

di-book



Diet Recommendations

Recipes and Foodstuffs

Dietary Guidelines according to the dietology

International
cooking and
recipes



**Nutrition during
chronic renal insufficiency**

E011

(Book: E011)

Diet recommendations for DIETETICS - Protein and electrolyte - kidney - chronic renal insufficiency

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 Apple and celery soup with roasted fennel
 - 9.3 Apricot and cranberry ice cream
 - 9.4 Asparagus Cream Soup
 - 9.5 Avocado with lemon
 - 9.6 Baked chicory
 - 9.7 Basic recipe for a reissue soup (Congee)
 - 9.8 Basic recipe for a vegetable soup, nutritious
 - 9.9 Basmati rice + Zucchini tofu dish
 - 9.10 Boiled celery salad with exotic spices

- 9.11 Carrot and potato rucola sandwich
- 9.12 Carrot and rice gruel soup
- 9.13 Carrot drink
- 9.14 Carrot Risotto
- 9.15 Celery and potato cream soup
- 9.16 Champignon rice
- 9.17 Champignon salad with cress
- 9.18 Chicory salad with tangerine
- 9.19 Cold cherry soup with curd cheese dumpling
- 9.20 Cucumber salad
- 9.21 Cucumber soup
- 9.22 Fennel-Rice Soup
- 9.23 Frozen pineapple juice
- 9.24 Fruit juice
- 9.25 Grapefruit juice
- 9.26 Grated apple
- 9.27 Hearty polenta mash
- 9.28 Kohlrabi in chervil sauce with potatoes
- 9.29 Lasagne with tofu cream
- 9.30 Lentil and chestnut soup with curry
- 9.31 Oat Congee
- 9.32 Oatmeal soup with spring onion and carrots
- 9.33 Paprika-tomato rice
- 9.34 Pear juice
- 9.35 Polenta with peach

- 9.36 Potato gnocchi with vegetables and basil sauce
- 9.37 Potato with dandelion salad
- 9.38 Pumpkin soup
- 9.39 Radish with sugar
- 9.40 Refreshing cucumber soup with potatoes
- 9.41 Rice congee with carrots and fennel
- 9.42 Rice congee with chicken liver and buckthorn fruit
- 9.43 Rice with parsnips
- 9.44 Rice with stewed vegetables
- 9.45 Roasted millet with plum compote
- 9.46 Rosemary Potatoes
- 9.47 Semolina soup with vegetables
- 9.48 Spicy Tofu Vegetable Pan
- 9.49 Spring salad
- 9.50 Thick pea soup
- 9.51 Vegetable miso soup with tofu
- 9.52 Vegetable rice
- 9.53 Vegetable semolina soup
- 9.54 Warming carrot soup
- 9.55 Wheat semolina with olives-herb-sauce and salad
- 9.56 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. Complementary

11.1 Bath for purification

11.2 Birch leaves

11.3 Cress

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

14. EBNS - Software for nutritional counseling

1 Treatment strategy

Protein standardized diet (0.8 g per kg) with particular reference to the biological value and sufficient energy supply;

Prefer drinks and food with little sodium, phosphates and potassium.

2 Avoid

Sodium-, potassium- and phosphorus-rich food and drinks.
Biologically low quality protein.

3 Breakfast

	kkal. per serving
Apricot and cranberry ice cream	106
Avocado with lemon	289
Baked chicory	230
Boiled celery salad with exotic spices	165
Carrot and potato rucola sandwich	94
Carrot and rice gruel soup	101
Carrot drink	143
Carrot Risotto	308
Champignon rice	410
Cucumber soup	95
Fennel-Rice Soup	155
Fruit juice	175
Grated apple	120

Hearty	polenta	mash	262
Kohlrabi	in chervil sauce	with potatoes	187
Oat		Congee	162
Oatmeal	soup with spring onion	and carrots	134
Pear		juice	180
Polenta	with	peach	197
Potato	with dandelion	salad	162
Radish	with	sugar	46
Refreshing	cucumber soup	with potatoes	148
Rice	congee with carrots	and fennel	131
Rice	with	parsnips	206
Roasted	millet with plum	compote	139
Semolina	soup with	vegetables	105
Spicy	Tofu Vegetable	Pan	241
Thick	pea	soup	123
Vegetable	miso soup	with tofu	106

Vegetable					rice
.....					303
Vegetable		semolina			soup
.....				198	
Wheat semolina	with	olives-herb-sauce	and		salad
.....				244	

4 Snack

Carrot and potato rucola sandwich
..... 94