Donut, commercial		
Cookies, Butter		
Strudel with cream and cream		
Biscuits		
Melindre		

Food	Indications	Recommendation
Cracker, Digestive type		
Fruit Tart		
Mass breeze, baked		
Bagel		
Minorcan Ensaïmada		
Chocolate Cake		
Crunchy cookie, cracker type		
Brioche		
Brioche / Swiss		
Dumpling, Lyon type cream filling		
Cake with candied fruit		
Pie crust, baked: made with butter		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Fruits and derivatives

Food	Indications	Recommendation
Strawberry, raw		
Lemon oil		
Mango, raw		
Orange, crude		
Currant, raw		
Litchi, raw		
Pear, with skin, raw		
Medlar, skinless, raw		
Nectarine, with skin, raw		
Pera, skinless, raw		
Apricot oil		
Banana, raw		
Papaya, raw		
Melon, Canteloupe type, raw		
Grapefruit, raw		
Cherry, raw		
Green raw grape		
Grapefruit juice, fresh		
Melon, raw		

Food	Indications	Recommendation
Apple variety, raw		
Black, raw currant		
Black, raw grape		
Granada, raw		
Raspberry, raw		
Rhubarb, raw		
Lemon juice, fresh		
Apple compote with sugar		
Peach with skin, raw		
Apple, with skin, baked		
Apple, with skin, raw		
Tangerine, raw		
Quince, raw		
Lima, raw		
Feijoa, raw		
Plum, with skin, raw		
Carambola, skinless, raw		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Passion fruit, raw		
Pineapple, raw		
Rosewood, skinless, raw		
Avocado oil		
Higo, raw		
Blueberry, crude		
Starking apple, peeled, raw		
Watermelon, raw		
Kiwi, raw		
Golden apple, peeled, raw		
Mora, raw		
Pineapple, canned in juice		
Orange juice, fresh		
Apricot, dry		
Fig, dry		
Peach, dry		
Raisin, raw		
Date, dry		
Plum, dry		
Green olives in brine		

Food	Indications	Recommendation
Black olives in brine		
Guava, canned in syrup		
Peach, canned in syrup		
Pineapple, canned in syrup		
Pear, canned in syrup		
Fruit salad, canned in syrup		



Nuts and oilseeds

Food	Indications	Recommendation
Chestnut Toast		
Chestnut, raw		
Almonds, toasted		
Sunflower seeds, unsalted		
Walnut raw		
Pinion, raw		
Peanut oil		
Mixed nuts and raisins		
Almond, raw		
Hazel, raw		
Sesame seed		
Coco, fresh, raw		
Pistachio roasted, salted		
Peanut fried salted		
Almond, fried, salted		
Coco, dry		
Nutsedge, raw		
Peanut butter		

Eggs

Food	Indications	Recommendation
Hen Egg, hard boiled		
Chicken egg, clear, raw		
Chicken egg, poached		
Chicken egg scrambled with butter		
Chicken egg, fried		
Hen Egg, whole, raw		
French Tortilla		
Chicken egg, boiled: Boiled 3 minutes		

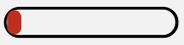
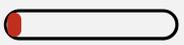
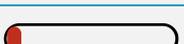
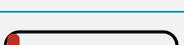
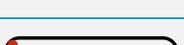
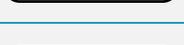
	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

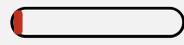
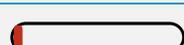
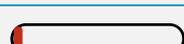
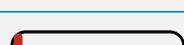
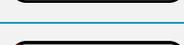
Milk and dairy products

Food	Indications	Recommendation
Cream Cheese: Cow milk		
Camembert 20-30% MG / ES		
Egg custard		
Drinking yoghurt, flavored taste s / e		
Majorero Cheese: Goat milk		
Cheddar cheese		
Milk powder, whole		
Fresh cheese, cow and sheep: Cow milk		
Arzúa Cheese: Queso de Ulloa, Galician cheese from cow milk		
Yogurt, low-fat, natural		
Evaporated, whole milk		
Tetilla Cheese: Cow milk		
Yogurt, whole, natural		
Fresh cheese, goat		
Gruyere cheese		
Ibores Cheese: Goat milk		
Petit Suisse, naturally sweetened		
Cabrales cheese: Mix milk		
Milk, pasteurized		

Food	Indications	Recommendation
Queso de Castilla-León, sheep and cow		
Zamorano Cheese: Sheep milk		
Cottage cheese: Killed		
Queso de Castilla-La Mancha, sheep and goat		
Cream, liquid, for cooking, 18% fat		
Cheese portions Kiri type: Cow milk		
Emmental cheese		
Goat cheese with surface mold		
Goat cheese, cured		
Cream, liquid, to mount, 35% fat		
Cheese Torta del Casar: Sheep milk		
Goat milk		
Custard, commercial		
Mousse, commercial, flavors (chocolate, biscuit, toffee): Packaged		
Babybel Cheese: Cow milk		
Gouda cheese		
Idiazabal Cheese: Sheep milk		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Milk shake flavor s / e		
Roquefort cheese		
Fermented milk, Bifidobacterium, whole fruit		
Brie cheese		
Raclette cheese		
Castilian Cheese: Sheep milk		
Yogurt, whole, naturally sweetened		
Petit Suisse, with fruit		
Ice cream, vanilla		
Milk, UHT		
Manchego cheese, cured: Sheep milk		
Fermented milk, Bifidobacterium, whole, natural		
Yogurt, low-fat, naturally sweetened		
Roncal Cheese: Sheep milk		
Cheese portions, skimming		
Blue Cheese: Sheep milk		
Cheese portions		
Edam Cheese: Cow milk		
Goat cheese, soft cheese		
Milk powder, skimmed		

Food	Indications	Recommendation
Camembert 40-50% MG / ES		
Cheese from Castilla-La Mancha, sheep, cow and goat		
Rice pudding		
Fresh cheese, Burgos type: packaging		
Vanilla Flan		
Grated cheese, gruyere		
curd		
Type manchego cheese, oil		
Processed cheese, full fat (> 60% MG / ES)		
Yogurt, nonfat, flavored taste s / e		
Milk, skimmed, UHT		
Condensed milk with sugar		
Fluid, natural, unsweetened yogurt		
Melted fat cheese (45-60% fat / Dry EnEsOacto)		
Manchego cheese, curds: Sheep milk		
Fermented milk, Bifidobacterium, skim, natural		
Shake milk, cocoa		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Pyrenees Cheese: Cow milk		
Yogurt, whole, flavored taste s / e		
Camembert Cheese 60% Fat /		
Sliced cheese to melt		
Yogurt, nonfat, with fruit		
Parmesan		
Custard		
Mahon: Cow milk		
Milk, semi-skimmed, UHT		
Yoghurt with fruits		
Munster cheese		
Manchego Cheese, healing s / e.: sheep milk		
Fresh cheese, cow, 0% Fat / natural		
Sheep milk		
Goat cheese, curds		
Cheese San Simon Cow milk		
Ice cream, type s / e		
Milk, skimmed, pasteurized		
Yogurt, whole fruit s / e		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

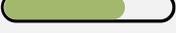
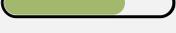
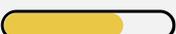
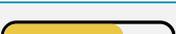
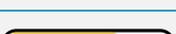
Legumes and derivatives

Food	Indications	Recommendation
White, dry, soaked, boiled beans		
Chickpea, dry, soaked, boiled		
Lentils, dried, soaked, boiled		
Soybeans, dry, soaked, boiled		
Black Bean, dry, soaked, boiled		
Peas, frozen, raw		
Fava bean, dry, soaked, boiled		
Peas, frozen, boiled		
Peas, fresh, boiled		
Peas, fresh, raw		
White beans, canned		
Pea, canned		
Lentil, Canned		
Lentils, dried, raw		
Soybeans, dry, raw		
Chickpea, dry, raw		
White, dry, raw bean		
Tofu: Cheese made from soy beverage		
Shake fermented soy		

Food	Indications	Recommendation
Soybean meal		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

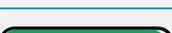
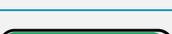
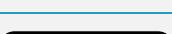
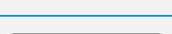
Seafood and derivatives

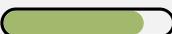
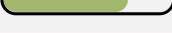
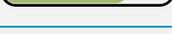
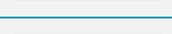
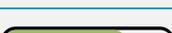
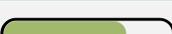
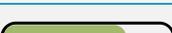
Food	Indications	Recommendation
Clam, raw		
Mussel with oil		
Mussels, boiled		
Crayfish, raw		
Sepia, raw		
Scallop, raw		
Dungeness crab, boiled		
Cockle, canned natural		
Shrimp shrimp, frozen		
Octopus, raw		
Shrimp shrimp, raw		
Shrimp, raw		
Squid, Fried		
Squid, raw		
Lobster, boiled		
Crab, canned		
Red shrimp, raw		
Periwinkle, boiled		
Oyster, raw		

Food	Indications	Recommendation
Lobster, raw		
Lobster, crude		
Cockle, raw		
Norway lobster, raw		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Fish and derivatives

Food	Indications	Recommendation
Frog, haunch, raw		
Whiting, raw		
Cod, fresh, steamed		
Bass, raw		
Rooster, raw		
Cod, salted, soaked, boiled		
Rape, grilled		
Cod, fresh, baked		
Rockfish or scorpionfish, raw		
Pollock, raw		
Hake, frozen, raw		
Cod, fresh, raw		
Halibut, crude		
Flounder, baked		
Rape, raw		
Mullet, baked		
Whiting, steamed		
Raya, raw		
Hake, raw		

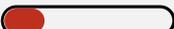
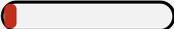
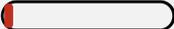
Food	Indications	Recommendation
Flounder, raw		
Flounder, steamed		
Whiting, frozen, raw		
Turbot, raw		
Mullet, raw		
Salmon, steamed		
Herring, raw		
Salmon oil		
Caviar: caviar sturgeon		
Mackerel baked		
Mackerel, raw		
Anguilla, boiled		
Anguilla, raw		
Salmon, smoked		
Tuna, raw		
Tuna, canned in natural, drained		
Albacore, raw		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Albacore, steamed		
Swordfish, raw		
trout, steamed		
trout, baked		
Tuna, baked		
trout, raw		
Lucio, baked		
Carp, baked		
Perch, Baked		
Carp, raw		
Sardine, raw		
Anchovy oil		
Lumpfish roe, canned		
Sardines, canned in oil, drained		
Mackerel, canned in oil, drained		
Albacore, canned in soybean oil		
Anchovies, in oil, canned		
Tuna, canned in oil, drained		
Prepared surimi crab sticks, sticks alaska		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

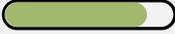
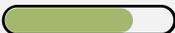
Sauces and condiments

Food	Indications	Recommendation
Parsley, fresh		
Pepper, dried, ground		
Vinegar		
Paprika powder		
Mayonnaise, soybean oil		
Mayonnaise, olive oil		
Aioli: from oil and garlic, without eggs		
Vinaigrette with olive oil		
bechamel sauce		
bearnaise sauce		
Roquefort sauce		
carbonara sauce		
bolognese Sauce		
barbecue sauce		
Ketchup, commercial, packaged		
mustard		
ketchup		
Soy sauce		
Mayonnaise, commercial		

Food	Indications	Recommendation
hollandaise Sauce		
Mayonnaise, light, commercial	 	
mornay sauce		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Tubers and derivatives

Food	Indications	Recommendation
Tapioca, boiled		
Tapioca, raw		
Sweet potato, raw		
Potato, boiled		
Potato, baked		
Potato, raw		
Potato, fried with oil s / e, with salt		
Potato sauteed with sunflower oil		
Mash potato with milk		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Vegetables

Food	Indications	Recommendation
Mushroom, Canned		
Spinach, boiled		
Spinach, chopped, frozen, raw		
Spinach, raw		
Brussels sprouts, raw		
Red pepper boiled		
Carrot, boiled		
Pepper, color s / e, boiled		
Brussels sprouts, boiled		
Chives, raw		
Pepper, color s / e, raw		
Red pepper, raw		
Pumpkin, raw		
Red Cabbage, boiled		
Green pepper, raw		
Carrot, raw		
Green pepper, boiled		
Cabbage, raw cabbage		
Zucchini, raw		

Food	Indications	Recommendation
Niscallo raw		
Tomato, peeled and crushed, canned		
Celeriac, raw		
Zucchini, boiled		
Leek, boiled		
Watercress, raw		
Cauliflower, boiled		
Turnip, peeled, raw		
Green Bean, frozen, raw		
Eggplant, raw		
Cauliflower, frozen, raw		
Broccoli, boiled		
Green, raw beans		
White onion, boiled		
Artichoke, raw		
Celery, raw		
Asparagus, peeled, raw		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Ripe tomato, raw		
Mushroom, raw		
Chard, leaf, boiled		
Green beans, canned		
Cardo stem oil		
Aubergine, fried in sunflower oil		
White, raw onion		
Cucumber, raw		
Garlic, raw		
Endive, raw		
White cabbage, boiled		
Parsnip, raw		
Artichoke, boiled		
Celery, boiled		
Fennel oil		
Pickles, pickled, canned		
Celeriac, boiled		
Leek, raw		
Cabbage, boiled		
Tomato, peeled, canned		

Food	Indications	Recommendation
Eggplant, boiled		
Turnip, boiled		
Beets, raw		
Radish, raw		
Green asparagus, boiled		
Green beans, boiled		
Lettuce, raw		
Cauliflower, raw		
Broccoli, raw		
Cabbage, raw		
Carrots, canned		
Hearts of palm, canned		
White asparagus, canned		
Celery, preserved in brine		
Corn on the cob, frozen, raw		
Soybean sprouts, preserved		
Corn on the cob, boiled		

	Free consumption		1-2 times a week		1 times a month
	2-3 times a week		1 every two months		Avoid consuming

Food	Indications	Recommendation
Corn, boiled, canned		

 Free consumption	 1-2 times a week	 1 times a month
 2-3 times a week	 1 every two months	 Avoid consuming

How to customize your diet

- Choose food to replace
 - Look at the food table of the selected food group
 - Replace the food selected by an equivalent that has a higher PHS score
 -
 - See the recommended amount of the new food in the Food equivalences
- Continue enjoying your BioInnove® plan and be constant. You can do it.