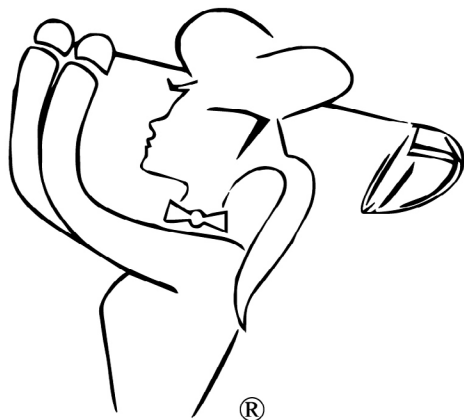


LUCIA BACCIOTTINI DIET



HAND MADE IN TUSCANY - ITALY

LUCIA BACCIOTTINI DIET



LUCIA BACCIOTTINI Diet

You have just opened your box for Lucia Bacciottini Diet. Inside you will find a set of 5 bowls and 1 saucer. This is all you need to follow a diet, without having to weigh food or calculate the calories of each serving. Each bowl and the saucer correspond to the volumetrics servings of nutrients proposed in the different diets. With this set you can follow 3 diet programs.

Program 1:

Slimming diet for 1 week

(can be repeated for a maximum of 3 weeks)

Program 2:

Depurative diet for 1 week

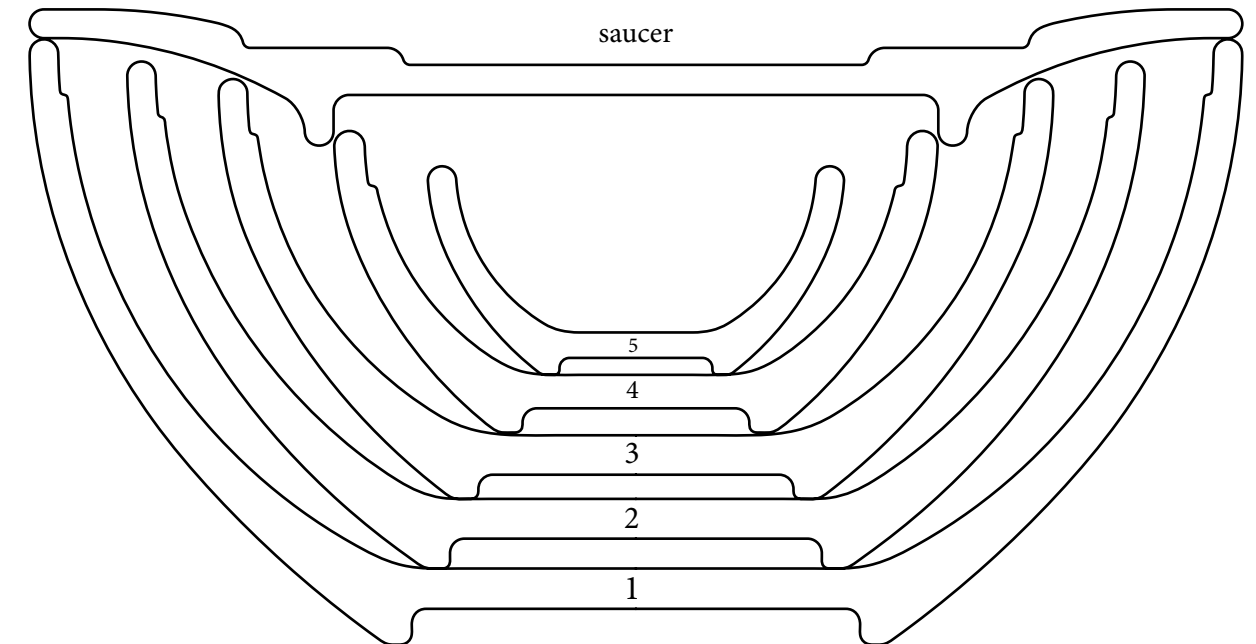
Program 3:

Maintenance and wellness diet for ever

INSTRUCTIONS AND GUIDELINES TO USE THE 5 BOWLS AND THE SAUCER

Before describing the diet programs you should read the instructions and guidelines to correctly use the bowls and the saucer as volumetrics servings.

The bowls are presented in order of size, starting from the largest, the guidelines for the saucer follow.



BOWL 1: (the largest)

Your first bowl is the volumetrics serving for raw seasonal non-starch vegetables. You will find some examples on the bowl itself: green salad, lettuce, mâche salad, arugula, endive, green and red chicory, wild herbs, raw cabbage salad, mixed greens, celery, fennel, artichokes, carrots, tomatoes, cucumbers, sprouts, radishes, onions, zucchini, baby spinach, celeriac, peppers. But you can choose just any seasonal vegetable that can be eaten raw, including many types of mushrooms and green mixed salads.

Salad greens should always be your first choice when your diet program suggests you eat a serving of raw vegetables.

BOWL 2: (the second largest)

Your second bowl is the volumetrics serving for seasonal cooked non-starch vegetables and for some drinks. Among the cooked vegetables: minestrone, vegetable purées, pumpkin puréed soup, vegetable broths, miso soup, green beans, spinach, chard, artichokes, zucchini, Savoy cabbage, peppers, aubergines, broccoli, cabbage. Among the drinks: warm water with lemon, tea, herbal teas, infusions, decoctions, centrifuged juices and fruit and vegetable extracts.

In the maintenance diet this is also your bowl for a serving of cooked whole-grain pasta.

BOWL 3: (the medium one)

Your third bowl filled to the brim is the volumetrics serving for whole-grain organic cooked cereals: spelt, millet, rice, barley, oat, quinoa, buckwheat, bulgur, polenta (corn porridge), rye, mixed cereals, kamut, sorghum, amaranth or

whole-grain pasta. This bowl should also be used for cooked legumes: chickpeas, beans, lentils, peas, fava beans. The third bowl filled up to 1cm from the rim represents a volumetrics serving for yoghurt, milk, vegetable milk, kefir.

It is also the bowl to use for a volumetrics serving of fresh seasonal fruit: apples, pears, peaches, kiwis, apricots, plums, strawberries, raspberries, blueberries, grapes, persimmons, squeezed citrus fruit, and any other locally-grown seasonal fruit. In the maintenance diet this is also the bowl for a serving of boiled potatoes.

BOWL 4: (the second smallest)

Your fourth bowl is the volumetrics serving for cooked fruit: apples, pears, cherries, plums, and for cereal flakes: corn flakes, rice or oat or spelt or buckwheat flakes. It is also the bowl for hummus, eggs, tofu, ricotta (or low-fat cottage cheese), sorbet and sun-dried fruits with no added sugar: plums, apricots, figs, dates. The forth bowl is also the serving for cephalopods and shellfish (octopus, squid, mussels, clams, prawns, scampi, crab, lobster, ...), which can also be used to dress pasta or rice in the maintenance diet.

BOWL 5: (the smallest)

Your fifth bowl is the volumetrics serving for dressings: extra-virgin olive (EVO) oil, lemon, wine or apple vinegar, vinaigrette, mustard; for seeds: pumpkin, sunflower, flax, sesame; for nuts: almonds, walnuts, pinenuts, pistachios; for raisins. In the maintenance diet it can also be used for honey, jam and marmalade, dark chocolate. The amount of EVO oil allowed for each meal is half the bowl volume (about a tablespoon). This amount can be emulsified with an equal amount of any other permitted dressing.

SAUCER WITH TWO RINGS:

The larger ring shows a volumetric serving for meat: chicken, beef, turkey, veal, lean pork, and for fish: cod, hake, sea bream, sole, sea bass and any other locally caught species.

Vegetable hamburger, chickpea flour pie, slice of bread, omelette.

The smaller ring shows servings of fresh cheese, seasoned cheese, desserts or biscuits.

SOME CLARIFICATIONS ON HOW TO CHOOSE YOUR FOOD

Yogurt can be either cow milk, sheep milk or vegetable (i.e. soy yoghurt). Kefir or Greek-style yogurt are also a choice. **Milk** can be either cow milk, goat milk or vegetable (i.e. almond, soy, rice, spelt or oat). Yogurt and milk should be whole and organic. **Ricotta** (or low-fat cottage cheese) should preferably be made with sheep or goat milk.

Raw vegetables include all uncooked seasonal non-starch vegetables. Any seasonal salad greens (lettuce, endive belgian or frisée, escarole, gentile, lollo, arugula, watercress, green and red chicory), cabbages, Savoy cabbage, sauerkraut, black cabbage, artichokes, cucumbers, peppers, carrots, tomatoes, sprouts, fennels, radishes, celery, celeriac, zucchini, beetroots, mushrooms, baby spinach. Seasonal salad greens are the stars of the bowl for raw vegetables, and should always be your first choice when your diet program suggests you eat a serving of raw vegetables.

Cooked vegetables include all seasonal non-starch vegetables that can be cooked. Recommended cooking methods are steaming, boiling, grilling, baking, baking *en papillote*. Vegetables stewed in a wok with or without tomato are also acceptable. Mixed vegetable soup, puréed vegetables and vegetable broth are ranged among cooked vegetables.

Cooked cereals: spelt, millet, rice, barley, oat, bulgur, corn porridge (polenta), rye, mixed cereals, kamut, amaranth, sorghum, quinoa, buckwheat (these last two are pseudocereals) must be organic, whole-grain and as far as possible un-cracked. Cereals should preferably be steamed or boiled in water or vegetable broth.

Legumes: peas, beans, chickpeas, lentils, lupin beans, fava beans can be boiled or baked, or you can buy them already cooked, choosing freshly processed and not preserved ones. They should be organic and locally grown.

Cereal flakes: oat, corn, wheat, rice, spelt, rye, barley and buckwheat shall be organic, whole-grain and with no added sugar. They can be used for breakfast, but also for lunch or dinner with vegetable soup or vegetable broth.

Raw fruit: apples, pears, oranges, mandarins, strawberries, apricots, cherries, raspberries, kiwis, plums, peaches, melon, watermelon, blackberries, blueberries, redcurrant, grapes, persimmons, figs shall be seasonal, organic and locally grown.

Cooked fruit include the same fruit types as raw fruit. Fruit should preferably be boiled in water, baked in the oven or cut in small pieces and simmered in a pot in a small quantity of water, without adding sugar or other sweeteners. It can be flavoured with cinnamon, cloves or citrus rind.

Seeds: pumpkin, sunflower, sesame and flax seeds. They shall be organically grown and locally sourced.

Nuts: almonds, hazelnuts, walnuts, pinenuts and pistachios. They shall be organically grown and locally sourced, if possible.

Dressings allowed for each meal are: extra-virgin olive (EVO) oil, lemon juice, apple or wine vinegar and any kind of mustard. Balsamic vinegar is not recommended.

Meat means lean cuts of chicken, turkey, veal or beef, from certified organic breeding. For the slimming program it is recommended to choose meat reduced to hamburgers, so that it occupies exactly the larger circle of the saucer. Otherwise, a thin slice of meat as close as possible to the measure indicated in the saucer will do.

Fish should be locally caught: sole, sea bream, sea bass, hake, rayfish, john dory, swordfish, tuna and other Mediterranean fish. Also cephalopods such as squids and octopuses, and shellfish like prawns, shrimps, scampi, crabs, lobsters. The serving matches the larger ring of the saucer. If you use ready-to-cook fillets or fishburgers the serving is easier to make.

Cheese shall match the smaller ring of the saucer. Some kinds of cheese (*tomino, mozzarella, stracchino, robiola*) come in a size similar to the smaller ring. For seasoned cheese, like *pecorino* or *parmigiano*, the serving has to match as much as possible the smaller ring.

Desserts have to match the smaller ring. Some desserts, like chocolate pudding, mini fruit or chocolate tarts, biscuits come in a size very similar to the smaller ring, otherwise they should follow the rule of matching as much as possible the smaller ring.

Extras: coffee, water, herbs, spices. They are measured in coffee cups, water glasses and pinches of spices or herbs. Food that already comes in servings (1 bread rusk, 1 slice of stone ground whole-grain wheat or rye bread, 1 cereal cracker or biscuit).

Sugar and any other alternative sweeteners are not recommended during a diet. Those who can't do without sugar substitutes can use 1 teaspoon of honey to sweeten drinks.

A tablespoon and a teaspoon can be used as volumetric servings. For example, a tablespoon can measure EVO oil and a teaspoon can measure honey.

Program 1

SLIMMING DIET

1 week to 3 weeks maximum

This program has been conceived and finalised to obtain weight loss. The guidelines for this diet program can be followed by anyone in good health, leading a regular lifestyle according to their own habits. People affected by pathologies or intolerances, or following pharmacological therapies, or training for a competitive sport, should consult their doctor before starting the diet.

Slimming Program 1 is recommended for male or female adults, or for adolescents over 14 years of age.

The diet is described on a daily basis for the three main meals: breakfast, lunch, dinner, with 2 optional snacks in the morning and afternoon: 1 fresh seasonal fruit or 1 glass of fresh-squeezed citrus fruit juice or 1 mixed vegetable-and-fruit centrifuged juice.

The weekly plan that follows is a general template to set up your diet. In the leaflet, on the other hand, there are 2 weekly detailed examples. One is for spring-summer, the other for autumn-winter.

Food can be substituted with seasonal equivalents as listed in the instruction manual on page 6, chapter “Some clarifications on how to choose your food”.

Infusions, herbal teas and regular tea can be varied according to taste.

Before lunch and dinner it is possible to add 1 serving of bowl 2 with vegetable broth or miso soup to taste.

Monday

Breakfast

Bowl 2: warm water with the juice of half an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Bowl 3: organic plain yogurt (cow milk, or goat milk, or vegetable milk)

Bowl 3: fruit

Lunch

Bowl 1: raw seasonal mixed vegetables

Bowl 3: cooked legumes

Bowl 5: vinaigrette dressing

Dinner

Bowl 2: seasonal vegetable purée

Saucer, larger circle: fish to taste

Bowl 5: vinaigrette dressing

Tuesday

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Saucer smaller ring: 3 whole-grain biscuits , or oatmeal and
bran biscuits, with no added sugar

Lunch

Bowl 2: miso soup or vegetable broth

Bowl 1: raw seasonal mixed vegetables

2 x Bowl 5: nuts (2 servings)

Bowl 5: vinaigrette dressing

Bowl 3: fruit

Dinner

Bowl 1: raw seasonal mixed vegetables

Bowl 4: cooked legumes

Bowl 5: vinaigrette or mustard dressing

Wednesday

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Bowl 3: plain organic whole yoghurt (cow milk, or goat milk,
or vegetable milk) or kefir

Bowl 5: mixed seeds or nuts

Lunch

Bowl 2: cooked seasonal mixed vegetables

Bowl 3: whole-grain organic (uncracked) cooked cereals

Bowl 5: vinaigrette dressing

Dinner

Bowl 2: cooked seasonal mixed vegetables

Bowl 4: ricotta/cottage cheese

Bowl 5: vinaigrette dressing

Thursday

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Bowl 5: mixed seeds sprinkled on
2 whole-grain cereal rusks or 1 slice of rye bread with 2 teaspoons of honey

Lunch

Bowl 2: miso soup or vegetable broth

Bowl 1: raw seasonal mixed vegetables

Bowl 4: 1 egg, scrambled or boiled

Bowl 5: vinaigrette or mustard dressing

Dinner

Bowl 1: “pinzimonio”

(raw seasonal mixed vegetables trimmed and cut, dipped into EVO oil)

Bowl 3: cooked legumes or **Bowl 4:** hummus

Bowl 5: vinaigrette or mustard dressing

Friday

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Bowl 3: vegetable milk (almond, rice, soy, oat, spelt)

Bowl 4: oat flakes

Lunch

Bowl 1: raw seasonal mixed vegetables

Saucer, larger ring: lean veal cut

Bowl 5: vinaigrette or mustard dressing

Bowl 3: seasonal fruit salad

Dinner

Bowl 2: vegetable purée

Bowl 1: raw seasonal mixed vegetables

2 x Bowl 5: nuts and mixed seeds (2 servings)

Bowl 5: vinaigrette or mustard dressing

Saturday

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Bowl 4: egg

1 slice of rye bread

Lunch

Bowl 1: raw seasonal mixed vegetables

Bowl 3: cooked legumes

Bowl 5: vinaigrette or mustard dressing

Dinner

Bowl 2: cooked seasonal mixed vegetables

Saucer, larger ring: fish to taste

Bowl 5: vinaigrette or mustard dressing

Saucer, smaller ring: 1 chocolate cookie or mini chocolate tart

Sunday

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Bowl 3: fruit salad

Lunch

Bowl 1: raw seasonal mixed vegetables

Bowl 3: whole-grain organic cooked cereals

Bowl 5: vinaigrette or mustard dressing

Dinner

Bowl 2: cooked legumes (puréed or as a salad)

Bowl 2: cooked seasonal mixed vegetables

Bowl 5: vinaigrette or mustard dressing

Program 2

DEPURATIVE DIET

1 week to 3 weeks maximum
(2 days to detox, 2 days to activate, 3 days for balancing)

This program has been conceived and finalised to purify your body. It is recommended for people who want to quickly get back in shape after overindulging, or for those who decide to start a slimming diet after a good overall depuration. It is also very good for people who, once a month, want to reactivate their body with a bioactive diet, organising their week in 3 phases: detox, activating and balancing. The guidelines for program 2 can be followed by anyone in good health, leading a regular lifestyle according to their own habits.

People affected by pathologies or intolerances, or following pharmacological therapies, or training for a competitive sport, should consult their doctor before starting the diet.

Depurative Program 2 is recommended for male or female adults, or for adolescents over 14 years of age.

The diet is described on a daily basis for the three main meals: breakfast, lunch, dinner, with 2 optional snacks in the morning and afternoon consisting of hot drinks: herbal teas, tea, infusions, barley coffee, fruit broth, vegetable or mixed vegetable-and-fruit extracts, fruit juices.

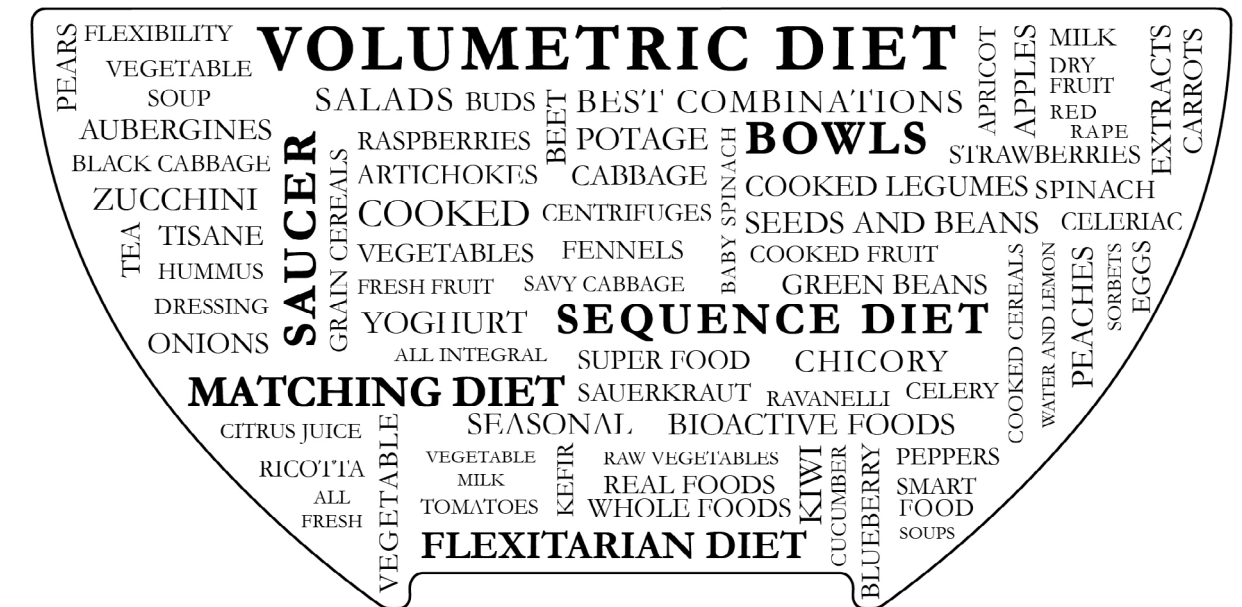
The weekly plan that follows is a general template to set up your diet. In the

booklets there are 2 weekly detailed examples for the depurative diet: one is for spring-summer, the other for autumn-winter.

Food can be substituted with seasonal equivalents as listed in the instruction manual on page 6, chapter “Some clarifications on how to choose your food”.

Tea, herbal teas and infusions can be varied according to taste.

Before lunch and dinner it is possible to add 1 serving of **Bowl 2** with vegetable broth or miso soup to taste.



2 DETOX DAYS

Day 1

Breakfast

Bowl 2: warm water with the juice of half an organic lemon and ginger

Bowl 2: tea or infusion or herbal tea

Bowl 3: seasonal fresh fruit

Lunch

Bowl 1: raw seasonal mixed vegetables

Bowl 5: nuts

Bowl 5: vinaigrette dressing

Dinner

Bowl 2: miso soup or vegetable broth

Bowl 2: cooked seasonal mixed vegetables

Bowl 5: vinaigrette dressing

Bowl 4: seasonal cooked fruit with no added sugar, flavoured with cinnamon

Day 2

Breakfast

Bowl 2: warm water with the juice of half an organic lemon and ginger

Bowl 2: tea or herbal tea

Bowl 4: seasonal cooked fruit with no added sugar, flavoured with cinnamon or

Bowl 3: seasonal fresh fruit

Lunch

Bowl 2: seasonal fruit-and-vegetable extract or puréed legumes

Bowl 5: mixed seeds

Dinner

Bowl 2: seasonal vegetable purée

Bowl 5: vinaigrette dressing

Bowl 4: seasonal cooked fruit with no added sugar, flavoured with cinnamon or

Bowl 3: seasonal fruit

2 ACTIVATING DAYS

Day 1

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: seasonal fruit-and-vegetable extract and coffee or tea

Bowl 5: nuts

Lunch

Bowl 2: vegetable broth or meat stock or miso soup

Bowl 1: raw seasonal mixed vegetables

Bowl 5: mixed seeds

Bowl 5: vinaigrette dressing

Dinner

Bowl 1: raw seasonal mixed vegetables

Saucer, larger ring: fish to taste

Bowl 5: vinaigrette dressing

Day 2

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: seasonal fruit-and-vegetable extract and coffee or tea

Bowl 4: egg

Lunch

Bowl 2: vegetable broth or meat stock or miso soup

Bowl 1: “pinzimonio” raw seasonal mixed vegetables

Bowl 5: mixed seeds

Bowl 5: vinaigrette dressing

Dinner

Bowl 1: raw seasonal mixed vegetables

Saucer, larger ring: white meat to taste

Bowl 5: vinaigrette dressing

3 BALANCING DAYS

Day 1

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Bowl 3: plain organic whole yoghurt or kefir

Lunch

Bowl 2: seasonal vegetable purée

Saucer, larger ring: fish to taste

Bowl 5: vinaigrette or mustard dressing

Dinner

Bowl 1: raw seasonal mixed vegetables

Bowl 3: cooked legumes

Bowl 5: vinaigrette dressing

Day 2

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or infusion or herbal tea, or 1 espresso coffee or barley coffee

Bowl 3: fresh seasonal fruit

Lunch

Bowl 1: raw seasonal mixed vegetables

Bowl 3: cooked legumes

Bowl 5: vinaigrette dressing

Dinner

Bowl 1: raw seasonal mixed vegetables

Bowl 3: ricotta/cottage cheese

Bowl 5: vinaigrette dressing

Program 3

MAINTENANCE AND WELLNESS DIET

with volumetric servings you can be healthy and in shape forever

The program tells you how many and which bowls you can use in one single day, organised in main meals and snacks. At the end of the plan you will also find some suggested additions and variations.

This diet is recommended for male or female adults, for adolescents and kids over 10 years of age. For kids the volumetric servings must be halved. From adolescence volumes are the same as for adults.

Day 3

Breakfast

Bowl 2: warm water with the juice of half
an organic lemon and ginger

Bowl 2: tea or herbal tea, or 1 espresso coffee or barley coffee

Bowl 3: vegetable milk

Bowl 4: oat flakes

Lunch

Bowl 2: cooked seasonal mixed vegetables

Bowl 5: vinaigrette dressing

Bowl 3: seasonal fruit salad

Dinner

Bowl 1: raw seasonal mixed vegetables

2 x Bowl 5: mixed seeds (2 servings)

Bowl 5: vinaigrette dressing

LIST OF VOLUMETRICS SERVINGS

Daily volumetric servings

For breakfast the following should be used:

1 **BOWL 3** (choose any food as written on bowl)
+
1 **BOWL 4 and 5** (choose any food as written on bowl)

For lunch, dinner and snacks bowls should be used as follows:

1 SERVING OF RAW VEGETABLES	BOWL 1
1 SERVING OF COOKED VEGETABLES	BOWL 2
1 SERVING OF SEEDS/NUTS	BOWL 5
2 SERVINGS OR FRUIT	BOWL 3
2 SERVINGS OF DRESSINGS	BOWL 5
1 SERVING OF CEREALS	BOWL 3
1 SERVING OF LEGUMES	BOWL 3
1 SERVING OF FISH OR MEAT OR CHEESE OR DESSERT	SAUCER

At the end of each day the listed foods should have been consumed, in the servings determined by the bowls.

Every day the following can be added:

2 servings of whole-grain or rye bread (**BOWL 4** – roll or **SAUCER LARGER RING** – slice) to be distributed in the 3 daily meals.
1 serving (**BOWL 5**) of dark chocolate (>80%) instead of a snack

During each week, instead of the volumetrics servings listed above, it is possible to use:

3 servings (**BOWL 2**) of whole-grain pasta instead of cereals
1 serving (**BOWL 3**) of potatoes instead of cereals

1 serving (**4 SLICES**) of lean dry cured raw ham instead of meat
1 pizza margherita instead of a full meal
1 sweet snack (**SAUCER SMALLER RING**) instead of fruit
1 “Italian style” breakfast (cappuccino + sweet pastry)

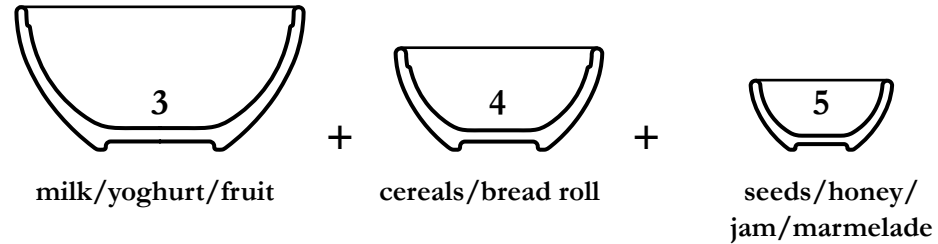
In addition... every week it is possible to add 3 glasses of wine, but not in the same meal (adults only).

2 servings of bread per day
3 glasses of wine per day

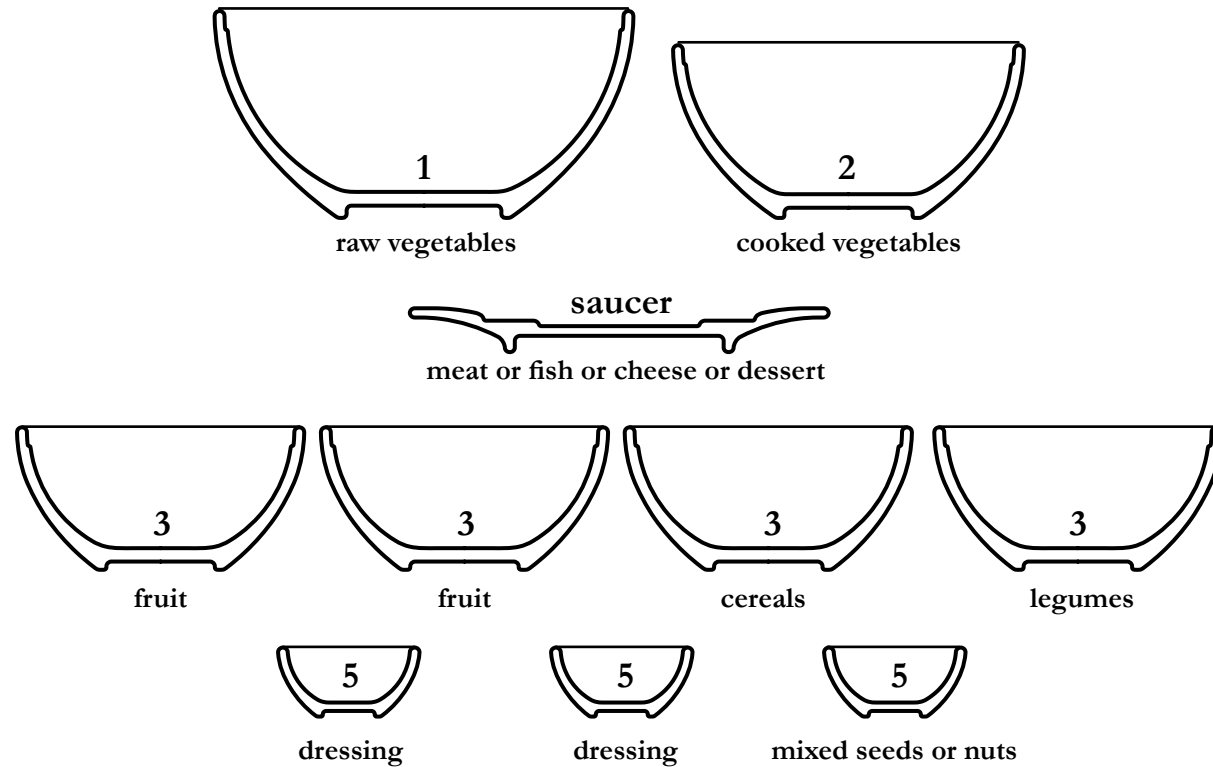
BREAKFAST	SNACK	LUNCH option 1	LUNCH option 2
<p>BOWL 2 herbal tea/tea/barley coffee +</p> <p>BOWL 3 fruit/yoghurt/ kefir/milk +</p> <p>BOWL 4 cereal flakes/egg/ bread roll and</p> <p>BOWL 5 seeds/nuts +</p> <p>1 espresso coffee (to taste)</p>	<p>BOWL 3 fruit or</p> <p>BOWL 2 fruit/vegetable juice or centrifuged or</p> <p>BOWL 5 mixed seeds/nuts</p>	<p>BOWL 1 raw vegetables +</p> <p>BOWL 3 legumes/cereals +</p> <p>BOWL 5 dressing</p>	<p>BOWL 1 raw vegetables +</p> <p>BOWL 2 cooked vegetables +</p> <p>SAUCER SMALLER RING cheese +</p> <p>BOWL 5 dressing</p>

SNACK	DINNER option 1	DINNER option 2
<p>BOWL 3 fruit or</p> <p>BOWL 2 juice/centrifuged or</p> <p>BOWL 5 mixed seeds/nuts</p>	<p>BOWL 1 raw vegetables +</p> <p>BOWL 2 cooked vegetables +</p> <p>SAUCER SMALLER RING dessert or</p> <p>BOWL 4 egg/cheese +</p> <p>BOWL 5 dressing</p>	<p>BOWL 2 cooked vegetables/soups/ vegetable purée +</p> <p>BOWL 3 legumes/cereals or</p> <p>SAUCER LARGER RING fish/meat/ vegetable hamburger</p>

BREAKFAST



REST OF THE DAY



ADVICE FOR MEALS AWAY FROM HOME OR IN CASE OF CONVIVIAL GATHERINGS AT HOME

During the same meal

MATCHINGS TO BE AVOIDED:

- Meat and Fish
- Meat and Cheese
- Cereals/Pasta/Potatoes/Bread and Cheese
- Fish and Cheese
- Cereals/Pasta/Bread and Potatoes
- Cereals/Pasta/Potatoes/Bread and Fruit
- Cereals/Pasta/ Potatoes/Bread and Dessert

SUGGESTED MATCHINGS:

- Vegetables, Cereals and Meat
- Vegetables, Cereals and Fish
- Vegetables, Fish and Dessert
- Vegetables, Cheese and Fruit
- Vegetables, Meat and Fruit

SEASONAL FRUIT

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
almonds							●	●	●	●		
apples	●	●	●	●	●			●	●	●	●	●
apricots					●	●	●	●				
bananas	●	●	●	●	●	●	●	●	●	●	●	●
blackberries								●				
blueberries						●	●	●	●			
cherries					●	●	●					
chestnuts										●	●	
citrons	●	●	●	●							●	●
clementines	●										●	●
dates	●											
figs							●	●	●			
grapefruit	●	●										
grapes								●	●	●		
hazelnuts										●	●	●
jujubes									●			
kiwis	●	●	●	●	●						●	●
lemons			●	●		●	●			●	●	
mandarin oranges	●	●	●								●	●
medlar (Mespilus germanica)					●	●	●					

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
melons		●					●	●	●			●
Mirabelle plums or greengages					●	●	●	●				
mulberries						●	●					
oranges	●	●	●								●	●
peaches/nectarines						●	●	●	●			
pears	●	●	●	●			●	●	●	●	●	●
persimmons										●	●	●
pineapple										●	●	●
pinenuts	●	●	●	●	●					●	●	●
plums					●	●	●	●				
pomegranates									●	●		
prickly pear									●			
quinces									●	●	●	●
raspberries							●	●				
redcurrant							●	●				
sour cherries						●						
strawberries				●	●	●	●	●				
walnuts									●			
watermelon						●	●	●	●			
wild strawberries						●	●					

SEASONAL VEGETABLES

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
agretti (Salsola soda)			●	●	●							
artichokes	●	●	●	●							●	●
arugula						●						
asparagus			●	●	●							
aubergines						●	●	●	●	●	●	
beans				●	●	●	●	●	●	●		
beetroot	●	●										
broccoli	●	●	●							●	●	●
Brussels sprouts										●	●	●
cabbage	●	●	●							●	●	●
carrots	●	●	●	●	●	●	●	●	●	●	●	●
cauliflower	●	●	●	●	●					●	●	●
celery	●	●	●						●	●	●	●
chickpeas							●	●				
chicory (Chicorium intybus)			●									
cucumber							●	●				
endive (Chicorium endivia)	●	●	●							●	●	●
fava beans				●	●	●	●					
fennel	●	●	●	●	●	●	●	●	●	●	●	●
garlic			●	●	●	●						
green and red chicory										●	●	●

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
green beans					●	●	●					
leek	●	●								●	●	●
lentils							●	●				
lettuce						●	●	●	●			
mâche salad							●	●				
mushrooms								●	●	●	●	
onions			●	●	●	●	●	●				
peas				●	●	●	●					
peppers							●	●	●	●	●	
potatoes								●	●	●	●	
pumpkin	●	●							●	●	●	●
puntarelle (type of chicory)			●	●								
radishes			●	●	●	●	●	●	●	●	●	
Savoy cabbage	●	●	●									
spinach	●	●							●	●	●	●
spring green salad			●	●	●							
Swiss chard	●	●	●	●	●	●	●	●	●	●	●	●
thistles (Carduus, Asteraceae)	●											●
tomatoes						●	●	●	●	●	●	
Treviso red chicory	●	●										
turnips (Brassica rapa)	●	●								●	●	●
zucchini						●	●	●	●	●	●	

NOTES

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