

Nutritional guide

Practical Sheet

Intestinal power savings

Cautious feeding after an operation, medically suggested to start as follows:

	Breakfast	Lunch	Snack	Diner
Day of the operation				Broth, small pasta, 3 crackers, 1 cream or custard
Day 1	5 crackers, butter, jelly, herbal tea	White broth soup, pasta, mashed potatoes, meat juice, Flavored yoghurt or custard	Dried biscuits,	White broth or soup, pasta 5 crackers, 1 cheese, Swiss cheese, butter and jelly, cream
Day 2	2 toasts, butter, jelly, tea or herbal tea	white broth minced chicken with juice, Rice or boiled potatoes, mixed light marmelade	Dried biscuits	White broth or soup, pasta and grated cheese, juice, cream or custard
Day 3	2 toasts, butter, jelly, tea or herbal tea	White broth cutlet(veal or turkey), Potato, mashed potatoes, pasta or rice, carrots, yogurt	Dried biscuits	White broth or soup, pasta, white Ham, dried meat or hammed turkey , 2 toasts, butter, cooked fruit

Choice of foods, suggested medically

Allowed foods	Non-allowed foods
Meat, fish and eggs	
Low fat meats: poultry, veal, beef, horse, pig, rabbit, etc. Lean ham, dried meat. As filet: steak, minced, etc. lean cuts, cooked with little fat Fish: all cooked with little fat eggs: in preparation cooked hard or as an omelet	Sausages, game meat, fatty meats, heavy sauced meat, fibrous meat, giblets, smoked meats, bacon, etc. Fried fish, breaded fish, fish cooked in butter, smoked fish, canned oily tuna, sea food, etc. Raw or undercooked eggs, fried eggs, hard boiled eggs, mayonnaise
Dairy products	
Whole and skimmed milk, yogurt, custard, cream, beaten whites, curd pudding, bavarian, rice pudding, milkshake, etc. Soft cheese, semi-hard and hard cheese spread, grated cheese	Sour cream and dairy cream, muesli, yogurt with nuts, prunes, etc. Baked cheese (gratin, fondue, raclette) cheese, nuts, cheese with herbs or pepper, strong cheese, soft cheese made from raw milk
Mealy products	
White bread, crackers, toast, braid, bun Pasta, rice, polenta, couscous, gnocchi, Spaetzli, gourmet wheat, etc. Potatoes, mashed potatoes, Corn flakes, oatmeal, white flour, pastry	Whole meal bread or seeds, croissants, pastries, pasta and brown rice, whole grains, quinoa, peas, corn grain, chestnuts and chestnut, chips, nuts apples, potatoes, duchesses, grated fried potatoes, puff pastry
Vegetables and fruit	
Carrots, courgettes, squash, celery, fennel, red roots, artichoke, asparagus spikes, coast, chard, lettuce, eggplant, endive, peeled and deseeded tomatoes always cooked Apple, pear, peach, apricot, tangerine, Macedonia, cherry, lychee, mango, fruit coulis always cooked ripe banana	Beans, cabbage, cauliflower, broccoli, peppers, mushrooms, spinach, cucumber, heart palm, turnip, squash, leeks, snow peas, radishes, kohlrabi, salsify, garlic, onion, shallot, chive All raw vegetables Plums, prunes, pineapple, figs, dates, raisins, etc. Fresh fruit, dried fruit, nuts (almonds, walnuts, hazelnuts, peanuts, etc.), candied fruit
Fatty products	
Oil and butter uses naturally light on the food (non-cooked)	Fries, fresh cream
Seasoning and spices	
Salt, sauce base, broth, Sweet spices (nutmeg, cumin, saffron, sweet	Pepper, mustard, strong sauces, mayonnaise, Garlic, onion, chives, shallots, horseradish

turmeric, cinnamon, vanilla) Herbs(parsley, basil, oregano, bay leaf, infusion thyme, dill, chervil, coriander, tarragon, mint, rosemary, marjoram, sage, etc.) Concentrated tomato in small quantities, lemon (juice and zest)	Strong spices (curry, pepper, tabasco, paprika, ginger, etc.) Capers, pickles, olives, marmite
Sugared products	
Jam, jelly, honey, sugar, syrup, caramel, candy, jelly fruit, dark chocolate or milk in small quantities, natural biscuits, cake, sponge cake, muffins, biscuits, pie (short crust pastry or sanded)	Prune jam, figs ... nougat, marzipan, candied fruit, chocolates pralines, almond, etc., chocolate mousse, heavy pastries, iced pastries
Drinks	
Flat water, ribena juice, tea, herbal tea, cold tea, broth, bottled fruit juice without pulp.	Coffee, sparkling water, sodas, soft drinks, alcohol, cold drinks
Methods of cooking and preparation	
Steaming, poached, baked, grilled, sealed, jumped with little fat, bleached, boiled, frozen, braised, roasted in foil Gratin without cheese	Fried, sautéed, breaded, sautéed with lots of fat, cooked dishes and trade sauces

Tips: Patients having had a digestive intervention or past history can benefit from the dietician's nutritional counseling before returning home (Depending on the medical order or the patient's request).