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Diet No.5P

Indications: chronic pancreatitis during recovery from exacerbation and after exacerbation.

The purpose of the diet: to normalize the function of the pancreas, to ensure the mechanical and chemical sparing of the stomach and intestines, to reduce the excitability of the gall bladder, to prevent fatty infiltration of the liver and pancreas.

General characteristics of the diet: a diet with high protein content, with decrease in fats and carbohydrates, in particular sugar.

Chemical composition and caloric content of the diet: proteins - 110-120 g (60-65% of animal), fats - 80 g (15-20% vegetable), carbohydrates - 350-400 g (30-40 g sugar); calories - 2600-2700 kcal, 20-30 g of xylitol instead of sugar in sweet dishes, sodium chloride (kitchen salt) - 10 g, free liquid - 1.5 liters.

Dietary regime : 5-6 times a day.

Recommended foods and dishes: Vegetarian soup with potatoes, carrots, zucchini, pumpkin, manna, oatmeal, buckwheat, rice, vermicelli, add 5 g butter or 10 g sour cream. Bread made of wheat flour of the 1st and 2nd grade, dried or yesterday, in the form of crackers, unsweetened dry cookies. Low-fat boiled or steamed meat, poultry. Rubbed and chopped meat (cutlets, dumplings, mashed potatoes, soufflés, beef Stroganoff, etc.). The low-fat fish is boiled, chopped and a piece, flooded after boiling. Dairy products of predominantly low fat, fresh not sour cheese in natural form, sour milk drinks. Protein omelets from 2 eggs, egg yolks - limited (up to ½ per day) in the dishes. Wipes and semi-viscous porridges of oat, buckwheat, semolina, rice, boiled in water and half with milk, cereal soufflé, puddings with cheese, casseroles. Boiled pasta. Vegetables are boiled and baked. Potatoes, carrots, cauliflower, beets, zucchini, pumpkin, green peas. Baked apples, compotes of fresh and dry fruits, jellies, mousse on xylitol (sorbitol) or semi-sweet on sugar. Weak tea with lemon, semi-sweet or with xylitol, milk, broth of wild rose, butter (30 g), refined vegetable oils (10-15 g) - in dishes.

Excluded from the diet: soups on meat, fish broth, mushrooms and vegetables broth, with millet, milk soups, borscht, soup, cold - cold butter milk soup with vegetables and cooked meat, borscht, canned, fried, stewed, smoked, high-fat meat, poultry and fish, salted fish, caviar, sausages, canned goods, liver, brains, kidneys, roasted, stewed, smoked, dairy

products of high fatness and with the inclusion of sugar, dishes of whole eggs, especially hardly boiled, roasted, beans, crumbly porridge. Limit pearl, lean, corn grits , millet, white cabbage, eggplant, radish, radish, onion, garlic, sorrel, spinach, sweet pepper, mushrooms, fresh bulk fruits and berries, grapes, dates, figs and bananas, pastries, chocolate, jam, ice cream, coffee, cocoa, fizzy and cold drinks, grape juice.