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Diet No.14

Indications: Urolithiasis with alkaline urine reaction and precipitation of phosphoric-calcium salts (phosphaturia).

Purpose of the diet: restore the acidic reaction of urine and create these obstacles for the formation of sediment.

General characteristics of the diet: the caloric content of proteins, fats and carbohydrates diet corresponds to physiological norms.

The chemical composition and caloric content of the diet: carbohydrates - 380-400 g, proteins - 90 grams, fats - 100 grams, calories - 2800 calories, sodium chloride - 10-12 g, free liquid - 1,5 to 2.5 liters.

Dietary regime: 4 times a day, in intervals and [on an empty stomach](#)- drinking.

Recommended foods and dishes: bread and flour products of different types, flour products - with restrictions on milk and yolks. Soups on a weak meat, fish, mushroom soup with grains, noodles, beans. Different types of meat, poultry and fish in any cooking, in a small amount of canned fish. Dairy products: only a bit of sour cream in foods. Eggs in different cooking and in dishes, 1 egg per day, limit egg yolks. Any groats in a variety of cooking, but without milk. Vegetables: `allowed only green peas, pumpkin, mushrooms. Various meat, fish snacks, seafood snacks, herring, caviar. Sour varieties of apples, cranberries, bog-berries, compotes, jellies and kissel from it, sugar, honey, confectionery, fruit ice cream. Gentle sauces on meat, fish, mushroom soup. Weak tea and coffee without milk. Broth of hips, cranberries or bog-berries. Creamy, cow's ghee and vegetable oils in their natural state and for cooking dishes.

Excluded from the diet: milk, vegetable and fruit soups, smoked meat, poultry and fish, salted fish, milk, sour milk drinks, cheese, vegetable salads, vinaigrettes, canned vegetables, sweet dairy products, fruit, berry and vegetable juices.