



*License MOH of Ukraine
Series AG No. 571506 dated December 23, 2010*

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Diet No.9

Indications: mild to moderate diabetes mellitus and to determine tolerance to carbohydrates.

The purpose of the diet: promote the normalization of carbohydrate metabolism and prevent disturbance of fat metabolism, determine endurance to carbohydrates, that is, what amount of carbohydrates of food is digested.

General characteristics of the diet: diet with moderately reduced calorie content due to easily digestible carbohydrates and animal fats. Proteins correspond to the physiological norm.

The chemical composition and caloric content of the diet: carbohydrates - 300-350 g (mainly polysaccharides), proteins - 90-100 g (55% animal), fats - 75-80 g (30% vegetable), calories - 2300-2500 kcal, sodium chloride - 12 g, free liquid - 1,5 l.

Dietary regime: 5-6 times a day with a proportionate distribution of carbohydrates.

Recommended foods and dishes: soups of various vegetables, soup, borscht, cold butter milk soup with vegetables and cooked meat, weak low-fat meat, fish and mushroom soups with vegetables and permitted cereals, potatoes, and meatballs. Rye bread, protein-bran, protein-wheat, on average 300 g per day. Low-fat beef, veal, pork, mutton, rabbit, chicken, turkey in boiled, stewed form, dietary sausage, boiled tongue. Low-fat varieties of fish in boiled and baked form. Milk and sour-milk drinks, semi-fat and low-fat cheese and dishes made of it. Sour cream is limited. Unleavened, low-fat cheese. Eggs 1-1.5 per day, lightly boiled, protein omelets. Porridges of buckwheat, barley, millet, pearl, oat groats within the limits of carbohydrates. Potatoes, carrots, beets, green peas, taking into account the norm of carbohydrates. Vegetables containing less than 5% carbohydrates (cabbage, zucchini, pumpkin, lettuce, cucumbers, tomatoes, eggplants) should be preferred. Vegetables are raw, boiled, baked, stewed, in the form of salads, vegetable caviar, vinaigrette. Fresh fruits and berries of sour-sweet varieties in any form. Jelly, mousse, compote, xylitol candies, sorbitol, limited - honey. Tea, coffee with milk, juices from vegetables, a little sweet fruits and berries, broth of wild rose. Unsalted cream and melted butter, vegetable oils in dishes.

Excluded from the diet: strong, high-fat broths, yeast and puff pastry products, high-fat varieties of meat and poultry (duck, goose), smoked meat, most sausages, canned food, high-fat varieties of fish, salty, canned in oil, caviar, exclude or severely restrict rice, cereals and macaroni manna, salted and pickled vegetables, grapes, raisins, bananas, figs, dates, sugar, jam, candy, ice cream, fat, salty and salty sauces, grape and other sweet juices, lemonades on sugar.