

di-book

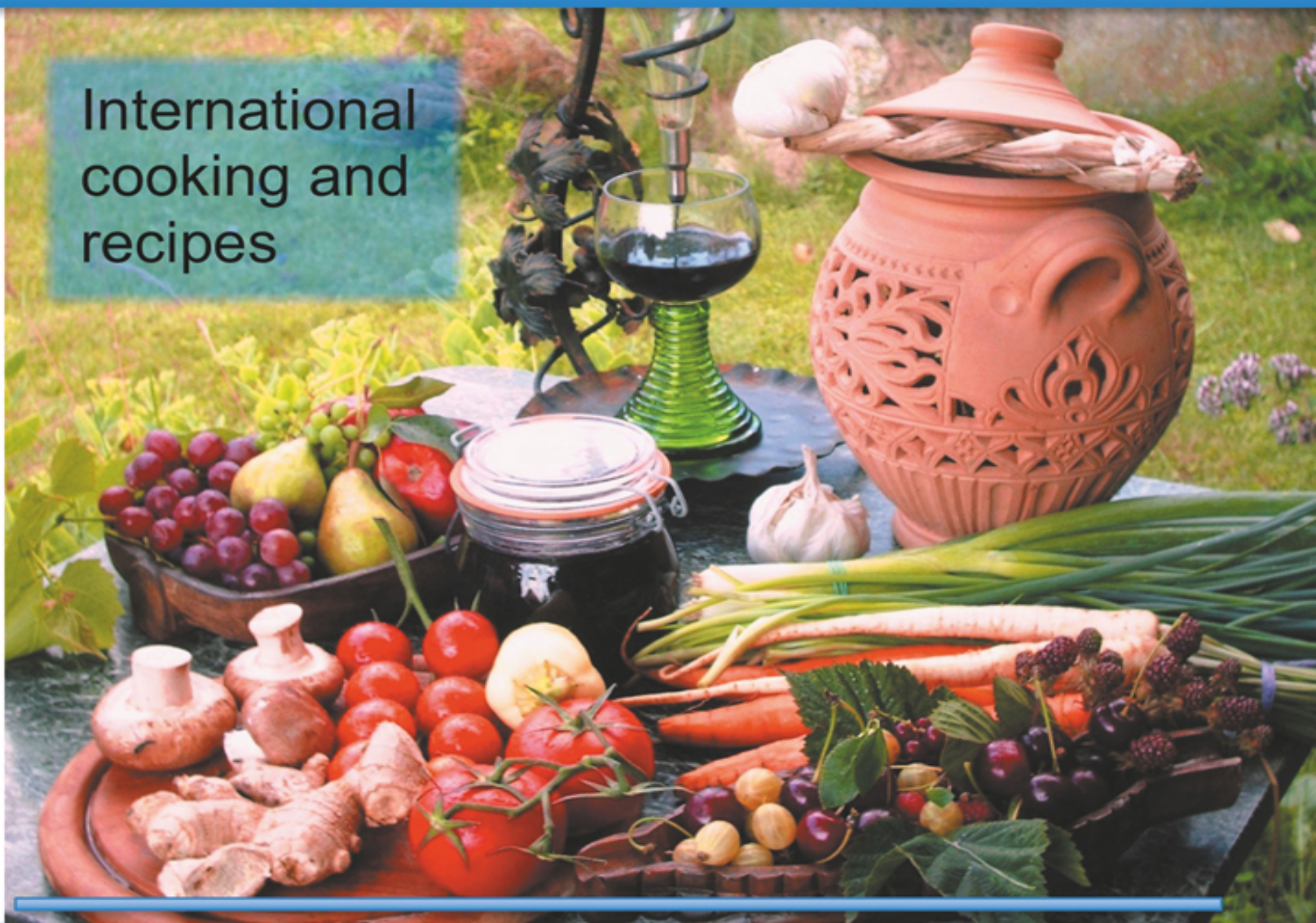


Diet recommendations

Recipe and Foodstuffs lists

Dietology and Traditional Chinese Medicine

International
cooking and
recipes



**Nutrition during
chronic pancreatitis**

E015

(Book: E015)

**Diet recommendations for DIETETICS -
Gastrointestinal tract - Pancreas - Chronic
pancreatitis (inflammation of the pancreas)**

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 Asparagus Cream Soup
 - 9.3 Baked chicory
 - 9.4 Barley mash with berries
 - 9.5 Barley soup
 - 9.6 Basic recipe for a reissue soup (Congee)
 - 9.7 Basic recipe for a vegetable soup, nutritious
 - 9.8 Bath with lavender
 - 9.9 Black root with yogurt
 - 9.10 Blueberry puree
 - 9.11 Carrot and rice gruel soup
 - 9.12 Compote from apples

- 9.13 Compote from rhubarb
- 9.14 Corn coffee with cardamom
- 9.15 Cranberry yogurt mix
- 9.16 Fried asparagus with rocket
- 9.17 Frozen pineapple juice
- 9.18 Fruit juice
- 9.19 Grated apple
- 9.20 Mango banana yoghurt drink ice cold
- 9.21 Nettle-chard soup
- 9.22 Noodle casserole with plums and peaches
- 9.23 Oat Congee
- 9.24 Polenta with peach
- 9.25 Pumpkin-yoghurt soup
- 9.26 Puréed banana
- 9.27 Rhubarb and apple jelly
- 9.28 Rice congee with carrots and fennel
- 9.29 Rice with parsnips
- 9.30 Roasted millet with Celery sticks
- 9.31 Rosemary Potatoes
- 9.32 Semolina soup with vegetables
- 9.33 Strawberry soup with melons
- 9.34 Tea Black tea (Russian tea)
- 9.35 Tea from ginger with honey
- 9.36 Tea Green tea
- 9.37 Tea mixture against general exhaustion
- 9.38 Vegetable potato and meat mash
- 9.39 Vitamin drink
- 9.40 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 Nettles

11.3 Blackberry leaves

11.4 Coriander

11.5 Herbs various

11.6 Cress

11.7 Lavender blossoms

11.8 Lovage

11.9 Parsley

11.10 Peppermint

11.11 Rosemary

11.12 Sage

11.13 Thyme dried

11.14 Lemon Balm

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

1 Treatment strategy

Light normal diet: only finely ground whole grain products, no raw food, no pomaceous vegetables and legumes; 6 - 8 small meals, which should be carefully prepared: cooking and steaming, low-fat frying. The food should be carbohydrate-rich, contain sufficient essential fatty acids and be divided into small meals.

2 Avoid

Alcohol, fat food, coffee.

3 Breakfast

	kkal. per serving
Baked chicory	230
Barley mash with berries	112
Barley soup	265
Blueberry puree	10
Compote from apples	67
Corn coffee with cardamom	3
Cranberry yogurt mix	57
Frozen pineapple juice	29
Fruit juice	175
Grated apple	120
Mango banana yoghurt drink ice cold	121
Noodle casserole with plugs and peaches	442
Oat Congee	162

Polenta with peach	197
Pumpkin-yoghurt soup	68
Puréed banana	144
Rice congee with carrots and fennel	131
Rice with parsnips	206
Rosemary	
Potatoes.....	188
Semolina soup with vegetables	105
Tea Black tea (Russian tea)	7
Tea from ginger with honey	4
Tea Green tea	2
Vegetable potato and meat mash	127
Vitamin drink	172