

Diet name	PROTEIN-RICH DIET (9)
Application	<p>For people with:</p> <ul style="list-style-type: none"> • cachexia, • Severe/extensive burns, • extensive injuries, • In cancer, • compensated cirrhosis, • Chronic active hepatitis, • nephrotic syndrome, • Chronic circulatory failure, • Cushing's disease, • hyperthyroidism, • Diseases that run with prolonged high fever.
Dietary recommendations	<ul style="list-style-type: none"> • is a modification of the easy-to-digest diet, in which the protein content is 1.5-2.0 g/kg body weight, or 100-130 g protein/day, • 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, • for very cachectic, febrile patients, the energy value of the diet should be higher, while patients who are lying down, without fever, require a diet of about 2000 kcal, • In justified cases, it is recommended to supplement the diet with oral Nutridrink-type supplements or to use protein powder for meal preparation, such as Resorce Instant Protein or Protifar, • 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, • Meals should be served 5 times a day as recommended by a doctor and/or dietician (1st breakfast - 25% of energy, 2nd breakfast - 10% of energy, lunch - 30% of energy, afternoon tea - 15% of energy, dinner - 20% of energy, paying attention to the distribution of protein products across all meals), • Eliminate eating between meals, • The diet should be varied, diversified in terms of taste, color, texture and digestibility of food and thermal processing, • Include water/beverage with limited sugar content in each meal, • 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, • 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, • Milk and dairy products, including fermented beverages or plant-based products substituting for dairy products should be served in at least 2 meals per day, • Each day, serve at least 1 serving from the group of meat, eggs, other plant-based substitutes for animal protein, such as wheat gluten-based,

	<ul style="list-style-type: none"> • Fish and/or fish products (mainly from marine fish) should be included at least 3 times in the decadal menu, • At least 1 meal per day should contain products rich in unsaturated fatty acids, • Animal fats such as lard should be limited in favor of vegetable fat, • At least 1 meal per day should contain products rich in unsaturated fatty acids, • Simple sugars should be eliminated from the diet, • It is advisable to limit heavy and bloating foods. <p>When selecting products, pay attention to their:</p> <ul style="list-style-type: none"> • Quality, • shelf life, • seasonality. <p>Culinary techniques used:</p> <ul style="list-style-type: none"> • 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. <p>Practical tips for making meals:</p> <ul style="list-style-type: none"> • soups, sauces and dishes should be made from natural ingredients, without the use of food concentrates, excluding concentrates made from natural ingredients • in order to increase the protein content of the diet, it is advisable to enrich meals with protein-rich products, such as powdered milk, powdered eggs • Do not add roux to dishes, • Limit sugar added to beverages and foods, • Minimize the addition of salt in favor of herbs and natural spices. 		
Energy value	Energy (En)	K: 2000 - 2200 kcal	M: 2201-2400 kcal
Nutritional value	Protein	Reference values: 1.5-2.0 g/kg of body weight due 2.0-3.0 g/kg of body weight due for severe burns of a large body surface area 100-130 g/d, including ½-2/3 animal protein, with high biological value	
	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: 50-55% En 125-138g/1000 kcal	
	of which simple sugars	Reference values: <10% En < 25 g/1000 kcal	
	Fiber	15g/1000 kcal	
	Sodium	≤ 2000mg/day	

Food groups	Recommended products	Contraindicated products
Cereal products	<ul style="list-style-type: none"> Potato flour, wheat flour, corn flour, rye flour, rice flour, Graham-type medium-grain bread (in limited quantities 1-2 slices), without added sweeteners, White wheat bread, rye bread and mixed, stale bread, groats: small and medium grains: krakowska, country barley, mazurka, pearl, spelt, bulgur, millet, manna, corn, Instant cereals, e.g.: oatmeal, barley, rice, rye, muesli without added sugar and its substitutes, e.g.: glucose-fructose syrup, fine pasta, sago, white rice, Flour dishes, e.g.: pancakes, dumplings, kopytka, noodles (in limited quantities). 	<ul style="list-style-type: none"> wholemeal wheat and rye bread, Baked goods with added sugar, malt, syrups, honey, caramel, wholemeal bread, French croissants (croissants), Products made from high-grain flour fried in a large amount of fat, for example: doughnuts, favors, pancakes, Cornflakes and other sweetened breakfast cereals, e.g.: cinnamon, chocolate, honey, coarse groats, coarse-grained pastas.
Vegetables and vegetable preparations	<ul style="list-style-type: none"> Cooked vegetables: carrots, spinach, beets, parsley, kohlrabi, pumpkin, squash, green beans, green peas-most often mashed in the form of soup or puree, cauliflower roses, broccoli roses-dusted with flour with fresh butter or margarine, Raw vegetables: lettuce, radicchio, skinless tomato, grated carrots, Salads of savoy cabbage and Chinese cabbage (in limited quantities). 	<ul style="list-style-type: none"> Cabbages: white, red, sauerkraut, Brussels sprouts, Onion vegetables: onion, garlic, leek, chives, dry pulses, Cucumber, peppers, radishes, Vegetables cooked with a lot of fat, pickled vegetables, Coarsely grated vegetables, old vegetables.
Potatoes, Batats	<ul style="list-style-type: none"> Potatoes, yams: boiled, roasted. 	<ul style="list-style-type: none"> fried potatoes (French fries, plates).
Fruits and fruit preserves	<ul style="list-style-type: none"> berries mashed, Ripe fruit without skin, Apples, cherries, apricots, peaches, melons, citrus fruits, bananas, fruit mousses, Low-sugar fruit jams (from seedless fruits in limited quantities). 	<ul style="list-style-type: none"> All unripe fruits: plums, pears, cherries, gooseberries, fruit in sugar syrups, candied fruit, high-sugar fruit preserves, dried fruits.
Legume seeds		<ul style="list-style-type: none"> all, Legume seed products with a lot

		of salt.
Seeds, seeds, nuts	<ul style="list-style-type: none"> Ground sunflower seeds, pumpkin seeds, sesame seeds, flaxseed. 	<ul style="list-style-type: none"> all nuts, "peanut butter," salted.
Meat and meat products	<ul style="list-style-type: none"> 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, Lean varieties of unground meats: poultry, pork, beef, Baked pates made of lean meat, poultry jellies. 	<ul style="list-style-type: none"> With high fat content, such as: fatty poultry (duck, goose), fatty beef and pork, mutton, Cured meats and those with a high salt content, Meats fried and braised in the traditional way, Fatty cured meats, e.g.: bologna, bacon, Sausages, sausages, minced meat, mortadella, pates, Offal meats (pâté, liverwurst, brawn), Raw meats such as tartare, canned meat.
Fish and fish products	<ul style="list-style-type: none"> All lean marine and freshwater fish, Oily fish - in limited quantities, if well tolerated. 	<ul style="list-style-type: none"> raw fish, fish in vinegar, Fish fried in large amounts of fat, smoked fish, canned fish.
Eggs and egg dishes	<ul style="list-style-type: none"> soft-boiled, Fried eggs and steamed scrambled eggs, Eggs in dishes such as pasta. 	<ul style="list-style-type: none"> hard-boiled eggs, Eggs cooked with a lot of fat, Eggs fried in fat, lard, crackling, fatty sausage.
Milk and dairy products	<ul style="list-style-type: none"> Skim or semi-skimmed milk and cottage cheese, natural homogenized cheese, Fermented milk drinks without added sugar (kefir, yogurt). 	<ul style="list-style-type: none"> milk and fat cottage cheese, condensed milk, Yogurts and dairy desserts with added sugar, fatty ripened cheeses, Feta, Fromage cheeses, cream.
Fats	<ul style="list-style-type: none"> Butter (in limited quantities), soft margarine, Vegetable oils, e.g.: canola, olive oil, Mayonnaise (in limited quantities). 	<ul style="list-style-type: none"> Animal fats, e.g.: pork lard, beef tallow, lard, hard margarines, clarified butter, coconut and palm fat, "coconut butter." fryer fritter.
Desserts (in limited quantities)	<ul style="list-style-type: none"> Kiselies, compotes, mousses, jellies - from fruits allowed, Jellies, kisses, creams, milk puddings, Fruit in jelly or cream, biscotti, 	<ul style="list-style-type: none"> Sweets containing large amounts of sugar and/or fat, Cakes and cakes with confectionery masses, confectionery creams, whipped cream,

	<ul style="list-style-type: none"> • stale yeast dough, • Pudding (without added sugar or with a small amount of sugar), • Jelly (with no or little added sugar), • Kisiel (with no or little added sugar), • Fruit salads made from permitted fruits without added sugar. 	<ul style="list-style-type: none"> • Shortcrust pastries with a lot of fat, • puff pastry, • Dough with the addition of baking powder, • chocolate, • chocolate-like products.
Beverages	<ul style="list-style-type: none"> • still water, still mineral water, • weak tea infusions, • Herbal infusions - weak infusions, • cereal coffee, • buffalo, • vegetable juices, • Fruit juices (in limited quantities), • Compotes (with no or little added sugar). 	<ul style="list-style-type: none"> • high-sugar beverages, • fruit nectars, • Flavored waters with added sugar, • energy drinks, • alcoholic beverages, • natural coffee, • cocoa.
Spices	<ul style="list-style-type: none"> • mild natural herbs and spices, e.g. cinnamon, vanilla, dill, cumin, anise, parsley, citric acid, lemon juice, • Prepared vegetable seasonings (in limited quantities), • Salt (in limited amounts), • Horseradish and horseradish on citric acid (in limited quantities). 	<ul style="list-style-type: none"> • Broth cubes and bouillon essences, • Ready-made bases for soups and sauces, • Prepared salad dressings and dressings, • Mustard, ketchup, • vinegar, • Horseradish and horseradish on vinegar, • soy sauce, • liquid all-purpose seasoning, • hot spices.

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