

di-book

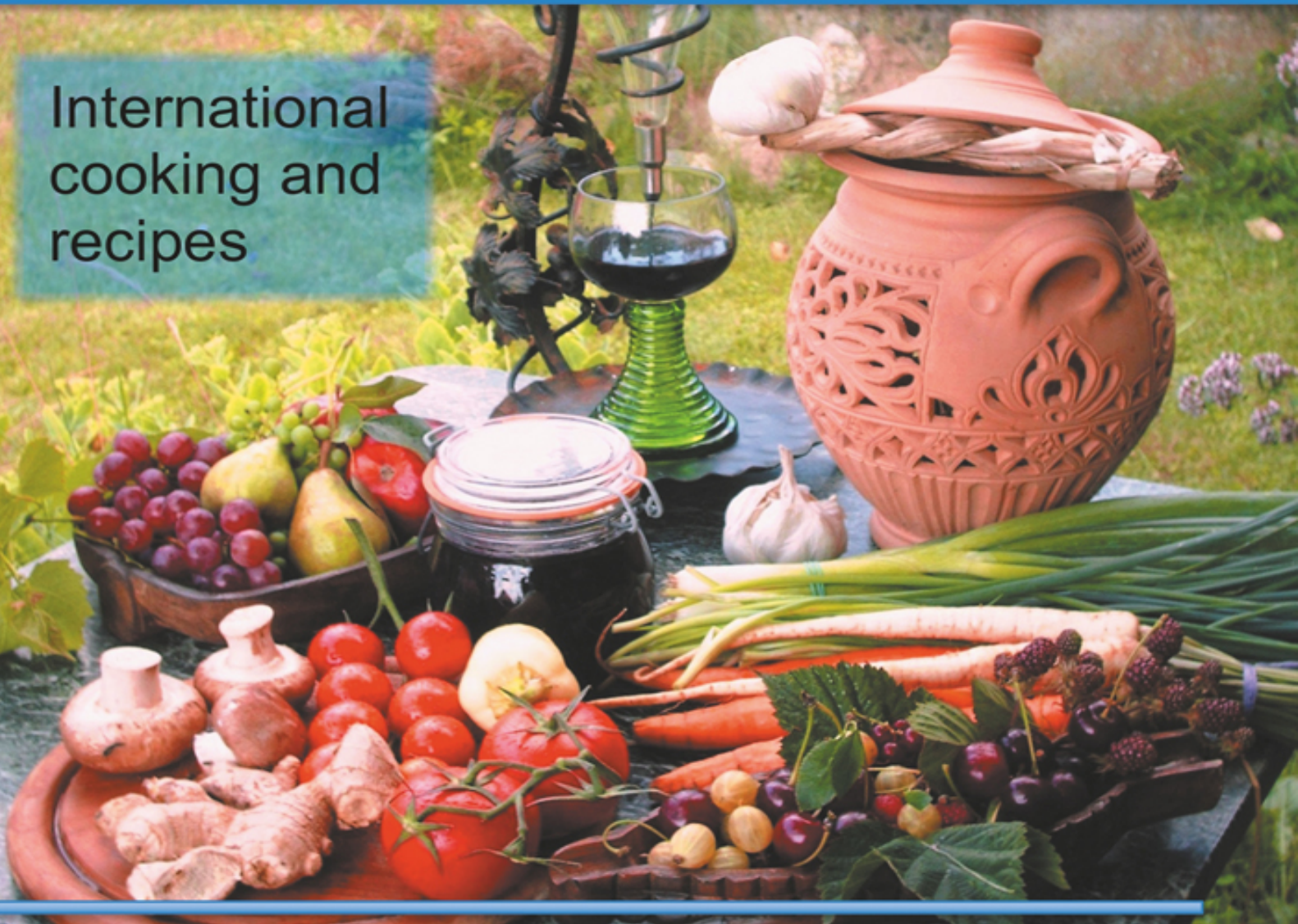


Diet recommendations

Recipe and Foodstuffs lists

Dietology and Traditional Chinese Medicine

International
cooking and
recipes



Nutrition during Heart insufficiency

E045

(Book: E045)

Diet recommendations for DIETETICS - Metabolism - Heart and circulation - Herat insufficiency

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Avocado with lemon
 - 9.2 Barley soup
 - 9.3 Basic recipe for a reissue soup (Congee)
 - 9.4 Basic recipe for a vegetable soup, nutritious
 - 9.5 Beet salad with salad cucumber
 - 9.6 Beetroot soup
 - 9.7 Beetroot soup with sauerkraut potato biscuits
 - 9.8 Black beans with avocado
 - 9.9 Bulgur with tomatoes and fresh herbs
 - 9.10 Carrot soup
 - 9.11 Cereal fruit pulp
 - 9.12 Champignon soup with red wine
 - 9.13 Chicory salad with oranges and grapefruit

- 9.14 Compote from rhubarb
- 9.15 Couscous Salad
- 9.16 Creamy potatoes with cauliflower
- 9.17 Cucumber salad
- 9.18 Fast polenta with avocado and spring onion
- 9.19 Fennel with roasted walnuts
- 9.20 Grated apple
- 9.21 Grated carrots with apple
- 9.22 Grilled salmon steaks with cauliflower and potatoes
- 9.23 Italian Vegetable and Bean Soup
- 9.24 Kohlrabi in curry sauce with potatoes
- 9.25 Lettuce with vinegar dressing
- 9.26 Mango banana yoghurt drink ice cold
- 9.27 Millet with shiitake mushrooms and avocado
- 9.28 Noodles with Vegetable and tomato sauce
- 9.29 Oven potatoes with celery-curd cheese (quark)
- 9.30 Plums with curd cheese
- 9.31 Porridge with cherries
- 9.32 Potato with dandelion salad
- 9.33 Potatoes with wild garlic-curd cheese
- 9.34 Provencal noodle pan
- 9.35 Pumpkin soup
- 9.36 Puréed banana
- 9.37 Quinoa piquant with avocado
- 9.38 Radish, apple and yogurt fresh food
- 9.39 Red berry with beaters
- 9.40 Red lentils with avocado and radish
- 9.41 Refreshing cucumber soup with potatoes

- 9.42 Rhubarb and apple jelly
- 9.43 Rice congee with dried fruit
- 9.44 Rice with parsnips
- 9.45 Roasted oatmeal with grapes compote
- 9.46 Rosemary Potatoes
- 9.47 Rucola salad with tomatoes
- 9.48 Russian kasha with white cabbage
- 9.49 Soup with cucumbers and tomatoes
- 9.50 Spinach with cottage cheese
- 9.51 Spinach with Tahini
- 9.52 Strawberry soup with melons
- 9.53 Sweet-savory barley salad
- 9.54 Tsampa
- 9.55 Tsampa with jam or fruit compote
- 9.56 Vegetable potato and meat mash
- 9.57 Vegetarian vegetable-cereal-potatoes mash
- 9.58 Vitamin drink
- 9.59 Warming porridge
- 9.60 Wheatgrass porridge with pink grapefruit

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 Chives

11.6 Lovage

11.7 Dandelion (young plants)

11.8 Marjoram

11.9 Oregano

11.10 Parsley

11.11 Peppermint

11.12 Rosemary

11.13 Sage

11.14 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

With low-salt diet and with the recommended amount of drinking by the doctor, the therapy can be optimally supported.

Reduce sodium levels,

Increase potassium levels.

You can also use fresh herbs instead of salt.

Stabilize Blood fat and cholesterol levels.

Drink sufficient but not too much.

Prefer banana, potatoes, fruit juices, nuts, seeds, chocolate, spinach, rucola, mushrooms, chestnuts.

2 Avoid

Salty food and dishes.

3 Breakfast

	kkal. per serving
Barley soup	265
Beet salad with salad cucumber	245
Black beans with avocado	263
Bulgur with tomatoes and fresh herbs	205
Carrot soup	209
Cereal fruit pulp	175
Compote from rhubarb	48
Couscous Salad	338
Creamy potatoes with cauliflower	332
Grated apple	120
Grated carrots with apple	74
Millet with shiitake mushrooms and avocado	559
Noodles with Vegetable and tomato sauce	561
Plums with curd cheese	141

Porridge with cherries	227
Puréed banana	144
Quinoa piquant with avocado	561
Radish, apple and yogurt fresh food	77
Red berry with beaters	123
Refreshing cucumber soup with potatoes	148
Rice congee with dried fruit	210
Rice with parsnips	206
Tsampa with jam or fruit compote	280
Vitamin drink	172
Warming porridge	357

4 Snack

Creamy potatoes with cauliflower 332

Grated carrots with apple 74

Radish, apple and yogurt fresh food 77

Wheatgrass porridge with pink grapefruit 398