# **Mat- och vätskeregistrering Eksjö**

Namn:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Datum:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Energibehov:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vätskebehov:\_\_\_\_\_\_\_\_\_\_\_\_\_ Kost:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- |
|  | **Kl:** | **Insatt** **mängd** | **Intag** | **ml** | **kcal** |
| **1 port** | **¾ port** | **½ port** | **¼ port** |
| **Morgonmål** |  |  | **kcal** | **kcal** | **kcal** | **kcal** |  |  |
|  |  |  |  |  |  |  |  |  |
| **Frukost** |  |  | **kcal** | **kcal** | **kcal** | **kcal** |  |  |
| Gröt, 2dl |  |  | 120 | 90 | 60 | 30 |  |  |
| Flingor, 1 dl |  |  | 40 | 30 | 20 | 10 |  |  |
| Müsli, 1 dl |  |  | 140 | 105 | 70 | 35 |  |  |
| Yoghurt/fil/mjölk 2 dl |  |  | 100 | 75 | 50 | 25 |  |  |
| Socker/sylt/mos, 1 msk |  |  | 35 |  |  |  |  |  |
| Smörgås + pålägg, 1 st |  |  | 160 | 120 | 80 | 40 |  |  |
| Ägg, 1 st |  |  | 70 |  | 35 |  |  |  |
| Sill, 1 bit |  |  | 15 |  |  |  |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| **Mellanmål** |  |  | **kcal** | **kcal** | **kcal** | **kcal** |  |  |
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| **Lunch** |  |  | **kcal** | **kcal** | **kcal** | **kcal** |  |  |
| Huvudrätt |  |  | 450 | 345 | 225 | 115 |  |  |
| Efterrätt |  |  | 150 | 115 | 75 | 40 |  |  |
| Smårätt |  |  | 350 | 255 | 175 | 85 |  |  |
| Flyt varm (250 ml) |  |  | 320 | 240 | 160 | 80 |  |  |
| Flyt kall (250 ml) |  |  | 160 | 120 | 80 | 40 |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| **Totalt intag fm:** |  |  |  |

**Mellanmål**
Kräm (1,5 dl) 135 kcal Smoothie 1 dl/Bärdrink (flyt) 180/135 kcal **Näringsdycker:**
Glass/isglass 100/50 kcal Färdig paj 600 kcal/st Fresubin 3,2 kcal 400 kcal/125 ml
Frukt/banan 50/100 kcal Färdig soppa 320 kcal/st Nutridrink compact protein 300 kcal/125 ml
1 skorpa med/utan smör & ost 130/50 kcal O´boy, 1 dl 70 kcal Fresubin protein energy drink 300 kcal/200 ml
1 skiva fyllt vetebröd 130 kcal Mjölk/saft/juice/fruktsoppa, 1 dl 50 kcal Resource 2,0 fibre 400 kcal/200 ml
1 smörgås med pålägg 160 kcal Proviva/lättöl/havredryck, 1 dl 50 kcal Resource Addera (ej komplett) 300 kcal/200 ml
1 pannkaka med grädde & syl 175 kcal Risgrynsgröt+65 ml Resource 2,0 170 (300) kcal
10 g 40% margarin 35 kcal **Berikning:**
2 smörgåsrån med mjukost 75 kcal Nutrison Powder ½ dl (20 g) 90 kcal
Energihutt (30 ml/2 msk) 150 kcal Fresubin Protein Powder 1 skopa, 20 kcal
 Fantomalt (kolhydrat) 1 skopa, 20 kcal
 Rapsolja, 1 msk 100 kcal

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Energibehov:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vätskebehov:\_\_\_\_\_\_\_\_\_\_\_\_\_ Kost:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| **Totalt intag****fm:** |  |  |  |
|  | **Kl:** | **Insatt** **mängd** | **Intag** | **ml** | **kcal** |
| **1 port** | **¾ port** | **½ port** | **¼ port** |
| **Mellanmål** |  |  | **kcal** | **kcal** | **kcal** | **kcal** |  |  |
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| **Middag** |  |  | **kcal** | **kcal** | **kcal** | **kcal** |  |  |
| Huvudrätt |  |  | 450 | 345 | 225 | 115 |  |  |
| Efterrätt |  |  | 150 | 115 | 75 | 40 |  |  |
| Smårätt |  |  | 350 | 255 | 175 | 85 |  |  |
| Flytande varm (250 ml) |  |  | 320 | 240 | 160 | 80 |  |  |
| Flytande kall (250 ml) |  |  | 160 | 120 | 80 | 40 |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| Dryck |  |  |  |  |  |  |  |  |
| **Kvällsmål** |  |  | **kcal** | **kcal** | **kcal** | **kcal** |  |  |
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| **Nattmål** |  |  | **kcal** | **kcal** | **kcal** | **kcal** |  |  |
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| **Totalt intag:** |  |  |  |
| **Energibehov:** |  |  |
| **Vätskebehov:** |  |  |
| **Differens:** |  |  |
| **Nattfasta:** |  |

**Söta och salta mellanmål**Protino proteinyoghurt 120 kcal
Chokladboll 280 kcal
Pannkakor, 2 st 200 kcal
Müslibar 410 kcal
Köttbullar & rödbetssallad 120 kcal
Rökt kalkonröra 95 kcal
Färskost 115 kcal
Hummus 210 kcal
Rökt laxröra 65 kcal

Övrigt:
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