

# **Pevzner**

## **Diets**

Pevzner Diets is a system of therapeutic diet menus, differentiated for different groups of diseases. It was designed by the Soviet scientist M. I. Pevzner.

The treatment menus by Pevsner have been known since the last century, more exactly since 1921. It was then that the scientist created a special system of healing the body. Dietary menus by Pevsner are still used in various health centers and sanatoriums for people undergoing treatment or recovering from various diseases. There are 15 therapeutic diets by Pevsner.

### **Diet № 1**

The first Pevzner diet menu is designed for people suffering from gastritis and stomach ulcer. It is also used in the recovery period after surgeries on the stomach and ulcer of the duodenum.

The following products are recommended:

- pureed soups, pureed vegetable soups, well-boiled porridge;
- the following flour products are allowed: white bread, biscuits;
- boiled meat, tongue, liver, cheese, milk and low-fat dairy drinks, soft-boiled eggs or steamed omelettes, pasta, steamed meatballs, meat salads or boiled vegetables, pâté, jellied fish, sturgeon caviar;
- the following sweet products are allowed: marshmallow, honey, candies, and fruit or berry puree, jelly.

The following products should be excluded:

- strong vegetable, mushroom broth and soup and okroshka;
- any fresh bread;
- fried foods;
- boiled eggs;
- spices;
- leafy vegetables;
- cucumbers, radishes, turnips.

### **Diet № 2**

It is designed for patients with gastritis with low acidity of gastric juice.

The list of allowed foods and drinks includes:

- weak tea with lemon or milk, eggs cooked in any way, but not fried, dairy products; any soups but not spicy.
- white or brown bread, various fruits and vegetables, soused herring, fruit drinks, weak broth soups .

The following products should be prohibited:

- all fried products;
- pickles and marinades;
- any smoked products;
- onion, radish, rice, beans, mushrooms, garlic;
- sweet juices and berries.

### **Diet № 3**

This diet is designed for the treatment of intestinal diseases, accompanied by constipation.

It is recommended to eat the following: boiled eggs (two eggs per day), all kinds of vegetables, except the prohibited ones; one-day bread made of wheat, dried fruits and vegetables, biscuits or dough cookies, milk porridge, soups, fresh milk drinks, cheese, cottage cheese and sour cream.

It is prohibited to eat:

- fatty meats and fish;
- muffins;
- potatoes, mushrooms, radishes;
- smoked products;
- chocolate;
- strong coffee and tea;
- cream products.

### **Diet № 4**

The fourth diet menu by Pevzner is prescribed to people suffering from acute diseases of the intestine, accompanied by severe diarrhea. In addition, there is a special variation of this option, the diet by Pevzner – 4A. It is indicated for patients with severe colitis, characterized by a predominance of fermentation processes.

Adhering to this diet, the patient must consume foods with reduced amount of carbohydrates and fats. It is also prohibited to eat the food causing putrefaction and fermentation processes in the gastrointestinal tract. In general, the diet consists of wheat crackers, lean chicken or beef meat, pureed porridge of buckwheat, oatmeal or rice, fresh cheese, mashed apples, black coffee and green tea.

It is forbidden to eat muffins, fresh bread, fatty meats, eggs, milk, dairy products, beans, fresh fruits and vegetables. The food is either boiled or steamed, and taken at least 5-6 times a day. It is necessary to combine it with bed rest.

### **Diet № 5**

Menu 5 by Pevzner is very popular. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.

The list of recommended products includes lean meat, chicken, fish, either steamed or boiled. The patient can eat yogurt, milk or cheese, but not more than 200 g a day. In addition, it is allowed to eat one-day bread, pasta, puddings. The patient can eat greens and vegetables, berries and fruits, juice, coffee and tea with milk and butter or oil.

It is strictly forbidden to consume alcohol and spicy, fried foods, excessively fatty meats or fish, liver, legumes, garlic, mushrooms and radishes.

### **Diet № 6**

It is applied in kidney stones and gout with urate.

The dishes recommended are borsch and vegetarian soups, bread, meat, dairy, poultry and fish - only those lacking a high fat content in them. The patient can eat no more than one quail and chicken egg per day. Different cereals, vegetables, berries and fruits in unlimited quantities are also allowed; bran and dried fruits, juices, various teas, butter and vegetable oil.

It is prohibited to eat:

- strong broths and soups;

- baked products;
- sausages and pickles;
- salty cheese;
- sorrel, mushrooms, cabbage;
- caviar and tinned vegetables;
- horseradish and mustard;
- cocoa and coffee;
- lard.

### **Diet № 7**

It is recommended for chronic kidney disease.

Here is the list of recommended foods: soup without meat, salt-free flour products; lean fish, meat and poultry; milk and yogurt; all kinds of cereals, eggs, vegetables after heat treatment, vinaigrettes without pickles; tomato sauce or milk; loose brewed tea or coffee, fruit juices or vegetable broth, Dog rose, creamy salt-free butter.

The following products are forbidden:

- rich broth;
- fats;
- canned food and caviar;
- legumes;
- onions, mushrooms, pickles and sourdough;
- chocolate;
- lard and other fats.

### **Diet № 8**

It is recommended for obesity.

The following products are allowed: bread from rye or wheat, up to 150 g per day of lean meat or poultry, 200 g per day of low-fat fish, boiled or steamed eggs; legumes,

cereals or pasta products, which are limited, raw vegetables, soups, berries, fruits and unsweetened fruit drinks, low-fat, non-spicy sauces, oils of vegetable origin.

The following products are prohibited:

- baked products , white bread, puff pastry;
- pasta and soups from them;
- strong broths;
- beans;
- rice;
- pickles;
- bananas, grapes;
- dried fruit;
- fats;
- sweets and sweetened juices.

### **Diet № 9**

It is recommended for patients with diabetes.

It is allowed to eat bread, bran; lean fish, poultry and meat; one egg per day, salt-free oil, pasta and cereals, which should be limited; vegetables, vinaigrettes, coffee and tea.

The following products are prohibited:

- baked products , puff pastry;
- fat meat;
- yolks;
- sweets;
- fatty cheeses;
- rice and semolina;
- strong broth;

- greasy or spicy sauces;
- sweet lemonade, grape juice.

### **Diet № 10**

It is recommended for patients with diseases of the heart and blood vessels. It is recommended to limit the amount of liquids and salt.

The following products can be included in the menu: cereals, one-day bread, chicken, turkey, lean beef, dairy and vegetable oil, all kinds of fruits and vegetables, a decoction of rose hips, brewed loose tea.

The following products are prohibited:

- beans
- sauerkraut and sour apples;
- fat fish and meat.

### **Diet № 11**

It is recommended for tuberculosis, anemia and pneumonia.

The following products can be included in the menu : cereals and pasta, yogurt, vegetable oil and butter, milk, curd, fermented baked milk, vegetables, eggs, baked cakes, biscuits, rye bread, beans, honey, jam.

The following products are prohibited:

- fats;
- pastry cream;
- fat and spicy sauces.

### **Diet № 12**

It is recommended for diseases of the nervous system.

The following products are recommended: seafood, low-fat dairy products, cereals and pasta; vegetables; fruits, jellies, juices, biscuits, eggs.

The following products are prohibited :

- puff pastry, fresh bread;

- fried foods;
- fats, salty cheeses;
- lard;
- chocolate;
- spicy products;
- strong coffee, cocoa and tea.

### **Diet № 13**

It is recommended for exacerbation of infectious diseases.

The following products can be included in the menu: vegetables except garlic, onion, radish, beans and cabbage; pasta, cereals, soups or porridge, eggs, low-fat dairy drinks, boiled or mashed fruits or berries, broths, jellies, compotes.

The following products are prohibited:

- fats;
- fresh bread;
- fried or boiled eggs;
- chocolate, jams;
- smoked spicy dishes;
- cocoa.

### **Diet № 14**

It is recommended by the physician for patients with phosphate stones in the bladder.

The following products can be included in the menu: any broth, eggs, sausages, rye bread, pasta and cereals, honey, pureed berry, rose hips concoction.

The following products are prohibited:

- soups;
- casseroled vegetables;
- all dairy products.



### **Diet № 15**

It is effective for common diseases which do not require the prescription of special dishes.

The following dishes are recommended: berries, herbs, vegetables, fruits, fish, chicken, meat, mushrooms, beans, cereals and pasta, natural sausages, any oil, bran, eggs, bread, rye or wheat.

Only spicy or fatty foods are excluded.

## **Knowledge verification questions:**

### **1. What are Pevzner's diets?**

Pevzner Diets is a system of therapeutic diet menus, differentiated for different groups of diseases. It was designed by the Soviet scientist M. I. Pevzner.

### **2. How long have Pevzner diets been known?**

The treatment menus by Pevsner have been known since the last century, more exactly since 1921. It was then that the scientist created a special system of healing the body. Dietary menus by Pevsner are still used in various health centers and sanatoriums for people undergoing treatment or recovering from various diseases.

### **3. How many diets according to Pevzner are there?**

There are 15 therapeutic diets by Pevsner.

### **4. In which pathologies are indicated Diet № 1 after Pevzner?**

The first Pevzner diet menu is designed for people suffering from gastritis and stomach ulcer. It is also used in the recovery period after surgeries on the stomach and ulcer of the duodenum.

### **5. Which products are recommended for consumption according to Diet № 1 after Pevzner?**

The following products are recommended:

- pureed soups, pureed vegetable soups, well-boiled porridge;
- the following flour products are allowed: white bread, biscuits;
- boiled meat, tongue, liver, cheese, milk and low-fat dairy drinks, soft-boiled eggs or steamed omelettes, pasta, steamed meatballs, meat salads or boiled vegetables, pâté, jellied fish, sturgeon caviar;
- the following sweet products are allowed: marshmallow, honey, candies, and fruit or berry puree, jelly.

### **6. Which products are not recommended for consumption according to Diet № 1 after Pevzner?**

The following products should be excluded:

- strong vegetable, mushroom broth and soup and okroshka;

- any fresh bread;
- fried foods;
- boiled eggs;
- spices;
- leafy vegetables;
- cucumbers, radishes, turnips.

**7. In which pathologies are indicated Diet № 2 after Pevzner?**

It is designed for patients with gastritis with low acidity of gastric juice.

**8. Which products are recommended for consumption according to Diet № 2 after Pevzner?**

The list of allowed foods and drinks includes:

- weak tea with lemon or milk, eggs cooked in any way, but not fried, dairy products; any soups but not spicy.
- white or brown bread, various fruits and vegetables, soused herring, fruit drinks, weak broth soups.

**9. Which products are not recommended for consumption according to Diet № 2 after Pevzner?**

The following products should be prohibited:

- all fried products;
- pickles and marinades;
- any smoked products;
- onion, radish, rice, beans, mushrooms, garlic;
- sweet juices and berries.

**10. In which pathologies are indicated Diet № 3 after Pevzner?**

This diet is designed for the treatment of intestinal diseases, accompanied by constipation.

### **11. Which products are recommended for consumption according to Diet № 3 after Pevzner?**

It is recommended to eat the following: boiled eggs (two eggs per day), all kinds of vegetables, except the prohibited ones; one-day bread made of wheat, dried fruits and vegetables, biscuits or dough cookies, milk porridge, soups, fresh milk drinks, cheese, cottage cheese and sour cream.

### **12. Which products are not recommended for consumption according to Diet № 3 after Pevzner?**

It is prohibited to eat:

- fatty meats and fish;
- muffins;
- potatoes, mushrooms, radishes;
- smoked products;
- chocolate;
- strong coffee and tea;
- cream products.

### **1. In which pathologies are indicated Diet № 4 after Pevzner?**

The fourth diet menu by Pevzner is prescribed to people suffering from acute diseases of the intestine, accompanied by severe diarrhea. In addition, there is a special variation of this option, the diet by Pevzner – 4A. It is indicated for patients with severe colitis, characterized by a predominance of fermentation processes.

### **2. Which products are recommended for consumption according to Diet № 4 after Pevzner?**

Adhering to this diet, the patient must consume foods with reduced amount of carbohydrates and fats. In general, the diet consists of wheat crackers, lean chicken or beef meat, pureed porridge of buckwheat, oatmeal or rice, fresh cheese, mashed apples, black coffee and green tea.

### **3. Which products are not recommended for consumption according to Diet № 4 after Pevzner?**

It is forbidden to eat muffins, fresh bread, fatty meats, eggs, milk, dairy products, beans, fresh fruits and vegetables. The food is either boiled or steamed, and taken at least 5-6 times a day. It is also prohibited to eat the food causing putrefaction and fermentation processes in the gastrointestinal tract. It is necessary to combine it with bed rest.

**4. In which pathologies are indicated Diet № 5 after Pevzner?**

Menu 5 by Pevzner is very popular. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.

**5. Which products are recommended for consumption according to Diet № 5 after Pevzner?**

The list of recommended products includes lean meat, chicken, fish, either steamed or boiled. The patient can eat yogurt, milk or cheese, but not more than 200 g a day. In addition, it is allowed to eat one-day bread, pasta, puddings. The patient can eat greens and vegetables, berries and fruits, juice, coffee and tea with milk and butter or oil.

**6. Which products are not recommended for consumption according to Diet № 5 after Pevzner?**

It is strictly forbidden to consume alcohol and spicy, fried foods, excessively fatty meats or fish, liver, legumes, garlic, mushrooms and radishes.

**7. In which pathologies are indicated Diet № 6 after Pevzner?**

It is applied in kidney stones and gout with urate.

**8. Which products are recommended for consumption according to Diet № 6 after Pevzner?**

The dishes recommended are borsch and vegetarian soups, bread, meat, dairy, poultry and fish - only those lacking a high fat content in them. The patient can eat no more than one quail and chicken egg per day. Different cereals, vegetables, berries and fruits in unlimited quantities are also allowed; bran and dried fruits, juices, various teas, butter and vegetable oil.

**9. Which products are not recommended for consumption according to Diet № 6 after Pevzner?**

It is prohibited to eat:

- strong broths and soups;
- baked products;
- sausages and pickles;
- salty cheese;
- sorrel, mushrooms, cabbage;
- caviar and tinned vegetables;
- horseradish and mustard;
- cocoa and coffee;
- lard.

**10. In which pathologies are indicated Diet № 7 after Pevzner?**

It is recommended for chronic kidney disease.

**11. Which products are recommended for consumption according to Diet № 7 after Pevzner?**

Here is the list of recommended foods: soup without meat, salt-free flour products; lean fish, meat and poultry; milk and yogurt; all kinds of cereals, eggs, vegetables after heat treatment, vinaigrettes without pickles; tomato sauce or milk; loose brewed tea or coffee, fruit juices or vegetable broth, Dog rose, creamy salt-free butter.

**12. Which products are not recommended for consumption according to Diet № 7 after Pevzner?**

The following products are forbidden:

- rich broth;
- fats;
- canned food and caviar;
- legumes;
- onions, mushrooms, pickles and sourdough;
- chocolate;

- lard and other fats.

**13. In which pathologies are indicated Diet № 8 after Pevzner?**

It is recommended for obesity.

**14. Which products are recommended for consumption according to Diet № 8 after Pevzner?**

The following products are allowed: bread from rye or wheat, up to 150 g per day of lean meat or poultry, 200 g per day of low-fat fish, boiled or steamed eggs; legumes, cereals or pasta products, which are limited, raw vegetables, soups, berries, fruits and unsweetened fruit drinks, low-fat, non-spicy sauces, oils of vegetable origin.

**15. Which products are not recommended for consumption according to Diet № 8 after Pevzner?**

The following products are prohibited:

- baked products , white bread, puff pastry;
- pasta and soups from them;
- strong broths;
- beans;
- rice;
- pickles;
- bananas, grapes;
- dried fruit;
- fats;
- sweets and sweetened juices.

**16. In which pathologies are indicated Diet № 9 after Pevzner?**

It is recommended for patients with diabetes.

**17. Which products are recommended for consumption according to Diet № 9 after Pevzner?**

It is allowed to eat bread, bran; lean fish, poultry and meat; one egg per day, salt-free oil, pasta and cereals, which should be limited; vegetables, vinaigrettes, coffee and tea.

**18. Which products are not recommended for consumption according to Diet № 9 after Pevzner?**

The following products are prohibited:

- baked products , puff pastry;
- fat meat;
- yolks;
- sweets;
- fatty cheeses;
- rice and semolina;
- strong broth;
- greasy or spicy sauces;
- sweet lemonade, grape juice.

**19. In which pathologies are indicated Diet № 10 after Pevzner?**

It is recommended for patients with diseases of the heart and blood vessels. It is recommended to limit the amount of liquids and salt.

**20. Which products are recommended for consumption according to Diet № 10 after Pevzner?**

The following products can be included in the menu: cereals, one-day bread, chicken, turkey, lean beef, dairy and vegetable oil, all kinds of fruits and vegetables, a decoction of rose hips, brewed loose tea.

**21. Which products are not recommended for consumption according to Diet № 10 after Pevzner?**

The following products are prohibited:

- beans
- sauerkraut and sour apples;



- fat fish and meat.

**22. In which pathologies are indicated Diet № 11 after Pevzner?**

It is recommended for tuberculosis, anemia and pneumonia.

**23. Which products are recommended for consumption according to Diet № 11 after Pevzner?**

The following products can be included in the menu : cereals and pasta, yogurt, vegetable oil and butter, milk, curd, fermented baked milk, vegetables, eggs, baked cakes, biscuits, rye bread, beans, honey, jam.

**24. Which products are not recommended for consumption according to Diet № 11 after Pevzner?**

The following products are prohibited:

- fats;
- pastry cream;
- fat and spicy sauces.

**25. In which pathologies are indicated Diet № 12 after Pevzner?**

It is recommended for diseases of the nervous system.

**26. Which products are recommended for consumption according to Diet № 12 after Pevzner?**

The following products are recommended: seafood, low-fat dairy products, cereals and pasta; vegetables; fruits, jellies, juices, biscuits, eggs.

**27. Which products are not recommended for consumption according to Diet № 12 after Pevzner?**

The following products are prohibited :

- puff pastry, fresh bread;
- fried foods;
- fats, salty cheeses;
- lard;
- chocolate;

- spicy products;
- strong coffee, cocoa and tea.

**28. In which pathologies are indicated Diet № 13 after Pevzner?**

It is recommended for exacerbation of infectious diseases.

**29. Which products are recommended for consumption according to Diet № 13 after Pevzner?**

The following products can be included in the menu: vegetables except garlic, onion, radish, beans and cabbage; pasta, cereals, soups or porridge, eggs, low-fat dairy drinks, boiled or mashed fruits or berries, broths, jellies, compotes.

**30. Which products are not recommended for consumption according to Diet № 13 after Pevzner?**

The following products are prohibited:

- fats;
- fresh bread;
- fried or boiled eggs;
- chocolate, jams;
- smoked spicy dishes;
- cocoa.

**31. In which pathologies are indicated Diet № 14 after Pevzner?**

It is recommended by the physician for patients with phosphate stones in the bladder.

**32. Which products are recommended for consumption according to Diet № 14 after Pevzner?**

The following products can be included in the menu: any broth, eggs, sausages, rye bread, pasta and cereals, honey, pureed berry, rose hips concoction.

**33. Which products are not recommended for consumption according to Diet № 14 after Pevzner?**

The following products are prohibited:

- soups;
- casseroled vegetables;
- all dairy products.

**34. In which pathologies are indicated Diet № 15 after Pevzner?**

It is effective for common diseases which do not require the prescription of special dishes.

**35. Which products are recommended for consumption according to Diet № 15 after Pevzner?**

The following dishes are recommended: berries, herbs, vegetables, fruits, fish, chicken, meat, mushrooms, beans, cereals and pasta, natural sausages, any oil, bran, eggs, bread, rye or wheat.

**36. Which products are not recommended for consumption according to Diet № 15 after Pevzner?**

Only spicy or fatty foods are excluded.

## Tests

### 1. What are Pevzner's diets?

- a. \* Pevzner Diets is a system of therapeutic diet menus, differentiated for different groups of diseases. It was designed by the Soviet scientist M. I. Pevzner.
- b. Pevsner is the author of a system of therapeutic protocols, differentiated for different groups of diseases.
- c. Pevsner diets are a system of general food menus.
- d. Pevsner is the author of a food protocol system.
- e. Pevsner diets are a system of therapeutic menus in gastric pathology.

### 2. How long have Pevzner diets been known?

- a. \* The treatment menus by Pevsner have been known since the last century, more exactly since 1921.
- b. The treatment menus by Pevsner have been known since the last century, more exactly since 1941.
- c. The treatment menus by Pevsner have been known since the last century, more exactly since 1961.
- d. The treatment menus by Pevsner have been known since the last century, more exactly since 1981.
- e. No answer is correct.

### 3. How many diets according to Pevzner are there?

- a. \* There are 15 therapeutic diets by Pevsner.
- b. There are 25 therapeutic diets by Pevsner.
- c. There are 5 therapeutic diets by Pevsner.
- d. There are 35 therapeutic diets by Pevsner.
- e. There are 11 therapeutic diets by Pevsner.

### 4. In which pathologies are indicated Diet № 1 after Pevzner?

- a. \* The first Pevzner diet menu is designed for people suffering from gastritis and stomach ulcer.
- b. \* It is also used in the recovery period after surgeries on the stomach and ulcer of the duodenum.
- c. It is designed for people suffering from gastritis with low acidity.
- d. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- e. It is recommended for chronic kidney disease.

**5. Which products are recommended for consumption according to Diet № 1 after Pevzner?**

- a. \* pureed soups, pureed vegetable soups, well-boiled porridge;
- b. \* the following flour products are allowed: white bread, biscuits;
- c. \* boiled meat, tongue, liver, cheese, milk and low-fat dairy drinks, soft-boiled eggs or steamed omelettes, pasta, steamed meatballs, meat salads or boiled vegetables, pâté, jellied fish, sturgeon caviar;
- d. \* the following sweet products are allowed: marshmallow, honey, candies, and fruit or berry puree, jelly.
- e. any fresh bread.

**6. Which products are not recommended for consumption according to Diet № 1 after Pevzner?**

- a. \* strong vegetable, mushroom broth and soup and okroshka;
- b. \* any fresh bread;
- c. \* fried foods;
- d. \* boiled eggs;
- e. pureed soups, pureed vegetable soups, well-boiled porridge;

**7. In which pathologies are indicated Diet № 2 after Pevzner?**

- a. \* It is designed for patients with gastritis with low acidity of gastric juice.
- b. It is designed for people suffering from gastritis and stomach ulcer.
- c. It is also used in the recovery period after surgeries on the stomach and ulcer of the duodenum.
- d. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- e. It is recommended for chronic kidney disease.

**8. Which products are recommended for consumption according to Diet № 2 after Pevzner?**

- a. \* weak tea with lemon or milk, eggs cooked in any way, but not fried, dairy products; any soups but not spicy.
- b. \* white or brown bread, various fruits and vegetables, soured herring, fruit drinks, weak broth soups.
- c. pickles and marinades;
- d. onion, radish, rice, beans, mushrooms, garlic;
- e. sweet juices and berries.

**9. Which products are not recommended for consumption according to Diet № 2 after Pevzner?**

- a. \* all fried products;
- b. \* pickles and marinades;
- c. \* any smoked products;
- d. \* onion, radish, rice, beans, mushrooms, garlic;
- e. weak tea with lemon or milk, eggs cooked in any way, but not fried, dairy products; any soups but not spicy.

**10. In which pathologies are indicated Diet № 3 after Pevzner?**

- a. \* This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- b. It is designed for patients with gastritis with low acidity of gastric juice.
- c. It is designed for people suffering from gastritis and stomach ulcer.
- d. It is used in the recovery period after surgeries on the stomach and ulcer of the duodenum.
- e. .It is recommended for chronic kidney disease.

**11. Which products are recommended for consumption according to Diet № 3 after Pevzner?**

- a. \* boiled eggs (two eggs per day);
- b. \*all kinds of vegetables, except the prohibited ones;
- c. \* one-day bread made of wheat;
- d. \* dried fruits and vegetables, biscuits or dough cookies;
- e. potatoes, mushrooms, radishes;

**12. Which products are not recommended for consumption according to Diet № 3 after Pevzner?**

- a. \* fatty meats and fish;
- b. \* muffins;
- c. \* potatoes, mushrooms, radishes;
- d. \* smoked products;
- e. one-day bread made of wheat;

**13. In which pathologies are indicated Diet № 4 after Pevzner?**

- a. \* The fourth diet menu by Pevzner is prescribed to people suffering from acute diseases of the intestine, accompanied by severe diarrhea.
- b. \* It is indicated for patients with severe colitis, characterized by a predominance of fermentation processes.
- c. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.
- d. It is recommended for chronic kidney disease.
- e. It is designed for patients with gastritis with low acidity of gastric juice.

**14. Which products are recommended for consumption according to Diet № 4 after Pevzner?**

- a. \* foods with reduced amount of carbohydrates and fat;
- b. \* wheat crackers, lean chicken or beef meat, pureed porridge of buckwheat;
- c. \* oatmeal or rice, fresh cheese, mashed apples;
- d. \* black coffee and green tea;
- e. fresh fruits and vegetables.

**15. Which products are not recommended for consumption according to Diet № 4 after Pevzner?**

- a. \* muffins, fresh bread;
- b. \* fatty meats, eggs, milk, dairy products;
- c. \* beans;
- d. \* fresh fruits and vegetables;
- e. foods with reduced amount of carbohydrates and fat.

**16. In which pathologies are indicated Diet № 5 after Pevzner?**

- a. \* This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- b. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- c. It is designed for patients with gastritis with low acidity of gastric juice.
- d. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.
- e. It is recommended for chronic kidney disease.

**17. Which products are recommended for consumption according to Diet № 5 after Pevzner?**

- a. \* lean meat, chicken, fish, either steamed or boiled.
- b. \* yogurt, milk or cheese, but not more than 200 g a day.
- c. \* one-day bread, pasta, puddings, greens and vegetables, berries and fruits, juice.
- d. \* coffee and tea with milk and butter or oil.
- e. excessively fatty meats or fish, liver.

**18. Which products are not recommended for consumption according to Diet № 5 after Pevzner?**

- a. \* consume alcohol.
- b. \* and spicy, fried foods.
- c. \* excessively fatty meats or fish, liver.

- d. \* legumes, garlic, mushrooms and radishes.
- e. lean meat, chicken, fish, either steamed or boiled.

**19. In which pathologies are indicated Diet № 6 after Pevzner?**

- a. \* It is applied in kidney stones and gout with urate.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**20. Which products are recommended for consumption according to Diet № 6 after Pevzner?**

- a. \* borsch and vegetarian soups.
- b. \* bread, meat.
- c. \* milk, poultry and fish.
- d. \* beans and fruits.
- e. sausages and pickles;

**21. Which products are not recommended for consumption according to Diet № 6 after Pevzner?**

- a. \* strong broths and soups;
- b. \* baked products;
- c. \* sausages and pickles;
- d. \* salty cheese;
- e. milk, poultry and fish.

**22. In which pathologies are indicated Diet № 7 after Pevzner?**

- a. \* It is recommended for chronic kidney disease.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**23. Which products are recommended for consumption according to Diet № 7 after Pevzner?**

- a. \* soup without meat;



- b. \* salt-free flour products;
- c. \* meat and poultry; milk and yogurt;
- d. \* all kinds of cereals, eggs, vegetables after heat treatment;
- e. canned food and caviar.

**24. Which products are not recommended for consumption according to Diet № 7 after Pevzner?**

- a. \* rich broth;
- b. \* fats;
- c. \* canned food and caviar;
- d. \* legumes;
- e. salt-free flour products.

**25. In which pathologies are indicated Diet № 8 after Pevzner?**

- a. \* It is recommended for obesity.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**26. Which products are recommended for consumption according to Diet № 8 after Pevzner?**

- a. \* bread from rye or wheat;
- b. \* up to 150 g per day of lean meat or poultry; 200 g per day of low-fat fish;
- c. \* boiled or steamed eggs;
- d. \* legumes, cereals or pasta products;
- e. baked products , white bread, puff pastry.

**27. Which products are not recommended for consumption according to Diet № 8 after Pevzner?**

- a. \* baked products , white bread, puff pastry;
- b. \* pasta and soups from them;
- c. \* strong broths;
- d. \* beans;
- e. boiled or steamed eggs.

**28. In which pathologies are indicated Diet № 9 after Pevzner?**

- a. \* It is recommended for patients with diabetes.

- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**29. Which products are recommended for consumption according to Diet № 9 after Pevzner?**

- a. \* bread, bran;
- b. \* lean fish, poultry and meat;
- c. \* one egg per day; salt-free oil, pasta and cereals;
- d. baked products , puff pastry;
- e. fat meat.

**30. Which products are not recommended for consumption according to Diet № 9 after Pevzner?**

- a. \* baked products , puff pastry;
- b. \* fat meat;
- c. \* yolks;
- d. \* sweets;
- e. bread, bran.

**31. In which pathologies are indicated Diet № 10 after Pevzner?**

- a. \* It is recommended for patients with diseases of the heart and blood vessels.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**32. Which products are recommended for consumption according to Diet № 10 after Pevzner?**

- a. \* cereals, one-day bread;
- b. \* chicken, turkey, lean beef;
- c. \* dairy and vegetable oil;
- d. \* all kinds of fruits and vegetables;

- e. fat fish and meat.

**33. Which products are not recommended for consumption according to Diet № 10 after Pevzner?**

- a. \* beans;
- b. \* sauerkraut and sour apples;
- c. \* fat fish and meat;
- d. cereals, one-day bread;
- e. chicken, turkey, lean beef;

**34. In which pathologies are indicated Diet № 11 after Pevzner?**

- a. \* It is recommended for tuberculosis, anemia and pneumonia.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**35. Which products are recommended for consumption according to Diet № 11 after Pevzner?**

- a. \* cereals and pasta;
- b. \* yogurt, vegetable oil and butter, milk, curd, fermented baked milk;
- c. \* vegetables, eggs;
- d. \* baked cakes;
- e. Fats.

**36. Which products are not recommended for consumption according to Diet № 11 after Pevzner?**

- a. \* fats;
- b. \* pastry cream;
- c. \* fat and spicy sauces.
- d. vegetables, eggs;
- e. baked cakes;

**37. In which pathologies are indicated Diet № 12 after Pevzner?**

- a. \* It is recommended for diseases of the nervous system.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.

- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**38. Which products are recommended for consumption according to Diet № 12 after Pevzner?**

- a. \* Seafood;
- b. \* low-fat dairy products;
- c. \* cereals and pasta;
- d. \* jellies;
- e. fresh bread.

**39. Which products are not recommended for consumption according to Diet № 12 after Pevzner?**

- a. \* fresh bread;
- b. \* fried foods;
- c. \* fats, salty cheeses;
- d. \* lard;
- e. seafood.

**40. In which pathologies are indicated Diet № 13 after Pevzner?**

- a. \* It is recommended for exacerbation of infectious diseases.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**41. Which products are recommended for consumption according to Diet № 13 after Pevzner?**

- a. \* pasta, cereals, soups or porridge;
- b. \* eggs, low-fat dairy drinks;
- c. \* boiled or mashed fruits or berries, broths;
- d. \* jellies, compotes;
- e. fried or boiled eggs.

**42. Which products are not recommended for consumption according to Diet № 13 after Pevzner?**

- a. \* fats;
- b. \* fresh bread;

- c. \* fried or boiled eggs;
- d. \* chocolate, jams;
- e. boiled or mashed fruits or berries, broths;

**43. In which pathologies are indicated Diet № 14 after Pevzner?**

- a. \* It is recommended by the physician for patients with phosphate stones in the bladder.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**44. Which products are recommended for consumption according to Diet № 14 after Pevzner?**

- a. \* any broth;
- b. \* eggs, sausages;
- c. \* rye bread, pasta and cereals;
- d. \* honey, pureed berry, rose hips concoction;
- e. all dairy products.

**45. Which products are not recommended for consumption according to Diet № 14 after Pevzner?**

- a. \* soups;
- b. \* casserole vegetables;
- c. \* all dairy products.
- d. any broth;
- e. eggs, sausages.

**46. In which pathologies are indicated Diet № 15 after Pevzner?**

- a. \* It is effective for common diseases which do not require the prescription of special dishes.
- b. This power supply system is suitable for those who suffer from diseases of the liver, gallbladder and bile ducts.
- c. This diet is designed for the treatment of intestinal diseases, accompanied by constipation.
- d. It is designed for patients with gastritis with low acidity of gastric juice.
- e. The fourth diet menu is designed for people suffering from gastritis and stomach ulcer.

**47. Which products are recommended for consumption according to Diet № 15 after Pevzner?**

- a. \* berries, herbs, vegetables, fruits;
- b. \* fish, chicken, meat;
- c. \* mushrooms, beans, cereals and pasta;
- d. \* natural sausages;
- e. spicy or fatty foods.

**48. Which products are not recommended for consumption according to Diet № 15 after Pevzner?**

- a. \* only spicy or fatty foods are excluded.
- b. soups;
- c. casseroled vegetables;
- d. all dairy products;
- e. any broth.