

There are many diseases that develop as a result of malnutrition. Including diabetes, hypertension. With the help of a diet, not only body weight is gradually normalized, but also the initial dosages of drugs are reduced. But how to choose a diet?

As a person ages, the number of chronic diseases or organ dysfunctions accumulates. For almost every ailment, medicine today has not only a set of medications, but also nutritional recommendations. It is believed that the latter can also be used for prevention in cases of susceptibility to specific diseases. But the recommendations in these diets are often mutually exclusive. So what to eat to avoid getting sick?

Aif.ru tried to understand this difficult issue. This is genes? The doctor explained what to do if you crave sweet, fatty and salty foods More details

It is a fact that food both heals and cripples. Scientists have proven that nutritional disorders lead to a whole range of diseases, which are called nutrition-dependent (Alimentarius in Latin "food"). Among them are not only diseases of the digestive system or excess weight, but also hypertension, atherosclerosis, coronary heart disease, type 2 diabetes mellitus and others. A feedback connection has also been established: with diet therapy, not only the symptoms of the disease can decrease, but also the dosage of drugs can be reduced.

There is a whole system of different diets developed by Dr. M.I. Pevzner at the Institute of Nutrition back in the 1920s. They are called "diet tables". There are 15 such dietary tables in total. Many of them have several options, indicated by letters in the number of the main diet. For example, one of the options of the 1st table is indicated for diseases of the digestive system in the acute phase - acute gastritis or exacerbation of gastric ulcer, duodenal ulcer. Tables 3 and 4 are recommended for intestinal diseases with constipation and diarrhea, respectively. There are tables for the treatment of diseases of the liver and biliary tract, kidneys, obesity, diabetes, cardiovascular diseases, etc. By the way, added sugar and salt, spices are excluded in all these tables.

Now the nomenclature of diets has changed somewhat. They are divided into five main groups, each of which includes a range of dietary therapy options. But they still continue to be used. They are used in hospitals and offered in sanatoriums. There are even delivery services that promise to deliver food in accordance with dietary requirements.

Therefore if you have any disease or a tendency to it, you can focus on existing diets based on the Pevzner system. This is better than searching on the Internet for dubious diets that can harm your health. Moreover, some diets may be recommended for almost most of us.

For example, for weight loss, both table No. 9, which is recommended for type 2 diabetes, and hypocaloric table No. 8 are quite suitable. In both cases, the amount of simple carbohydrates is limited. Although the eighth table has a lower calorie content - 1600 kcal per day. Its variety is table No. 8E with a calorie content of only 1300 kcal. Doctors warn that it is not advisable to follow such a low-calorie diet at home. Especially if the person works. Lack of energy can also lead to a decrease in blood glucose levels - hypoglycemia, and deterioration of well-being. Therefore, without medical supervision, it is advisable not to lower the calorie intake below 1800 kcal. Egg and spinach. The nutritionist named foods rich in zinc Read more

However, the problem is that as people age, they usually develop several diseases at once. For example, with pancreatitis outside of exacerbation, a diet with an increased amount of protein is needed. Diets for the treatment of kidney and urinary tract diseases, on the contrary, recommend limiting protein.

There is such a type of diet for intestinal diseases, in particular for constipation, as table No. 3 PV - that is, enriched with dietary fiber. It contains more raw vegetables. But for gastritis with low acidity, raw fruits and berries are prohibited. If millet porridge is excluded for gastritis, then for atherosclerosis and hypertension, on the contrary, it is recommended. Legumes are not recommended for gout, but for atherosclerosis and coronary heart disease they are included in the diet. For acute gastritis, peptic ulcer, GERD (gastroesophageal reflux disease) you should not eat sour fruits and berries, juices from them, and in case of diabetes, on the contrary, sweet ones. If a person has gastritis, then he will be advised to eat white wheat bread, preferably yesterday's bread, but in case of diabetes mellitus, atherosclerosis, hypertension, diabetes, obesity - white bread is not allowed, only rye bread made from second-grade flour.

It turns out that while you save one thing, you plant another?

- Everything is not so clear. You need to understand that some therapeutic diets were developed as a course of treatment," Natalya Denisova, candidate of medical sciences, nutritionist, senior researcher at the Federal Research Center for Nutrition and Biotechnology, explained to aif.ru. - They are prescribed during the acute phase of the disease - for about 2 weeks. As the severity of the disease subsides, the diet becomes less strict and other foods are added. Let's say a person has chronic gastroduodenitis. During an exacerbation, which is accompanied by pain, he tries to maintain a gentle diet, sits, figuratively speaking, on only cereals and broths, so that the mucous membrane does not suffer. But outside of an exacerbation, such a limited diet is not justified; it can lead to vitamin and mineral deficiencies and other nutritional disorders. We simply recommend

limiting large amounts of pepper, smoked and fried, and not eating too much. But there are no strict restrictions. "Eat well to live well!" How to eat properly? More details

The doctor emphasizes that in most cases, a therapeutic diet is needed for some time to cure the underlying disease. As an adjuvant along with medications. And, as in the case of tablets, the specialist selects a diet that takes into account all the characteristics of a particular patient.

— Let's say a person has diabetes. Plus, he has a history (medical history - editor's note) of chronic gastritis or gastric ulcer," the doctor continues. - But if at the moment the ulcer is not worsening, why does he need a gentle diet? She's not needed. But a diet that limits carbohydrates is needed.

However, there are exceptions when the diet is prescribed for longer than two weeks. In particular, it takes longer to normalize body weight in obesity. Because the extra pounds have been gaining for more than one month or even a year. Patients with diabetes must follow a diet limiting simple carbohydrates for the rest of their lives.

— Even if a person takes glucose-lowering medications and his glucose level is normal, he still needs to follow a diet. There will be no harm from such a restriction, only benefit. Because as soon as he breaks the diet, his blood sugar will immediately rise and his health will worsen," the doctor reminds.

By the way, this fact has been established: people with diabetes often live longer than those who do not have this disease - precisely because they eat right: limiting sweets and baked goods is beneficial for everyone. Eat gastritis. The nutritionist revealed the secrets of the Helicobacter diet Read more

"There is an index of food quality, which our institute is developing," says Natalya Denisova. — The index shows how close a person's nutrition is to optimal. When we began to calculate it, we came to the conclusion that sick people with chronic diseases have a higher index than healthy people. Because they begin to watch their diet. But a healthy person believes that you can eat whatever you want - chips today, soda tomorrow, etc. Over time, this can lead to illness.