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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.6

Indications: gout, urolithiasis with the formation of stones from uric acid salts (urateuria).

The purpose of the diet: to promote the normalization of the exchange of purines, the reduction of the formation of uric acid and its salts in the body, the shift of urine into the alkaline side.

General characteristics of the diet: the exclusion of products containing a lot of purines, oxalic acid; moderate restriction of sodium chloride, increase the amount of alimentary products (dairy, vegetables and fruits) and free liquid.

Chemical composition and calorificity of the diet: proteins - 70-80 g (50% animal), fats - 80-90 g (30% vegetable), carbohydrates - 400 g (80 g sugar); 11.3-11.7 MJ (2700-2800 kcal); sodium chloride - 10 g, free liquid - 1,5-2 l and more.

Dietary regime: 4 times a day, in intervals and on an empty stomach - drinking.

Recommended foods and dishes: vegetarian soups: borsch, vegetable, potato, dairy, fruit soup, with the addition of cereals, cold (cold butter milk soup with vegetables and cooked meat, borsch). Wheat and rye bread, flour of the 1st and 2nd grade, various baked goods, including the products made of ground bran. Low-fat varieties of meat, poultry and fish. Up to 3 times a week for 150 grams of boiled meat or 160-170 grams of boiled fish. After boiling, they are used for various dishes - stewed, baked, roasted, cutlets. Milk, sour milk drinks, cheese and dishes from it, sour cream, cheese. 1 egg per day in any culinary treatment. Groats in moderate quantities, any dishes. Vegetables in high quantities, raw and in any culinary treatment. Potato dishes. Salads of fresh and pickled vegetables, fruits, vinaigrettes, vegetable caviar: zucchini, and eggplant. In an increased amount: fruits and berries. Fresh and with any cooking: dry fruits, marmalade, pastilla, non-chocolate sweets, jam, honey. Sauces on a vegetable broth, tomato, sour cream, milk. Spice: citric acid, vanillin, cinnamon, bay leaves, dill, parsley. Tea with lemon, milk, weak coffee with milk, fruit juices, berries and vegetables, fruit juices, water with juices, kvass, decoctions of wild rose, dried fruit. Creamy, cow's milk and vegetable oils. Limit pork fat.

Excluded from the diet: meat soups, sorrel, spinach, legumes, fish and mushroom soups, liver, kidneys, tongue, brains, meat of young animals and birds, sausages, smoked food, salted fish, canned meat and fish, caviar, salty cheese, beans, salty snacks, chocolate, figs, raspberries, cranberries, sauces on meat, fish, mushroom soup, pepper, mustard, horseradish, cocoa, strong, tea and coffee, beef, mutton, cooking fats, confinement - products from bunches of dough, salted and marinated vegetables.