



*License MOH of Ukraine  
Series AG No. 571506 dated December 23, 2010*

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## Diet No.15

**Indications:** 1) various diseases that do not require special medical diets and without disturbances of the state of the digestive system; 2) a transitional diet to normal nutrition in the recovery period and after the use of therapeutic diets.

**The purpose of the diet:** to provide physiologically complete nutrition in the conditions of the hospital.

**General characteristics of the diet number 15:** caloric content and the content of proteins, fats and carbohydrates are almost completely in line with the standards of nutrition for a healthy person who is not engaged in physical labor. Vitamins are administered in elevated quantities. All types of culinary food processing are allowed. The temperature of the food is normal. From the diet exclude the most difficult digesting and sharp products.

### **Chemical composition and dietary calorie number 15:**

carbohydrates - 400 g;

proteins - 90-95 g (55% animal),

fats - 100-105 g (30% vegetable),

calories - 2800-2900 kcal,

free liquid - 1,5-2 l

sodium chloride - 15 g

**Dietary regime:** 4 times a day.

**Recommended foods and dishes:** wheat and rye bread, flour products. Borscht, soup, borscht, brine; dairy vegetable and cereal soups on meat, fish broths, decoction of mushrooms, vegetables and fruit. Meat and fish dishes of various culinary preparation; sausages, cooked sausages. Milk and dairy products in their natural form and in dishes.

Compulsory inclusion of sour milk drinks. Eggs boiled and in dishes. Dishes made of different cereals, macaroni, legumes. Raw vegetables and fruits and after heat treatment. Green. Fruit and vegetable juices, broth of wild rose and wheat bran. Tea, coffee, cocoa. Butter, cow's milk, vegetable oils; limited - margarine.

**Excluded from the diet:** high-fat varieties of meat, duck, goose, heat-resistant animal fats, pepper, mustard.

**Notes:** 1. At hypertension I-II A stages apply hyponatrem diet number 15 - version of diet number 15 with restriction of sodium chloride to 5-7 g per day. Food is cooked without salt and salted during meals. 2. Menu diet table number 15 and hyponatrem diet number 15 appropriate to be fitted with appropriate dishes of other diets.