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Diet No.4B

Indications: acute intestinal illness during recovery as a transition to a healthy diet, chronic bowel disease in the recovery period after exacerbation, and also without exacerbation with accompanying lesions of other digestive organs.

The purpose of the diet: to provide a complete diet to persons with some intestinal insufficiency.

General characteristics of the diet: a physiologically complete diet with a slight increase in the content of protein, mechanical and chemical stimuli of the intestine, except foods and dishes that enhance the intestines fermentation and rot, sharply increase its secretory and motor function.

Chemical composition and caloric content of the diet: carbohydrates - 400-420 g, proteins - 100-120 g (60% animal), fats - 100 g (15-20% vegetable), calories - 2900-3000 kcal; sodium chloride - 10 g, free liquid - 1,5 l

Dietary regime: 5 times a day.

Recommended foods and dishes: soups on a weak skimmed meat and fish broth, a vegetable broth with meatballs, keels, various cereals (except for wheat), vermicelli, noodles, potatoes, finely cut carrots, cauliflower, zucchini. Bread of wheat flour of the highest and 1st grade, yesterday or slightly dried. Dry biscuits and cookies. Low-fat varieties of meat and poultry, chopped or a piece, boiled in water or steam, boiled tongue, milk sausages. Low-fat fish species, chopped and a piece, boiled in water or steam. Different sour-milk drinks, fresh natural cheese, steamed and baked puddings and cottage cheese pancakes, sour cream, cream - in dishes, soft cheese. 1-2 eggs per day. Various porridge (except millet, pearl and barley), puddings, boiled vermicelli, milled pasta. Boiled or steamed potatoes, carrots, cauliflower, pumpkin, zucchini, soufflé made of beets or carrots with cheese, ripe tomatoes in raw form up to 100 g. Boiled vegetables salad, boiled tongue, not spicy cheese, sturgeon caviar, doctor's dairy dietary sausage, dairy non-fat ham. Sweet ripe raw fruits and berries are limited (100-150 g). Wipe fresh and baked apples. Tea, coffee and cocoa without and with milk. Broths of wild rose and wheat bran. Diluted fruit, berries and tomato juices. Butter for bread and dishes 10-15 g for one reception, with tolerance - refined vegetable oils up to 5 g in the dishes.

Excluded from the diet: strong soups, fatty broth, dairy soup, borscht, cucumber soup, cold butter milk soup with vegetables and cooked meat, soup made of beans, mushrooms, high-fat meats, goose, fatty fish, salty, smoked fish, canned food, most sausages, smoked, spicy, salted cheeses, dairy products with high acidity, hardly boiled eggs, roasted beans, radishes, onions, garlic, cucumbers, turnips, sorrel, spinach, mushrooms, spices and fatty snacks, smoked meat, canned food, apricots, plums, figs, dates, rough berries with thick peel, ice cream, chocolate, cakes, spicy and fat sauces, mustard, horseradish, pepper.