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Diet No.8

Indications: obesity.

The purpose of the diet: the effect on metabolism to eliminate excess fat deposits.

General characteristics of the diet: reduction of caloric intake due to carbohydrates, especially easily digestible, and to a lesser extent - fats (mostly animals) with normal or slightly elevated protein content. Limitation of free fluid, sodium chloride and food and appetite appetite. Increase in the content of dietary fiber.

Chemical composition and caloric content of the diet: Carbohydrates - 150 g; proteins - 90-110 g (60% animal), fats - 80-85 g (30% vegetable), calories - 1700-1800 kcal, sodium chloride (salt) - 5-6 g; free liquid - 1-1,2 liters.

Dietary regime: 5-6 times a day with enough volume for a feeling of saturation.

Recommended foods and dishes: soups 250-300 g per serving, soup, cold butter milk soup with vegetables and cooked meat, borsch. 2-3 times a week of soup on a weak skimmed meat or fish bouillon with vegetables, meatballs. Rye and wheat bread made of flour of rough grinding, protein-wheat and protein-sour bread - 100-150 g per day. Up to 150 g per day: beef, veal, rabbit, chicken, turkey, limited - low-fat pork and mutton - mainly boiled, as well as stewed, baked, beef jelly, beef sausages. Low-fat fish species up to 150-200 g per day - boiled, baked, sea products. Milk and low fat sour milk drinks, sour cream - in dishes. Low-fat cottage cheese and cheesecakes, puddings. Eggs 1-2 pieces per day, cool, protein omelets, omelets with vegetables. Crumbly porridge from buckwheat, pearl, bacon groats by reducing bread. Vegetables are widely used in all ways of cooking. The preferred types of cabbage, fresh cucumbers, radishes, salad, zucchini, pumpkin, tomatoes. Salad of raw and lean vegetables, vinaigrettes, vegetable salads with boiled meat, fish, seafood, flooded fish or meat, low-fat ham. Fruits and berries of sour-sweet varieties, raw and cooked, jellies and mousse on methyl cellulose, xylitol, sorbitol, unsweetened compotes. Tea, black coffee and coffee with milk, low-sweet fruit juices, berry, vegetables. Butter (limited) and vegetable oils - in dishes.

Excluded from the diet: potatoes, cereals, legumes, dairy soups, and soups with macaroni products. High-fat meat, poultry and fish, salted, smoked fish, canned fish in oil,

caviar, ham, sausages, boiled and smoked sausages, canned food, high-fat cottage cheese, sweet cottage cheese, cream, sweet yogurt, fermented baked milk, high-fat and salted cheeses, fried eggs, rice, semolina porridge, pasta, legumes, high-fat and spicy snacks, sauces, mayonnaise, spices, grapes, raisins, bananas, figs, dates, very sweet varieties of other fruits, sugar, confectionery, jam, honey, ice cream, kissel, grapes and other sweet juices, cocoa, meat and cooking fats, limit - dishes made of potatoes, beets, green peas, carrots, as well as salty and pickled vegetables.