

di-book



Diet Recommendations

Recipes and Foodstuffs

Dietary Guidelines according to the dietology

International
cooking and
recipes



Nutrition during Hypertension

E046

(Book: E046)

Diet recommendations for DIETETICS - Metabolism - Heart and circulation - Hypertension

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Apple - banana cream
 - 9.2 Asparagus and herb ragout
 - 9.3 Banana Soymilk
 - 9.4 Barley and vegetable soup
 - 9.5 Barley mash with berries
 - 9.6 Barley mash with steamed pear
 - 9.7 Basic recipe for a chicken broth warming
 - 9.8 Basic recipe for a fish broth
 - 9.9 Basic recipe for a reissue soup (Congee)
 - 9.10 Basic recipe for a vegetable soup, nutritious
 - 9.11 Black root with yogurt
 - 9.12 Breakfast - Rice with fruits
 - 9.13 Broccoli and Parmesan spread on toast bread
 - 9.14 Broccoli cream soup

- 9.15 Carp soup
- 9.16 Carrot drink
- 9.17 Carrot Risotto
- 9.18 Carrot soup
- 9.19 Celery and potato cream soup
- 9.20 Champignon salad with cress
- 9.21 Chicken soup with egg yolk and parsley
- 9.22 Cocoa with cardamom
- 9.23 Colorful rice dish
- 9.24 Compote of pears
- 9.25 Couscous Salad
- 9.26 Cranberry yogurt mix
- 9.27 Cream cheese substitute
- 9.28 Cucumber salad
- 9.29 Fennel and potato gratin
- 9.30 Fine Russian borscht
- 9.31 Fish soup with rosemary
- 9.32 Fruit juice
- 9.33 Halibut with tomato and garlic sauce
- 9.34 Kohlrabi in chervil sauce with potatoes
- 9.35 Lettuce with fresh cheese
- 9.36 Mango banana yoghurt drink ice cold
- 9.37 Melanzani with olive oil and turmeric
- 9.38 Millet with pears
- 9.39 Noodles with vegetable and tomato sauce
- 9.40 Oat Congee
- 9.41 Oriental rice pan
- 9.42 Pancakes with spinach and parmesan
- 9.43 Paprika-tomato rice

- 9.44 Parsley cream sauce
- 9.45 Pear compote
- 9.46 Pear juice
- 9.47 Polenta with peach
- 9.48 Porridge with raisins and sake
- 9.49 Potato gnocchi with vegetables and basil sauce
- 9.50 Pumpkin-yoghurt soup
- 9.51 Mashed banana
- 9.52 Quick zucchini soup
- 9.53 Rice congee with chicken liver and buckthorn fruit
- 9.54 Rice congee with honey pear and black sesame
- 9.55 Rice with stewed vegetables
- 9.56 Roasted barley patties
- 9.57 Roasted millet with Celery sticks
- 9.58 Roasted millet with plum compote
- 9.59 Rosemary Potatoes
- 9.60 Scrambled eggs with leaf salad olives and tomatoes
- 9.61 Semolina soup with vegetables
- 9.62 Spicy Tofu Vegetable Pan
- 9.63 Spring salad
- 9.64 Strawberry yoghurt and almond puree mix
- 9.65 Tea mixture - reducing uric acid
- 9.66 Tomato soup
- 9.67 Tomato with mozzarella
- 9.68 Turkey breast with vegetables (Asian)
- 9.69 Turkey rolls in tomato cream
- 9.70 Vegetable juice

- 9.71 Vegetable miso soup with tofu
- 9.72 Vegetable semolina soup
- 9.73 Warming carrot soup
- 9.74 Wild garlic dumplings
- 9.75 Wild garlic pesto

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 Arnica (wolf's bane)
- 11.2 Bath with lavender
- 11.3 candyleaf, sweetleaf, sugarleaf
- 11.4 Passion flowers
- 11.5 Sage root
- 11.6 Shepherd's purse
- 11.7 Valerian

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

Dairy foods, low-fat diet, weight reduction, less salt.

Omega-3 fatty acids help reduce blood pressure.

Vitamin D deficiency balance with fish (cod liver oil, mackerel, salmon or herring), mushrooms, beef liver, Emmental, butter, organic eggs, avocados.

Approximately 80% to 90% of our most important vitamin D reserves are developed by the sun from the body itself. Even 5 to 15 minutes a day are enough to stimulate the body's vitamin D production.

2 Avoid

If you are overweight, the consumption of fats should be restricted.

Caution especially with hidden fats in sausage and cheese, cakes and pastries, sweets and nuts.

Avoid alcohol and nicotine.

Highly salted food.

3 Breakfast

Apple	-	banana	110	kkal. per serving
Banana			125	cream
Barley	and	vegetable	281	Soymilk
Barley	mash	with	112	soup
Barley	mash	with	113	berries
Barley	mash	with	230	steamed pear
Breakfast	-	Rice	230	fruits
Broccoli	and	Parmesan	148	spread on toast bread
Carrot			143	drink
Carrot			308	Risotto
Carrot			104	soup
Colorful		rice	437	dish
Compote		of	122	pears
Couscous			338	Salad
Cranberry		yogurt	57	mix

Cream	cheese	substitute	
.....	526		
Fruit		juice	
.....			
175			
Millet	with	pears	
.....		213	
Noodles	with vegetable and tomato	sauce	
.....	561		
Oat		Congee	
.....		162	
Pear		compote	
.....		100	
Pear		juice	
.....			
180			
Polenta	with	peach	
.....		197	
Porridge	with raisins and	sake	
.....	427		
Pumpkin-yoghurt		soup	
.....		68	
Puréed		banana	
.....		144	
Rice congee	with honey pear and black	sesame	
.....	158		
Roasted	barley	patties	
.....		398	
Roasted	millet with Celery	sticks	
.....	400		
Roasted	millet with plum	compote	
.....	139		
Rosemary		Potatoes	
.....		188	
Scrambled eggs	with leaf salad olives and tomatoes		
.....	419		

Semolina	soup	with	vegetables	
.....		105		
Spicy	Tofu	Vegetable	Pan	
.....		241		
Strawberry	yoghurt	and	almond	puree
mix.....		134		
Tea	mixture	-	reducing	uric acid
.....		0		
Vegetable	miso	soup	with	tofu
.....		106		
Vegetable		semolina		soup
.....		198		
Wild		garlic		pesto
.....		795		

4 Snack

Apple	-	banana	cream
.....			110
Barley	mash	with	berries
.....			112
Cream	cheese		substitute
.....			526
Wild	garlic		pesto
.....			795

5 Lunch

Asparagus	and	herb	ragout	
.....				168
Banana			Soymilk	
.....				125
Barley	and	vegetable	soup	
.....				281
Barley	mash	with	steamed	pear
.....				113
Black	root	with	yogurt	
.....				266
Broccoli	and	Parmesan	spread	on toast bread
.....				148
Broccoli		cream	soup	
.....				98
Carp			soup	
.....				166
Carrot			drink	
.....				143
Carrot			Risotto	
.....				308
Carrot			soup	
.....				104
Celery	and	potato	cream	soup
.....				112
Champignon	salad	with	cress	
.....				220
Chicken	soup	with	egg yolk	and parsley
.....				117
Colorful		rice	dish	
.....				437

Compote	of	pears	122
Couscous		Salad	338
Cranberry	yogurt	mix	57
Cream	cheese	substitute	526
Cucumber		salad	27
Fennel	and	potato	147
Fine	Russian	borscht	171
Fish	soup	with	271
Fruit		juice	175
Halibut	with	tomato	319
Kohlrabi	in	chervil	187
Lettuce	with	fresh	802
Mango	banana	yoghurt	121
Melanzani	with	olive	432
Millet	with	pears	213
Noodles	with	vegetable	561
Oat		Congee	162

Oriental	rice	pan	
.....			303
Pancakes	with spinach and	parmesan	
.....			329
Paprika-tomato		rice	
.....			291
Parsley	cream	sauce	
.....			118
Pear		compote	
.....			100
Pear		juice	
.....			
180			
Polenta	with	peach	
.....			197
Porridge	with raisins and	sake	
.....			427
Potato gnocchi	with vegetables and basil	sauce	
.....			166
Pumpkin-yoghurt		soup	
.....			68
Puréed		banana	
.....			144
Quick	zucchini	soup	
.....			41
Rice congee	with chicken liver and buckthorn	fruit	
.....			175
Rice congee	with honey pear and black	sesame	
.....			158
Rice	with stewed	vegetables	
.....			166
Roasted	barley	patties	
.....			398
Roasted	millet with Celery	sticks	
.....			400