

## LIST OF THE MOST IMPORTANT FOODS RELATED TO CONTROLLING CALCIUM IN THE DIET

FORBIDDEN	MODERATE CONSUMPTION	ALLOWED
Milk	Cheese bread (twice a week)	Bread
Yogurt	Coconut water (once a week)	Cakes (condensed milk-based filling free and milk cream-based filling free)
Curd	Coconut milk (200 mL per week)	Biscuits without filling
Cream cheese	Walnuts or almonds or nuts in general (1 tbsp per week)	Marshmallows
Ricotta cream	Dark chocolate or 75% dark chocolate	Pasta (cheese cream-based free)
Tofu cream	Beer	Rice
Cottage cheese	Wine	Beans
Ricotta	Distilled beverages	Lentils
Goat cheese	Banana	Chickpeas
White cheese	Butter	Corn
Sliced cheese	Chicken meat *	Peas
Processed cheese	Red meat *	Mashed potatoes or cassava
Cheese fondue	Sausages **	Eggs
Chocolate fondue		Mushroom
Shanklish (milk cheese in Levantine cuisine)	* Meat consumption has been discouraged due to a high level of heterocyclic amines produced during cooking. Heterocyclic amines are highly carcinogenic, so we suggest a moderate consumption of meat, especially chicken meat.	Mayonnaise
Cheeses in general		Jelly
Milk cream		Cereals nuts free
Soya cream		Raw leafy vegetables
Chantilly cream		Legumes
Condensed milk	** All sausages (salami, ham, frankfurter, smoked turkey breast, mortadella) are rich in nitrosamines, which have a carcinogenic potential.	Vegetables
Soya milk		Fruit
Soya juice		Oat
Rice milk (unless it is calcium free)		Powder albumin
Oat milk (unless it is calcium free)		Teas
Corn milk (unless it is calcium free)		Coffee
Pudding		Natural juices
Condensed milk pudding		Packaged juices (soya free)
Ice cream		Gelatine
Milk-based or cheese-based pies		Fish
Cheese pizzas in general		
Custard apple family		