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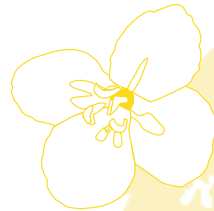
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Preface

This booklet was written for all who must or wish to take care of their cardiovascular system. Correct nutrition is an important aspect of this and can help to keep the cholesterol level balanced and to protect the arteries against encrustation. The so-called Crete diet has proved to be a particularly effective form of protection. Despite its title “diet”, this form of nutrition has nothing to do with strict calorie-counting and boring food. Lots of vegetables and fruit, food rich in carbohydrates and valuable vegetable oil, supplemented by moderate portions of fish and meat, make this diet particularly tasty and varied. Even a little wine is permitted.

What makes the Crete diet work and what effects it can have are described in this booklet by two renowned experts on healthy nutrition. Like all things in life, everything begins with the theory. Prof. Robert Gasser, an internationally very well-known heart specialist at the Medical University Clinic of Graz, presents the scientific foundation of the Crete diet in an easily understandable and coherent manner. The tasty flavours of the Crete diet are proven by Johann Lafer, the star-awarded chef seen on television, in the second part of this booklet. His remarkable recipes can be easily repeated by anybody and arouse an appetite for more – more of the Crete diet. This brochure therefore contains examples of diet plans for a whole week, showing how easy it is to put the Crete diet into practice in day-to-day life.

We wish you every success with the Crete diet for an active life full of fun and enjoyment!



Healthy nutrition with rapeseed oil

If you consult an encyclopaedia about rape, you will find that it is a yellow-flowering cruciferous plant sowed annually in culture as summer or winter rape. This most important indigenous oil plant supplies rapeseed oil* and rapeseed fat from its seeds.

The fact that rapeseed oil, rapeseed oil margarine and other foods gained from rape have a justified place in our diet has only been discovered in recent years by the so-called Lyon heart study. This proves clearly that rapeseed oil has a highly beneficial effect in protecting the heart due to its fatty acid composition.

*comparable with Canola oil

In the following pages, I would like to explain some of the fundamental aspects of the significance of the fatty acid composition in nutrition. In particular, I will address the above named study, which has shown that the use of rapeseed oil and olive oil in place of animal fats in the diet can reduce the rate of heart attacks by 70 %. This is a phenomenon which cannot even be achieved by the most modern medica-

Arteriosclerosis

Arteriosclerosis has been the greatest scourge of humanity in the 20th century. One in three of us die of diseases resulting from arteriosclerosis. Arteriosclerosis is a disorder in which the blood vessels become progressively constricted by deposits of cholesterol lime crystals on their inner walls. In the course of time, lesions and small ulcers occur, the vessels lose their elasticity and are hardened.

The progressive constriction of the vessels leads to an insufficient blood supply to the organs, which can suffer substantial damage as a consequence.

Finally, vessels can become completely blocked. Extreme examples of this kind of damage are strokes and heart attacks. Blood supply problems in the brain caused by arteriosclerosis can cause the following disorders: dementia, so-called transitory ischaemic attacks with temporary failures of individual brain functions, strokes and cerebral haemorrhage. In the heart, blood supply problems caused by arteriosclerosis appear initially as angina pectoris and later as heart attacks, which can damage the heart to such an extent that the patient is invalidated.



Arteriosclerosis

The kidneys can also be affected by arteriosclerosis. This can extend from a gradual loss of their functions to a complete kidney failure requiring regular dialysis. A consequence of this is high blood pressure which, conversely, promotes arteriosclerosis. A deadly circle is created, with lethal consequences. In the extremities, particularly the legs, arteriosclerosis causes peripheral arterial blockage disease, popularly known as smoker's foot. These blood supply deficiencies cause pain when walking and reduce the distance that can be walked. All other organs can also be affected by diminished blood supplies caused by arteriosclerosis and can suffer severe damage.

It is notable that arteriosclerosis begins as early as the age of eighteen and progresses at different speeds.

The inception of arteriosclerosis is caused by many factors. An inflammatory component in which the inflamed cells and repair processes have their effects is significant. Furthermore, cho-

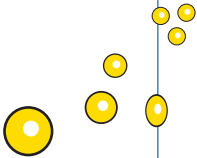


lesterol lime is deposited directly on the vessel walls. Infections by various germs (e. g. chlamydia) may also have an effect.

The risk of arteriosclerosis development is determined largely by heredity, but secondary factors such as male gender, fat metabolism deficiencies, diabetes, smoking, high blood pressure, lack of exercise, obesity, excessive uric acid levels in the blood and lack of vitamins are also highly significant. It is now known that these secondary factors can be strongly influenced. One of the most important influences is nutrition. Consider that you ingest food daily.

Your food is as important to you as medication. It will have either a favourable effect over a long period or will contain substances which are difficult for the body to process, particularly poor fat compositions, which eventually cause damage.

Particularly people with a high hereditary tendency in this relation, or people whose family has a history of heart attacks or strokes, should try to reduce the other risk factors. This applies generally to anybody who hopes to enjoy a long and active life.



Fats in the diet

In principle, we must assume that we must eat; we cannot consider **whether**, but only **how** we will sustain ourselves. Fat plays an important part in the body. It is used to build up cell membranes, it is important in the brain, in the construction of nerves, to protect the major organs against concussion etc. Fat is also converted into energy required by the body for the muscle and heart functions. Fats must therefore be consumed in food – the body needs them.

In the development of mammals and humans, nature has thereby discovered an ideal energy reservoir to provide adequate reserves in times of poor food supplies.

However, this highly intelligent survival strategy can also become a killing strategy:

Obesity is one of the major problems in our industrial society – one in three of us is overweight. An extreme consequence of obesity is the metabolic syndrome in which high blood pressure, obesity and diabetes unify to form a life-curtailling disease.

Healthy nutrition with rapeseed oil



Cholesterol

Everybody has heard about cholesterol, but few really know anything about it. Cholesterol is a very important component of metabolism. Cholesterol is needed to build up the nerve sheaths, the brain, cell walls and much more. The most important hormones in the body are also made up of cholesterol. However, too much cholesterol accumulates in artery walls, finally leading to sclerosis above. We must therefore ingest cholesterol, but not too much. Animal products such as meat, eggs, butter, cheese and particularly offal such as brain, liver and kidney contain large amounts of cholesterol. Cholesterol itself consists of two types, HDL and LDL (“good” and “bad”) cholesterol. To allow cholesterol to move freely in the blood and not to float like fat on the surface of a bowl of

soup, cholesterol is bound in transport particles. Lipoproteins are produced. The small molecules (HDL = high density lipoprotein) have a retarding effect on the development of arteriosclerosis. These small particles have the primary purpose of conveying cholesterol and fat out of the vascular system. People with high HDL levels have a longer life expectancy. This is opposed by the “bad” cholesterol, LDL particles (low density lipoproteins) which have the effect of promoting arteriosclerosis. These molecules transport around 70 % of the overall blood cholesterol. People with high LDL levels have a higher risk of heart attacks.

How old can we get?

The body is originally designed to achieve a possible lifetime of 100 to 120 years. This long lifespan originally granted to us is largely shortened by our lifestyle. Particularly unfavourable nutrition, lack of exercise, smoking and stress reduce our life expectancy in the known manner. However, we can counteract these effects by suitable nutrition and attention to the composition of our food.

Healthy nutrition with rapeseed oil



The composition of the fats in our diets

In edible fats, we mainly discern between saturated and unsaturated fatty acids, of which the saturated fatty acids occur mainly in animal products such as offal, meat, sausages, butter, cheese etc. These saturated fatty acids have an unfavourable effect on the cardiovascular system. They promote the development of arteriosclerosis. In contrast, unsaturated fatty acids have a particularly favourable effect on the cardiovascular system. They are found in abundance in vegetable oils and coldwater fish.

An example:

A major study has shown that the consumption on just one portion of saltwater fish per week reduces the risk of dying of abrupt cardiac arrest by 50 %. This is due to the effects of omega-3

fatty acids. Saltwater fish, particularly when originating from cold water, has a high proportion of omega-3 fatty acids. These play a major part in the production of important tissue hormones, which control blood clotting, blood vessel width, the immune system and other important bodily functions. Amongst other things, omega-3 fatty acids influence the elasticity of red blood corpuscles and promote their movement through the cardiovascular system. One could say that they make the blood thinner. They also have a favourable effect on blood clotting and reduce the agglomeration of blood platelets and the risk of thrombosis.

The composition of the fats in our diets

In this relation, it must be mentioned that the body cannot itself produce polyunsaturated fatty acids. They must therefore be ingested in food to prevent deficiency disorders. Such essential dietary components are polyunsaturated fatty acids, but also vitamins such as vitamin C and specific amino acids.

Edible oils

Rapeseed oil and olive oil are similar in composition. In particular, the proportion of unsaturated fatty acids is high. In addition, rapeseed oil contains a large proportion of so-called alpha-linolenic acid, one of the most important omega-3 fatty acids. This alpha-linolenic acid appears to be one of the most important components for heart protection. Whereas rapeseed oil and olive oil are equally suitable for frying and for salads etc, rapeseed oil is also suitable for the manu-

facture of rapeseed oil margarine and therefore has a substantial advantage over olive oil, so rapeseed oil can take its positive effects spread on bread at breakfast. Vegetable oil margarine is very frequently made of rapeseed oil in Germany and Austria. In contrast with other countries, it has not been common here to declare this openly. In the major Lyon heart study conducted by de Lorgeril and his colleagues, butter, cream and animal fats in food were replaced by rapeseed oil margarine and olive oil. This study demonstrated that patients which had suffered a heart attack had a reinfarkt risk 70 % lower due to the change in their nutrition by adopting rapeseed and olive oil and rapeseed oil margarine in place of butter, dripping and cream in their diets.

Healthy nutrition with rapeseed oil



The Crete diet

Where did the idea come from to test this form of nutrition, the Crete diet, in the Lyon study?

Many years of demoscopic studies have shown that people whose diets include vegetable oils, in this case particularly olive oil, and less animal fats, but also more fish, fresh vegetables and fruit, have a substantially lower risk of heart attacks than people in our regions. For example, the so-called 7-country study showed that men between 50 and 70 in Crete have a risk of cardiac death 50 times lower than men in industrial countries. Experts then closely studied

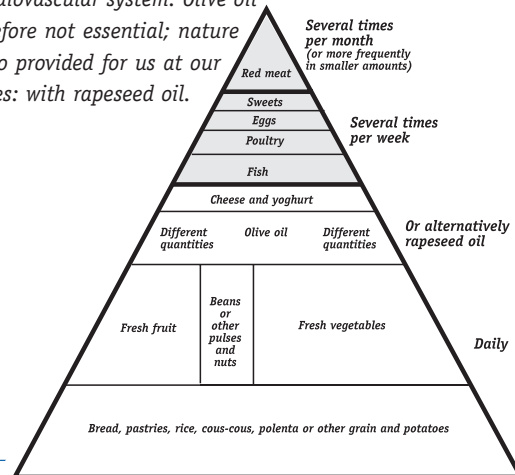
the dietary habits of the people there. *Lorgeril transferred the dietary habits of Crete to France and tested them there.* Interestingly, the average cholesterol level in Crete is not significantly lower than in other countries. This form of nutrition therefore appears to work not only through the cholesterol level, but also to influence other factors. Of course, this examination cannot lead to the conclusion that the calm lifestyle, the disposition or heredity of the people living in Crete are responsible. This is why the workgroup led by Dr. de



Do we have to live in Crete to protect our hearts?

Sustenance in Crete consists mainly of large quantities of vegetables and fruit, less meat and more olive oil than in other countries. At a first glance, the Crete diet appears to be very different from our dietary habits, although this is untrue. The special thing about this diet as practised in the Lyon heart study is that we actually eat the same as before and only adjust the percentages of the individual components of our food. For example, 15 % more bread, 100 % more pulses and 24 % more fruit is eaten in the Crete diet. Sausages were reduced by half, meat by one third, poultry by 10 % and saltwater fish was increased by a fifth. Cheese was reduced and butter and cream were largely replaced by rapeseed oil margarine, rapeseed oil and olive oil. The study is special in that it is the first interventional study to scientifically prove the value of rapeseed oil and olive oil products in food.

The food pyramid depicted below helps in the choice of food components. The foods which should be consumed less often are at the top and those that should be consumed more often at the bottom. Dr. de Lorgeril and his team consider the alpha-linolenic acid contained in rapeseed oil products to be the decisive factor for the protection of the cardiovascular system. Olive oil is therefore not essential; nature has also provided for us at our latitudes: with rapeseed oil.



The effects of rapeseed oil and olive oil

Obesity: Because rapeseed oil and olive oil are almost identical with regard to dietary physiology, it is probable that knowledge of olive oil is transferable to rapeseed oil. Obesity represents a great health problem in our western industrial countries. Most obese people have an increased risk of diseases such as high blood pressure and cancer. Edible oils are very high in calories and excessive consumption of these can theoretically cause obesity. However, it is an interesting fact that forms of food whose main source of fat is olive oil actually lead to a reduction in obesity. It is unknown which substances are responsible for this. The consumption of suitable edible oils has a positive effect on diabetes, high blood pressure, blood clotting, coronary heart disease and also intellectual performance. This effect is indicated by numerous published studies.

My friend, Johann Lafer, has put together several recipes in the pages below to make it easier for you to consume rapeseed oil in your diet.

My appeal to you:

Lengthen your life by changing your diet.

Basis of calculations for the composition of the menu plans

The calculation of the menu plans is oriented to the DGE recommendations for an adult male at an age of 51 – 65 years.

The recommended energy content is 10,460 kJ or 2,500 kcal/day.

The recommended protein consumption represents 15 % of the energy, or 1,575 kJ/375 kcal, representing a quantity of approx. 90 g of protein/day.

The recommendation for fat consumption is 30 % of the energy or 3,150 kJ/750 kcal. 80 g of fat/day are therefore permitted.

55 % of the energy remains for the carbohydrate intake, which is 5,775 kJ/1,375 kcal and thereby approx. 335 g carbohydrate/day.

Diet plan, day 1

Breakfast

Each portion:

- 1.5 slices rye bread
- 10 g vegetable margarine
- 20 g poultry sausage
- 30 g Gouda cheese, 45 % fat
- 1 pear
- 250 ml fruit or vegetable juice

Each portion approx.:

- 2,461 kJ/589 kcal
- 19 g protein
- 18 g fat
- 84 g carbohydrate

1st intermediate meal

Each portion:

- 200 ml buttermilk
- 100 g raspberries, fresh or frozen
- 1 sunflower seed roll
- 5 g vegetable margarine
- Pulp and lightly sugar the raspberries and stir into the cooled buttermilk.
- Serve with the roll.

Each portion approx.:

- 1,656 kJ/394 kcal
- 16 g protein
- 8 g fat
- 62 g carbohydrate

Lunch

Trout fillet in a noodle sheet with young spinach and rapeseed oil and nut vinaigrette,

see pages 44/45

Each portion approx.:

- 2,990 kJ/712 kcal
- 40 g protein
- 40 g fat
- 43 g carbohydrate

2nd intermediate meal

Each portion:

- 1 slice wholemeal bread
- 5 g vegetable margarine
- 1 banana
- 1 Kiwi fruit
- Peel and slice the fruit and place alternately on the bread.

Each portion approx.:

- 1,144 kJ/273 kcal
- 6 g protein
- 5 g fat
- 49 g carbohydrate

Dinner

Greek shepherd's salad

Ingredients for 4 portions

- 200 g sheeps milk cheese
- 500 g beefsteak tomatoes
- 2 red bell peppers
- 1 large onion
- 1 cucumber
- 1 clove garlic
- 2 dtsp white wine vinegar
- 60 ml cold-pressed rapeseed oil
- Freshly ground black pepper
- Iodised salt
- 1 flat bread

Wash the tomatoes and cut into eighths. Wash the peppers and cut into strips. Peel the cucumber and onion and cut into thin slices. Cut the cheese into pieces. For the dressing, mix the vinegar, pressed garlic, salt and pepper; beat in the cold-pressed rapeseed oil and pour the dressing over the prepared ingredients. Serve with flat bread.

Each portion approx.:

- 2,247 kJ/535 kcal
- 14 g protein
- 25 g fat
- 60 g carbohydrate

Healthy nutrition with rapeseed oil



This diet plan contains for each person a total of:

- 10,515 kJ/2,503 kcal
- 95 g protein
- 96 g fat
- 298 g carbohydrate

Diet plan, day 2

Breakfast

Each portion:

- 1 rye bread roll
- 10 g vegetable margarine
- 30 g Edam cheese, 45 % fat
- 1 tomato
- 1 apple
- 250 ml multivitamin juice

Each portion approx.:

2,272 kJ/541 kcal 18 g protein
10.5 g fat 90 g carbohydrate

1st intermediate meal

Quark with berries

Each portion:

- 150 g mixed berries, fresh or frozen
- 100 g low-fat quark
- 2 dtsp milk, 1.5% fat
- 1 slice wholemeal bread

Mix the quark with the milk until smooth. Mix in the berries, sweeten to taste with sweetener. Serve with wholemeal bread.

Each portion approx.:

1,529 kJ/364 kcal 18 g protein
2.5 g fat 65 g carbohydrate

Lunch

Veal rolls braised in tomato ragout with creamy potatoes

see pages 40/41

Each portion approx.:

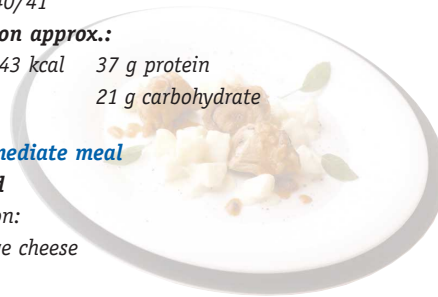
1,859 kJ/443 kcal 37 g protein
22 g fat 21 g carbohydrate

2nd intermediate meal

Fruit salad

Each portion:

- 50 g cottage cheese
- 1 dtsp jam
- 1 tomato
- 1 bell pepper
- 2 slices crispbread
- 10 g vegetable margarine



Each portion approx.:

1,751 kJ/417 kcal 4 g protein
14 g fat 66 g carbohydrate

Dinner

Fried herring with marinated potatoes

Ingredients for 4 portions

- 1 kg small potatoes
- 1 bunch radishes
- 1 bunch chives
- 2 small apples
- Juice of 1 lemon
- 1 tsp mild mustard
- 5 dtsp fine rapeseed oil
- Pepper, iodised salt
- 8 herring fillets

Thoroughly wash the potatoes and boil in the skin in a little water. Wash and dress the radishes and cut into slices. Wash the chives and cut into rolls. Wash and peel the apples and cut into thin segments.

Halve or quarter the potatoes. Mix the lemon juice, salt, pepper, mustard and rapeseed oil and pour over the potatoes. Mix in the radishes, apple segments and chive rolls. Serve the marinated potatoes with the herring.

Each portion approx.:

2,797 kJ/666 kcal 33 g protein
33 g fat 55 g carbohydrate

This diet plan contains for each person a total of:

10,211 kJ/2,432 kcal 110 g protein
82 g fat 297 g carbohydrate

Diet plan, day 3

Breakfast

Each portion:

50 g oat flakes

1 apple

4 prunes

1 pear

20 g raisins

5 g pumpkin seeds

150 plain yoghurt, 1.5 % fat

Each portion approx.:

1,957 kJ/466 kcal 15 g protein

10 g fat 76 g carbohydrate

1st intermediate meal

Each portion:

1 slice linseed bread

1 slice Bierschinken sausage

50 g cucumber

250 ml fruit or vegetable juice

Each portion approx.:

1,659 kJ/395 kcal 15 g protein

5 g fat 75 g carbohydrate

Lunch

Pork medallions in blue cheese batter

see pages 42/43

Each portion approx.:

3,175 kJ/756 kcal 50 g protein

50 g fat 21 g carbohydrate

2nd intermediate meal

Fruit salad

Each portion:

300 g seasonal fruit (e. g. cherries, apples, pears, greengages, berries etc.)

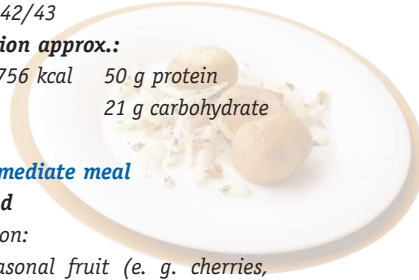
1 dtsp lemon juice

Serve with 50 g wholemeal biscuits

Each portion approx.:

1,440 kJ/343 kcal 6 g protein

6 g fat 64 g carbohydrate



Dinner

Ingredients for 4 portions

Rocket and tomato salad with garlic croutons

400 g rocket (optionally lamb's or frisee lettuce)

400 g cherry tomatoes

80 g piece of parmesan cheese

Marinade:

2 dtsp red wine vinegar

5 dtsp cold-pressed rapeseed oil

Freshly ground black pepper

Iodised salt

Croutons:

4 slices wholemeal bread

1 egg

1 clove garlic

2 dtsp fine rapeseed oil

Pepper and iodised salt

Serve with fresh baguette

Wash the lettuce, wash and halve the tomatoes. Arrange on a plate. Sprinkle with the flaked Parmesan cheese. Mix the remaining ingredients and pour over the salad.

Halve the bread slices diagonally. Mix the egg with the pressed garlic clove and season with salt and pepper. Dip the bread slices on both sides in the egg mixture. Heat the rapeseed oil and fry the bread until golden brown. Allow to cool and serve with the salad.

Each portion approx.:

2,583 kJ/578 kcal 16 g protein

20 g fat 80 g carbohydrate

This diet plan contains for each person a total of:

● 10,665 kJ/2,539 kcal 97 g protein

● 91 g fat ● 316 g carbohydrate

Diet plan, day 4

Breakfast

Each portion:

- 1.5 slices rye bread
- 1 slice boiled ham
- 10 g vegetable margarine
- 1 tomato
- 1 apple
- 250 ml fruit or vegetable juice

Each portion approx.:

2,280 kJ/543 kcal 15 g protein
13 g fat 88 g carbohydrate

1st intermediate meal

Each portion:

- 30 g corn flakes
- 300 g seasonal fruit (e.g. apples, pears, strawberries, plums, cherries, raspberries or similar)
- 150 ml milk, 1.5% fat

Each portion approx.:

1,306 kJ/311 kcal 9 g protein
3 g fat 60 g carbohydrate

Lunch

Rack of lamb in a ratatouille crust with green beans (and rosemary potatoes) (add 250 g potatoes per person) see pages 46/47

Each portion approx.:

2,054 kJ/489 kcal 32 g protein
20 g fat 42 g carbohydrate

2nd intermediate meal

Each portion:

- 1 beefsteak tomato
- 50 g Mozzarella cheese
- A few leaves of basil
- 1 baguette roll
- 10 g vegetable margarine
- 250 ml carrot juice with a few drops of fine rapeseed oil
- Cut the tomatoes and Mozzarella into slices and place alternately on the bread. Garnish with basil.

Each portion approx.:

2,036 kJ/485 kcal 17 g protein
16 g fat 65 g carbohydrate

Dinner

Ingredients for 4 portions

Leaf salad with mushrooms and "Bündner Fleisch"

- 200 g salad leaves (e.g. Roman lettuce, chicory, frisee, lamb's lettuce)
- 500 g cultivated or wild mushrooms

Marinade:

- 3 dtsp lemon juice
- 60 ml cold-pressed rapeseed oil
- 1 red onion
- 1 bunch French parsley
- Freshly ground black pepper

Iodised salt

Garnish:

- 30 g chopped walnuts
- 400 g ripe pears
- 400 g "Bündner Fleisch"
- 4 slices wholemeal bread

Cut the ends off the mushroom stalks, rinse the mushrooms briefly and cut into slices. Dress and wash the salad leaves, divide into bite-sized pieces and arrange on a plate. Spread the mushroom slices on top. Mix the ingredients for the marinade and pour over the salad. Sprinkle with chopped walnuts. Wash and core the pears and cut into thin segments. Arrange on the salad. Divide the Bündner Fleisch decoratively onto the salad. Serve with wholemeal bread.

Each portion approx.:

2,695 kJ/642 kcal 31 g protein
29 g fat 60 g carbohydrate

This diet plan contains for each person a total of:

10,445 kJ/2,487 kcal 104 g protein
81 g fat 317 g carbohydrate

Diet plan, day 5

Breakfast

Each portion:

2 slices wholemeal bread
30 g sliced turkey breast
10 g vegetable margarine
20 g apricot jam
20 g double fat cottage cheese
250 ml fruit or vegetable juice

Each portion approx.:

2,319 kJ/552 kcal 18 g protein
14 g fat 85 g carbohydrate

1st intermediate meal

Each portion:

Cucumber drink

1 small tomato
100 g cucumber
150 g yoghurt, 1.5 g fat
Pepper, iodised salt, dill
1 slice wholemeal bread
5 g vegetable margarine

Pulp the cucumber, cut the tomato into small dice. Mix both with the yoghurt and season with salt, pepper and chopped dill. Serve well cooled.

Each portion approx.:

914 kJ/218 kcal 18 g protein
3.5 g fat 34 g carbohydrate

Lunch

Pike-perch fillet with fried asparagus and foamed rapeseed oil

(add 80 g flat noodles per portion)
see pages 34/35

Each portion approx.:

3,641 kJ/867 kcal 36 g protein
51 g fat 60 g carbohydrate

2nd intermediate meal

Each portion:

1 rye bread roll
50 g low-fat quark



50 g radishes
1 small onion
Pepper, iodised salt
1 apple

Cut the radishes and onion into small pieces and mix with the quark. Season to taste and spread on the roll. Serve with the apple.

Each portion approx.:

1,368 kJ/326 kcal 15 g protein
2 g fat 60 g carbohydrate

Dinner

Ingredients for 4 portions

Potato soup with courgettes

2 onions
500 g potatoes
500 g courgettes
2 dtsp fine rapeseed oil
1 l vegetable stock
1 dtsp pine nuts
1 bunch basil
Black pepper
Iodised salt

50 g cheese (e.g. Camembert, Gorgonzola or similar)
1 baguette

Dice the onions, potatoes and one courgette. Steam gently in rapeseed oil. Quench with the stock and cook for 20 minutes. Cut the remaining courgettes into slices and blanch in salted water. Roast the pine nuts without fat in a frying pan. Cut the basil into strips. Pulp and season the soup. Add the prepared ingredients. Serve with the baguette and cheese.

Each portion approx.:

2,303 kJ/548 kcal 23 g protein
18 g fat 70 g carbohydrate

This diet plan contains for each person a total of:

10,572 kJ/2,517 kcal 103 g protein
89 g fat 309 g carbohydrate

Diet plan, day 6

Breakfast

Each portion:

50 g oat flakes

1 apple

1 pear

20 g raisins

10 g hazel nuts

150 g yoghurt, 1.5% fat

Each portion approx.:

2,102 kJ/501 kcal 15 g protein

12 g fat 80 g carbohydrate

1st intermediate meal

Each portion:

1 slice wholemeal bread

1 slice boiled ham

1/2 pear

2 dtsp beansprouts

Black pepper and iodised salt

250 ml multivitamin juice

Place the boiled ham on the wholemeal bread. Cut the pear into slices and spread on the ham. Garnish with beansprouts. Season to taste with salt and pepper.

Each portion approx.:

1,535 kJ/366 kcal 7 g protein

12 g fat 55 g carbohydrate

Lunch

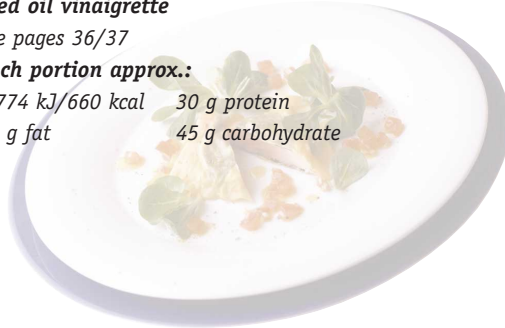
Salmon parcels in tomato and rapeseed oil vinaigrette

see pages 36/37

Each portion approx.:

2,774 kJ/660 kcal 30 g protein

38 g fat 45 g carbohydrate



2nd intermediate meal

Each portion:

Bruschetta with tomatoes

1 slice granary bread

1 clove garlic

2 tomatoes

1 small onion

1 dtsp cold-pressed rapeseed oil

A little basil

Pepper

Iodised salt

250 ml fruit or vegetable juice

Cut the tomatoes and onion into small dice. Cut the basil into strips and mix all together. Pour on cold-pressed rapeseed oil and season with salt and pepper. Toast the bread and rub with one clove of garlic. Put on the tomato mixture and serve with the juice.

Each portion approx.:

1,352 kJ/322 kcal 7 g protein

6 g fat 58 g carbohydrate

Dinner

Ingredients for 4 portions

Bean salad with sheeps milk cheese

150 g white beans

150 g red beans

1 tin sweetcorn

1 bunch spring onions

200 g sheeps milk cheese

1/2 bunch French parsley

1 stem savoury

Marinade:

1 clove garlic

3 dtsp white wine vinegar

6 dtsp fine rapeseed oil

Freshly ground black pepper

Iodised salt

1 flat bread

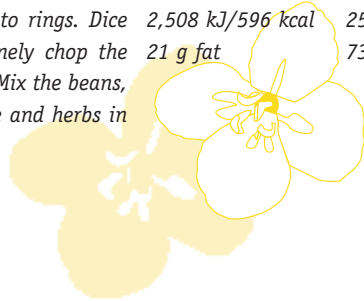
Diet plan, day 6

Soak the beans overnight in plenty of salted water. Boil the white beans for 70 min. and the red beans for one hour in the water used for soaking. Drain and allow to cool. Tinned beans can also be used, making soaking and boiling unnecessary. Wash and dress the spring onions and cut into rings. Dice the cheese. Wash and finely chop the parsley and the savoury. Mix the beans, sweetcorn, onions, cheese and herbs in a bowl.

Press the garlic and mix with the vinegar, rapeseed oil and seasonings to make a marinade and pour this over the salad. Allow to stand for at least 30 minutes. Serve with flat bread.

Each portion approx.:

2,508 kJ/596 kcal 25 g protein
21 g fat 73 g carbohydrate



This diet plan contains for each person a total of:

10,293 kJ/2,451 kcal 84 g protein
89 g fat 312 g carbohydrate

Diet plan, day 7

Breakfast

Each portion:

1 wholemeal bread roll
50 g low-fat quark
2 dtsp chives, parsley and dill
Pepper and iodised salt
1 pear
250 ml fruit or vegetable juice

Each portion approx.:

1,922 kJ/458 kcal 17 g protein
2 g fat 90 g carbohydrate

1st intermediate meal

Each portion:

Fruit salad
1 small banana
150 g pears
100 g strawberries or raspberries, fresh or frozen
1 dtsp lemon juice
A little sugar or honey
1 wholemeal bread roll
25 g cottage cheese

Cut the pear and banana into small pieces and put together with the berries. Mix the lemon juice with the sugar and mix carefully with the fruit. Spread cottage cheese on the roll and serve with the fruit.

Each portion approx.:

1,486 kJ/354 kcal 10 g protein
9 g fat 56 g carbohydrate

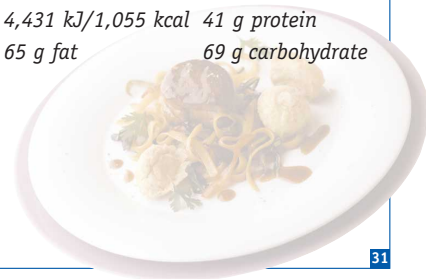
Lunch

Asian glazed veal medallions

see pages 38/39

Each portion approx.:

4,431 kJ/1,055 kcal 41 g protein
65 g fat 69 g carbohydrate



Diet plan, day 7

2nd intermediate meal

Each portion:

Rice pudding with fruit

200 ml milk, 1.5% fat

50 g short-grain rice

100 g Morello cherries or plums in jar

5 g cornflour

Boil the milk and allow the rice to swell in it for approx. 3 min. with the lid on on a very low heat.

Mix 50 ml of the fruit juice with 1 tsp cornflour and bring to the boil. Add the fruit and serve with the rice pudding.

Each portion approx.:

1,428 kJ/340 kcal 11 g protein

4 g fat 63 g carbohydrate

Dinner

Ingredients for 4 portions

Vegetable sticks with 2 dips and jacket potatoes

4 large potatoes

Approx. 1 kg vegetables, e. g. carrots, courgettes, kohlrabi, bell peppers, cucumbers

Quark dip:

250 g low-fat quark

2 dtsp milk

1 small onion

1/2 bunch each chives, dill, parsley and a little chervil

Pepper and iodised salt

Mix the quark with the milk and season with salt and pepper. Wash the herbs, chop finely and mix with the quark.

Avocado dip:

2 ripe avocados

1/2 bunch spring onions

150 g tomatoes

1 clove garlic

Juice of 1/2 lime

1 chilli pod

Pepper and iodised salt



Dice the tomatoes very finely. Cut the onions into thin rings. Halve the avocados, cut the flesh into small pieces and pulp. Add the lime juice and pressed garlic. Mix with the tomatoes and onions. Chop the chilli pod very finely and mix in. Thoroughly wash the potatoes, pierce several times and wrap in greased aluminium foil. Bake for approx. 45 min at 200 °C in the oven. Cut the vegetables into sticks, arrange on a plate and serve with the jacket potatoes and dips.

Each portion approx.:

1,380 kJ/329 kcal 15 g protein

12 g fatt 38 g carbohydrate

Healthy nutrition with rapeseed oil

This diet plan contains for each person a total of:

10,651 kJ/2,536 kcal 94 g protein

92 g fat 316 g carbohydrate

Recipes from Johann Lafer

Pike-perch fillet

with fried asparagus and foamed rapeseed oil

Ingredients for 4 portions:

30 ml fine rapeseed oil

4 pike-perch fillets, 100 g each, scaled and boned

Salt, pepper

1 stem thyme

1 stem rosemary

Fried asparagus:

12 spears white asparagus

1 dtsp fine rapeseed oil

1 dtsp diced shallot

Salt, a little sugar

2 slices lemon without peel

30 ml fine rapeseed oil

12 spears green asparagus, blanched

Foamed rapeseed oil

50 ml white wine

150 ml asparagus stock

2 stems thyme

1 small stem rosemary

4 egg yolks

Approx. 1/8 l cold-pressed rapeseed oil

Salt, pepper

Preparation:

Heat the rapeseed oil in a ribbed gridle. Season the pike-perch fillets with salt and pepper and fry until crisp with the skin side downwards. Add the thyme and rosemary and fry the fish slowly on the other side until cooked.

Peel the white asparagus and cut off the woody end. Heat the rapeseed oil in a pan. Gently fry the shallots and put the washed asparagus on top (important: the asparagus must be dripping wet). Season with salt and sugar and place the lemon slices on top. Cover the pan with a suitably sized lid to prevent steam from escaping when cooking. Cook the asparagus on a low heat for approx. 15 minutes.

Then carefully remove the asparagus with a perforated spoon and quench in iced water. Save the stock for the foamed rapeseed oil.

Bring the white wine and asparagus stock briefly to the boil with the thyme and rosemary. Pass through a fine sieve and beat with the egg yolks over a water bath until frothy. Remove from the heat and slowly stir in the rapeseed oil. Season with salt and pepper.

Heat the rapeseed oil in a ribbed gridle and fry the white and green asparagus on all sides. Season to taste with salt and pepper and arrange decoratively on a plate with the pike-perch fillet.

Drizzle the pike-perch fillet with foamed rapeseed oil.

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Recipes from Johann Lafer

Salmon parcels

in tomato and rapeseed oil vinaigrette with lamb's lettuce

Ingredients for 4 portions:

Noodle pastry, basic recipe:

200 g plain flour

50 g semolina

2 dtsp fine rapeseed oil

1 pinch salt

7 egg yolks

Flour for rolling

4 salmon steaks, approx.

70 g each (skinned and boned)

Salt, pepper

16 to 20 basil leaves

1 egg yolk

Tomato and rapeseed oil vinaigrette:

1 clove garlic, finely chopped

2 dtsp fine rapeseed oil

Salt

Sugar

100 ml fish stock

Ground chilli

1 tomato, peeled and diced

Salt

1 dtsp chives, finely chopped

200 g lamb's lettuce, dressed and washed

2 dtsp white balsamico vinegar

3 to 4 dtsp cold-pressed rapeseed oil

Salt

Preparation:

Make a smooth pastry of the flour, semolina, salt and egg yolks, kneading well. Allow the pastry to stand for one hour. Flour the noodle pastry well and roll out to make 2 thin sheets. Season the salmon steaks with salt and pepper and cover the upper and lower sides with basil leaves. Brush the noodle pastry with egg yolk.

Place the salmon steaks on one sheet of pastry. Place the second sheet of noodle pastry on top and seal the edges well, using your fingers. Cut into oval parcels. Cook the parcels very gently and slowly in sufficient salted water.

In the meantime, gently fry the garlic in rapeseed oil. Quench with fish stock, season with freshly ground chilli and allow to simmer. Add the diced toma-

to and season to taste with salt. Remove the parcels from the water, drain and toss in the sauce. Sprinkle with chives. Marinate the lamb's lettuce with balsamico vinegar, cold-pressed rapeseed oil and salt.

Arrange the lamb's lettuce with the salmon parcels decoratively on a plate and drizzle the salad with the tomato and rapeseed oil vinaigrette.

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Recipes from Johann Lafer

Asian glazed veal medallions on a bed of Singapore noodles with Shiitake mushrooms in a coriander tempura

Ingredients for 4 portions:

600 g veal fillet, dressed
1/4 l fine rapeseed oil
2 tsp fennel seeds
1 tsp star aniseed
1/8 l veal stock
1 to 2 dtsp oyster sauce
1 tsp garlic, chopped
3 dtsp sweet chilli sauce
1 to 2 dtsp coriander leaves, chopped

Asian noodles:

2 dtsp fine rapeseed oil
30 g red peppers, peeled
30 g green peppers, peeled
30 g yellow peppers, peeled
30 g Mu-Err mushrooms, dried
30 g Chinese cabbage

30 g silver beet
120 g Asian egg noodles
1 dtsp garlic, chopped
2 dtsp oyster sauce
2 dtsp sweet chilli sauce
2 dtsp ginger, chopped
1/2 tsp curry powder
1/2 stp curcuma
Salt, pepper

Shiitake mushrooms in tempura pastry:

1 egg yolk
200 ml iced water
70 g plain flour
60 g cornflour
Salt
Freshly ground coriander
Freshly ground chilli
12 Shiitake mushrooms
100 g plain flour
Approx. 300 ml
fine rapeseed oil



Preparation:

Cut the veal fillet into 8 small medallions and marinate for 1 day in rapeseed oil, fennel seeds and star aniseed. Then heat the marinade in a frying pan and fry the veal medallions.

Add the veal stock to the meat in the pan and bring to the boil. Take the pan from the heat and add the oyster sauce. Then add the chopped garlic, sweet chilli sauce and coriander. Mix well. Baste the meat with the sauce repeatedly and simmer until cooked.

Heat the rapeseed oil vigorously in a sufficiently sized pan and add the peeled peppers cut into thin strips.

Then add the soaked and well-drained Mu-Err mushrooms, allowing to cook briefly. Remove the stems from the silver beet and the Chinese cabbage, cut into thin strips and

add to the vegetables in the pan. Then add the boiled noodles. Season with garlic, oyster and sweet chilli sauce, ginger, curry powder, curcuma, salt and pepper. Mix well.

For the tempura pastry, mix the egg yolk, iced water, flour and cornflour with a mixer to make a smooth pastry. Season to taste with salt and freshly ground coriander and chilli.

Remove the Shiitake mushrooms from the stems, dress and toss in flour, draw through the tempura pastry and deep fry one after the other in hot rapeseed oil until crisp. Drain on a kitchen towel.

Arrange the Asian noodles in the middle of a plate, place the veal fillets and Shiitake mushrooms on top and cover with the sauce.

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Recipes from Johann Lafer

Veal rolls

braised in tomato ragout with creamy potatoes

Ingredients for 4 portions:

4 veal medallions (back cut), approx.
150 g each
4 slices Parma ham
8 sage leaves
Pepper
20 ml fine rapeseed oil
Salt
2 shallots, diced
2 cloves garlic, chopped
100 ml white wine
200 ml tomato juice

4 tomatoes, peeled, seeded and diced
1 dtsp basil, cut into thin strips
Sage leaves to garnish

Fried creamy potatoes:

400 g small, firm potatoes
2 shallots
20 ml fine rapeseed oil
30 ml white wine
60 ml single cream
Salt, pepper

Preparation:

Beat the veal medallions slightly flat with a meat mallet. Put one slice of Parma ham and 2 sage leaves on each piece of meat, season with pepper, roll up and fasten with a wooden toothpick.

Heat the rapeseed oil in a roaster, fry the rolls well on all sides, season with salt and pepper and remove. Fry the shallots and garlic in the same pan. Quench with white wine, allow to evaporate and fill up with tomato juice. Bring to the boil and put the rolls back in. Simmer gently, leaving them pink inside. Remove again from the sauce and put in a warm place.

Add the diced tomatoes and basil. Do not return to the boil, season with salt and pepper.

Wash the potatoes and boil whole in plenty of salted water. Then peel and dice.

Glaze the diced shallots in rapeseed oil. Add white wine and cream and allow to evaporate until a creamy consistency is achieved. Season with salt and pepper. Add the diced potatoes and toss once.

Cut the rolls once through, arrange on the creamy potatoes, cover with the tomato ragout and garnish with sage leaves.

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Recipes from Johann Lafer

Pork medallions

in blue cheese batter with kohlrabi and thyme sabayon

Ingredients for 4 portions:

600 g pork loin fillet, dressed
Salt, pepper

Blue cheese batter:

4 egg yolks
60 g blue cheese
80 g plain flour
Salt, pepper
1 pinch sugar
50 ml white wine
2 egg whites
1 pinch salt
A little plain flour
150 ml fine rapeseed oil

Kohlrabi:

2 kohlrabis
1 dtsp fine rapeseed oil
Salt, sugar
1 dtsp diced tomatoes
1 dtsp French parsley, chopped

Thyme sabayon:

3 egg yolks
60 ml white wine
100 ml stock
1 tsp mustard
Salt, pepper
Approx. 50 ml cold-pressed rapeseed oil
1/2 to 1 dtsp thyme leaves



Preparation:

Cut the pork into medallions approx. 2 cm thick, flatten slightly with a meat mallet and season with salt and pepper. Gently fry the kohlrabi sticks in rapeseed oil, not browning, and season with salt and sugar.

Mix the egg yolks with the blue cheese, plain flour, salt, pepper, sugar and white wine until a smooth batter is formed.

Beat the egg whites stiff with a pinch of salt and mix in carefully. Toss the pork medallions in flour, then draw through the batter and deep fry in hot rapeseed oil until golden brown. Drain on a kitchen towel.

Peel the kohlrabi, cut into sticks approx. 3 cm long, boil in salted water, retaining the bite and quench in iced water. Remove from the iced water and drain.

Add the diced tomatoes and chopped parsley. For the thyme sabayon, beat the egg yolks with the white wine, stock, mustard, salt and pepper over a water bath until a creamy consistency is achieved. Slowly pour in the cold-pressed rapeseed oil and mix well. Finally, mix in the thyme leaves and serve.

Arrange the kohlrabi on a plate, put on 2 medallions and drizzle with the thyme sabayon.

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Recipes from Johann Lafer

Trout fillet

in a noodle sheet with young spinach and rapeseed oil and nut vinaigrette

Ingredients for 4 portions:

Noodles:

180 g plain flour
50 g Italian hard wheat flour
2 dtsp fine rapeseed oil
Salt
7 egg yolks
1 dtsp water if necessary

Trout fillets:

2 trout
Approx. 300 ml white wine
2 cloves garlic, peeled
2 shallots, peeled
1 stem rosemary
3 stems thyme
200 g spinach, dressed
1 dtsp shallots, diced
1/2 dtsp garlic, diced

20 ml fine rapeseed oil
Salt, pepper
70 ml cream
2 dtsp tomatoes, diced
Fine rapeseed oil to brush
Salt, pepper

Rapeseed oil and nut vinaigrette:

30 g walnuts
3 dtsp white balsamico vinegar
Approx. 6 dtsp cold-pressed rapeseed oil
Salt, pepper
2 shallots, finely diced
Chervil to garnish

Preparation:

For the noodle pastry, knead the flour, hard wheat flour, rapeseed oil, salt, egg yolks and water as necessary to make a smooth pastry. Shape into a ball, pack in clingfilm and put in the refrigerator. Roll the pastry thin with a noodle machine. Cut out circles 8 cm in diam-

eter. Blanch in boiling sated water, quench, place beside each other and put aside. Fillet and bone the trout. Pour the white wine onto a baking tray. Cut the garlic and shallots into slices and spread on the tray with the white wine with rosemary and thyme. Place the trout fillets with the skin upwards on top and cook for approx. 3 min. under the oven grill. Then remove the skin and halve the fillets. Blanch the spinach, quench and squeeze dry. Glaze the shallots and garlic in rapeseed oil and add the spinach.

Toss well, season with salt and pepper and quench with cream. Allow to evaporate a little, add the tomatoes and put aside.

Brush a baking tray with rapeseed oil. Put noodle sheets on the baking tray as the first layer. Put half a trout fillet on each, season with salt and pepper. Place a little spinach on top and then another noodle sheet. Make 2 layers in this way and top with a noodle sheet.

Heat in a preheated oven to 150 °C. Gently roast the walnuts in a frying pan on a low heat and chop coarsely. Make a vinaigrette of the balsamico vinegar, cold-pressed rapeseed oil, salt, pepper and diced onion. Then add the roasted walnuts. Arrange the trout fillets in noodle sheets with the vinaigrette and garnish with chervil leaves.

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Recipes from Johann Lafer

Rack of lamb

in a ratatouille crust with green beans

Ingredients for 4 portions:

Rack of lamb:

2 racks of lamb, dressed, approx. 600 g

Salt, pepper

20 ml fine rapeseed oil to fry

2 stems thyme

2 stems rosemary

2 cloves garlic

1 shallot, halved

Ratatouille crust:

60 g peppers, red, green and yellow

1 courgette

1 shallot

2 tsp fine rapeseed oil

1 small bunch thyme

1 clove garlic

1 small stem rosemary

1 to 2 dtsp tomato puree

Salt, pepper

60 g fresh white breadcrumbs

Green beans:

30 g belly bacon

20 g shallots, diced

1 dtsp fine rapeseed oil

150 g green beans, blanched

1 clove garlic, finely chopped

Salt, pepper



Preparation:

Remove the membranes from the rack of lamb and season the meat with salt and pepper. Fry briefly in hot rapeseed oil with the herbs and garlic. Then place on a baking tray lined with aluminium foil.

Peel the red, green and yellow peppers, dice finely together with the courgette and shallot and fry in rapeseed oil with the thyme, garlic and rosemary.

Stir in the tomato puree and allow to cook. Season with salt and pepper and stir in several breadcrumbs.

Brush the ratatouille onto the rack of lamb and cook in a preheated oven at 140 °C for 10 to 15 minutes. Use the oven grill to cook

golden brown if necessary. Fry finely cut belly bacon and the shallot in rapeseed oil. Add the green beans and fry gently. Season with garlic, salt and pepper.

Arrange the beans on a plate, Place the sliced rack of lamb on top, serve with the lamb gravy and rosemary potatoes. Copyright© by Johann Lafer



Glossary

alpha-linolenic acid

An omega-3 fatty acid which serves as the origin of other important long-chained fatty acids. Contained in abundance in rapeseed oil, linseed oil and walnut oil.

Amino acids

The smallest building block of proteins.

Angina pectoris

Pain in the thorax due to a blood supply problem to the pulmonary vessels; feeling of constriction connected with fear of suffocation and difficulty in breathing.

Arteriosclerosis

A hardening and constriction (Greek *skleros* = hard) of the arteries due to deposits.

Cholesterol

A substance similar to fats. It is ingested with food, particularly in animal foods, and is also produced by the body. It is important for the construction of cell membranes and hormones. A high cholesterol level represents a risk of arteriosclerosis.

Dementia

Acquired mental deficiency.

Diabetes mellitus

A medical term meaning a sugar metabolism deficiency in which the regulation of the blood sugar level is disrupted.

Monounsaturated fatty acids

Fatty acids with a double bond. One of the most important is oleic acid, the main component of rapeseed oil. Ingested in place of saturated fatty acids, these can effectively reduce the unfavourable LDL cholesterol.

Fatty acids

Together with glycerine, these are a building block of fats. Their length and degree of saturation have an influence on their consistency and health benefit.

Saturated fatty acids

Fatty acids without double bonds in the molecule. Several of these increase the unfavourable LDL cholesterol. Particularly present in animal fats.

HDL

Abbreviation for high density lipoproteins. Fat and protein compounds (lipoproteins) which transport cholesterol to the liver. They have a counter-effect on the deposit of cholesterol in the blood vessels. A high HDL level protects against arteriosclerosis.

Heart attack

Constant blood supply problems to the heart cause a deficiency and finally the death of muscle tissue.

Hormones

Active and regulating substances secreted internally in the body by glands.



Glossary

LDL

Abbreviation for low density lipoproteins. Fat and protein compounds (lipoproteins) which transport cholesterol to the body cells. High LDL values are a risk for arteriosclerosis.

Lipoprotein

Fat and protein compounds which allow the transport of fat in the blood plasma.

Lyon heart study

Examination by a French research team from Lyon on the effects of Mediterranean dietary habits on patients with high heart attack risk. The Lyon heart study indicates that the rate of reinfarct and the overall mortality of patients following a heart attack can be substantially reduced by a Mediterranean diet.

Polyunsaturated fatty acids

Fatty acids with 2 or more double bonds. Linolenic acid and alpha-linolenic acid are two of the most important types.

Metabolic syndrome

Simultaneous occurrence of a whole set of disorders such as high blood pressure, fat metabolism disorders and diabetes.

Oleic acid

One of the most important monounsaturated fatty acids and the main component of rapeseed oil. Ingested in place of saturated fatty acids, this can effectively reduce the unfavourable LDL cholesterol.

Omega-3 fatty acids

Vital polyunsaturated fatty acids. Contained in abundance in cold-water fish such as mackerel, salmon and herring. The vegetable sources include several vegetable oils such as rapeseed oil. Omega-3 fatty acids reduce the blood fat level and have a favourable effect on blood clotting.

Peripheral arterial blockage disease

Blood supply problem to the feet or legs.

Risk factors

Contribute to the origination of dietary disorders. If several risk factors occur simultaneously, such as high blood pressure, high cholesterol level, obesity, smoking or lack of exercise, the probability of a disease is higher.

Stroke

Reduction or termination of the blood supply to parts of the brain. The tissue is no longer adequately supplied and dies.

Thrombosis

Blood clot, usually in veins but also in arteries, and blood agglomeration.

Unsaturated fatty acids

Fatty acids with one or more double bonds. They reduce the cholesterol level. Found in abundance in vegetable oils and fish oil.