

di-book

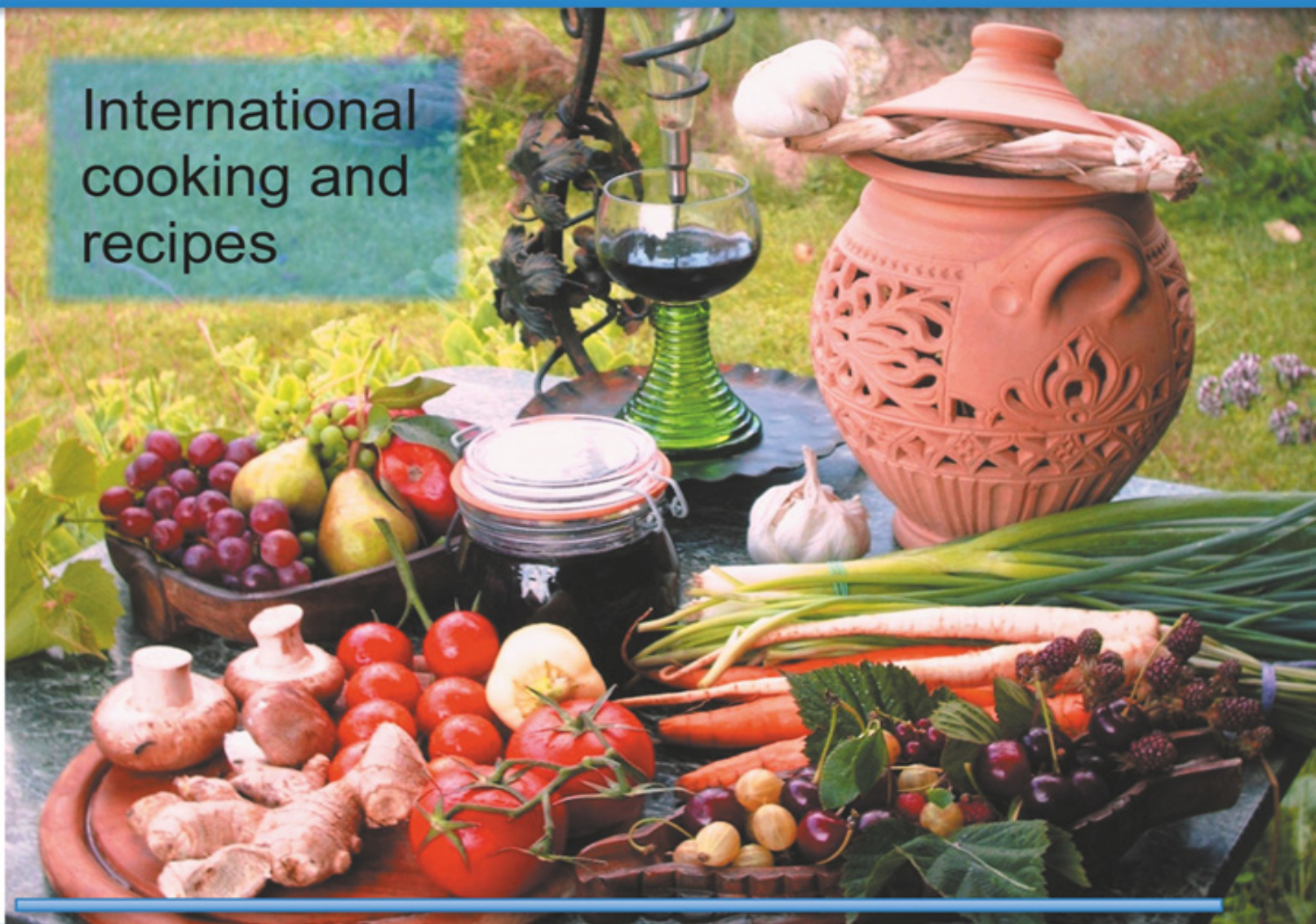


Diet recommendations

Recipe and Foodstuffs lists

Dietology and Traditional Chinese Medicine

International
cooking and
recipes



**Nutrition during
stomach or duodenal ulcers**

E032

(Book: E032)

**Diet recommendations for DIETETICS -
Gastrointestinal tract - Stomach and duodenal
intestine - Ulcus ventriculi und Ulcus duodeni**

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Apple sauce with raisins
 - 9.2 Banana porridge
 - 9.3 Barley mash with steamed pear
 - 9.4 Barley soup
 - 9.5 Basic recipe for a reissue soup (Congee)
 - 9.6 Basic recipe for a vegetable soup, nutritious
 - 9.7 Buddhist reissue soup
 - 9.8 Carrot and rice gruel soup
 - 9.9 Carrots with potato foam
 - 9.10 Compote from apples
 - 9.11 Corn coffee with cardamom
 - 9.12 Cottage cheese with steamed fruit
 - 9.13 Fennel-Rice Soup

- 9.14 Fresh full-grain porridge
- 9.15 Pear compote
- 9.16 Puréed banana
- 9.17 Rice congee with carrots and fennel
- 9.18 Rice dulse soup
- 9.19 Rice with parsnips
- 9.20 Roasted millet with Celery sticks
- 9.21 Rusk, milk and carrot puree
- 9.22 Semolina porridge with banana
- 9.23 Spicy cake with dates
- 9.24 Tea from anise
- 9.25 Tea from chamomile
- 9.26 Tea from fennel
- 9.27 Tea from mallow
- 9.28 Tea soothing tea
- 9.29 Tender fennel vegetables
- 9.30 Vegetable semolina 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 Chamomile
- 11.2 Herbs various
- 11.3 Cress
- 11.4 Lovage
- 11.5 Balm
- 11.6 Parsley

11.7 Sage

11.8 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

Antibiotics in Helicobacter Infections.

Take several small meals.

Lightweight food (caution in acid solubles).

Do not smoke.

Observe individual intolerances.

2 Avoid

Nicotine, alcohol, strong bean coffee, carbonated beverages, spicy spices, cured, smoked, fat food.

3 Breakfast

kkal. per serving

Apple sauce with raisins	73
Barley mash with steamed pear	113
Barley soup	265
Buddhist reissue soup	279
Carrot and rice gruel soup	101
Carrots with potato foam	316
Compote from apples	67
Corn coffee with cardamom	3
Cottage cheese with steamed fruit.....	214
Fennel-Rice Soup	155
Pear compote	100
Puréed banana	144
Rice congee with carrots and fennel	131