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## Diet No.3

**Indications:** chronic diseases of the intestine with constipation with mucous membrane and extinct exacerbation and exacerbation.

**The purpose of the diet:** the normalization of impaired bowel function and associated with these disorders of metabolic processes in the body.

**General characteristics of the diet:** physiologically complete diet with the inclusion of foods and dishes that enhance the motor function and empty the intestines.

**Chemical composition and caloricity:** proteins - 90-100 g (55% animal), fats - 90-100 g (30% vegetable), carbohydrates - 400-420 g of calories - 2800-3000 kcal, sodium chloride - 15 g , free liquid - 1.5 liters.

**Dietary regime:** 4-6 times a day. In the morning: desirably cold water with honey or juice of fruits and vegetables; before bedtime: butter milk, dry or fresh fruit compotes, fresh fruits, prunes.

**Recommended foods and dishes:** soups on a weak skimmed meat, fish broth, vegetable broth. Wheat bread of 2nd grade flour, with tolerance – rye bread, never fresh bread, yeast-free biscuits, dry biscuit. Low-grade varieties of meat, poultry and fish, a piece - boiled fish, seafood dishes, chicken, turkey - boiled, baked, mostly chopped, sometimes chopped, dairy sausages. Milk in dishes, various sour-milk drinks, not sour fresh cheese and dishes made of it. Eggs up to 2 pieces a day - lightly boiled, steam omelets, protein omelets, in dishes. Groats are mainly in the form of crumble porridge and casseroles. Beet, carrots, tomatoes, lettuce, cucumbers, zucchini, pumpkin, cauliflower, white cabbage, green peas. Salad of raw vegetables and vinaigrette with vegetable oil, vegetable caviar, fruit salad. Not spicy cheese, low-fat ham, moistened herring, jellied meat and fish. Fresh, ripe, sweet fruits and berries raw and in dishes in high quantities. Tea, coffee from substitutes. Broth of wild rose and wheat bran, fruit and vegetable juices. Butter. Vegetable oils - in dishes.

**Excluded from the diet:** bread made of flour of higher grades, flour and yeast dough, fatty varieties of meat, poultry, fish, smoked meat, canned food, hardly boiled eggs, scrambled eggs, rice, semolina, sago, vermicelli, beans, radishes, garlic, onions, turnips,

mushrooms, fat and spicy foods, kissel, blueberries, quince, chocolate, cream products, cacao, natural coffee, strong tea, animal and culinary fats, potato is limited.