



## SPEZIERIE PALAZZO VECCHIO

### DIETARY RECCOMENDATION 2 - FOR HEPATOBIILIARY 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

For a customised dietary plan, contact a food and/or a nutrition professionalist.

\*The recommended daily quantities indicate the possible alternatives for each individual food listed under "Recommended".

FOOD	RECOMMENDED	RECOMMENDED DAILY QUANTITY*	NOT RECOMMENDED
PLANT BASED FOOD, RECOMMENDED FOR THE VEGETARIAN-VEGAN POPULATION	<ul style="list-style-type: none"> <li>▪ Tempeh: once or twice a week</li> <li>▪ Seitan: once a week</li> <li>▪ Tofu: once or twice a week</li> <li>▪ Vegetable soy drink</li> <li>▪ Vegetable soy yogurt</li> <li>▪ Vegetable almond drink</li> <li>▪ Rice-based vegetable drink</li> </ul>	100-120g per serving 50-70g per serving 30-40g per serving 125ml per serving 100ml per serving 125ml per serving 125ml per serving	
MILK AND DAIRY PRODUCTS, according to individual tolerance	Skimmed milk (cow's, sheep's, goat's)  Or  Non-fat, unsweetened milk yoghurt (cow, sheep, goat)  Yoghurt from whole milk, unsweetened (cow, sheep, goat)	125ml : one glass   125ml: one jar   100ml : one small jar	Whole milk, whole milk yoghurt (in acute phase of illness: any type of milk)of milk)
EGGS	All preferred cooking methods: poached, soft-cooked, tomato.	1 egg, max twice a week	Boiled, fried or omelette
LOW-FAT MEAT AND POULTRY	Veal, beef, poultry, lamb, rabbit: chosen from the leanest parts cooked grilled, roasted, without sauces, boiled.	100g per serving	Pork, game, packaged and smoked meats as well as fatty meats and meats with sauces
FISH	Both fresh and frozen. Prefer oily fish (such as mackerel, anchovies, sardines), salmon and tuna as they are rich in omega-3 fatty acids.	150g per serving	Fish preserved in oil or brine
CURED MEATS AND SAUSAGES	Bresaola, raw ham or bacon without visible fat, cooked ham.	50g per serving, max. once a week	Sausages (salami, mortadella, sausages): sporadic and occasional use, portion size 50g.
FRESH CHEESES	Unfermented soft cheeses ricotta, robiola, mozzarella, crescenza, scamorza, stracchino, quartirolo, taleggio, certosino.	80g per serving	All the others
MATURE CHEESES	All acceptable types, if preferred.	40g per serving	



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BREAD (or substitutes) SOUPS	Bread without crumbs, stale bread, toast or biscuits, breadsticks, rusks. Pasta (in small quantities to be chewed well), semolina, rice		Rye or wholemeal bread, crackers; wholemeal products (according to doctor's prescription).
VEGETABLES	Vegetables which can be eaten cooked, such as asparagus, cauliflower, cardoons, cabbage, tubers, carrots, turnip greens, green beans, fennel, courgette flowers, aubergines, peppers, spinach, Savoy cabbage, pumpkin, courgettes, black peel.  Raw vegetables, according to individual tolerance, such as cucumbers, various salads, tomatoes, radishes.	150g per serving  80g per serving	
LEGUMES (BEANS)	Peas, beans, chickpeas, lentils, broad beans, soya beans, chickling peas, lupins	50g if dry per serving Or 150g if cooked or frozen, per serving	
FRUIT	Seasonal fresh fruit  Figs, persimmons, grapes, bananas  Well-ripened fresh (raw or cooked): apples, pears, apricots, peaches, bananas, cherries, plums, grapes, pineapple, melon, grapefruit, tangerines and oranges if well tolerated.	100g per serving  50g per serving	Canned fruit
DRINKS and BEVERAGES (NONE WHILE EATING)	Still water which can also be drunk as of infusions, herbal teas, decoctions, unsweetened	At least 1.5l throughout the day	Wine, beer, coffee, spirits, soft drinks and sparkling water.
DRESSINGS	Extravirgin olive oil  Simple and not overcooked tomato juice, raw olive oil and seed oil, salt and sugar in small quantities	10g per portion (one tbsl)	Spicy sauces, mustards, mayonnaise, mustard, olives, bacon, bacon, pickles, herbs, spices, butter, non vegetable stock cube
DESSERTS		Once a week, if preferred	Confectionary containing creams and liqueurs, cocoa, chocolate, butter.

### FOODS SPECIFICALLY SUITED TO VEGETARIAN-VEGAN DIETS

- Tofu: vegetable substitute for animal protein foods such as cheese, meat, fish, eggs, widely used in the Middle East. Naturally rich in protein, calcium, potassium, phosphorus and B vitamins. It is known as "vegetable cheese" or "soya cheese" and can be eaten plain or blanched in a frying pan with a little olive oil (1 teaspoon), dressed with simple vegetable sauces or can be the primary ingredient in the preparation of main courses (e.g. tofu meatballs).

- Tempeh: vegetable substitute for animal protein foods such as cheese, meat, fish, eggs, widely used in the Middle East. Naturally rich in protein, calcium, potassium, phosphorus and vitamin B12. It is known as 'soy meat'. It can be eaten sautéed in a pan for 10-15 minutes with a little olive oil and used as the main ingredient in the preparation of main courses, such as vegetable sauces for pasta.

- Seitan: high-protein vegetable food and meat substitute. Derives from the mechanical processing of hydrated wheat flour. Its main ingredient is gluten, a protein naturally present in wheat, therefore it is not recommended for people suffering from coeliac disease or gluten sensitivity. It can be used as the main ingredient for cooking vegan or vegetarian meat sauce, for making burgers or meatballs, but can also be stir-fried with a little oil or cooked on a griddle.

- Soya-based vegetable drink: replaces milk or yoghurt of animal origin. Choose food with no added sugar.



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- Plant-based soya yoghurt: replaces yoghurt or milk of animal origin. Choose food with no added sugar.
- Almond vegetable drink: replaces milk or yoghurt of animal origin. Choose food with no added sugar.
- Rice vegetable drink: replaces milk or animal yoghurt. Choose food with no added sugar.

### DIETARY and BEHAVIOURAL ADVICES

- Vary your food choices as much as possible to encourage appetite.
  - Avoid ready-made sauces, condiments (mayonnaise, ketchup, soy sauce, etc.), stock cubes, foods preserved in salt or brine, sweet and savoury baked goods, fresh or frozen precooked foods, salted snacks and crisps. Avoid seasonings based on animal fats (cream, butter, bacon, lard) and products rich in hydrogenated fats (vegetable margarines and baked goods). Prefer extra virgin olive oil.
  - Reduce sodium intake: avoid adding salt to food. Enhance flavours by using spices, aromatic herbs, herbs, lemon juice, vinegar, a little wine when cooking. Avoid keeping a salt shaker on the table. Salt the pasta cooking water at the end.
  - Cooking methods: prefer the simplest (grilled, steamed, boiled, baked, baked in foil, grilled, flat). Limit elaborate cooking methods (frying, sautéing and stir-frying, roasting, stewing, barbecuing).
  - Avoid alcoholic drinks (wine, beer, spirits), sweets, honey, jam, chocolate, sweets and sugary drinks.
  - Water: drink it throughout the day, even in the form of infusions, and away from main meals to prevent premature satiety.
  - One-dish meal: Cereals (such as pasta, rice, bread) combined with a second course are considered one-dish meals; examples of one-dish meals are pasta and beans, spaghetti allo scoglio, pasta with meat sauce. Pizza is a single dish: it can be eaten once a week in place of a portion of fresh cheese. Choose simple toppings (e.g. margherita, vegetarian, mushroom, napoli,...) and add a portion of vegetables and fruit.
  - In order to prevent intestinal inflammation, it is important to consume adequate amounts of fibre every day, to be increased gradually: it is advisable to eat wholegrain cereals, prefer raw vegetables, legumes, fresh and dried fruit. It is advisable to chew well and slowly, and to combine adequate hydration with fibre consumption to avoid possible undesirable effects (constipation and worsening of constipation or diarrhoea).
  - Physical activity: reduces the risk of chronic diseases (including obesity, diabetes, cardiovascular diseases), improves intestinal motility, helps reduce blood pressure and improves lipid balance. The WHO recommends at least 150 minutes of moderate aerobic activity per week, divided into sessions of at least 10 minutes per day, to be combined with muscular-skeletal strengthening exercises.

*This paper was drawn up with the advice and collaboration of  
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