

Pevzner Diets



- Pevsner 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 centres and sanatoriums for people undergoing treatment or recovering from various diseases. There are 15 therapeutic diets by Pevsner.

Diet (menu) № 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;
- any fresh bread;
- fried foods;
- boiled eggs;
- spices;
- leafy vegetables;
- cucumbers, radishes, turnips.

Diet (menu) № 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 (menu) No 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 (menu) № 4

- The 4th diet menu by Pevzner is prescribed to people suffering from acute diseases of the intestine, accompanied by severe diarrhea. Also 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 (menu) № 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. Also, 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 (menu) № 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 (menu) № 7

- It is recommended for chronic kidney disease.
- Here the list of recommended foods are : 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 (menu) № 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 (menu) № 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 (menu) № 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 or 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 (menu) № 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 (menu) № 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 (menu) № 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 (menu) № 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;
- casserole vegetables;
- all dairy products.

Diet (menu) № 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.

VARIANTA ROMÂNĂ

Pevsner Diets

- Pevsner 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 centres and sanatoriums for people undergoing treatment or recovering from various diseases. There are 15 therapeutic diets by Pevsner.
- Dietele Pevsner este un sistem de meniuri terapeutice, diferențiat pentru diferite grupuri de boli. A fost proiectat de către omul de știință sovietic M. I. Pevzner.
- Meniurile de tratament ale lui Pevsner sunt cunoscute începând cu secolul trecut, mai exact începând cu 1921. Apoi, omul de știință a creat un sistem special de vindecare a corpului. Meniurile dietetice de către Pevsner sunt încă folosite în diverse centre de sănătate și sanatorii pentru persoanele care urmează tratament sau se recuperează după diferite boli. Există 15 diete terapeutice de către Pevsner.

Diet (menu) № 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.

- Primul meniu dietetic Pevzner este destinat persoanelor care suferă de gastrită și ulcer gastric. Este, de asemenea, utilizat în perioada de recuperare după intervenții chirurgicale la nivelul stomacului și ulcerului duodenului.
- Sunt recomandate următoarele produse:
- supe piure, supe vegetale piure, terci pe lapte bine fiert;
- Sunt permise următoarele produse de făină: pâine albă, biscuiți;
- Carne fiartă, limbă, ficat, brânză, lapte și băuturi lactate cu conținut scăzut de grăsimi, ouă fierte sau omlete pe aburi, paste, carne pe abur, salate de carne sau legume fierte, pateu, piftie de pește, caviar de sturioni;
- Sunt permise următoarele produse dulci: bezele, miere, bomboane, piure de fructe sau de fructe de pădure, jeleu.
- Următoarele produse ar trebui excluse:
- Bulion tare de legume, ciorbă de ciuperci și supă și okroshka;
- Orice pâine proaspătă;
- mâncare prajită;
- ouă fierte;
- condimente;
- legume cu frunze;
- Castraveți, ridichi, napi.

Diet (menu) № 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, soured 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.

- Este destinat pacienților cu gastrită cu aciditate scăzută a sucului gastric.

Lista de alimente și băuturi permise include:

- Ceai slab cu lămâie sau lapte, ouă gătitе în orice fel, dar nu prăjite, produse lactate; orice supe, dar nu picante.
- Pâine albă sau sură, diverse fructe și legume, scrumbie marinată, băuturi din fructe, supe pe bulion slab.
- Următoarele produse ar trebui interzise:
- Toate produsele prajite;
- Murături și marinate;
- Orice produse afumate;
- Ceapa, ridiche, orez, fasole, ciuperci, usturoi;
- Sucuri dulci și fructe de pădure.

Diet (menu) № 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.

- Această dietă este destinată tratamentului bolilor intestinale, însoțite de constipație.
- Se recomandă de a mânca următoarele produse: ouă fierte (două ouă pe zi), toate tipurile de legume, cu excepția celor interzise; pâine de o zi din grâu, fructe uscate și legume, biscuiți sau copturi din aluaturi, terci pe lapte, supe, băuturi proaspete din lapte, brânză, brânză de vaci și smântână.
- Este interzis de a mânca:
- Grăsimi și pește;
- briose;
- cartofi, ciuperci, ridichi;
- produse afumate;
- ciocolată;
- cafea și ceai tare;
- Produse din frișcă-.

Diet (menu) № 4

- The 4th diet menu by Pevzner is prescribed to people suffering from acute diseases of the intestine, accompanied by severe diarrhea. Also 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.
- Al patrulea meniu dietetic Pevzner este prescris persoanelor care suferă de boli acute ale intestinului, însoțite de diaree severă. De asemenea, există o variantă specială a acestei opțiuni, dieta Pevzner - 4A. Este indicată pentru pacienții cu colită severă, caracterizată prin predominarea proceselor de fermentare.
- Aderând la această dietă, pacientul trebuie să consume alimente cu cantități reduse de carbohidrați și grăsimi. Este, de asemenea, interzis consumul de alimente care provoacă putrefacție și procese de fermentare în tractul gastro-intestinal. În general, dieta constă din biscuiți de grâu, carne de pui sau carne de vită cașă de hrișcă, ovaz sau orez, brânză proaspătă, piure de mere, cafea neagră și ceai verde.
- Este interzis de a mânca briose, pâine proaspătă, carne grasă, ouă, lapte, produse lactate, fasole, fructe proaspete și legume. Alimentele sunt fie fierte sau aburite, și luate de cel puțin 5-6 ori pe zi. Este necesar de a combina cu odihna de pat.

Diet (menu) № 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. Also, 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.
- Meniul 5 de Pevzner este foarte popular. Acest sistem de alimentare este potrivit pentru cei care suferă de boli ale ficatului, vezicii biliare și canalelor biliare.
 - Lista produselor recomandate include carne slabă, carne de pui, pește, fie aburit, fie fiert. Pacientul poate mânca iaurt, lapte sau brânză, dar nu mai mult de 200 g pe zi. De asemenea, este permis să mănânce pâine de o zi, paste, budinci. Pacientul poate manca verdețuri și legume, fructe de padure și fructe, suc, cafea și ceai cu lapte și unt sau ulei.
 - Este strict interzis consumul de alcool și a alimentelor picante, prajite, carne excesiv de grasă sau pește, ficat, legume, usturoi, ciuperci și ridichi.

Diet (menu) № 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.

- Se aplică în pietre la rinichi și gută cu uree.

- Mâncărurile recomandate sunt: supele vegetariene și borșul, pâinea, carnea, laptele, păsările de curte și peștele - numai cele care nu au conținut ridicat de grăsimi în ele. Pacientul nu poate mânca mai mult decât un ou de prepeliță și de pui pe zi. Diferite cereale, legume, boabe și fructe în cantități nelimitate sunt, de asemenea, permise; tărate și fructe uscate, sucuri, ceaiuri diverse, unt și ulei vegetal.

Este interzisă mâncarea a:

- bulion și supe tari;
- produse de panificație;
- cârnați și murături;
- brânză sărată;
- măcriș, ciuperci, varză;
- caviar și legume conservate;
- hrean și mustar;
- cacao și cafea;
- untură.

Diet (menu) № 7

It is recommended for chronic kidney disease.

- Here the list of recommended foods are: 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.

Este recomandat pentru boala cronică de rinichi.

- Aici alimentele recomandate sunt: supă fără carne, produse din făină fără sare; carne și păsări de curte; lapte și iaurt; toate tipurile de cereale, ouă, legume după tratament termic, vinaigrette fără murături; sos de roșii sau lapte; ceai sau cafea răcoritoare, sucuri de fructe sau bulion de legume, măceș, unt fără sare.

Următoarele produse sunt interzise:

- bulion tare;
- grăsimi;
- conserve și caviar;
- leguminoase;
- ceapă, ciuperci, murături și aluat dospit;
- ciocolată;
- untură și alte grăsimi.

Diet (menu) № 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.

Este recomandat pentru obezitate.

Următoarele produse sunt permise: pâine din secară sau grâu, până la 150 g pe zi de carne slabă sau păsări de curte, 200 g pe zi de pește cu conținut scăzut de grăsimi, ouă fierte sau aburite; legume, cereale sau produse din paste făinoase, care sunt limitate, legume crude, supe, fructe de pădure, fructe și băuturi neîndulcite din fructe, sosuri fără grăsimi, uleiuri de origine vegetală.

Următoarele produse sunt interzise:

- produse de panificație, paine alba, patiserie;
- paste și supe din acestea;
- băuturi tari;
- fasole;
- orez;
- murături;
- banane, struguri;
- fructe uscate;
- grăsimi;
- dulciuri și sucuri îndulcite.

Diet (menu) No 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.

Este recomandat pacienților cu diabet zaharat.

Este permis de a mânca: pâine, tărate; pește slab, carnea de pasăre și carnea; un ou pe zi, uleiuri fără sare, paste făinoase și cereale, care ar trebui să fie limitate; legume, vinaigrette, cafea și ceai.

Următoarele produse sunt interzise:

- Produse de cofetarie, patiserie;
- Carne fără grasimi;
- gălbenușuri;
- dulciuri;
- grăsimi de grâu;
- orez și grâu;
- bulion tare;
- sosuri grase sau picante;
- limonadă dulce, suc de struguri.

Diet (menu) № 10

It is recommended for patients with diseases of the heart and blood vessels.

The following products can be included in the menu: cereals, one-day bread, chicken, turkey, lean beef, dairy or 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.

Este recomandată pacienților cu boli ale inimii și vaselor de sânge.

Următoarele produse pot fi incluse în meniu: cereale, pâine de o zi, carne de pui, curcan, carne de vită, lapte sau ulei vegetal, tot felul de fructe și legume, decoct de măceș, infuzie de ceai.

Următoarele produse sunt interzise:

- fasole
- varză acră și mere;
- pește și carnea grasă.

Diet (menu) № 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.

Este recomandat pentru tuberculoză, anemie și pneumonie.

Următoarele produse pot fi incluse în meniu: cereale și paste, iaurt, ulei vegetal și unt, lapte, brânză, lapte copt fermentat, legume, ouă, prăjituri, biscuiți, pâine de secară, fasole, miere, gem.

Următoarele produse sunt interzise:

- grăsimi;
- produse de patiserie;
- grăsimi și sosuri picante.

Diet (menu) № 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.

Este recomandat pentru bolile sistemului nervos.

Se recomandă următoarele produse: fructe de mare, produse lactate cu conținut scăzut de grăsimi, cereale și paste făinoase; legume; fructe, jeleurî, sucuri, biscuiți, ouă.

Următoarele produse sunt interzise:

- pâine proaspătă;
- mâncare prăjită;
- grăsimi, brânzeturi sărate;
- untură;
- ciocolată;
- produse picante;
- cafea tare, cacao și ceai.

Diet (menu) № 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.

Se recomandă la agravarea bolilor infecțioase.

Următoarele produse pot fi incluse în meniu: legume, cu excepția usturoiului, cepei, ridichei, fasole și varză; paste făinoase, cereale, supe sau terci, ouă, băuturi lactate cu conținut scăzut de grăsimi, fructe sau boabe fierte sau piure, bulion, jeleu, compot.

Următoarele produse sunt interzise:

- grăsimi;
- pâine proaspătă;
- ouă prăjite sau fierte;
- ciocolată, dulcețuri;
- mâncăruri picante afumate;
- cacao.

Diet (menu) № 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.

Este recomandată de medic pentru pacienții cu pietre în vezică.

Următoarele produse pot fi incluse în meniu: orice bulion, ouă, cârnați, pâine de secară, paste făinoase și cereale, miere, piure de fructe de pădure, fiertură de măceș.

Următoarele produse sunt interzise:

- supe;
- legume la caserolă;
- toate produsele lactate.

Diet (menu) № 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.

Este eficient pentru boli comune care nu necesită prescrierea unor feluri de mâncare speciale.

Sunt recomandate următoarele feluri de mâncare: fructe de pădure, ierburi, legume, fructe, pește, carne, ciuperci, fasole, cereale și paste, cârnați naturali, orice ulei, tărâțe, ouă, pâine de secară sau grâu.

Numai alimentele picante sau grase sunt excluse.