

di-book

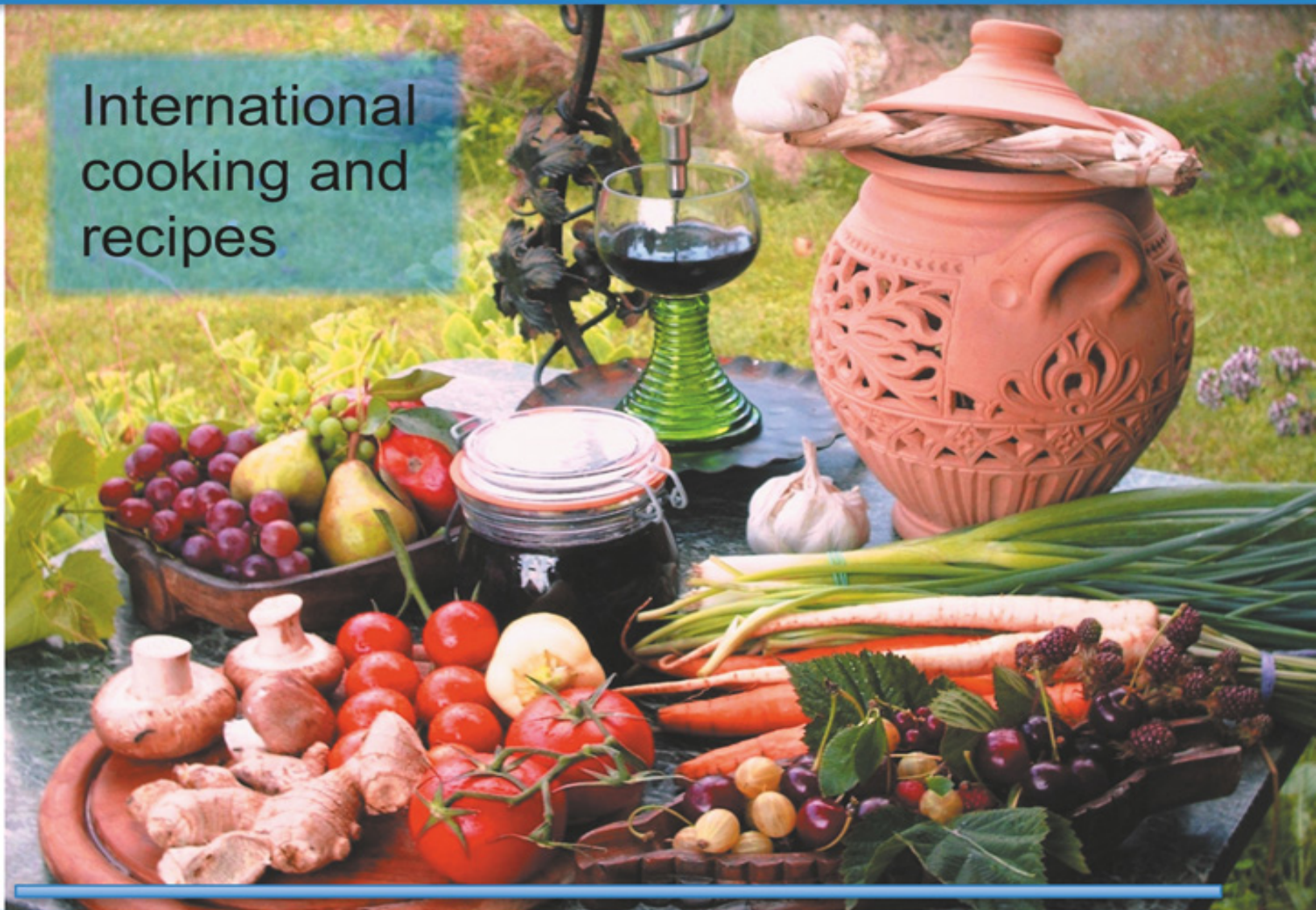


Diet recommendations

Recipe and Foodstuffs lists

Dietology and Traditional Chinese Medicine

International
cooking and
recipes



**Nutrition during
high cholesterol**

E042

(Book: E042)

Diet recommendations for DIETETICS - Metabolism - Fat metabolism - hypercholesterolaemia high cholesterol)

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 8 treasures of rice
 - 9.2 Adzuki Bean and Rice Soup
 - 9.3 Apple - banana cream
 - 9.4 Asparagus with lemon pesto
 - 9.5 Barley and vegetable soup
 - 9.6 Barley mash with steamed pear
 - 9.7 Barley soup
 - 9.8 Basic recipe for a beef broth (clear)
 - 9.9 Basic recipe for a chicken broth warming
 - 9.10 Basic recipe for a fish broth
 - 9.11 Basic recipe for a reissue soup (Congee)
 - 9.12 Basic recipe for a vegetable soup, nutritious
 - 9.13 Bean paste piquant sweet

- 9.14 Beef pumpkin and vegetable stew
- 9.15 Beef salad
- 9.16 Beluga lentil stew with vegetables
- 9.17 Black root with yogurt
- 9.18 Black-eyed beans stew
- 9.19 Blueberry puree
- 9.20 Breakfast - Rice with fruits
- 9.21 Bulgur with tomatoes and fresh herbs
- 9.22 Carrot and potato rucola sandwich
- 9.23 Carrot and rice gruel soup
- 9.24 Carrot Risotto
- 9.25 Champignon salad with cress
- 9.26 Chicken soup with angelica root and buckthorn fruit
- 9.27 Chicken soup with green spelt, parsley and sake
- 9.28 Chickpeas with Raisins
- 9.29 Chicory salad with tangerine
- 9.30 Coconut rice with cardamom
- 9.31 Colorful tuscan bean soup
- 9.32 Compote from apples
- 9.33 Compote from cherries
- 9.34 Corn coffee with cardamom
- 9.35 Cous-Cous with date, coco and almondpuree
- 9.36 Cucumber salad
- 9.37 Cucumber soup
- 9.38 Fast polenta with avocado and spring onion
- 9.39 Fennel with roasted walnuts
- 9.40 Fine Russian borscht

- 9.41 Fish soup with rosemary
- 9.42 Fried asparagus with rocket
- 9.43 Hearty polenta mash
- 9.44 Hummus (Chickpeas mash)
- 9.45 Hungarian rice salad
- 9.46 Italian champignon rice
- 9.47 Japanese algae soup
- 9.48 Kohlrabi in chervil sauce with potatoes
- 9.49 Leek soup with almond mash
- 9.50 Lentils and rice stew
- 9.51 Marinated cod on pumpkin puree
- 9.52 Marinated turkey with cashew nuts from the wok
- 9.53 Melanzani with olive oil and turmeric
- 9.54 Millet with pears
- 9.55 Minestrone
- 9.56 Mung bean stew
- 9.57 Oven potatoes with celery-curd cheese (quark)
- 9.58 Oyster mushrooms with asparagus
- 9.59 Parsley cream sauce
- 9.60 Pear compote
- 9.61 Plum Cake
- 9.62 Polenta with peach
- 9.63 Polenta with ratatouille
- 9.64 Potato with dandelion salad
- 9.65 Potato-basil soup
- 9.66 Potatoes with curd cheese sauce
- 9.67 Potatoes with wild garlic-curd cheese
- 9.68 Pumpkin slices with spicy rice

- 9.69 Pumpkin soup
- 9.70 Quick zucchini soup
- 9.71 Refreshing cucumber soup with potatoes
- 9.72 Rhubarb and apple jelly
- 9.73 Rhubarb cake with sprinkles
- 9.74 Rice congee with carrots and fennel
- 9.75 Rice congee with dried fruit
- 9.76 Rice porridge with shrubs (seeds) Yi Yi Ren
- 9.77 Roasted barley patties
- 9.78 Rosemary Potatoes
- 9.79 Rucola salad with tomatoes
- 9.80 Russian kasha with white cabbage
- 9.81 Salmon on tomato-spinach
- 9.82 Sliced turkey with zucchini
- 9.83 Spelled with fruit and nuts
- 9.84 Spicy avocado cream with cottage cheese
- 9.85 Spicy Tofu Vegetable Pan
- 9.86 Tea Black tea (Russian tea)
- 9.87 Tea from Melissa
- 9.88 Tea Green tea
- 9.89 Tofu-Black Bean Chili with Rice
- 9.90 Tomato soup
- 9.91 Tsampa with jam or fruit compote
- 9.92 Turkey rolls in tomato cream
- 9.93 Vegetable bowl with Provencal pistou
- 9.94 Vegetable juice
- 9.95 Vegetable miso soup with tofu
- 9.96 Vegetable semolina soup
- 9.97 Warming carrot soup

9.98 Wheatgrass porridge with pink grapefruit

9.99 Whole milk cereal mash

10. Effects of food

10.1 Use ingredients: recommendable

10.2 Use ingredients: yes

10.3 Use ingredients: little

10.4 Do not use contra-acting foods

11. Herbs and their effects

11.1 Basil

11.2 Dill

11.3 Chervil dried

11.4 Coriander

11.5 Herbs various

11.6 Cress

11.7 Chives

11.8 Lovage

11.9 Lily bulbs

11.10 Dandelion (young plants)

11.11 Balm

11.12 Oregano dried

11.13 Parsley

11.14 Peppermint

11.15 Rosemary

11.16 Sage

11.17 Black caraway

11.18 Thyme dried

11.19 King Solomon's-seal

11.20 Yam root, yam root tuber

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

1 Treatment strategy

An increased cholesterol level can be reduced quite easily - you have to "only": remove overweight, replace animal fat with vegetable fats, increase the intake of unsaturated fatty acids (linseed oil, walnut oil, rapeseed oil, thistle oil, olive oil, sea fish).

Put plenty of dietary fiber (potatoes, cereals) in the daily food plan.

Do not drink or drink alcohol (except a 1/8 l red wine per day), do not smoke. Avoid foods with high sugar content. Do not use finished products.

2 Avoid

Fat food with an unfavorable fat-acid pattern, saturated fatty acids like butter, sunflower oil, hot-pressed oils, eggs, entrails.

Caloric foods that inhibit weight reduction.

3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup	199
Apple - banana cream	110
Barley mash with steamed pear	113
Bean paste piquant sweet	311
Blueberry puree	10
Breakfast - Rice with fruits	230
Bulgur with tomatoes and fresh herbs.....	205
Carrot and potato rucola sandwich	94
Chickpeas with Raisins	429
Coconut rice with cardamom	266
Colorful tuscan bean soup	249
Compote from apples	67
Compote from cherries	31

Corn coffee with cardamom	3
Cous-Cous with date, coco and almondpuree.....	483
Fast polenta with avocado and spring onion	449
Hearty polenta mash	262
Hummus (Chickpeas mash)	542
Hungarian rice salad	421
Kohlrabi in chervil sauce with potatoes	187
Leek soup with almond mash	115
Millet with pears	213
Pear compote	100
Plum Cake	502
Polenta with peach	197
Potato with dandelion salad.....	162
Potato-basil soup	95
Refreshing cucumber soup with potatoes	148
Rhubarb and apple jelly.....	180

Rhubarb cake with sprinkles	475
Rice congee with dried fruit	210
Rice porridge with shrubs (seeds) Yi Yi Ren	211
Roasted barley patties	398
Spelled with fruit and nuts	289
Spicy avocado cream with cottage cheese	613
Tea Black tea (Russian tea)	7
Tea Green tea	2
Tsampa with jam or fruit compote	280
Vegetable miso soup with tofu	106

4 Snack

Adzuki Bean and Rice Soup
..... 199

Apple - banana cream
..... 110

Carrot and potato rucola sandwich
..... 94

Hummus (Chickpeas mash)
..... 542

Plum Cake
..... 502

Polenta with ratatouille
..... 225

Rhubarb cake with sprinkles
..... 475

Wheatgrass porridge with pink grapefruit
..... 398

5 Lunch

X8 treasures of rice	212
Adzuki Bean and Rice Soup	199
Asparagus with lemon pesto	171
Barley and vegetable soup	281
Barley mash with steamed pear	113
Barley soup	265
Bean paste piquant sweet	311
Beef pumpkin and vegetable stew	369
Beef salad	249
Beluga lentil stew with vegetables	201
Black root with yogurt	424
Black-eyed beans stew	140
Blueberry puree	10
Bulgur with tomatoes and fresh herbs	205

Carrot and potato rucola sandwich	94
Carrot and rice gruel soup	101
Carrot Risotto	308
Champignon salad with cress	220
Chicken soup with angelica root and buckthorn fruit	77
Chicken soup with green spelt, parsley and sake.....	150
Chickpeas with Raisins	429
Chicory salad with tangerine	256
Coconut rice with cardamom	266
Colorful tuscan bean soup	249
Compote from apples	67
Compote from cherries	31
Corn coffee with cardamom	3
Cous-Cous with date, coco and almondpuree.....	483
Cucumber salad	27
Cucumber soup.....	95