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LIMITED LIABILITY COMPANY  
«SANATORIUM «SHAKHTAR»

[www.san-shahtar.com](http://www.san-shahtar.com)  
[sanshahtar@gmail.com](mailto:sanshahtar@gmail.com)

Stepan Bandery street 44, city Truskawiec  
Lviv region, 82 100  
Phone/fax: +380 324751334

Reservation department:  
+38 067 777 47 25 +38 050 777 47 53

## Diet No.2

**Indications:** chronic gastritis with secretory insufficiency.

**The purpose of the diet:** to provide good nutrition, moderately stimulate the secretory function of the digestive system, normalize the motor function of the gastrointestinal tract.

**General characteristics of the diet:** physiologically complete diet with moderate mechanical sparing and moderate stimulation of secretion of the digestive organs.

**The chemical composition and caloric content of the diet:** carbohydrates - 400-420 g, proteins - 90-100 g (60% animal), fats - 90-100 (25% vegetable), calories - 2800-3000 kcal, sodium chloride - up to 15 g, free liquid - 1,5 liters.

**Dietary regime :** 4-5 times a day, without plentiful meals.

**Recommended foods and dishes:** soups on a weak, skimmed meat and fish broth, on vegetables and mushrooms broth, with tolerance - borsch, fresh cabbage soup, borsch with finely cut vegetables, bacon with vegetables brine. Bread made of high-grade flour, 1st and 2nd grade, yesterday's baking or dried, baking dishes and biscuits. Low-fat meat and poultry: boiled, baked, roasted without bread crumbs, beef, veal, rabbit, chicken, turkey, low-fat lamb and pork, boiled tongue, dairy sausages. Low-fat fish of chopped or a piece: boiled, baked, stewed, roasted without bread crumbs. Butter milk, sour milk, fresh cheese in natural form and in dishes, lightly boiled eggs, steamed, baked and fried, omelettes. Various porridges except millet and pearl. Stewed and baked potatoes, zucchini, pumpkin, carrots, beets, cauliflower cooked. Ripe fruits and berries, tea with lemon, coffee and cocoa in water and milk, vegetable juices, fruit, berries, diluted with water. Butter, ghee, vegetable and refined oils.

**Excluded from the diet:** pea, bean, peanut, milk soups, cold butter milk soup with vegetables and cooked meat, fresh bread and flour products with yeast and puff pastry, meat and poultry, duck, goose meat, smoked meat, canned food, fatty salty, smoked fish, canned fish, hardly boiled eggs, beans, peas, corn grits, raw unpeeled vegetables, marinated and salted onions, radishes, sweet peppers, cucumbers, turnip, garlic, mushrooms, very spicy and

fatty snacks, smoked foods, sweet dishes, sweets, raspberries, red currants, gooseberries, dates, figs, chocolate and cream products, ice cream, grape juice, kvass.