

Jatrosom[®] N

Diet Guidelines

In connection with the prescription of Jatrosom[®]N.

Here you will find a list of food that is permitted, permitted in small quantities and forbidden.



All food is to be used as freshly as possible and food is to be consumed on the day of preparation. Opened half and full preserved foods are to be eaten immediately. Opened preserved foods have to be kept at a temperature of 4 degrees Celsius in the refrigerator for a maximum of 48 hours.







The following note has to be taken into account: food permitted in small quantities can be recommend for meals.

Biogenic amines can accumulate in food. If biogenic amines are taken during the therapy with Jatrosom[®]N in excess with the food, toxic appearances can appear in the form of nausea, headaches and a higher blood pressure.

Therefore certain foods are forbidden 1 day before, during and up to 14 days after a treatment with Jatrosom[®]N or are only permitted in small quantities.



	Example of permissible food	Permitted in small quantities	Forbidden
<p>Milk and dairy products</p> 	<p>Fresh raw milk (4 degrees Celsius, 48 h consumption period after leaving the dairy)</p> <p>Milk pasteurised, (4 degrees Celsius, 48 h preserved as of dairy: corresponds to the use-by date)</p> <p>UHT milk and produced mixed milk products (fruit-, vanilla, chocolate milk and the like)</p> <p>Butter, cream, soured cream, buttermilk, coffee cream, quark, cream cheese and prepared with herbs, vegetables and the like</p> <p>Processed cheese</p>	<p>Semi-solid cut cheese made from pasteurised milk (e.g. Gouda, Chester - 1 slice 20 g)</p> <p>Yoghurt, kefir and its preparations approx. 100 ml.</p> <p>Vanilla and fruit sundae per portion</p>	<p>Brine salted hard cheese (e.g. Emmenthaler cheese, mountain cheese, Parmesan and similar sliced cheese and grated cheese made from raw milk)</p> <p>Mould cheese e.g. Roquefort, Camembert and similar kinds of cheese</p> <p>Full fat cream cheese e.g. Limburger, Rotschmierkäse (washed rind cheese), German Harzer Käse (semi-soft, skim-milk cheese), German hand cheese.</p>
<p>Meat and meat products</p> 	<p>Fresh meat from all beef cattle and game, incl. tongues and hearts</p> <p>Fresh poultry and frozen goods</p> <p>Canned meats, luncheon meat, corned beef, meat sauce preserved foods</p> <p>Meat vol-au-vents and roast sliced cold meat</p> <p>stock, granulated stock</p> <p>All kinds of sausage e.g. Viennese, frankfurters, ham sausage, Mortadella (Spam), smoked sausage and the like</p> <p>Cooked sausage, e.g. frankfurters, liver sausages, black pudding</p> <p>Smoked pork chops, salted meat, pickled tongue, ham and bacon</p>	<p>Pig liver maximum 100 g</p> <p>Fresh German Knackwurst (a short, thick, highly seasoned sausage) maximum 100 g (still soft)</p> <p>Tea sausage, lean minced pork sausage, fine Braunschweiger (smoked liver sausage - up to 50 g)</p>	<p>Cattle and chicken liver</p> <p>Kidneys of all beef cattle and wild animals</p> <p>Soups and stock cubes</p> <p>Industrially produced sauces</p> <p>Game (aged and with a pungent smell)</p> <p>Hard mature salami and the like, raw sausages particularly with a mould coating</p>
<p>Fish and Fish Products</p> 	<p>Fresh fish (ice storage)</p> <p>Frozen fish</p> <p>Fish fingers or pieces of frozen fillet</p> <p>Smoked fish (bloaters, smoked mackerel, sprats, halibut, rose fish, codfish and the like)</p> <p>Fresh crayfish, oysters and crayfish</p> <p>Fish full preserved foods made with sardines and herrings (e.g. sardines, herring in tomato sauce, oil or cream sauce and the like)</p>	<p>pickled herrings, rollmops (marinated fillet of herring wrapped around pickle or an onion) up to 100 g</p> <p>Herring pieces in mayonnaise or jelly up to 100 g</p> <p>Preserved tuna fish up to 50 g</p>	<p>Salted herring, young herring, salt sardines, anchovies, caviar and related raw products conserved in salt</p> <p>Cold smoked fish (e.g. salmon herring, salmon mackerel and the like)</p> <p>Dried fish, dried cod, salted cod</p> <p>Codfish liver</p> <p>Calamari (squid)</p> <p>Fish sauces, Asian sauces</p>

	Example of permissible food	Permitted in small quantities	Forbidden
Eggs and Egg products 	Fresh eggs, egg powder		Soleier (pickled eggs)
Yeast and Yeast products 	Baking yeast, yeast-risen pastry (bread, roll, cake)		Yeast extracts, Hefehydrolysate, Marmite Drinks (beer, wine, champagne, sparkling wine, also non-alcoholic kinds) produced with yeasts (Yeast extracts are used in canteen kitchens to round off sauces, stews and gravy)
Grain and cereal products 	Grains, flakes, flours, semolina and grains of wheat (pearl barley), rye, oats, barley, corn, rice, buckwheat, millet Wheat sprouts		Barley sprouts (malt)
Pulses 	Peas, lentil Green, unripe beans in the pod Soybeans, soy sprouts		Ripe brown beans (e.g. kidney beans) Broad beans (also horse beans), white beans Bean sprouts Asian soy sauces
Cocoa and cocoa products 	Drinking cocoa, drinking chocolate, cappuccino Chocolate coating on bread, cakes, and pastries	Chocolates with cream, fruit or marzipan fillings up to 20 g Marzipan up to 20 g Chocolate bar with milk, cream or marzipan filling up to 20 g Muesli bar with chocolate coating up to 20 g Chocolate with whole hazelnuts, cashew nuts or almonds up to 20 g	Chocolate in solid bars or in figures (plain chocolate, milk chocolate, white chocolate) Cognac beans, liqueur chocolates, cocoa liqueur Walnut or nougat Chocolate and nougat ice cream
Fruit 	Apples, pineapples, cherries, yellow and blue plums, strawberries, red current, gooseberries, blueberries or huckleberries, cranberries, rhubarb, lemons, mangos, grapefruit oranges, mandarins, peaches, apricots, green grapes	Black currants, green pears up to 50 g, red grapes up to 250 g Dried fruits up to 20 g	Bananas, very ripe pears and avocados, red plums, figs Rum pot

	Example of permissible food	Permitted in small quantities	Forbidden
<p>Vegetables and vegetable products</p> 	<p>Potatoes, carrots, red, white and savoy cabbage, brussels sprouts, cauliflower, black salsifies, celery, onions, leek, cucumbers, tomatoes, peppers, garlic, mushrooms, fennels, asparagus, zucchini, beetroot, (fresh or vacuum packed), salads, fresh herbs</p>	<p>Pasteurised wine sauerkraut up to 100 g</p> <p>Pasteurised pickled gherkins up to 100 g</p> <p>Carrots (i.e. young carrots mostly shorter and with leaves) up to 20 g</p>	<p>Raw sauerkraut</p> <p>Raw pickled gherkins, pickled gherkins from the barrel</p> <p>Mixed pickles, pickled mushrooms</p>
<p>Nuts and nut products</p> 	<p>Coconut, hazelnut, peanut, cashew nut, Brazil nut, sweet almonds</p> <p>Hazelnut purée and paste</p> <p>Hazelnut marzipan</p>	<p>Hazelnut nougat up to 20 g</p>	<p>Walnut</p>
<p>Drinks</p> 	<p>Non-alcoholic juices with no or little amount of citrus fruits, pear, banana or plum (e.g. fruit juice, lemonade, multi-vitamin juices)</p> <p>Freshly pressed citrus juices</p> <p>Soda water, coffee, Coke, herb teas, black tea, fruit tea, malt coffee</p>	<p>Industrial produced orange juice up to 100 ml</p>	<p>Juices with a high amount of pears, bananas or plums</p> <p>Grapefruit juices produced industrially</p> <p>Nectar made from citrus fruits</p> <p>Alcoholic drinks e.g. beer, wine, champagne, Cognac</p> <p>Liqueurs, brandies, whiskey, rum and the like (also beer and wine in non-alcoholic form)</p>
<p>Other food</p> 	<p>Honey</p> <p>Sugar beet syrup</p>		