



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> 	



SPEZIERIE PALAZZO VECCHIO