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Diet No.7

Indications: acute nephritis during recovery period (from 3-4 weeks of treatment), chronic nephritis without exacerbation and kidney failure.

The purpose of the diet: moderate sparing of kidney function, reduction of hypertension and edema, improvement of excretion of nitrogen from the body and other products of metabolism.

General characteristics of the diet: the protein content is somewhat limited, fats and carbohydrates - within the limits of physiological norms. Food is cooked without sodium chloride.

Chemical composition and caloric content of the diet: carbohydrates - 400-450 g (80-90 g sugar); proteins - 80 g (50-60% of animals), fats - 90-100 g (25% vegetable), calories - 2700-2900 kcal; free liquid - 0,9-1,1 l.

Dietary regime : 4-5 times a day.

Recommended foods and dishes: vegetarian soups with vegetables, cereals, potatoes, fruit, limited - dairy soups. Filling: butter, sour cream, dill, parsley, citric acid, vinegar; onions after boiling and sauce. Salt bread, pancakes, flapjacks made of yeast and without salt. Boiled or baked, lightly fried after boiling, or a piece of a chopped low-fat beef, veal, meat and cut pork, lamb, rabbit, chicken, turkey, boiled tongue. Low-fat fish, boiled with subsequent light boiling or roasting, chopped and a piece, stuffed, jellied after boiling. Milk, cream, sour milk drinks, cheese and cheese dishes with carrots, apples, rice, sour cream. Yolks are added to the dishes. Whole eggs - up to 2 per day (lightly boiled, omelet) - with a decrease in meat, fish or cheese. Different cereals and pasta in any cooking. Potatoes and vegetables are widely used in any culinary treatment. Vinaigrette without saltines, salads made of fresh vegetables and fruits. Different raw, boiled fruits and berries, compote, kissel, jelly, honey, jam, candy, fruit ice cream. Tea, hard coffee, fruit and vegetable juices, broth of wild rose. Creamy unsalted, cow's milk and refined vegetable oils.

Excluded from the diet: meat soups, fish and mushroom soup, legumes, bread of ordinary baking, flour products with added sodium chloride, high-fat meat and poultry, fried and stewed foods without boiling, sausages, smoked food, canned fish, high-fat fish species, smoked, salty fish, caviar, cheese, legumes, onions, garlic, radish, sorrel, spinach, salted,

marinated and pickled vegetables, mushrooms, chocolate, meat and mushroom sauces, pepper, mustard, horseradish, strong coffee, cocoa, mineral water is rich in sodium.