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LIMITED LIABILITY COMPANY
«SANATORIUM «SHAKHTAR»

www.san-shahtar.com
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.5

Indications: acute hepatitis, cholecystitis, gallstone disease beyond exacerbation.

The purpose of the diet: the chemical sparing of the liver in conditions of high-grade nutrition, promote normalization of liver function and activity of the biliary tract, improve biliary excretion.

General characteristics of the diet: physiologically normal protein and carbohydrate content with a slight restriction of fat.

The chemical composition and caloric content of the diet No. 5: carbohydrates - 400-450 g (70-80 g sugar), proteins - 90-100 g (60% animal), fats - 80-90 g (30% vegetable), 11,7- 12.2 MJ (2800-2900 kcal), sodium chloride - 10 g, free liquid - 1.5-2 l. Can include xylitol and sorbitol (25-40 g).

Dietary regime : 5times a day.

Recommended foods and dishes: vegetable soups, vegetable broth, dairy products with pasta, fruit, borscht and soup vegetarian. Bread of wheat flour of the 1st and 2nd grade, rye, sifted and abrasive flour of yesterday's baking. Low-fat meat, poultry and fish, beef, young low-fat lamb, cooked and baked pork, rabbit, chicken, turkey, chopped and a piece, cabbage, stuffed cabbage leaves, dairy sausages. Milk, butter milk, acidophilin, sour milk, semi-fat and low-fat cheese and dishes from it (casseroles, lazily dumplings, puddings, etc.), Not spicy low-fat cheese. Baked protein omelet to 1 yolk per day in the meals at the time of tolerance - lightly boiled egg, in the form of omelet. Any dishes from different cereals, especially buckwheat and oatmeal. Various raw, boiled, stewed vegetables. Salad of fresh vegetables with vegetable oil, fruit salads, vinaigrette. Different fruits and berries (except sour ones), dried fruits, compotes, kissel, jellies, mousses. Tea, coffee with milk, fruit, berry and vegetable juices, raspberry decoctions and wheat bran. Butter in its natural form and in dishes, vegetable refined oils.

Excluded from the diet: meat, fish and mushroom soup, cold butter milk soup with vegetables and cooked meat, green borsch, very fresh bread, puff and dumpling pastries, fried pies, fatty meats, poultry and fish, smoked, salted fish, liver, kidneys, brains, smoked meat, most sausages, canned goods, hardly boiled and scrambled eggs, legumes, spinach,

sorrel, radishes, radishes, green onions, garlic, mushrooms, marinated vegetables, spicy and fatty snacks, caviar, mustard, pepper, horseradish, chocolate, cream, ice cream, black coffee, cocoa, cold drinks.