

Diet name	LOW ENERGY DIET (8)
Application	<p>For individuals:</p> <ul style="list-style-type: none"> <li>Overweight and obesity.</li> </ul>
Dietary recommendations	<ul style="list-style-type: none"> <li>A low-energy diet is a modification of the basic diet, where the main difference is a reduction in the energy content of the diet while increasing the amount of dietary fiber,</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>A planned reduction diet should result in weight loss of about 0.5-1.0 kg/week,</li> <li>The energy value of a low-energy diet ranges from 1500-1800 kcal,</li> <li>The diet should not contain less than 130g of carbohydrates per day,</li> <li>It is recommended to reduce the amount of fat consumed, mainly animal fat in favor of vegetable fats,</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 3 servings of high-fiber vegetables should be served, at least some of the vegetables and fruits should be served raw, it is advisable to choose fruits that are less ripe due to their lower sugar content,</li> <li>At least 2 meals per day should contain whole grain cereal products,</li> <li>Milk and dairy products including fermented beverages or plant products replacing dairy products should be consumed in at least 2 meals per day,</li> <li>each day should be served at least 1 serving from the group of meat, eggs, pulses,</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>At least 1 meal per day should contain products rich in unsaturated fatty acids,</li> <li>Simple sugars should be eliminated from the diet,</li> <li>It is advisable to limit heavy and bloating foods.</li> </ul> <p>When selecting products, pay attention to their:</p> <ul style="list-style-type: none"> <li>Quality,</li> <li>shelf life,</li> </ul>

	<ul style="list-style-type: none"> <li>seasonality.</li> </ul> <p>Culinary techniques used:</p> <ul style="list-style-type: none"> <li>Traditional cooking or steaming,</li> <li>Braising without frying first,</li> <li>Baking without the addition of fat, such as in aluminum foil, in baking sleeves, parchment paper, heatproof dishes and in convection ovens,</li> <li>Grilling without adding fat, on a grill pan or electric grill,</li> <li>fried foods should be limited to 3 times in the decadal menu, light frying without fat and coating is allowed.</li> </ul> <p>Practical tips for making meals:</p> <ul style="list-style-type: none"> <li>soups, sauces and dishes should be made from natural ingredients, without the use of food concentrates, excluding concentrates made from natural ingredients,</li> <li>eliminate the whitening of soups and sauces with cream and its vegetable substitutes such as coconut milk,</li> <li>Do not add roux to dishes,</li> <li>Sugar added to beverages and foods should be limited,</li> <li>Minimize the addition of salt in favor of herbs and natural spices.</li> </ul>	
<b>Energy value</b>	Energy (En)	1500-1800 kcal
<b>Nutritional value</b>	Protein	Reference values: 15-25% En 38-63 g/1000kcal
	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 10% En < 11 g/1000 kcal
	Total carbohydrates	Reference values: 45-55% En 112-137 g/1000 kcal
	of which simple sugars	Reference values: <10% En < 25 g/1000 kcal
	Fiber	25 - 40 g
	Sodium	≤ 2000mg/day
<b>Food groups</b>	Recommended products	Contraindicated products
<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>Rye and mixed breads,</li> <li>groats: buckwheat (including</li> </ul>	<ul style="list-style-type: none"> <li>white wheat bread,</li> <li>Baked goods with added sugar, malt, syrups, honey, caramel,</li> <li>Fine groats (semolina, corn),</li> <li>white rice,</li> <li>Flour dishes, for example: pancakes, dumplings, kopytka, noodles,</li> </ul>

	krakowska), barley (pate, country, mazurian), spelt, bulgur, millet, <ul style="list-style-type: none"> <li>• Natural flakes, e.g.: oatmeal, buckwheat, barley, rye, muesli without added sugar or sugar substitutes such as 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>• Bran, e.g.: oat, wheat, rye, spelt.</li> </ul>	<ul style="list-style-type: none"> <li>• Products made from high-grain flour fried in a large amount of fat, for example: doughnuts, favors, pancakes,</li> <li>• Rice flakes, corn flakes 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, roasted vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables cooked with a lot of fat.</li> </ul>
<b>Potatoes, Batats</b>	<ul style="list-style-type: none"> <li>• yams: boiled, roasted,</li> <li>• Potatoes: boiled, baked (in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• fried potatoes (French fries, plates).</li> </ul>
<b>Fruits and fruit preserves</b>	<ul style="list-style-type: none"> <li>• All fruits: fresh, frozen, cooked, baked (in limited quantities),</li> <li>• Fruit mousses without added sugar (in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• fruit in syrups,</li> <li>• candied fruit,</li> <li>• Fruit preserves with added sugar,</li> <li>• dried fruits.</li> </ul>
<b>Legume seeds</b>	<ul style="list-style-type: none"> <li>• All legume seeds,</li> <li>• Legume seed products with low salt content.</li> </ul>	<ul style="list-style-type: none"> <li>• Legume seed products with a lot of salt.</li> </ul>
<b>Seeds, seeds, nuts (in moderate amounts)</b>	<ul style="list-style-type: none"> <li>• All seeds, seeds and unsalted nuts, e.g. walnuts, hazelnuts, peanuts, pistachios, cashews, almonds, sunflower seeds, pumpkin seeds, sesame, flaxseed.</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> </ul>
<b>Meat and meat products</b>	<ul style="list-style-type: none"> <li>• With low fat content, such as: skinless poultry (chicken, chicken, turkey), lean beef, veal, lamb, rabbit, lean batches of pork, such as: tenderloin, loin, ham,</li> <li>• Lean varieties of unground meats: poultry, pork, beef,</li> <li>• Lean sausage varieties,</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,</li> <li>• Cured meats and those with a high salt content,</li> <li>• Meats fried in large amounts of fat,</li> <li>• Fatty cured meats, e.g.: bologna, bacon,</li> <li>• Fatty and low-grade sausages, sausages, minced meat, mortadella,</li> <li>• pates,</li> <li>• Offal meats (pâté, liverwurst, brawn),</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> </ul>	<ul style="list-style-type: none"> <li>• raw fish,</li> </ul>

	<ul style="list-style-type: none"> <li>• canned fish in its own sauce (in limited quantities),</li> <li>• Smoked fish (in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• fat-fried fish,</li> <li>• canned fish in oil.</li> </ul>
<b>Eggs and egg dishes</b>	<ul style="list-style-type: none"> <li>• cooked,</li> <li>• Fried eggs and steamed scrambled eggs,</li> <li>• fat-free omelets.</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs cooked with a lot of fat,</li> <li>• eggs fried in lard, crackling, fatty sausage</li> </ul>
<b>Milk and dairy products</b>	<ul style="list-style-type: none"> <li>• Skim and semi-skimmed milk and cottage cheese,</li> <li>• Fermented milk drinks without added sugar (kefir, yogurt).</li> </ul>	<ul style="list-style-type: none"> <li>• milk and fat cottage cheese,</li> <li>• condensed milk,</li> <li>• Yogurts and dairy desserts with added sugar,</li> <li>• fatty rennet cheeses,</li> <li>• cream.</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Butter(in limited quantities),</li> <li>• Soft margarine (in limited quantities),</li> <li>• Vegetable oils, e.g.: canola, olive oil (in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• Animal fats, e.g.: pork lard, beef tallow, lard,</li> <li>• hard margarines,</li> <li>• clarified butter,</li> <li>• coconut and palm fat,</li> <li>• mayonnaise,</li> <li>• "coconut butter."</li> <li>• fryer fritter.</li> </ul>
<b>Desserts (in limited quantities)</b>	<ul style="list-style-type: none"> <li>• pudding (no sugar added),</li> <li>• Jelly (no sugar added),</li> <li>• Kisiel (no sugar added),</li> <li>• Fruit salads without added sugar,</li> <li>• low-sugar yeast cakes,</li> <li>• low-sugar sponge cakes,</li> <li>• Chocolate with a high content (&gt;70%) of cocoa (in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• sweets containing large amounts of sugar and/or fat</li> <li>• Cakes and cakes with confectionery masses, confectionery creams, whipped cream.</li> <li>• Shortcrust pastries with a lot of fat,</li> <li>• puff 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>• buffalo,</li> <li>• natural cocoa (no sugar added),</li> <li>• vegetable juices,</li> <li>• Compotes (without added sugar, in limited quantities).</li> </ul>	<ul style="list-style-type: none"> <li>• high-sugar beverages,</li> <li>• fruit juices,</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> </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>

	<ul style="list-style-type: none"><li>Soy sauce, liquid all-purpose seasoning (in limited quantities).</li></ul>	
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Source: <https://www.termedia.pl/>