• Ensure our diet includes adequate fruit, vegetables and cereals with no saturated fat and only modest amounts of alcohol.
• To reduce salt intake and eat less fried foods.
• To eat more fish, less margarine on bread and calorie count for weight loss.
• To include more pasta, grains and vegetables in diet.
• Use soups to have more vegetables and cut down on bread.
• Drink more water and eat more fish and fruit and vegetables.
• Eat less sweets and further decrease meal size.
• To have low fat milk and yoghurt.