



THE PATH
TO GREATER
VITALITY AND
HEALTH

ADAPTED WHOLE-FOOD NUTRITION

An adapted whole-food nutrition is a balanced diet that provides the body with all important substances such as vitamins, minerals, amino acids, and fatty acids. Energy requirements and individual tolerance are considered. The aim is to relieve the digestive organs and thus alleviate symptoms. As tolerance varies individually, the diet must be adapted to each person [1].

You can keep a **nutrition and symptom diary** so that you can get a good idea of which foods you tolerate. To do this, write down the foods you consume and any symptoms you experience for each meal of the day.

GENERALLY POORLY TOLERATED:

- High-fat foods
- Fried and burnt food
- Heavily spiced foods
- Vinegar-containing food
- Fast food, highly processed products
- Smoked foods
- Very cold and very hot dishes
- Large portions
- Alcohol, soft drinks, juices

PREPARATION TIPS:

- Peeling and coring fruit and vegetables
- Gentle cooking, braising, baking
- Grilling instead of roasting
- Use vegetable fats for cooking
- Use teaspoons and tablespoons for dosing oils
- Reduce spreadable fats

Drink enough. The daily amount should be at least 1.5 litres, with 2-3 litres being ideal [1].



Not suitable: Fruit and vegetable juices, soft drinks, alcoholic drinks, coffee, black and green tea



Well suited: Mineral water (possibly non-carbonated), unsweetened herbal teas



Tolerance is individual and must be tested.

The following table lists foods that are generally well tolerated and those that are often not tolerated. An exact categorisation into „tolerated“ and „not tolerated“ is not possible, as tolerance is very individual. It is advisable to first avoid the foods that are frequently not tolerated to achieve an improvement in symptoms as quickly as possible. Then try out individual foods regarding your tolerance. By keeping a diary, you will have an overview of what you tolerate and what you do not, allowing you to adjust your diet accordingly.

	 PREFER	 LIMIT/AVOID
Beverages	Still water, herbal tea	Carbonated beverages, pure coffee, black tea, alcohol
Vegetables	Potatoes, carrots, fennel, kohlrabi, cauliflower, tomatoes, courgettes, green salad	Cabbage, red cabbage, sauerkraut, onions, peppers, mushrooms, leeks, red radish
Fruits	Bananas, mild apple varieties, peaches, raspberries, blueberries, seedless grapes, fruit purée, compote, jam	Pears, plums, cherries kiwi, pineapple, oranges, avocado, dried fruits
Cereals, cereal products	Whole meal bread/rolls without seeds (from the day before), yeast dough from the day before, sponge cake with curd	fresh, crusty bread rolls with whole seeds, doughnuts, nut corners, fresh yeast dough, cakes
Fats	Linseed oil, hemp oil, walnut oil, rapeseed oil, olive oil, MCT fats (e.g. coconut oil)	Animal fat, tallow
Nuts, seeds	Ground nuts and seeds or as nut butter	Whole nuts and seeds roasted in fat, coated
Meat	Lean meat (e.g. fillet, steak, chicken breast, turkey breast, game)	High-fat and processed meat (e.g. minced meat, thigh pieces with skin) Sausage products (e.g. salami, liver sausage, bratwurst, bockwurst)
Fish	Trout, zander, saithe, plaice, cod, shellfish, and crustaceans	Smoked or pickled fish, fish skin

	PREFER 	LIMIT/AVOID 
Dairy products	Low-fat milk, natural yoghurt, buttermilk, kefir, curd, cream cheese, semi-hard cheese	Mascarpone, high-fat curd, cream, sour cream, blue cheese (e.g. Camembert, Gorgonzola)
Eggs	Scrambled eggs, omelette	Hard-boiled eggs
Pulses	Young green beans, mangetout	Peas, beans, lentils
Soya products	Fermented soya products Tofu (fermented), miso, nato, tempeh	Heavily smoked soya products
Other herbs	Fresh and dried herbs	Hot spices (e.g. chilli, pepper, curry, mustard)

The table only contains examples of foods and does not represent a complete list.

This recommendation does not consider any other intolerances or allergies. It also does not claim to be exhaustive and serves only as an initial guide. It does not replace the advice of a professional nutritionist.

Quellen:

- [1] Hauner, H. et al (2019). Guide to nutrition therapy in clinic and practice (LEKuP). Current nutritional medicine, 44(06), 384-419.
- [2] Ledochowski M. (2010). Clinical nutritional medicine. Springer Vienna New York
- [3] Professional association for nutritional therapy and prevention, adapted wholefoods 31.10.2022

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