**Mat- och vätskeregistrering för**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rum\_\_\_\_\_\_\_Datum\_\_\_\_\_\_\_\_\_\_\_Energibehov\_\_\_\_\_\_\_\_\_\_\_Kost\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MAX dryck\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Övrigt\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **FRUKOST** | | | | | | | **LUNCH** | | | | | | |
|  | Insatt  mängd | Uppäten mängd | | | | Total  kcal |  | Insatt mängd | Uppäten mängd | | | | Total  kcal |
|  |  | 1 | 3/4 | 1/2 | 1/4 |  |  |  | 1 | 3/4 | 1/2 | 1/4 |  |
| Smörgås |  | 160 | 120 | 80 | 40 |  | Förrätt |  | 150 | 115 | 75 | 40 |  |
| Gröt 2 dl |  | 120 | 90 | 60 | 30 |  | Huvudrätt **L** |  | 320 | 240 | 160 | 80 |  |
| Flingor 1 dl |  | 40 | 30 | 20 | 10 |  | Huvudrätt |  | 450 | 345 | 225 | 115 |  |
| Müsli 1 dl |  | 140 | 105 | 70 | 35 |  | Dessert |  | 150 | 115 | 75 | 40 |  |
| Ägg |  | 70 |  | 35 |  |  |  |  |  |  |  |  |  |
| Total |  |  |  |  |  |  | Total |  |  |  |  |  |  |

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| **KVÄLLSMAT** | | | | | | | **MELLANMÅL** | | | | | | |
|  | Insatt mängd | Uppäten mängd | | | | Total  kcal |  | Insatt mängd | Uppäten mängd | | | | Total  kcal |
|  |  | 1 | 3/4 | 1/2 | 1/4 |  |  |  | 1 | 3/4 | 1/2 | 1/4 |  |
| Förrätt |  | 150 | 115 | 75 | 40 |  |  |  |  |  |  |  |  |
| Huvudrätt **L** |  | 320 | 240 | 160 | 80 |  |  |  |  |  |  |  |  |
| Huvudrätt |  | 450 | 345 | 225 | 115 |  |  |  |  |  |  |  |  |
| Dessert |  | 150 | 115 | 75 | 40 |  |  |  |  |  |  |  |  |
| Gröt (manna /risgryn) |  | 250 | 180 | 125 | 60 |  |  |  |  |  |  |  |  |
| Smörgås |  | 160 | 120 | 80 | 40 |  |  |  |  |  |  |  |  |
| Total |  |  |  |  |  |  | Total |  |  |  |  |  |  |

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| **DRYCK** | | | | |
| Sort | Insatt  mängd ml | Kcal | Ur-  drucken  mängd | Kcal |
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| Total |  |  |  |  |

**Energimängd kcal 250 ml 100 ml**

Flytande varm 320 130

Flytande kall 160 64

**Vätskemått** – angivna mängder gäller vid påfyllnad upp till ca 1,5 cm från överkant.

Glas 175 ml

Mugg, stor 200 ml

Djup tallrik 250 ml

Glasskål 200 ml

Liten djup tallrik 200 ml

Djup tallrik 250 ml

Djup porslinsskål 400 ml

**Uträkning energibehov kcal/dygn**

Sängliggande 25 kcal x vikt

Uppegående 30 kcal x vikt

Ökat behov 35 kcal x vikt

**Eliminations- och vätskebalansmätning för \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Rum\_\_\_\_\_\_\_\_\_\_ Datum\_\_\_\_\_\_\_\_\_\_\_**

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| **Frukost** | **Mängd** | **Kcal** |  | **Mellanmål** | **Mängd** | **Kcal** |  | **Frukt** | **Mängd** | **Kcal** |
| Smörgås m pålägg | 1st | 150 |  | Digestivekex | 1st | 60 |  | Apelsin/äpple/päron | 1st | 60 |
| Knäckebröd m pålägg | 1st | 110 |  | Smörgåsrån | 1st | 15 |  | Banan | 1st | 100 |
| Ägg | 1st | 80 |  | Skorpa | 1st | 40 |  | Bär | 1dl | 60 |
| Sillbit | 1st | 15 |  | Kex/pepparkaka | 1st | 30 |  | Clementin/kiwi | 1st | 30 |
| Kaviar | 1 tsk | 20 |  | Veteskiva | 1st | 100 |  | Vindruvor | 1dl | 50 |
| Marmelad | 1msk | 40 |  | Ballerina | 1st | 70 |  | Fruktsallad | 1dl | 30 |
| Cornflakes | 1dl | 50 |  | Gräddglass, bägare | 120ml | 140 |  | Konserverad frukt | 1dl | 80 |
| Müsli | 1dl | 150 |  | Lättglass, bägare | 120ml | 60 |  |  |  |  |
| Sylt/mos | 1msk | 30 |  | Piggelin | 55 ml | 50 |  | **Dryck** | **Mängd** | **Kcal** |
| Sylt/mos osötad | 1msk | 5 |  | Kräm | 1dl | 90 |  | Mjölk/Fil standard | 1dl/1glas | 60/105 |
| Välling | 1dl/1 mugg | 70/140 |  | Mellanmålskitt |  | 200 |  | Mjölk/Fil mellan | 1dl/1glas | 50/87 |
| Gröt havre | 1dl | 50 |  | Protino Dessert | 80 ml | 120 |  | Yoghurt naturell | 1 dl/1glas | 65/115 |
| Gröt manna/ris | 1dl | 100 |  |  |  |  |  | Yoghurt frukt | 1 dl/ 1glas | 80/140 |
|  |  |  |  | **Näringsdryck** | **Mängd** | **Kcal** |  | Saft/Läsk | 1dl/1glas | 40/70 |
| **Övrigt** | **Mängd** | **Kcal** |  | Energihutt | 1ml/30ml | 5/150 |  | Juice/Proviva | 1dl/1glas | 50/81 |
| Kaffegrädde | 1 msk | 20 |  | Nutridrink Compact Protein | 1ml/125ml | 2,5/300 |  | Lättdryck | 1dl/1glas | 30/52 |
| Socker/honung | 1 tsk | 20 |  | Fresubin Protein Energy Drink | 1ml/200ml | 1,5/300 |  | Nyponsoppa berikad | 1dl/1glas | 115/200 |
| Sockerbit | 1 st | 15 |  | Resource 2.0 + fiber | 1ml/200ml | 2/400 |  | Chokladdryck | 1dl/1mugg | 55/110 |
| Rapsolja | 1 msk | 124 |  | Resource Addera Plus | 1ml/200ml | 1,5/300 |  | Buljong | 2 dl | 50 |
|  |  |  |  |  |  |  |  | Flytande varm soppa | 1dl | 130 |
|  |  |  |  |  |  |  |  | Flytande kall soppa | 1dl | 60 |
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| **KAD/ urin** | **Pyelo-/ urostomi** | **Avföring/ Stomi** | **Dränage 1** | **Dränage 2** | **V-sond/ kräkning** | **Övrigt** |
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