

di-book

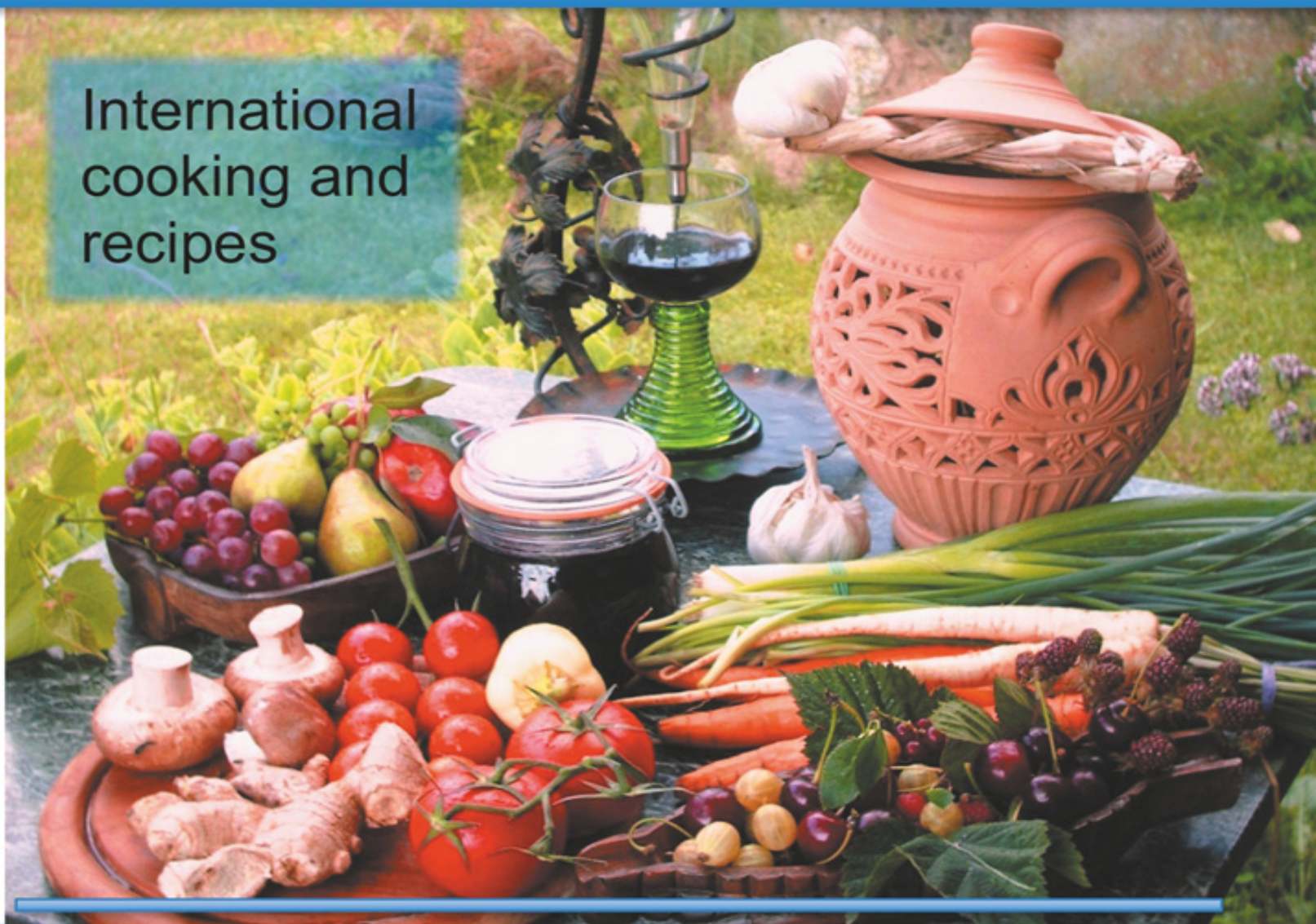


Diet recommendations

Recipe and Foodstuffs lists

Dietology and Traditional Chinese Medicine

International
cooking and
recipes



Nutrition after gastric surgery

E033

Please check these recommendations always with a nutrition consultant, therapist, doctor or dietician. The recipes and the list of ingredients are supporting the conventional medical therapy. The calorie disclosures of fresh ingredients (fruit and vegetables) vary according to quality and time of harvest. The contents were checked by a dietician and a nutrition consultant for the Traditional Chinese Medicine (TCM).

(Book: E033)

Diet recommendations for DIETETICS - Gastrointestinal tract - Stomach and duodenal intestine - State after gastric surgery

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 berries
 - 9.4 Barley mash with steamed pear
 - 9.5 Basic recipe for a chicken broth worming
 - 9.6 Basic recipe for a reissue soup (Congee)
 - 9.7 Basic recipe for a vegetable soup, nutritious
 - 9.8 Buddhist reissue soup
 - 9.9 Carrot and rice gruel soup
 - 9.10 Chicken soup with egg yolk and parsley
 - 9.11 Compote from apples
 - 9.12 Cottage cheese with steamed fruit

- 9.13 Fennel-Rice Soup
- 9.14 Fresh full-grain porridge
- 9.15 Grated carrots with apple
- 9.16 Polenta with peach
- 9.17 Puréed banana
- 9.18 Rice congee with carrots and fennel
- 9.19 Rice dulse soup
- 9.20 Rice porridge with shrubs (seeds) Yi Yi Ren
- 9.21 Roasted millet with Celery sticks
- 9.22 Rusk, milk and carrot puree
- 9.23 Semolina porridge with banana
- 9.24 Spring vegetables
- 9.25 Tea from anise
- 9.26 Tea from chamomile
- 9.27 Tea from fennel
- 9.28 Tea from ground
- 9.29 Tea from juniper berry
- 9.30 Tea from mallow
- 9.31 Tender fennel vegetables

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 Parsley

11.6 Sage

11.7 Thyme dried

11.8 Lemon Balm (fresh)

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

1 Treatment strategy

Eat frequent small meals (6-10 meals per day). Do not drink with a meal together. Eat small meals slowly and in peace. Avoid sugar (high osmolality). Eat little milk and lactose-containing products.

Dry bread, eaten before meal, has a positive effect. High quality oils facilitate vitamin absorption.

After the meal lie down.

2 Avoid

Sugar, milk and lactose-containing food.

Great meals.

Fat food.