

Protein- och energirika livsmedel



Frysta pannkakor

180 kcal, 5,6 g protein/2st



Keso mellanmål

210 kcal, 18 g protein/st



Kesella naturell

175 kcal, 12 g protein/0,5 st

Kesella vanilj

190 kcal, 9 g protein/0,5 st



Ostkaka

170 kcal, 10 g protein/100g



Gräddglass

234 kcal, 4 g protein/100g



Hårdost

195 kcal, 13 g protein/50 g

Dessertost

170 kcal, 9 g protein/50g



Ägg

85 kcal, 7 g protein/st



Inlagd sill

60 kcal, 3 g protein/3 bitar



Makrill i tomatsås

225 kcal, 17 g protein/förp



Solrosfrön

50 kcal, 2 g protein/1 msk



Oliver

65 kcal, 1 g protein/10 st



Avokado

210 kcal, 2 g protein/st



Jordnötssmör

100 kcal, 8,5 g protein/msk



Cashewnötter

360 kcal, 11 g protein/dl



Yalla! Kvarg

120 kcal, 18,6 g protein/st

Yalla! Drickkvarg

175 kcal
21,4 g protein/st



Yalla! Yoghurtsmoothie

245 kcal
9 g protein/st



Yalla! Drickyoghurt

175 kcal
12 g protein/st



Risifrutti 210 kcal, 5 g protein/st
Mannafrutti 230 kcal, 5 g protein/st

Smaksatt Yoghurtkvarg

80 kcal
5,7 g protein/dl



Turkisk yoghurt

130 kcal
4 g protein/dl



Rysk yoghurt

183 kcal
3,5g protein/dl

Fjällyoghurt

90 kcal
3 g protein/dl



Skyr naturell

63 kcal
11 g protein/dl



Skyr vanilj

74 kcal
9,1 g protein/dl

ProPud

145 kcal, 20 g protein/st



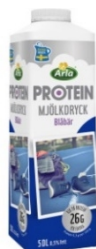
Yoggi dröm

110 kcal
3 g protein/dl



Arla proteinmjölk

45 kcal
5,3 g protein/dl



Alpro Go On

130 kcal, 8 g protein/st



Kokosyoghurt

195 kcal, 2 g protein/st



Ansvariga för dokumentet

Dietisterna på rehabiliteringscentrum