



SPEZIERIE PALAZZO VECCHIO

DIETARY RECCOMENDATION 2 - FOR HEPATOBILIARY DISEASES, INTESTINAL AND DIGESTIVE DISORDERS (BLOATING, ULCER, GASTRITIS, ESOPHAGITIS, HIATUS HERNIA) AND ALLERGIC DISEASES:

Spezierie Palazzo Vecchio Dott. Di Massimo Food supplements recommended with this diet:

- SILIEPATINA 80%: Cardo Mariano – Carciofo – Tarassaco 60 cpr
- LACTOBACILLINA: 200 Lactobacillus Acidophilus 60 cpr
- DOLO-BLOC: Camomilla – Anice 60 cpr
- GASTRALGINA REFLUSSOMUCINA: Ficus Carica – Camomilla 60 cpr
- METEOBLOC: Anice – Carbone – Finocchio 60 cpr
- IMMUNO 6: Curcuma, Melograno, Rodhiola Rosea, Resveratrolo, Licopene, Coenzima Q10 60 cpr

| FOOD | ALLOWED | NOT ALLOWED |
|---|--|--|
| MILK AND DERIVED | Low-fat milk (or semi-skimmed), low fat milk yoghurt according to individual tolerance | Whole milk yogurt (in the acute phase of the disease: all types of milk) |
| EGG | To the shell, poached | Boiled, fried or omelette |
| MEAT-POULTRY | Veal, liver, beef, poultry, rabbit: choices in the more lean and cooked grilled, roasted, boiled, without sauces, liver and kidney grilled, skewered and grilled venison | Pork, lamb, fat and semigrasse packaged meat, frying or sauces. |
| FISH | Dried beef, ham without visible fat | Fish preserved in oil |
| MEAT AND SAUSAGE | Dried beef, ham without visible fat | All the others |
| CHEESE | Unfermented soft cheeses: ricotta robiola cheese, mozzarella, crescenza, smoked cheese, soft cheese, quartiolo, taleggion | All the others |
| BREAD (or substitutes) SOUPS | Private bread crumbs, stale bread, toast or crackers, breadsticks, biscuits. Pasta (in small quantities to chew), semolina, rice. | Rye or wholemeal bread, crackers; whole grain products (according to medical prescription). Meat broth, prepared soups |
| VEGETABLES (ALWAYS at the BEGINNING of each MEAL) | Asparagus, carrots, spinach, potatoes, lettuce, watercress, zucchini, green beans, chard, celery, chicory better if cooked boiled, seasoned with oil and lemon juice or puree (raw vegetables depending on individual tolerance). | Turnip, cauliflower, cabbage, cabbage, turnips, Brussels sprouts, beets, onions, cucumbers, artichokes, peppers, artichokes, black rind, Catalonia, peppers, cabbage (if tolerated). Legumes |
| FRUIT (ALWAYS AWAY from MEALS) | Ripe fresh (raw or cooked): apples, pears, apricots, peaches, bananas, cherries, plums, grapes, pineapple, melon, grapefruit, tangerines and oranges if well tolerated. Canned fruit | Figs, persimmons, strawberries, raspberries, quinces, blueberries, blackberries, currants, walnuts, almonds, pine nuts, dates, peanuts. However be careful throughout the colorful fruit |
| DRINKS (NEVER WHILE EATING) | Still mineral water, natural water, fruit juice (depending on individual tolerance), diluted tea. not stuffed fresh cookies, pastry, jam and fruit jelly according to individual tolerance, milk pudding, honey pastries Confectionary containing creams and liqueurs, cocoa, chocolate, nougat butter | Wine, beer, coffee, spirits, soft drinks and sparkling water. |
| DRESSING | Simple tomato juice and not much cooked, raw olive oil and seed oil, salt and sugar in small quantities | Spicy sauces, mustards, mayonnaise, mustard, olives, bacon, bacon, pickles, herbs, spices, butter, non vegetable stock cube |
| DESSERT | Not stuffed fresh cookies, pastry, jam and fruit jelly according to individual tolerance, milk pudding, honey pastries | Confectionary containing creams and liqueurs, cocoa, chocolate, butter. |
| RECCOMENDATIONS | <ul style="list-style-type: none"> ✓ <i>To reduce bloating problems: chew a lot and do not talk during meals</i> ✓ <i>Do not drink during meals but much during the day</i> ✓ <i>Possibly take a walk, about 10-15 minutes after meals</i> | |



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