

## VALIDATION OF BIOMARKERS RELATED TO FIBROMYALGIA AND THEIR USEFULNESS IN THE DIAGNOSIS AND FOLLOW-UP OF PATIENTS

### Dietary and washout guidelines for participants prior to the start of the intervention:

- It is recommended to eat at least 3 pieces of fruit daily and whole, preferably seasonal and proximity. Avoid juices
- Vegetables should be eaten for lunch and dinner, you can always change one vegetable for another one or you can modify the type of preparation (it is similar to taking a cream as a raw vegetable, for example).
- Cereals, bread, flours and pasta, preferably whole grain or whole grain.
- You can accompany meals with bread.
- Select natural nuts, e.g. not fried or salted. It is recommended to take several servings a week.
- To drink, choose water preferably. Drink between 4-6 glasses a day.
- For dessert you can always have fruit, yogurt, an ounce of chocolate or tea.
- Natural yogurts (preferably unsweetened and unsweetened) are recommended.
- Fish can be swapped for each other, as can meat.
- Rice, potato, pasta, and quinoa can be swapped for each other.
- Vegetables (greens) can be swapped for each other.
- Salads on the menu: you can combine lettuce, lamb's lettuce, arugula, endives, tomatoes, cucumbers, peppers, carrots, peppers, spring onions, beetroot, kale, green beans...
- It is recommended to consume legumes at least twice a week, the same time can be repeated. Avoid fatty preparations (such as adding bacon or chorizo) and they can also be eaten in salads.
- The way of cooking or preparation or presentation suggestion, are just a suggestion, you can change it for another that is to your liking.
- In the mid-mornings and snacks you can combine several options, if you are not hungry you do not need to do it.
- **Important:** The washing period is 2 weeks. You can choose to follow any of the 3 options presented here during that period. Once the washing period is over, you will be provided with the corresponding oil (Type A or Type B) and you must consume it as indicated in the 3 menus listed below.
- If you have any questions or suggestions regarding the menus, please contact any of the following emails: [info@grupocinusa.es](mailto:info@grupocinusa.es) / [fibromialgia@pronacera.com](mailto:fibromialgia@pronacera.com)

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	To drink: Infusion/Milk/Vegetable drink with no added sugar You can accompany it with: Option 1: Fruit Option 2: Toast <b>with olive oil</b> and/or tomato Option 3: Avocado + <b>Olive Oil Toast</b> Option 4: Toast with fresh cheese and tomato + with <b>olive oil</b> Option 5: Cereal flakes Option 6: Plain yoghurt with cereal flakes You can optionally add fruit to options 2,3,4, 5 and 6						
Mid-morning	Option 1: Fruit Option 2: A handful of natural nuts Option 3: Toast with olive oil and/or tomato and/or fresh cheese and/or serrano ham / and/or turkey + with olive oil Option 4: Plain yogurt						
Food	Salad + <b>olive oil</b>  Lentils cooked with vegetables	Baked aubergine stuffed with vegetables, minced meat, natural crushed tomato and mozzarella	Salmon papillote with roasted potato + <b>olive oil</b>  Roasted zucchini and butternut squash	Salad + <b>olive oil</b>  Chickpeas with vegetables	Turkey tenderloin with pepper and roasted apple  Vegetable stew	Pasta with vegetables, natural crushed tomato and prawns + with <b>olive oil</b>	Salad + <b>olive oil</b>  Vegetable paella with chicken
Snack	Option 1: Fruit Option 2: A handful of natural nuts Option 3: Toast with olive oil and/or tomato and/or fresh cheese and/or serrano ham / and/or turkey + with olive oil Option 4: Plain yogurt Option 5: Plain yogurt with pure seeds/fruit/cocoa						
Dinner	Grilled vegetables with quinoa and grilled egg	Grilled sea bream with spring onion  Mushrooms + <b>olive oil</b>	Cream of zucchini + <b>olive oil</b>  Omelette	Roasted pepper salad with spring onion and tuna belly + <b>olive oil</b>	Grilled cuttlefish with parsley  Salad + <b>olive oil</b>	Potato omelette  Green beans with carrot + <b>olive oil</b> and apple cider vinegar	Grilled wild asparagus + <b>olive oil</b>  Grilled sole

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	To drink: Infusion/Milk/Vegetable drink with no added sugar You can accompany it with: Option 1: Fruit Option 2: Toast <b>with olive oil</b> and/or tomato Option 3: Avocado + <b>Olive Oil Toast</b> Option 4: Toast with fresh cheese and tomato + with <b>olive oil</b> Option 5: Cereal flakes Option 6: Plain yoghurt with cereal flakes You can optionally add fruit to options 2,3,4, 5 and 6						
Mid-morning	Option 1: Fruit Option 2: A handful of natural nuts Option 3: Toast with olive oil and/or tomato and/or fresh cheese and/or serrano ham / and/or turkey + with olive oil Option 4: Plain yogurt						
Food	Cod with natural crushed tomato, spring onion, potato and salad + <b>olive oil</b>	Roast Chicken with Vegetables  Rice garnish	Salad + <b>olive oil</b>  Lentils cooked with vegetables	Grilled tuna with sesame seeds  Salad with avocado + <b>olive oil</b>	Salad + <b>olive oil</b>  White Beans Cooked with Vegetables	Salad + <b>olive oil</b>  Seafood noodles	Pumpkin cream + <b>olive oil</b>  Baked pork tenderloin
Snack	Option 1: Fruit Option 2: A handful of natural nuts Option 3: Toast with olive oil and/or tomato and/or fresh cheese and/or serrano ham / and/or turkey + with olive oil Option 4: Plain yogurt Option 5: Plain yogurt with pure seeds/fruit/cocoa						
Dinner	Scrambled eggs with mushrooms and spring onion	Homemade soup with noodles  Grilled rooster with spices	Sautéed spinach with potatoes and serrano ham cubes	Grilled zucchini + <b>olive oil</b>  Grilled chicken	Carrot cream + <b>olive oil</b>  Baked sea bass	Homemade Chicken Burger  Grilled vegetables	Omelette  Homemade vegetable ratatouille

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	To drink: Infusion/Milk/Vegetable drink with no added sugar You can accompany it with: Option 1: Fruit Option 2: Toast <b>with olive oil</b> and/or tomato Option 3: Avocado + <b>Olive Oil Toast</b> Option 4: Toast with fresh cheese and tomato + with <b>olive oil</b> Option 5: Cereal flakes Option 6: Plain yoghurt with cereal flakes You can optionally add fruit to options 2,3,4, 5 and 6						
Mid-morning	Option 1: Fruit Option 2: A handful of natural nuts Option 3: Toast with olive oil and/or tomato and/or fresh cheese and/or serrano ham / and/or turkey + with olive oil Option 4: Plain yogurt						
Food	Salad + <b>olive oil</b>  Lentils cooked with vegetables	Beef stew with potato, peas and vegetables	Baked zucchini stuffed with quinoa, vegetables and tuna, mozzarella	Salad + <b>olive oil</b>  Cooked	Rice with turmeric, vegetables (carrot, zucchini...), chicken	Baked hake with clams and roasted potato  Roasted vegetables + <b>olive oil</b>	Pasta with vegetables (wild asparagus, spring onion...) and salmon + <b>olive oil</b>
Snack	Option 1: Fruit Option 2: A handful of natural nuts Option 3: Toast with olive oil and/or tomato and/or fresh cheese and/or serrano ham / and/or turkey + with olive oil Option 4: Plain yogurt Option 5: Plain yogurt with pure seeds/fruit/cocoa						
Dinner	Vegetable stew  Grilled chicken	French omelette with prawns  Cream of mushroom soup + <b>olive oil</b>	Artichokes + <b>olive oil</b>  Grilled chicken	Potato omelette  Pumpkin cream + <b>olive oil</b>	Green beans with tomato  Turbot	Spinach with egg  Vegetable soup	Grilled turkey tenderloin with pepper  Sautéed Swiss chard

## GENERAL AND ORGANIZATIONAL INFORMATION:

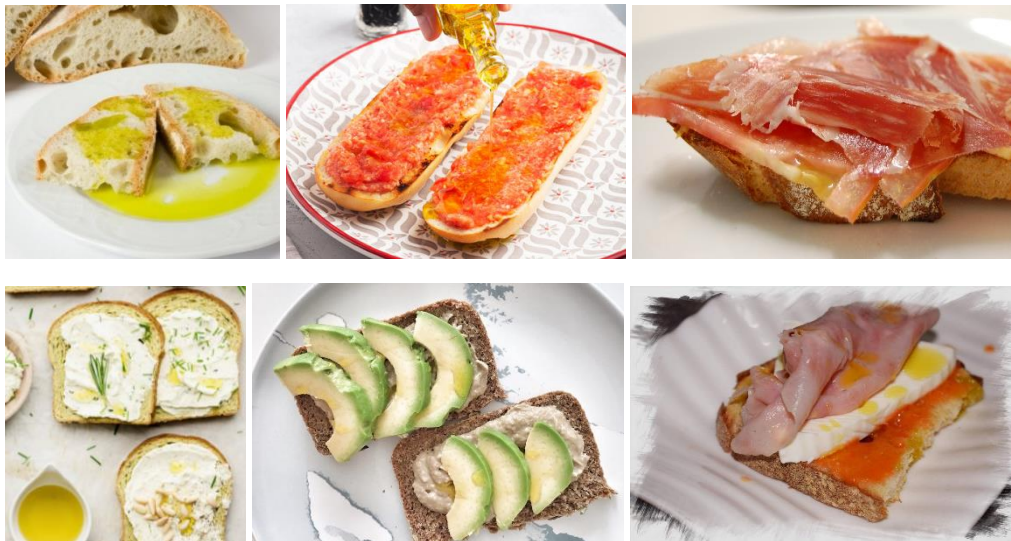
You will receive **weekly rotating menu planning** so that you can have a **balanced, complete and nutritious diet** with the support of registered Dietitians-Nutritionists.

In addition, during the 6 months of nutritional intervention of the study, you will receive the daily dose of olive oil that you must include in your diet every day, **raw** (without being able to be used in culinary preparations). These rigid plastic sachets have a capacity of 50 ml, which is approximately equivalent to 5 tablespoons.



In order to **comply with the daily indications** of the oil intake proposed in the study, here are some **examples**:

- 1) Toast of bread with oil:



- 2) Splash of oil as a dressing in salads:



- 3) Splash of oil as a presentation in creams or salmorejo / gazpacho:



4) Splash of oil on cooked vegetables (steamed/boiled):



5) Splash of oil as a presentation in boiled or roasted potatoes:

