

di-book

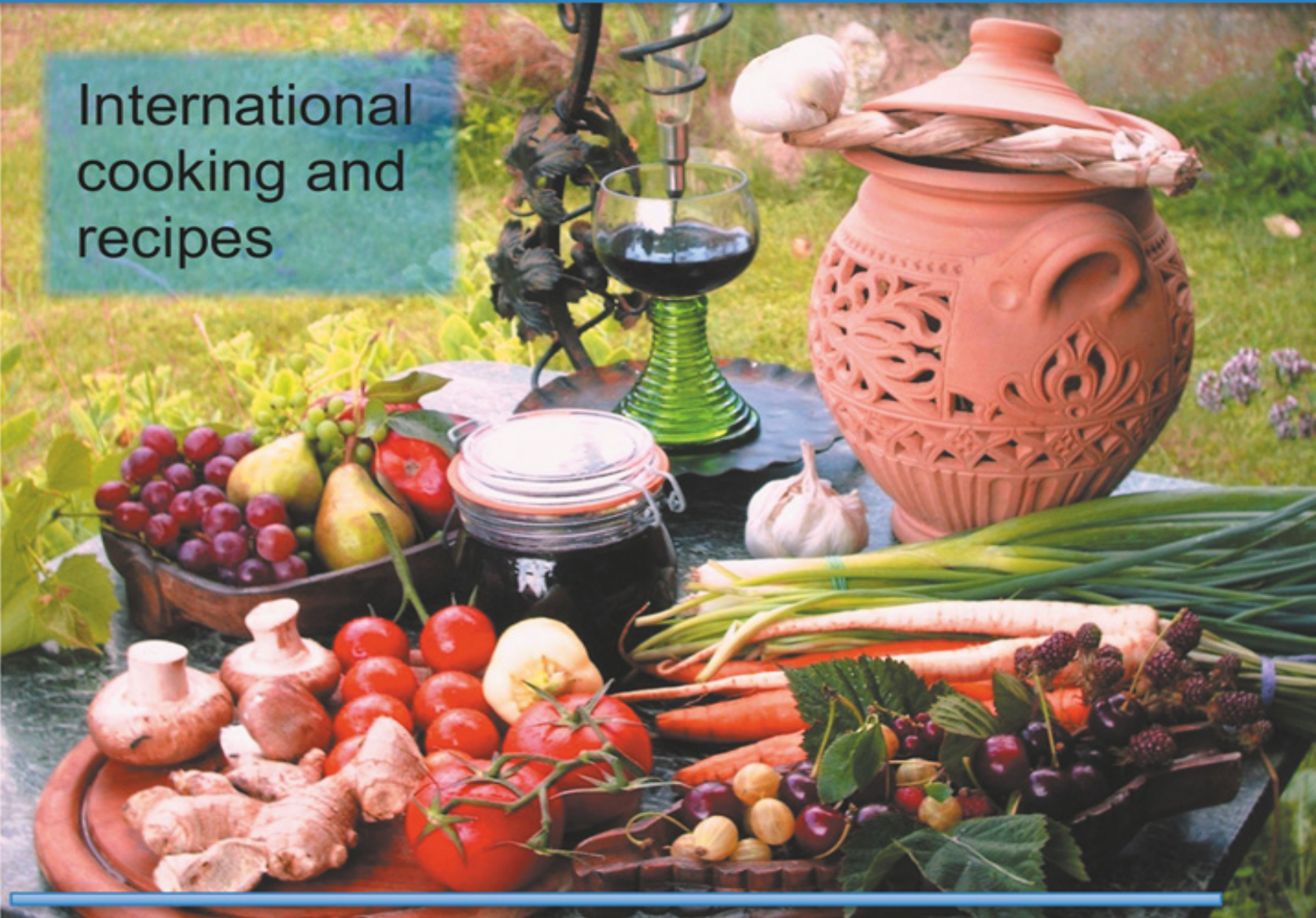


Diet recommendations

Recipe and Foodstuffs lists

Dietology and Traditional Chinese Medicine

International
cooking and
recipes



**Nutrition during
esophageal carcinoma**

E035

(Book: E035)

Diet recommendations for DIETETICS - Mouth and esophagus - Esophageal carcinoma

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Adzuki Bean and Rice Soup
 - 9.2 Apple - banana cream
 - 9.3 Apple sauce with raisins
 - 9.4 Apricot and cranberry ice cream
 - 9.5 Banana porridge
 - 9.6 Banana Soymilk
 - 9.7 Barley and vegetable soup
 - 9.8 Barley mash with steamed pear
 - 9.9 Barley soup
 - 9.10 Basic recipe for a beef broth (clear)
 - 9.11 Basic recipe for a chicken broth warming
 - 9.12 Basic recipe for a duck broth
 - 9.13 Basic recipe for a reissue soup (Congee)
 - 9.14 Basic recipe for a vegetable soup, nutritious

- 9.15 Buddhist reissue soup
- 9.16 Carrot and millet bake with apple compote
- 9.17 Carrot and rice gruel soup
- 9.18 Carrot rice with chicken
- 9.19 Carrot soup
- 9.20 Carrots with potato foam
- 9.21 Chicken soup with egg yolk and parsley
- 9.22 Corn coffee with cardamom
- 9.23 Cranberry yogurt mix
- 9.24 Curdcheesedumplings on strawberry pulp
- 9.25 Fennel-Rice Soup
- 9.26 Fresh full-grain porridge
- 9.27 Frozen pineapple juice
- 9.28 Frozen salami tea
- 9.29 Honey milk
- 9.30 Lentils and rice stew
- 9.31 Mango banana yoghurt drink ice cold
- 9.32 Millet mash with steamed pears
- 9.33 Millet with pears
- 9.34 Noodle soup
- 9.35 Parsley cream sauce
- 9.36 Pear compote
- 9.37 Pear with candy sugar and sticky rice
- 9.38 Porridge
- 9.39 Potato cream with herbs and fresh cheese
- 9.40 Potatoes with curd cheese sauce
- 9.41 Puréed banana
- 9.42 Rice noodle soup with shiitake mushrooms
- 9.43 Rice soup with grated carrots and fresh herbs

- 9.44 Rice with parsnips
- 9.45 Rice with stewed vegetables
- 9.46 Semolina dumpling soup
- 9.47 Semolina dumpling + mascarpone and strawberry sauce
- 9.48 Semolina porridge with banana
- 9.49 Semolina soup with vegetables
- 9.50 Soup with egg yolk
- 9.51 Strawberry yoghurt and almond puree mix
- 9.52 Supplementary nutrition
- 9.53 Sweet rice with apples
- 9.54 Tea from anise
- 9.55 Tea from blue mallow
- 9.56 Tea from chamomile
- 9.57 Tea from fennel
- 9.58 Tea from mallow
- 9.59 Tea from sage
- 9.60 Tender fennel vegetables
- 9.61 Vanilla pudding
- 9.62 Vegetable potato and meat mash
- 9.63 Vegetable rice
- 9.64 Vegetable semolina soup
- 9.65 Yellow lentil soup
- 9.66 Zucchini semolina cream soup

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 (fresh)

11.2 Dill

11.3 Chamomile

11.4 Coriander

11.5 Herbs various

11.6 Cress

11.7 Chives

11.8 Lovage

11.9 Parsley

11.10 Rosemary

11.11 Sage

11.12 Black caraway

11.13 Thyme dried

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

1 Treatment strategy

Directed to the condition.

Light normal diet. Anti-inflammatory teas (eg: chamomile, sage).

Avoid food with a coarse structure.

Fruit acid containing fruit and drinks such as orange, lemon or grapefruit juice and fruit teas can cause additional pain.

Also the use of ready-made baby food in the glass is useful in the individual case, since this is very mildly seasoned.

2 Avoid

Rusks, crispbread, semolina or milk rice, orange, lemon or grapefruit juice, fruit teas.

Caution: Acid-containing food and drink, Salty foods, Strongly flavored foods, Alcohol.

Too hot dishes.

3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup	199
Apple - banana cream	110
Apple sauce with raisins	73
Banana Soymilk	125
Barley and vegetable soup	281
Barley mash with steamed pear	113
Barley soup	265
Buddhist reissue soup	279
Carrot and rice gruel soup	101
Carrots with potato foam	316
Corn coffee with cardamom	3
Cranberry yogurt mix	57
Curdcheesedumplings on strawberry pulp	553
Fennel-Rice Soup	155

Millet mash with steamed pears	235
Millet with pears	213
Noodle soup	236
Pear compote	100
Pear with candy sugar and sticky rice	217
Porridge	207
Potato cream with herbs and fresh cheese	217
Puréed banana	144
Rice noodle soup with shiitake mushrooms	65
Rice with parsnips	206
Semolina porridge with banana	307
Semolina soup with vegetables	105
Soup with egg yolk	173
Strawberry yoghurt and almond puree mix	134
Supplementary nutrition	1045
Sweet rice with apples	155

Tea from anise	2
Tea from fennel	0
Tea from sage	4
Tender fennel vegetables	70
Vanilla pudding	254
Vegetable potato and meat mash	127
Vegetable rice	303
Vegetable semolina soup	198

4 Snack

Adzuki Bean and Rice Soup	199
Apple - banana cream	110
Apple sauce with raisins	73
Banana porridge	235
Carrots with potato foam	316
Millet mash with steamed pears	235