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Hashimoto dieta pdf

If you've been diagnosed with Hashimoto's disease, diet changes can help you feel your best and reduce unpleasant symptoms. There are no hard, set rules on what foods to eat or avoid. In general, following a nutritious, balanced diet loaded with anti-inflammatory foods helps. Some people with Hashimoto's disease are also lactose or gluten-intolerant and find that eliminating or reducing their intake improves their symptoms. Try this 7-day Hashimoto meal plan to help you consume nutrient-dense meals that reduce inflammation and provide necessary nutrients for thyroid health.
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Hashimoto's Disease Basics: Getting Started
Hashimoto's thyroiditis, also called chronic lymphocytic thyroiditis, is an autoimmune condition of the thyroid gland. In autoimmune conditions, the body mistakenly attacks healthy tissues, such as the thyroid gland. Genetic factors account for 70 to 80% of Hashimoto's disease, with environmental factors like viruses, smoking, and poor diet accounting for 20% to 30%. Hashimoto's is diagnosed depending on the amount of antibodies in the thyroid gland and white blood cells in the thyroid tissues. Over time, the thyroid function declines, resulting in inadequate thyroid hormones. Symptoms include chronic fatigue, nervousness, mood swings, and gastrointestinal and cardiovascular problems. Treatment involves restoring thyroid levels with medication and incorporating anti-inflammatory foods to reduce thyroid inflammation and improve symptoms. No specific diet has been proven to cure or reverse Hashimoto's disease. However, research shows that eliminating some components (like gluten, lactose, and pro-inflammatory foods) and following a nutritious diet improved the laboratory markers of many people with Hashimoto's.
What To Eat With Hashimoto's Disease
Focusing on the foods you enjoy with potential benefits for Hashimoto's disease is more positive and encouraging than dwelling on what you should avoid. Try to fill up on all the foods you enjoy that benefit your health. A balanced diet for Hashimoto's disease includes anti-inflammatory foods such as fruits, vegetables, beans, and whole grains. Healthy fats (mono- and poly-unsaturated fats) from seeds, nuts, minimally-processed nut and seed butters, olive or avocado oil, and certain types of fish are encouraged. Key nutrients like vitamin D, magnesium, and zinc, plus anti-inflammatory foods and healthy fats, are important to reduce thyroid inflammation. Foods containing selenium help your thyroid make hormones. Additionally, consuming iron, folic acid, and vitamin B12 helps prevent anemia and heart conditions associated with Hashimoto's thyroiditis. The meal plan provided below includes balanced, nutrient-dense meals that prioritize these essential nutrients.
Foods To Avoid With Hashimoto's
People with autoimmune conditions like Hashimoto's are more likely to have other autoimmune conditions like celiac disease, which requires gluten avoidance. Gluten is found in many grains, including wheat, rye, and barley. Many people with Hashimoto's may also be lactose intolerant; one study found at least 75% are lactose intolerant. Lactose is found in many dairy-containing foods such as milk, yogurt, cream, cheese, and ice cream. Lactose-free options are often available in most stores. Yogurt, kefir, and hard cheeses are lower in lactose and are often tolerated well. But, not all people with Hashimoto's need to eliminate gluten or lactose-containing foods. Working with a registered dietitian can help you determine whether to eliminate these foods and how to ensure you consume adequate amounts of nutrients they'd otherwise be giving you from other food sources, especially when removing gluten-containing foods.
Pro-inflammatory foods, such as foods high in added sugar, refined carbohydrates, and certain saturated fats, can increase inflammation and lead to poor gut health, further exacerbating Hashimoto's disease. Avoid or reduce the following pro-inflammatory foods:
Candy, cakes, cookies, pies, donuts, ice cream, sweetened yogurt, sugar-sweetened drinks (juice, soda, coffee, and tea).
Low-fiber carbohydrates (white bread, white pasta, pastries, chips, crackers, many breakfast cereals, some baked goods and pizza crusts).
High-saturated fats (in foods like butter, lard, cheese, fatty cuts of meat, whole milk, tropical oils like coconut and palm oil, and certain ice creams).
Lastly, some people may need to avoid foods high in goitrogens. Goitrogens are components naturally occurring in plant foods that can interfere with thyroid function when eaten in very large amounts. Most goitrogens are deactivated when cooked. Foods like collards, Brussels sprouts, kale, broccoli, flaxseeds, cauliflower, millet, and cabbage are higher in goitrogens. Avoid very large servings of these vegetables in raw form.
Hashimoto's Meal Plan
A Hashimoto's meal plan can incorporate various foods and cooking styles. Talk to your dietitian for customized recommendations. We've included high-priority nutrients like selenium, vitamin D, magnesium, zinc, and vitamin and mineral-rich anti-inflammatory foods.
{{ local }}
Day 1
Breakfast
Microwaved old-fashioned oats with 1% lactose-free milk (or a low-fat, no-sugar added dairy alternative), cinnamon, blueberries, chia seeds, and a drizzle of honey if desired.
Lunch
Sandwich made with whole-grain bread (or gluten-free whole grain bread), top with avocado, tuna canned in water, lettuce, tomato, and cheese.
Serve with pumpkin seeds and unsweetened dried fruit trail mix.
Dinner
Sheet-pan roasted skinless chicken breast with vegetables (gold potatoes, onions, peppers, broccoli, and cauliflower). Season with garlic powder, pepper, and paprika.
Serve with fresh peaches for dessert.
Snacks
Two or three Brazil nuts and raspberries; raw bell peppers with roasted chickpeas.
Day 2
Breakfast
Smoothie made with frozen spinach, banana, blueberries, kefir, 1% lactose-free milk, or a dairy alternative. You can add chia or ground flaxseeds.
Lunch
Chickpea cold salad made with chickpeas, diced cucumbers, and tomatoes mixed with lemon juice, avocado or olive oil, pepper, and oregano.
Sprinkle with goat cheese or feta cheese.
Dinner
Involve your favorite cooked chicken breast for more protein.
Dinner
Baked salmon seasoned with garlic powder, pepper, and fresh-squeezed lemon juice.
Serve with roasted carrots and broccoli seasoned with your favorite seasoning.
Snacks
Carrots with hummus; unsalted walnuts, almonds, and grapes.
Day 3
Breakfast
Egg scramble made with one egg and sauteed vegetables (utilize leftover cooked vegetables for less cooking time).
Serve with whole-grain toast (or gluten-free whole-grain bread) and low-sodium peanut butter or nut butter that doesn't contain added oils or sugars.
Lunch
Leftover salmon and vegetables served over whole grains like brown or wild rice. You can keep salmon cold if you (or your co-workers) don't like the smell of reheated fish.
Just reheat rice and vegetables.
Dinner
Simple loaded salad: top kale and spinach with almonds, pumpkin seeds, tomatoes, peppers, cucumber, feta cheese, and canned tuna or salmon in water.
Drizzle an olive oil dressing on top.
Add leftover cooked and chilled rice or quinoa to the salad for a filling and nutritious carbohydrate source.
Snacks
Almonds and unsweetened nonfat Greek yogurt, hard-boiled egg and apple slices.
Day 4
Breakfast
Overnight pudding made with chia seeds, vanilla extract, cinnamon, 1% or fat-free lactose-free milk, or dairy alternative.
Top with fruit and sliced almonds.
Lunch
Chilled rice or quinoa bowl topped with leftover salad ingredients.
Served with unsweetened, nonfat Greek yogurt and raspberries.
Dinner
Southwest sweet potato hash made with lean ground turkey, roasted tomatoes, green chilies, onions, garlic, and pepper.
Serve with roasted green beans as a side.
Snacks
Edamame and clementines, unsweetened nonfat Greek yogurt ranch dip and carrot sticks.
Day 5
Breakfast
Nutrient-rich chocolate, peanut butter banana smoothie made with bananas, unsweetened cocoa powder, low-sodium natural peanut butter, kefir or unsweetened nonfat Greek yogurt, 1% or fat-free milk, or a dairy alternative.
Lunch
Leftover sweet potato hash.
Add baby carrots as a side.
Dinner
Vegetable-loaded chicken and chickpea curry with red peppers, tomatoes, cauliflower, curry powder, ginger, garlic, turmeric, and coconut milk (or lactose-free low-fat option or dairy-free alternative).
Canned tomatoes can also be used in place of coconut milk. You can serve over whole grains like brown rice for a more filling option.
Snacks
Apple with melted nut butter; mangoes and low-fat, low-sodium cottage cheese.
Day 6
Breakfast
Low-sugar, nonfat Greek yogurt topped with sliced almonds and blueberries.
Hot coffee with a splash of 1% or fat-free lactose-free milk.
Lunch
Leftover chicken and vegetable curry served over whole-grain rice.
Dinner
Thin-crust Mediterranean-style pizza.
Top the whole grain or cauliflower-based crust with olive oil, garlic, mozzarella, spinach, tomatoes, olives, artichokes, red onions, and feta cheese.
Serve with a spinach salad and olive oil dressing.
Snacks
Carrot sticks with red pepper hummus; energy bites pre-made with old-fashioned oats, ground flax seed, low sodium nut or seed butter, vanilla extract, honey, and unsweetened dried fruit.
Day 7
Breakfast
Breakfast burrito made with sauteed black beans, tomatoes, and peppers wrapped in a whole-grain tortilla (or corn tortilla).
Pair with salsa and a sprinkle of low-fat shredded cheese.
Add a scrambled egg for a heartier breakfast.
Lunch
Leftover pizza served with salad on the side.
Dinner
One pan lemon garlic chicken and potatoes.
Serve with your favorite cooked green vegetables, such as green beans, broccoli, or asparagus.
Snacks
Grapes and pistachios; trail mix made with almond, pumpkin seeds, walnuts, and unsweetened dried fruit.
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Tips For Staying Healthy With Hashimoto's Disease
Prioritize foods like fruits, vegetables, grains, beans, nuts, seeds, lean protein, fish, and healthy fats.
Reduce your intake of certain processed and packaged foods to help reduce the amount of added sugars, refined grains, and saturated fats you consume (which are pro-inflammatory).
Eating a wide variety of fruits, vegetables, nuts, beans, eggs, and lactose-free dairy can help ensure you consume vital nutrients like selenium, magnesium, zinc, and vitamin D.
Keep anti-inflammatory staples on hand, such as canned options for chickpeas, black beans, and tomatoes.
Choosing no salt added and/or low-sodium versions canned in water and rinsing them in water can help remove some added sodium.
For a quick breakfast or snack, stock your kitchen with smoothie ingredients (frozen vegetables and fruits, lactose-free nonfat milk or yogurt, and seeds or ground flax seeds).
Use moderate amounts of avocado or olive oil when cooking, roasting, or sauteing.
Wash and cut vegetables once weekly so they are ready for meals or snacks.
Prepare enough food at dinner for leftovers for breakfast, lunch, or an easy dinner the next day.
Give your body time to adjust to the new foods and monitor for symptom improvement.
Expect a couple of weeks after changing your diet.
Takeaway
This 7-day Hashimoto meal plan can help you incorporate nutrient-dense anti-inflammatory foods into your diet and might help reduce your symptoms. The meals and snacks prioritize vegetables (mostly cooked), plant-based protein options like beans and lentils, fruits, lean protein, or fish, and healthy fats like olive oil, avocados, nuts, and nut butters. The choices also accommodate individuals avoiding gluten- or lactose-containing foods. You can swap for gluten-free or low-lactose items if these do not aggravate your symptoms. Working with a registered dietitian can help you determine nutrient-rich foods you enjoy eating while optimizing your thyroid health.
Find a dietitian who accepts insurance through Nourish.
Hashimoto thyroiditis, also renowned as Hashimoto's disease, is one of the most common thyroid diseases in the U.S as well as other developed countries. Even when diagnosed and treated with medicine, its symptoms may substantially affect the quality of life. Research shows that diet and lifestyle modifications may considerably improve symptoms in addition to basic medication. People with Hashimoto's disease respond differently to treatment, so an individualized approach to this condition is vital. This review will examine how diet and lifestyle affect Hashimoto's disease, what you can and can't eat when you have the disease, and supplements for your diet.
How Do Diet and Lifestyle Affect Hashimoto?
Diet and lifestyle play a crucial role in managing Hashimoto's disease, as many people discover that their symptoms continue even with medication. Moreover, people who exhibit symptoms aren't given medicine unless they have varying hormone levels. In addition, studies suggest that inflammation may be a driving cause behind the wide variety of Hashimoto's symptoms. Diet and lifestyle modifications likewise are vital in reducing the risk of other diseases because people with Hashimoto's disease have a higher chance of contracting autoimmune conditions, diabetes, high cholesterol, and obesity. Studies also show that eliminating certain foods, making lifestyle changes, and taking supplements may substantially improve the quality of life and symptoms. What's more, these changes may help reduce inflammation, prevent or slow down thyroid damage caused by elevated antibodies and manage blood sugar, body weight, and cholesterol.
What Foods Can You Eat On the Hashimoto Diet?
If you have Hashimoto's disease, a nutrient-dense diet may help lessen the severity of your symptoms and boost your overall well-being. Try and eat the following foods:
1. Animal protein: Chicken, cod, eggs, salmon, shrimp, turkey, etc.
2. Beans: Black beans, chickpeas, lentils, etc.
3. Beverages: Sparkling water, water, unsweetened coffee or tea, etc.
4. Condiments, herbs, and spices: Apple cider vinegar, basil, black pepper, honey, lemon juice, paprika, rosemary, saffron, salsa, tahini, turmeric, etc.
5. Dairy and non-dairy substitutes: Almond milk, cashew milk, coconut milk, coconut yogurt, goat cheese, full-fat unsweetened yogurt, etc. (should be fortified with calcium).
6. Fruits: Apples, bananas, berries, citrus fruits, peaches, pears, pineapple, etc.
7. Gluten-free whole grains: Brown rice, brown rice pasta, quinoa, rolled oats, etc.
8. Healthy fats and oils: avocado, avocado oil, coconut oil, coconut oil, coconut yogurt, full-fat yogurt, olive oil, unsweetened coconut flakes, etc.
9. Non-starchy vegetables: artichokes, arugula, asparagus, beets, broccoli, Brussels sprouts, carrots, mushrooms, peppers, zucchini, etc.
10. Nuts, nut butter, and seeds: Almonds, almond butter, cashews, macadamia nuts, natural peanut butter, pumpkin seeds, sunflower seeds, etc.
11. Starchy vegetables: acorn, butternut squash, peas, potatoes, sweet potatoes, etc.
Remember that some people with Hashimoto's disease avoid some foods mentioned above, such as dairy. Thus, it's crucial to experiment to find out what works for you.
What Foods Not To Eat on the Hashimoto Diet?
Restricting the following foods may help improve your well-being and reduce symptoms:
Added sugars and sweets: Cakes, candy, cookies, energy drinks, soda, table sugar, etc.
Fast food and fried food: French fries, fried chicken, hot dogs, sausages, etc.
Gluten grains and foods: Barley, bread, crackers, rye, wheat, etc.
Highly processed foods and meats: Bacon, frozen dinners, margarine, sausages, etc.
Refined grains: Bagels, white bread, white flour tortillas, white bread, etc.
Some healthcare professionals recommend that people with Hashimoto's disease avoid dairy, soy products, and grains. However, although these suggestions can help many people, it's crucial to experiment with your diet to find out what works for you. Working with a nutritionist specializing in autoimmune ailments such as Hashimoto's disease can help you narrow down potentially challenging foods and develop an eating pattern or timetable to help you be at your best.
Helpful Supplements for the Hashimoto Diet
Some supplements can help reduce inflammation and thyroid antibodies in persons with Hashimoto's disease. In addition, those with this condition are more likely to have a nutrient deficiency, so supplementing might be necessary. Some of the beneficial supplements for this disease include:
Complex Vitamin B
Persons with Hashimoto's disease tend to be low in Vitamin B12. Consuming a top-notch B complex vitamin enhances vitamin B12 levels and other vital B vitamins as well.
Curcumin
Animal and human research have shown that Curcumin can help protect the thyroid. What's more, it can help treat autoimmune diseases overall. Iron
Individuals with Hashimoto's disease have a higher likelihood of contracting anemia. Therefore, iron supplements will be needed to correct this deficiency.
Magnesium
Low magnesium levels are linked to an increased risk of Hashimoto's disease and higher thyroid antibodies. Plus, treating magnesium deficiencies can improve thyroid disease symptoms.
Other Supplements
Supplements such as alpha-lipoic acid and fish oil can aid people with Hashimoto's disease.
Selenium
Research shows that consuming 200 mcg of selenium per day may help cut TPO (antithyroid peroxidase) antibodies and boost health in persons with Hashimoto's disease.
Vitamin D
Persons with Hashimoto's disease have been seen to have substantially lower levels of this vitamin compared to the general population. What's more, research connects low vitamin D levels to the severity of Hashimoto's disease.
Zinc
Zinc is vital for thyroid function. Studies suggest that 30 mg of this mineral each day can boost thyroid function in persons with hypothyroidism when used solely or alongside selenium.
Keep in mind that supplementing with massive iodine doses in the absence of an iodine deficiency may cause adverse effects to those with Hashimoto's disease. Therefore, you shouldn't consume massive amounts of iodine unless a physician has directed you.
Lifestyle Changes for the Hashimoto Diet
Getting adequate sleep, practicing self-care, and reducing stress are extremely crucial for persons with Hashimoto's disease. Studies show that participating in stress-reduction practices helps improve the overall quality of life, reduces anxiety and depression, and lowers thyroid antibodies in women with Hashimoto's disease.
Allowing your body to rest when you feel fatigued is vital as well. Moreover, you should take thyroid medication on an empty stomach at least 30 minutes before breakfast or at least 3 hours after supper for maximum absorption.
Final Thought
Hashimoto's disease is a typical autoimmune condition that affects the thyroid. It brings about numerous symptoms that may endure even after you take medication. However, dietary and lifestyle changes can significantly reduce symptoms and boost overall health.
Foods to Eat On The Hashimoto Diet
Animal protein: Chicken, cod, eggs, salmon, shrimp, turkey, etc.
Beans: Black beans, chickpeas, lentils, etc.
Beverages: Sparkling water, water, unsweetened coffee or tea, etc.
Condiments, herbs, and spices: Apple cider vinegar, basil, black pepper, honey, lemon juice, paprika, rosemary, saffron, salsa, tahini, turmeric, etc.
Dairy and non-dairy substitutes: Almond milk, cashew milk, coconut milk, coconut yogurt, goat cheese, full-fat unsweetened yogurt, etc. (should be fortified with calcium).
Fruits: Apples, bananas, berries, citrus fruits, peaches, pears, pineapple, etc.
Gluten-free whole grains: Brown rice, brown rice pasta, quinoa, rolled oats, etc.
Healthy fats and oils: avocado, avocado oil, coconut, coconut oil, coconut yogurt, full-fat yogurt, olive oil, unsweetened coconut flakes, etc.
Non-starchy vegetables: artichokes, arugula, asparagus, beets, broccoli, Brussels sprouts, carrots, mushrooms, peppers, zucchini, etc.
Nuts, nut butter, and seeds: Almonds, almond butter, cashews, macadamia nuts, natural peanut butter, pumpkin seeds, sunflower seeds, etc.
Starchy vegetables: acorn, butternut squash, peas, potatoes, sweet potatoes, etc.
Supplements You Can Take on The Hashimoto Diet
Complex Vitamin B
Curcumin
Iron
Magnesium
Other Supplements
Selenium
Vitamin D
Zinc
See Also
Pancreatitis Diet
Food List (Printable)
Vertical Diet
Meal Plan with Food List
Liquid Diet
Food List
Diabetic Diet
Food List (With Tables)
HCG Diet
Food List
1200 Calorie Diet
Food List
Elimination Diet
Food List
Ulcer Diet
Food List
Keto Cycle Diet
Hypothyroidism Diet
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Jadlospis w diecie osób z chorobą Hashimoto
powinien uwzględniać spożycia białka, a zmniejszenie - węglowodanów.
Ważny jest też wysoki udział tłuszczów zawierających nienasycone kwasy tłuszczowe, zwłaszcza wielonienasycone kwasy tłuszczowe z grupy omega-3.
Osoby chore na Hashimoto
powinny także zadbać o odpowiednią ilość jodu, cynku, selenu, żelaza, witaminy B12, witaminy D, przeciwniełaniaczy i probiotyków.
Jak realizować te zalecenia w praktyce?
Zobacz nasz przykładowy jadłospis z przepisami.
Autor: GettyImages
Spis treści
Jadłospis w diecie osób z chorobą Hashimoto
powinien być przygotowany przez dietetyka indywidualnie na potrzeby pacjenta, uwzględniając jego wagi, zapotrzebowanie energetyczne, preferencje żywieniowe oraz stan kliniczny.
Poniżej został przedstawiony przykładowy jadłospis dla 39-letniej kobiety o masie 63 kg i wzroście 169 cm z chorobą Hashimoto.
Dieta w chorobie Hashimoto - jadłospis
Dzień I
Śniadanie - owsianka z owocami
II Śniadanie - koktajl z mlekiem kokosowym
1 banan
1 szklanka malin
½ szklanki mleka kokosowego
Obiad - dorsz z ryżem i sałatką
Dorssa doprawić solą, tymiankiem, rozgniecionym zębkiem czosnku i oliwą z oliwek.
Rybę zawinąć w folie i piec w piekarniku w 200°C przez około 20 minut.
Pokroić w kostkę pomidora, ogórka, czerwoną paprykę i cebulę.
Dodać natkę pietruszki.
Tak przygotowaną sałatkę doprawić octem jabłkowym i olejem lnianym.
Upieczoną dorsza i sałatkę podawać z ugotowanym ryżem.
Podwieczorek - jogurt z otrębami i orzechami brazylijskimi
1 szklanka jogurtu naturalnego
2 łyżeczki otrąb pszennych
2 orzechy brazylijskie
Kolacja - sałata z kanapkami z humusem
140 g mieszanki różnych salat
1 łyżka oliwy z cytryny
1 łyżeczka bazylii
suszonej
2 kromki chleba żytniego na zakwasie
4 łyżeczki humusu domowego
Dzięki tej diecie schudniesz przy Hashimoto!
Autor: Time S.A.
Materiały prasowe
Borykasz się z Hashimoto lub niedoczynnością tarczycy? Skorzystaj z JeszCoLubisz, innowacyjnego systemu dietetycznego
Poradnika Zdrowie.
Ciesz się dietą dobraną do Twojego stylu życia, preferencji smakowych i umiejętności kulinarnych.
Jedz zdrowo i smacznie, wspierając przy tym organizm w walce z chorobą!
Dieta w chorobie Hashimoto - jadłospis
Dzień II
I Śniadanie - jajka na miękko z warzywami
II Śniadanie - jogurt z mango, otrębami i makiem
1 mango
½ szklanki jogurtu naturalnego
1 łyżka maku
2 łyżki otrąb pszennych
Obiad - wątróbka drobiowa z kiszoną kapustą
Wątróbkę oprószyć mąką i usmażyć na maśle klarownym.
Kiedy wątróbka się obsmaży z każdej strony dodać pokrojoną w plastry cebulę i majeranek.
Dusić pod przykryciem około 10 minut.
Posiekać kapustę kiszoną i polać oliwą z oliwek.
Danie podawać z ugotowanym peczyakiem.
Podwieczorek - mus z komosy ryżowej
½ szklanki ugotowanej komosy ryżowej
1 szklanka mleka migdałowego
2 orzechy brazylijskie
Kolacja - krem z dyni
2 ½ szklanki startej dyni
1 łyżeczka sproszkowanego imbiru
1 marchewka
1 łyżka jogurtu naturalnego
1 łyżka pestek dyni
1 kromka chleba żytniego na zakwasie
Obraną ze skóry ugotować z marchewką do miękkości.
Dodać sproszkowany imbir.
Zupeł zmiksować na gładki krem.
Podawać z jogurtem i pestkami dyni oraz kromką chleba.
Choroba Hashimoto - jakie daje objawy i jak ją leczyć?
Dieta w chorobie Hashimoto - jadłospis
Dzień III
I Śniadanie - omliet z warzywami
2 jajka kurze
1 łyżeczka masła klarownego
½ cukini
2 duże pieczarki
½ czerwonej papryki
3 łyżeczki szczypiorku
1 kromka chleba żytniego na zakwasie
Warzwa i pieczarki pokroić w drobna kostkę i obsmażyć na małej patelni do miękkości na maśle klarownym.
Wbić do warzyw roztrzepane jajka kurze i dusić pod przykryciem do całkowitego ścięcia się jajek.
Na końcu posypać omliet szczypiorkiem.
Podawać z kromką chleba żytniego.
II Śniadanie - sałata z makaronem i mozzarellą
2 szklanki ugotowanego pełnoziarnistego makaronu żytniego lub pszennego
2 plastry mozzarelli
1 pomidor
peczeń świeżej bazylii
1 łyżeczka oleju lnianego
Obiad - lososz z ziemniakami i surowką z marchewki
120 g lososia świeżego
1 zabełk czosnku
3 ugotowane ziemniaki
1 łyżeczka koperku
2 marchewki
1 jabłko
1 łyżeczka soku z cytryny
1 łyżeczka soku z cytryny
2 łyżeczki jogurtu naturalnego
Lososia doprawić solą i rozgniecionym zębkiem czosnku.
Rybę zawinąć w folię i piec w piekarniku w 200°C przez około 20 minut.
Marchewkę i jabłko zetrzeć na tarce, doprawić sokiem z cytryny i jogurtem.
Upieczonego lososia i surowkę podawać z ugotowanymi ziemniakami z koperkiem.
Podwieczorek - koktajl warzywno-owocowy
Kolacja - kanapki z twarogiem
2 kromki chleba żytniego na zakwasie
50 g (2 plastry) chudego twarogu
2 łyżeczki jogurtu naturalnego
3 łyżeczki szczypiorku
5 rzodkiewek
dr n. med. Karolina Karabin, biolog molekularny, diagnosta laboratoryjny, Cambridge Diagnostics Polska
Z wykształcenia biolog ze specjalizacją mikrobiologia i diagnosta laboratoryjny z ponad 10-letnim stażem w pracy laboratoryjnej.
Absolwentka Studium Medycyny Molekularnej oraz członek Polskiego Towarzystwa Genetyki Człowieka.
Kierownik grantów naukowych realizowanych w Pracowni Diagnostyki Molekularnej przy Klinice Hematologii, Onkologii i Chorób Wewnętrznych WUM.
Tytuł doktora nauk medycznych w zakresie biologii medycznej obroniła na I Wydziale Lekarskim WUM.
Autorka wielu prac naukowych i popularnonaukowych z zakresu diagnostyki laboratoryjnej, biologii molekularnej i żywienia.
Na co dzień jako specjalista w zakresie diagnostyki laboratoryjnej prowadzi dział merytoryczny w Cambridge Diagnostics Polska oraz współpracuje z zespołem dietetyków w Poradni Dietetycznej CD.
Ze specjalistami dzieli się praktyczną wiedzę dotyczącą diagnostyki i dietoterapii chorób na konferencjach, szkoleniach oraz na łamach czasopism i portali internetowych.
Szczególnie zainteresowana wpływem współczesnego stylu życia na procesy molekularne w organizmie.
dr n. med. Karolina Karabin