

Diet name	<b>CONTROLLED FATTY ACID DIET (7)</b>
<b>Application</b>	<p>For individuals:</p> <ul style="list-style-type: none"> <li>With cardiovascular diseases, including atherosclerosis,</li> <li>In hyperlipidemias and with chronic coronary syndromes.</li> </ul>
<b>Dietary recommendations</b>	<ul style="list-style-type: none"> <li>A controlled fatty acid diet is a modification of the basic diet,</li> <li>The energy and nutritional value of the diet is adjusted to the patient's body weight and physiological state, based on current nutrition standards for the Polish population and guidelines of scientific societies,</li> <li>The diet should be properly balanced and varied in terms of the proportion of food groups: cereal products, dairy products, vegetables and fruits, potatoes, meat products and fish, pulses and fats,</li> <li>The modification from the basic diet is to reduce the content of saturated fatty acids and partially replace them with poly- and monounsaturated fatty acids,</li> <li>Cholesterol content in the diet should be limited,</li> <li>Meals should be served 3-5 times a day as prescribed by the doctor and/or nutritionist,</li> <li>Eliminate eating between meals,</li> <li>The diet should be varied, diversified in terms of taste, color, texture and digestibility of food and thermal processing.</li> <li>Include water/beverage with limited sugar content in each meal,</li> <li>In addition to the drinks included in the menu, the patient should have constant access to drinking water - water dispensers in each ward are recommended,</li> <li>The addition of vegetables or fruits to each meal (a minimum of 400 g per day), with vegetables predominating; at least some vegetables and fruits should be served raw,</li> <li>At least 1 meal per day should contain whole grain cereal products,</li> <li>Milk and dairy products including fermented beverages or plant-based products replacing dairy products (except those made from coconuts) should be served at least in 2 meals per day; skim and semi-skimmed dairy products are allowed, full-fat products should not be in the diet,</li> <li>at least 1 serving from the group of meat, eggs, pulses and/or pulse seed preparations, other plant-based substitutes for animal protein should be served each day; fatty meats, cold cuts and offal should not be consumed,</li> <li>Legume seeds and/or their preparations should be included at least 3 times in the decadal menu,</li> <li>Fish and/or fish products (mainly from marine fish) should be included at least 3 times in the decadal menu,</li> <li>Consumption of fats that are sources of saturated fatty acids should be limited: animal fats such as lard, lard, butter, and some vegetable fats such as palm oil, coconut oil; products that contain a large amount of these fats, such as candy, salty snacks, fast-food products, hard margarines, should not be served,</li> <li>sources of fat in the diet should be vegetable oils rich in unsaturated fatty acids, soft margarines made from them, margarines enriched in plant sterols and stanols, fatty fish; at least 2 meals a day should contain products rich in unsaturated fatty acids,</li> </ul>

- It is advisable to limit products that are sources of trans fatty acids, found in confectionery fats, frying fries, candy, some margarines, fast food products,
- special attention should be paid to an adequate supply of fat-soluble vitamins - meals should be rich in products that are a source of vitamins A, D, E, K, such as: fish (salmon, mackerel, rainbow trout, unsalted herring), vegetables (tomato, bell pepper, carrot, lettuce, parsley, pumpkin, spinach, kale), fruits (apricot, peach, nectarine, black currant),
- It is advisable to limit heavy and bloating foods.

When selecting products, pay attention to their:

- Quality,
- shelf life,
- seasonality.

Culinary techniques used:

- Traditional cooking or steaming,
- Braising without frying first,
- Baking without the addition of fat, such as in aluminum foil, in baking sleeves, parchment paper, heatproof dishes and in convection ovens,
- Grilling without adding fat, on a grill pan or electric grill.

Practical tips for making meals:

- soups, sauces and dishes should be made from natural ingredients, without the use of food concentrates, excluding concentrates made from natural ingredients,
- avoid whitening soups and sauces with cream and its vegetable substitutes such as coconut milk,
- Do not add roux to dishes,
- Sugar added to beverages and foods should be limited,
- Minimize the addition of salt in favor of herbs and natural spices.

<b>Energy value</b>	Energy (En)	K: 2000 - 2200 kcal	M: 2201-2400 kcal
<b>Nutritional value</b>	Protein	Reference values: 10-20% En	
		25-50 g/1000 kcal	
	Total fat	Reference values: 20-30% En	
		22-33 g/1000 kcal	
	of which: saturated fatty acids	Reference values: as little as possible, but no more than 7% En	
		< 7.8 g/1000 kcal	
	monounsaturated acids fat	Reference values: $\leq$ 20% En	
		$\leq$ 22.3 g/1000 kcal	
	polyunsaturated acids fat	Reference values: 6-10%	
		6.7-11.1 g/1000 kcal	
	Cholesterol	< 200 mg	
	Total carbohydrates	Reference values: 45-65% En	
		113-163 g/1000 kcal	

	of which simple sugars Fiber Sodium	Reference values: <10% En < 25 g/1000 kcal 15 g/1000 kcal ≤ 2000mg/day
<b>Food groups</b>	<b>Recommended products</b>	<b>Contraindicated products</b>
<b>Cereal products</b>	<ul style="list-style-type: none"> <li>• All whole grain flours,</li> <li>• Potato flour, corn flour, rice flour (in limited quantities),</li> <li>• Whole grain bread, without added sweeteners, such as: wholemeal rye, graham, bread with added bran and grains,</li> <li>• White wheat, rye and mixed breads,</li> <li>• groats: buckwheat (including krakowska), barley (pate, country, Mazurian), spelt, bulgur, millet, semolina, corn,</li> <li>• Natural flakes, e.g.: oatmeal, buckwheat, barley, rice, rye, muesli without added sugar and its substitutes, e.g.: glucose-fructose syrup,</li> <li>• Pasta, e.g.: wholemeal, buckwheat, spelt, rye, wheat pasta made from durum flour (cooked al'dente),</li> <li>• brown rice, red rice,</li> <li>• White rice (in limited quantities),</li> <li>• Flour dishes, such as: pancakes, dumplings, kopytka, dumplings, dumplings, noodles (in limited quantities),</li> <li>• Bran, e.g.: oat, wheat, rye, spelt.</li> </ul>	<ul style="list-style-type: none"> <li>• Baked goods with added sugar, malt, syrups, honey, caramel,</li> <li>• Products made from high-grain flour fried in a large amount of fat, for example: doughnuts, favors, pancakes,</li> <li>• Cornflakes and other sweetened breakfast cereals, e.g.: cinnamon, chocolate, honey.</li> </ul>
<b>Vegetables and vegetable preparations</b>	<ul style="list-style-type: none"> <li>• All fresh and frozen vegetables, boiled, stewed with little fat allowed, roasted vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables cooked with a lot of fat,</li> <li>• Vegetables cooked with the addition of counter-indicated fats.</li> </ul>
<b>Potatoes, Batatas</b>	<ul style="list-style-type: none"> <li>• Potatoes, yams: boiled, roasted.</li> </ul>	<ul style="list-style-type: none"> <li>• fried potatoes (French fries, plates),</li> <li>• Potatoes, yams cooked with the addition of counter-indicated fats.</li> </ul>
<b>Fruits and fruit preserves</b>	<ul style="list-style-type: none"> <li>• All fruits: fresh, frozen, cooked, baked,</li> <li>• fruit mousses,</li> <li>• Low-sugar fruit jams (in limited quantities),</li> <li>• Dried fruits (in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• fruit in sugar syrups,</li> <li>• candied fruit,</li> <li>• high-sugar fruit preserves.</li> </ul>

<b>Legume seeds</b>	<ul style="list-style-type: none"> <li>• All legume seeds,</li> <li>• Canned pulses (drained and rinsed with water),</li> <li>• Legume seed products: unsweetened vegetable drinks, natural tofu, hummus.</li> </ul>	<ul style="list-style-type: none"> <li>• Highly processed legume seeds with high fat and salt content.</li> </ul>
<b>Seeds, seeds, nuts</b>	<ul style="list-style-type: none"> <li>• All seeds, seeds for example sunflower, pumpkin, sesame, chia seeds, flaxseed,</li> <li>• unsalted nuts: Italian almonds, hazelnuts, peanuts, cashews, pistachios,</li> <li>• "Peanut butter" without added salt and sugar (in limited amounts).</li> </ul>	<ul style="list-style-type: none"> <li>• Salted nuts, nuts in a pie crust, in caramel, in chocolate, in icing,</li> <li>• "peanut butter" salted,</li> <li>• Coconuts and products made from them (chips, flour, creams, "butter", dairy substitutes).</li> </ul>
<b>Meat and meat products</b>	<ul style="list-style-type: none"> <li>• Lean skinless poultry (chicken, turkey, hen),</li> <li>• Meat with low fat content, e.g.: lean beef, veal, lamb, rabbit, lean batches of pork, e.g.: tenderloin, loin, ham (in moderation),</li> <li>• Lean varieties of unground meats: poultry, pork, beef (in moderate quantities),</li> <li>• poultry jellies.</li> </ul>	<ul style="list-style-type: none"> <li>• With high fat content, such as: fatty poultry (duck, goose), fatty beef and pork, mutton, fried meats,</li> <li>• Meats cooked with contraindicated fats,</li> <li>• Fatty cured meats, e.g.: bologna, bacon,</li> <li>• sausages, minced meats,</li> <li>• pates,</li> <li>• Offal meats (pâté, liverwurst, brawn),</li> <li>• Cured meats and those with a high salt content,</li> <li>• Raw meats such as tartare.</li> </ul>
<b>Fish and fish products</b>	<ul style="list-style-type: none"> <li>• All marine and freshwater fish,</li> <li>• canned fish (in limited quantities),</li> <li>• Smoked fish (in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• fried fish,</li> <li>• Fish cooked with contraindicated fats,</li> <li>• processed canned fish.</li> </ul>
<b>Eggs and egg dishes</b>	<ul style="list-style-type: none"> <li>• cooked,</li> <li>• Fried eggs, scrambled eggs, steamed omelets.</li> </ul>	<ul style="list-style-type: none"> <li>• fried eggs,</li> <li>• Eggs cooked with a lot of fat,</li> <li>• Eggs prepared with the addition of contraindicated fats.</li> </ul>
<b>Milk and dairy products</b>	<ul style="list-style-type: none"> <li>• Skim and semi-skimmed milk and milk products,</li> <li>• Natural fermented skim milk products with no added sugar.</li> </ul>	<ul style="list-style-type: none"> <li>• milk and fatty milk products,</li> <li>• condensed milk,</li> <li>• Yogurts and dairy desserts with added sugar,</li> <li>• rennet cheeses,</li> <li>• cream, cream.</li> </ul>
<b>Fats (in limited amounts)</b>	<ul style="list-style-type: none"> <li>• soft margarine,</li> <li>• Margarine enriched with plant sterols and stanols,</li> <li>• Vegetable oils, e.g.: canola, olive oil.</li> </ul>	<ul style="list-style-type: none"> <li>• butter,</li> <li>• mayonnaise,</li> <li>• Animal fats, e.g.: pork lard, beef tallow, lard,</li> <li>• hard margarines,</li> <li>• clarified butter,</li> <li>• coconut oil and palm oil,</li> </ul>

		<ul style="list-style-type: none"> <li>• "coconut butter."</li> <li>• fryer fritter.</li> </ul>
<b>Desserts (in limited quantities)</b>	<ul style="list-style-type: none"> <li>• Pudding (without added sugar or with a small amount of sugar),</li> <li>• Jelly (with no or little added sugar),</li> <li>• Kisiel (with no or little added sugar),</li> <li>• Fruit salads without added sugar,</li> <li>• low-sugar yeast cakes,</li> <li>• low-sugar sponge cakes.</li> </ul>	<ul style="list-style-type: none"> <li>• Sweets containing large amounts of sugar and/or fat,</li> <li>• cakes, pies,</li> <li>• Other cakes than those allowed,</li> <li>• challah,</li> <li>• Whipped cream, creams with high fat and/or sugar content,</li> <li>• puff pastry products, shortcrust pastry,</li> <li>• chocolate-like products.</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Still water, low carbonated mineral water,</li> <li>• Tea, e.g.: black, green, red, white, fruit,</li> <li>• Herbal infusions - weak infusions,</li> <li>• Natural coffee, cereal coffee,</li> <li>• bawarka ,</li> <li>• Natural cocoa (with no or little added sugar),</li> <li>• vegetable juices,</li> <li>• Fruit juices (in limited quantities),</li> <li>• Compotes (with no or little added sugar).</li> </ul>	<ul style="list-style-type: none"> <li>• Beverages with added fatty milk,</li> <li>• Coconut drinks (except coconut water),</li> <li>• high-sugar beverages,</li> <li>• fruit nectars,</li> <li>• Flavored waters with added sugar,</li> <li>• energy drinks,</li> <li>• alcoholic beverages.</li> </ul>
<b>Spices</b>	<ul style="list-style-type: none"> <li>• All natural herbal and spice spices,</li> <li>• Prepared vegetable seasonings (in limited quantities),</li> <li>• Salt (in limited amounts),</li> <li>• Mustard, ketchup, horseradish (in limited quantities),</li> <li>• Soy sauce, liquid all-purpose seasoning (in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• Broth cubes and bouillon essences,</li> <li>• Ready-made bases for soups and sauces,</li> <li>• Ready-made salad dressings and dressings.</li> </ul>

Source: <https://www.termedia.pl/>