

di-book

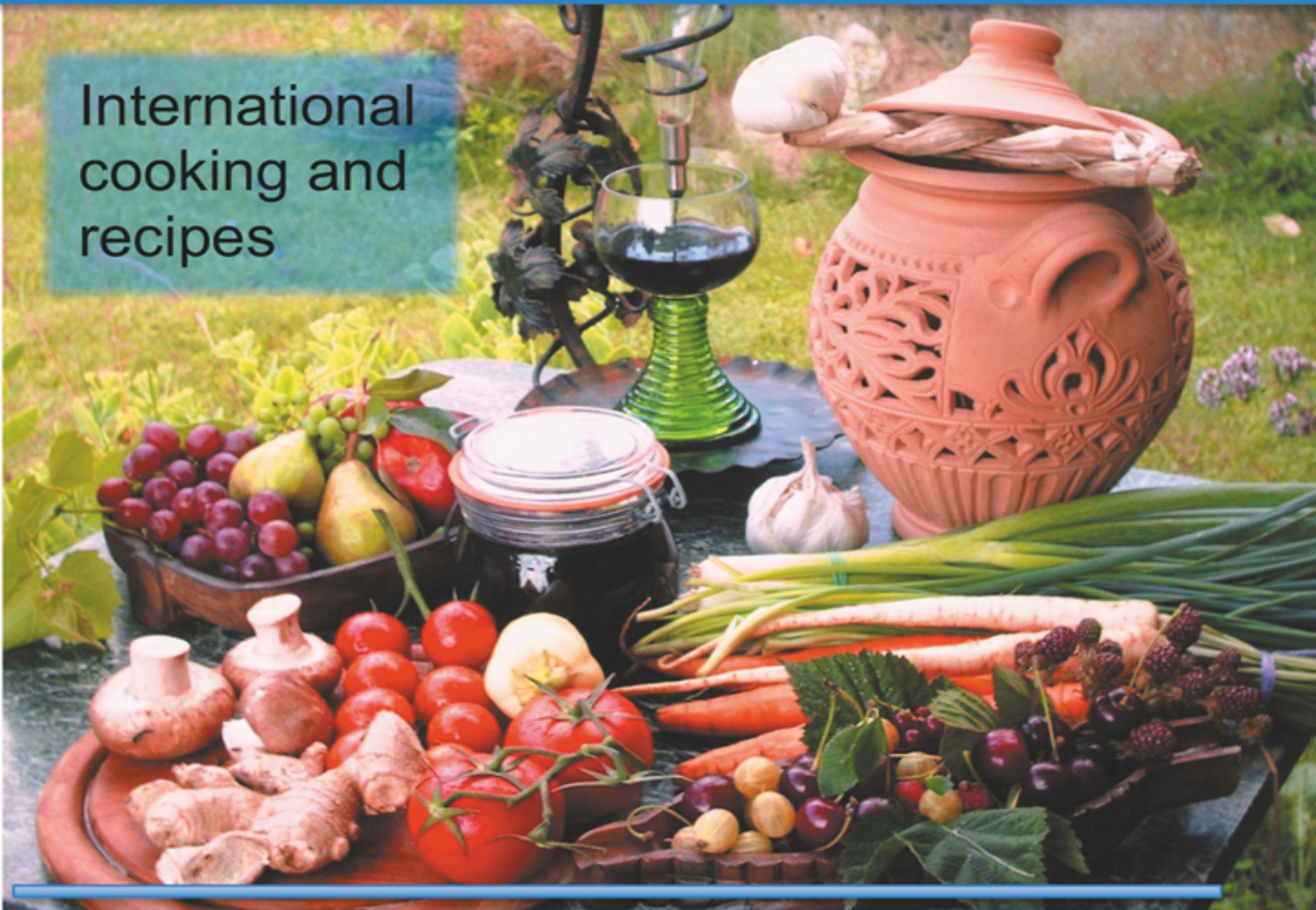


Diet recommendations

Recipe and Foodstuffs lists

Dietology and Traditional Chinese Medicine

International
cooking and
recipes



**Nutrition during
chronic constipation**

E017

(Book: E017)

**Diet recommendations for DIETETICS -
Gastrointestinal tract - Small intestine and
large intestine - Chronic constipation**

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Antipasti
 - 9.2 Artichoke soup
 - 9.3 Asparagus Cream Soup
 - 9.4 Avocado with lemon
 - 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 fish broth
 - 9.10 Basic recipe for a reissue soup (Congee)
 - 9.11 Basic recipe for a vegetable soup, nutritious
 - 9.12 Basmati rice + Zucchini tofu dish

- 9.13 Beef broth
- 9.14 Bilberry - curd cheese with Acai powder
- 9.15 Bircher-muesli with yogurt, nuts and apple
- 9.16 Black root with yogurt
- 9.17 Blueberry puree
- 9.18 Boiled celery salad with exotic spices
- 9.19 Breakfast with cheese
- 9.20 Broccoli and Parmesan spread on toast bread
- 9.21 Broccoli cream soup
- 9.22 Carrot and millet bake with apple compote
- 9.23 Carrot and potato rucola sandwich
- 9.24 Carrot drink
- 9.25 Celery and potato cream soup
- 9.26 Cold cherry soup with curd cheese dumpling
- 9.27 Colorful Tuscan bean soup
- 9.28 Compote from plums
- 9.29 Compote of pears
- 9.30 Corn coffee with cardamom
- 9.31 Cottage cheese with steamed fruit
- 9.32 Couscous Salad
- 9.33 Cranberry yogurt mix
- 9.34 Cream cheese substitute
- 9.35 Cucumber soup
- 9.36 Delicately spiced zucchini with tomatoes
- 9.37 Exotic lenses
- 9.38 Fennel and potato gratin
- 9.39 Fennel with roasted walnuts
- 9.40 Figs with mozzarella and honey
- 9.41 Fish soup with rosemary

- 9.42 Fried apple
- 9.43 Frozen pineapple juice
- 9.44 Fruit juice
- 9.45 Grapefruit juice
- 9.46 Halibut with tomato and garlic sauce
- 9.47 Hearty polenta mash
- 9.48 Hearty winter breakfast
- 9.49 Hot water with grape juice
- 9.50 Lasagne with tofu cream
- 9.51 Lettuce with fresh cheese
- 9.52 Lettuce with vinegar dressing
- 9.53 Marinated cod on pumpkin puree
- 9.54 Millet with pears
- 9.55 Millet with shiitake mushrooms and avocado
- 9.56 Miso soup with tofu
- 9.57 Nettle-chard soup
- 9.58 Noodle casserole with plums and peaches
- 9.59 Oat flakes with aromatic spices
- 9.60 Oatmeal soup with spring onion and carrots
- 9.61 Olive oil with lemon juice
- 9.62 Oven potatoes with celery-curd cheese (quark)
- 9.63 Oyster mushrooms with asparagus
- 9.64 Pancakes with spinach and parmesan
- 9.65 Pear compote
- 9.66 Pear juice
- 9.67 Plum Cake
- 9.68 Porcino mushroom-smoked tofu on toast bread
- 9.69 Potato cream with herbs and fresh cheese
- 9.70 Potato pancakes

- 9.71 Potato with dandelion salad
- 9.72 Potato-basil soup
- 9.73 Potato bags with wild herbs and tomato sauce
- 9.74 Potatoes with wild garlic-curd cheese
- 9.75 Pumpkin curry
- 9.76 Pumpkin soup
- 9.77 Quick zucchini soup
- 9.78 Radish with sugar
- 9.79 Raw celery salad
- 9.80 Refreshing cucumber soup with potatoes
- 9.81 Rhubarb cake with sprinkles
- 9.82 Ribbon noodles with leaf spinach
- 9.83 Rice with parsnips
- 9.84 Rice with stewed vegetables
- 9.85 Roasted barley patties
- 9.86 Rosemary Potatoes
- 9.87 Russian kasha with white cabbage
- 9.88 Salmon on tomato-spinach
- 9.89 Scrambled eggs with leaf salad olives and tomatoes
- 9.90 Scrambled eggs with rocket and herbs
- 9.91 Sliced chicken with walnuts and sherry
- 9.92 Spicy avocado cream with cottage cheese
- 9.93 Spicy Tofu Vegetable Pan
- 9.94 Spinach with Tahini
- 9.95 Strawberry soup with melons
- 9.96 Strawberry yoghurt and almond puree mix
- 9.97 Tea from anise
- 9.98 Tea from coriander

- 9.99 Tea from elderberry blossom tea
- 9.100 Tea from fenugreek (*Trigonella foenum-graecum*)
- 9.101 Tea from ginger with honey
- 9.102 Tea from ground
- 9.103 Tea from Marjoram
- 9.104 Tea mixture against intestinal inertia
- 9.105 Thick pea soup
- 9.106 Tomato soup
- 9.107 Turkey breast with vegetables (Asian)
- 9.108 Vanilla cream with berries
- 9.109 Vanilla pudding
- 9.110 Vegetable bowl with Provencal pistou
- 9.111 Vegetable juice
- 9.112 Vegetable semolina soup
- 9.113 Warming carrot soup
- 9.114 Wheat semolina with olives-herb-sauce and salad
- 9.115 Wild garlic cream soup
- 9.116 Wild garlic dumplings
- 9.117 Wild garlic-scrambled eggs-breads

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 Savory

- 11.3 Nettles
- 11.4 Dill
- 11.5 Chervil dried
- 11.6 Coriander
- 11.7 Herbs various
- 11.8 Cress
- 11.9 Chives
- 11.10 Lovage
- 11.11 Dandelion (young plants)
- 11.12 Marjoram
- 11.13 Oregano fresh
- 11.14 Parsley
- 11.15 Peppermint
- 11.16 Rosemary
- 11.17 Sage
- 11.18 Sorrel
- 11.19 Blackthorn (Sloe)
- 11.20 Black caraway
- 11.21 Thyme dried
- 11.22 Lemongrass
- 11.23 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

Diet rich in fiber, sufficient fluid intake.

Plums, figs and apricots, bran (with plenty of liquid), flaxseed (with plenty of liquid), rhubarb, sauerkraut, beetroot (also available as juice), Indian flea seed, wholecorn pasta, full rice, millet, oats, wholemeal, tubers, potatoes, Legumes, pears, peaches, cherries, dried fruit, figs, wholemeal bread.

2 Avoid

White bread, pasta, bananas, chocolate, red wine, black tea.

3 Breakfast

	kkal. per serving
Avocado with lemon	289
Barley and vegetable soup	281
Barley soup	265
Bircher-muesli with yogurt, nuts and apple	383
Blueberry puree	10
Boiled celery salad with exotic spices	165
Breakfast with cheese	593
Broccoli and Parmesan spread on toast bread	148
Carrot and potato rucola sandwich	94
Carrot drink	143
Compote from plums	22
Compote of pears	122
Corn coffee with cardamom	3

Cottage cheese with steamed fruit	214
Couscous Salad	338
Cream cheese substitute	526
Cucumber soup	95
Fried apple	408
Fruit juice	175
Hearty polenta mash	262
Hearty winter breakfast	678
Hot water with grape juice	87
Millet with pears	213
Millet with shiitake mushrooms and avocado	559
Miso soup with tofu	51
Oat flakes with aromatic spices	280
Oatmeal soup with spring onion and carrots	134
Pear compote	100
Plum Cake	502

Potato cream with herbs and fresh cheese	217
Potato pancakes	893
Rhubarb cake with sprinkles	475
Rice with parsnips	206
Rosemary Potatoes	188
Scrambled eggs with leaf salad olives and tomatoes	419
Scrambled eggs with rocket and herbs	360
Spicy avocado cream with cottage cheese	613
Strawberry yoghurt and almond puree mix	134
Thick pea soup	123
Vanilla cream with berries	278
Vanilla pudding	254
Vegetable semolina soup	198
Wheat semolina with olives-herb-sauce and salad	244
Wild garlic-scrambled eggs-breads	360

4 Snack

Carrot and potato rucola sandwich
..... 94

Cream cheese substitute
..... 526

Figs with mozzarella and honey
..... 415

Plum Cake
..... 502

Rhubarb cake with sprinkles
..... 475

5 Lunch

Antipasti	100
Artichoke soup	142
Asparagus Cream Soup	240
Avocado with lemon	289
Barley and vegetable soup	281
Barley mash with steamed pear	113
Barley soup	265
Basmati rice + Zucchini tofu dish	145
Beef broth	124
Bircher-muesli with yogurt, nuts and apple	383
Black root with yogurt	424
Blueberry puree	10
Boiled celery salad with exotic spices	165

Broccoli and Parmesan spread on toast bread	148
Broccoli cream soup	98
Carrot and millet bake with apple compote	349
Carrot and potato rucola sandwich	94
Carrot drink	143
Celery and potato cream soup	112
Cold cherry soup with curd cheese dumpling	320
Colorful Tuscan bean soup	249
Compote from plums	22
Compote of pears	122
Corn coffee with cardamom	3
Cottage cheese with steamed fruit	214
Couscous Salad	338
Cranberry yogurt mix	57
Cream cheese substitute	526
Cucumber soup	95

Delicately spiced zucchini with tomatoes	203
Exotic lenses	143
Fennel and potato gratin	147
Fennel with roasted walnuts	342
Fish soup with rosemary	271
Fried apple	408
Frozen pineapple juice	29
Fruit juice	175
Halibut with tomato and garlic sauce	319
Hearty polenta mash	262
Hot water with grape juice	87
Lasagne with tofu cream	301
Lettuce with fresh cheese	802
Lettuce with vinegar dressing	67
Marinated cod on pumpkin puree	201
Millet with pears	213