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Diet No.1

Indications: peptic ulcer of the stomach and duodenum during recovery and with erosive exacerbation, chronic gastritis with preserved or elevated secretion.

The purpose of the diet: moderate chemical, mechanical and thermal effect on the gastrointestinal tract with normal food, reduction of inflammation, improvement of healing of ulcers, normalization of secretory and motor functions of the stomach.

General characteristics of diet No. 1: a physiologically complete diet by its calories, protein content, fats and carbohydrates.

The chemical composition and caloric content of diet number 1: carbohydrates - 400-420 g, proteins - 90-100 g (60% animal), fats - 100 g (30% vegetable), calories - 2800-3000 kcal; sodium chloride (salt) 10-12 g, free liquid - 1.5 liters.

Dietary regime : 5-6 times a day. Before bedtime: milk, cream.

Recommended foods and dishes: soups with allowed sweetened vegetables on carrot, potato broth, milk soups from grated or well-boiled cereals (oats, manna, rice, etc.), marinated vermicelli with vegetables, dairy soups puree made of vegetables: soup puree with pre-cooked chicken or meat. Bread of wheat flour of the highest and 1st grade pastries or dried; dry sponge cake, biscuits. Steamed and boiled dishes made of beef, young lean lamb and circumcised pork, chicken, turkey, rabbit, steamed cutlets, bacon, lumps, soufflé, mashed potatoes, stewed cutlet, boiled livers, boiled fish and steamed cutlets made of fish. Milk, cream, not sour yogurt, sour milk, acidophilin, fresh not sour cheese (rubbing), cheese dishes: soufflé, puddings. Boiled eggs 2-3 per a day, steamed omelet. Groats: manna, rice, buckwheat, oatmeal. Porridges, cooked in milk or water, semi-walled and grated (buckwheat). Vermicelli, chopped pasta. Vegetables: potatoes, carrots, beets, cauliflower. Wiped, cooked and baked berries. Puree, kissel, mousse, jellies, stewed fruit, weak tea, tea with milk, cream, dog-rose broth. Creamy unsalted butter, refined vegetable oils added to the dishes.

To be excluded: meat and fish broths, mushroom and strong vegetable broths, soups, borscht, cold butter milk soup with vegetables and cooked meat, rye and any fresh bread, products made from yeast and puff pastry, oily, salted fish, canned foods, dairy products with

high acidity, spicy, salted cheese, millet, pearl barley, corn, beans, pasta, cabbage, radish, sorrel, spinach, onions, cucumbers, salted, pickled vegetables, mushrooms, canned vegetables, all spicy and salty snacks, smoked, sauces, seasonings, sour, cellulose-rich fruit and berries, dried fruits, chocolate, ice cream, sodas, kvass, black coffee.