



# What shall we eat today?



## July 2024 - CHOLESTEROL DIET MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
1 Vacation Break	2 Vacation Break	3 Vacation Break	4 Vacation Break	5 Vacation Break
8 Vacation Break	9 Vacation Break	10 Vacation Break	11 Vacation Break	12 Vacation Break
15 Vacation Break	16 Chayote Picadillo □ Creole salad□ White rice and black beans□ Fresh fruit Water	17 Broccoli cream□ Baked chicken thigh Baked potato wedges Fresh fruit Water	18 Roasted pork loin□ Potato salad□ Steamed vegetables□ Fresh fruit Water	19"Student's choice 11th grade" Hamburger □ Garden salad□ French fries Brigadeiros Water
22 Gallo pinto Grilled steak□ Pico de gallo Yogurt Water	23 Heart of palm, avocado and tomato salad□ Chicken lasagna in white sauce Corn cream□ Fresh fruit Water	24 Steamed rice □ Tilapia in lemon and parsley sauce□ Sautéed vegetables□ Fresh fruit Water	25 HOLIDAY□	26 CHINA Cantonese rice Chinese tacos□ Stir-fried vegetables with ginger and sesame seeds□ Fresh fruit Water
29 Baked potatoes with chimichurri□ Baked picaña □ Green vegetable salad Fresh fruit Water	30 Baked potatoes□ Grilled chicken fillet□ Steamed vegetables□ Fresh fruit Water	31 Coleslaw□ Fried cassava□ Shredded chicken□ Fresh fruit Water		

**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...
<b>Starters</b>	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables
Vegetables	Rice/pasta o potatoes
<b>Main course</b>	
Meat (beef, pork, poultry)	Fish or eggs
Fish	Lean meat or egg
Egg	Fish or meat
<b>Dessert</b>	
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.

