

Diet name	RICH RESIDUE DIET (5)
Application	<p>For people:</p> <ul style="list-style-type: none"> • with habitual constipation, in the atonic form of constipation and in bowel dysfunction, • with excessive excitability of the large intestine, • in dietoprophylaxis of diverticulosis and colon cancer, gallstones, obesity, disorders of lipid and carbohydrate metabolism.
Dietary recommendations	<ul style="list-style-type: none"> • a high-residue diet is a modification of the basic diet, • the energy and nutritional value of the diet is adjusted to the patient's body weight and physiological condition, based on the current nutrition standards for the Polish population and the guidelines of scientific societies, • the diet should be properly balanced and varied in terms of the share of food groups: cereal products, dairy products, vegetables and fruits, potatoes, meat products and fish, legumes and fats, • modification in relation to the basic diet consists in increasing the supply of dietary fiber to about 40-50 g / day; above all, the consumption of insoluble fiber should be increased, which is mainly found in wholegrain cereal products (wholemeal bread, thick groats, brown rice), some vegetables (e.g. green peas) and fruits (e.g. blackcurrant), • meals should be served 3-5 times a day as recommended by a doctor and/or dietitian • avoid snacking between meals • the diet should be varied, diversified in terms of taste, color, consistency and digestibility of dishes and thermal processing, • water/drink with limited sugars should be included in each meal; fluid intake should be increased $> 2.5 \text{ l/day}$, • in addition to drinks included in the menu, the patient should have constant access to drinking water - water dispensers are recommended in each ward, • addition of vegetables or fruits to each meal (minimum 400 g per day), with a predominance of vegetables - at least 3 portions of vegetables with high fiber content should be served; most vegetables and fruits should be served raw, • at least 2 meals during the day should include whole grain cereal products; limit the consumption of highly purified cereal products (e.g. white flour pasta, white rice, cornflakes), • milk and milk products, including fermented beverages or plant products replacing dairy products, should be served at least in 2 meals a day; the appropriate content of these products in the diet is particularly important, as they are a good source of calcium, and whole grain products may hinder its absorption, • each day, at least 1 portion from the group of meat, eggs, legumes and/or legume seed products, other vegetable substitutes for animal protein should be given, • legume seeds and/or their products should be included at least 3 times in the decade menu, • fish and/or fish products (mainly from marine fish) should be included

	<p>at least 3 times in the decade menu,</p> <ul style="list-style-type: none"> • animal fats (e.g. lard) should be limited in favor of vegetable fat, • at least 1 meal a day should contain products rich in unsaturated fatty acids, • simple sugars should be eliminated from the diet. <p>When choosing products, pay attention to their:</p> <ul style="list-style-type: none"> • quality, • best-before date, • seasonality. <p>Culinary techniques used:</p> <ul style="list-style-type: none"> • traditional or steam cooking, • stewing without prior frying, • baking without the addition of fat, e.g. in aluminum foil, baking sleeves, parchment, heat-resistant dishes and in convection ovens. <p>Practical tips for preparing meals:</p> <ul style="list-style-type: none"> • soups, sauces and dishes should be prepared from natural ingredients, without the use of food concentrates, excluding concentrates from natural ingredients, • limit the whitening of soups and sauces with cream and its vegetable substitutes, e.g. coconut milk, • do not add roux to dishes, • limit sugar added to drinks and food, • reduce the addition of salt to a minimum in favor of herbs and natural spices. 	
Energy value	Energy (En)	K: 2000 - 2200 kcal M: 2201-2400 kcal
Nutritional value	Protein	Reference values: 10-20% En 25-50 g/1000 kcal
	Total fat	Reference values: 20-30% En 22-33 g/1000 kcal
	including saturated fatty acids	Reference values: as little as possible, but not more than 10% En < 11 g/1000 kcal
	Total carbohydrates	Reference values: 45-65% En 113-163 g/1000 kcal
	including simple sugars	Reference values: < 10% En < 25 g/1000 kcal
	Fiber	40-50 g/day
	Sodium	≤ 2000 mg/day
Groups of foodstuffs	Recommended products	Contraindicated products
Grain products	<ul style="list-style-type: none"> • all whole wheat flours • bread (preferably stale) wholegrain, without the addition of sweeteners, e.g.: wholemeal rye, graham, bread with the addition of bran and 	<ul style="list-style-type: none"> • bread with added sugar, malt, syrups, honey, caramel, • white rice, • high-mill flour products fried in a large amount of fat, e.g. donuts, faworki, pancakes,

	<ul style="list-style-type: none"> grains, white wheat, rye and mixed bread (limited amount), medium- and coarse-grained groats: buckwheat, barley (peczak, rural, Masurian), spelt, bulgur, millet, fine-grain groats (semolina, corn, Krakowska) (in limited quantities), natural flakes, e.g.: oat, buckwheat, barley, rye, muesli without added sugar and its substitutes, e.g.: glucose-fructose syrup, pasta, e.g.: wholemeal, buckwheat, spelled, rye, wheat pasta made of durum flour (cooked al dente), brown rice, red rice, bran, e.g.: oat, wheat, rye, spelled, flour dishes, mainly from wholegrain flour, e.g.: pancakes, dumplings, dumplings, dumplings, dumplings, noodles (in limited quantities), high-grade wheat flour, potato flour, corn flour (in limited amounts). 	<ul style="list-style-type: none"> corn flakes and other sweetened breakfast cereals, e.g. cinnamon, chocolate, honey.
Vegetables and vegetable preserves	<ul style="list-style-type: none"> all fresh vegetables frozen vegetables, boiled, stewed with a little fat, baked vegetables. 	<ul style="list-style-type: none"> vegetables cooked with a lot of fat.
Potatoes, sweet potatoes	<ul style="list-style-type: none"> potatoes, sweet potatoes: boiled, baked. 	<ul style="list-style-type: none"> fried potatoes (fries, slices).
Fruit and fruit preserves	<ul style="list-style-type: none"> all fresh fruit most frozen, cooked, baked, fruit mousses without added sugar, dried fruit (in moderate amounts), low-sugar fruit jams (in limited quantities). 	<ul style="list-style-type: none"> fruit in sugar syrups, candied fruit, high-sugar fruit preserves, boiled blueberries.
Legume seeds	<ul style="list-style-type: none"> all legumes, legume products with low salt content. 	<ul style="list-style-type: none"> legume products with lots of salt.
Seeds, pips, nuts	<ul style="list-style-type: none"> all seeds, seeds and unsalted nuts, e.g. walnuts, hazelnuts, peanuts, pistachios, cashews, almonds, sunflower seeds, pumpkin seeds, sesame, 	<ul style="list-style-type: none"> salted nuts, nuts in a cake shell, in caramel, in chocolate, in icing, "peanut butter" salted.

	<ul style="list-style-type: none"> linseed, "peanut butter" without added salt and sugar (in limited amounts). 	
Meat and meat products	<ul style="list-style-type: none"> with low fat content, e.g. skinless poultry (chicken, chicken, turkey), lean beef, veal, lamb, rabbit, lean parts of pork, e.g. tenderloin, pork loin, ham, lean types of unground sausages: poultry, pork, beef, chicken jellies. 	<ul style="list-style-type: none"> with high fat content, e.g. fatty poultry (duck, goose), fatty beef and pork, mutton, cured meats and meats with high salt content, fried meats, fatty meats, e.g. ham, bacon, sausages, minced meats, pies, offal cold cuts (pâté, liver sausage, brawn), raw meats, e.g. tartare.
Fish and fish products	<ul style="list-style-type: none"> lean sea and freshwater fish, smoked fish (in limited quantities). 	<ul style="list-style-type: none"> raw fish, fried fish.
Eggs and egg dishes	<ul style="list-style-type: none"> boiled, fried eggs, scrambled eggs, steamed omelettes. 	<ul style="list-style-type: none"> fried eggs, eggs cooked with a lot of fat.
Milk and dairy products	<ul style="list-style-type: none"> skimmed or semi-skimmed milk and cottage cheese, natural fermented milk drinks, no added sugar. 	<ul style="list-style-type: none"> milk and fatty cottage cheese, ripening cheeses, condensed milk, yoghurts and milk desserts with added sugar fatty cream
Fats	<ul style="list-style-type: none"> butter (in limited amounts), soft margarine, vegetable oils, e.g. rapeseed, olive oil. 	<ul style="list-style-type: none"> animal fats, e.g. lard, beef tallow, lard, hard margarines, clarified butter, coconut and palm oil, "coconut butter" frying frying.
Desserts (in limited quantities)	<ul style="list-style-type: none"> pudding (with or without added sugar), jelly (with no added sugar or with a small amount of sugar), jelly (with no added sugar or with a small amount of sugar), fruit salads without added sugar, low-sugar yeast cakes, low-sugar sponge cakes. 	<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, shortcrust pastries with a lot of fat, puff pastry, chocolate products, chocolate-like products.
Drinks	<ul style="list-style-type: none"> still water, tea, e.g.: black, green, red, white, fruit, herbal infusions - weak infusions, natural coffee, grain coffee, 	<ul style="list-style-type: none"> sparkling water, carbonated drinks, high-sugar drinks, fruit nectars, flavored waters with added sugar,

	<ul style="list-style-type: none"> • bavarian, • vegetable juices, • fruit juices (in limited quantities), • compotes (with no added sugar or with a small amount of sugar). 	<ul style="list-style-type: none"> • energy drinks, • alcoholic drinks.
Spices	<ul style="list-style-type: none"> • mild natural herbal and spices, e.g. bay leaf, allspice, fennel, cumin, thyme, marjoram, basil, oregano, lovage, rosemary, herbal pepper, cloves, cinnamon, • ready-made vegetable seasonings (in limited quantities), • salt and sugar (in limited quantities). 	<ul style="list-style-type: none"> • spices: pepper, curry, hot pepper, chili, cayenne pepper, • bouillon cubes and bouillon essences, • ready-made bases for soups and sauces, • ready-made salad dressings and dressings.