

PRESSURE ULCER/INJURY RECURRENCE

FACTSHEET ON MEAL FORTIFICATION



SMOOTHIES AND HOT BEVERAGES



Base

Milk, soy milk,
chocolate, cappuccino

1 glass



Extra protein

Powdered milk, nuts,
pasteurised eggs,
ricotta, whey protein,
yoghurt, quark

≥ 2 tbsp



Calories

Ice cream, condensed
milk, avocado, jam,
toppings, sugar, cream,
nut butters

≥ 1 tbsp



Flavour

Coffee, vanilla,
ginger, fresh, canned
or dried fruit

≥ 2 tbsp



Optional

Wheat germ, seeds,
seed flours, brewer's
yeast

≥ 2 tbsp

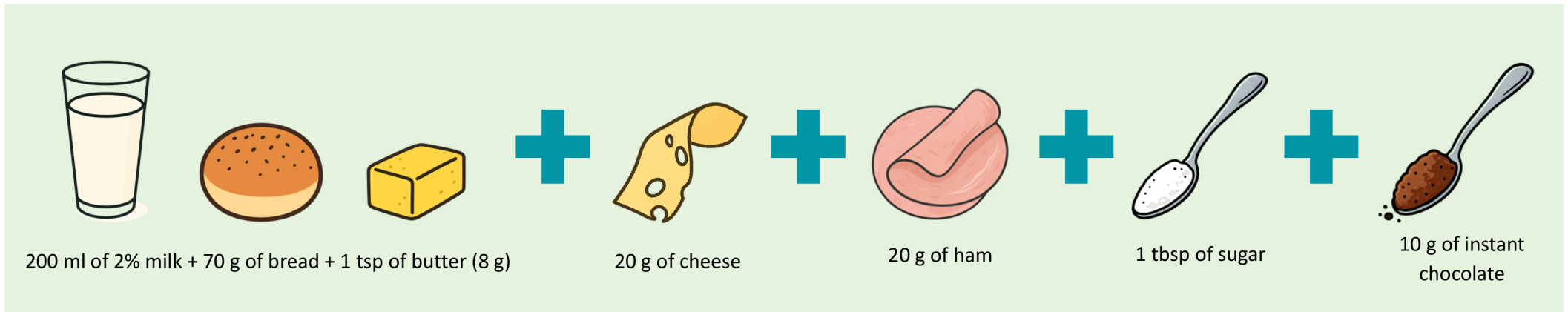


PRESSURE ULCER/INJURY RECURRENCE

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BREAKFAST/AFTERNOON MEAL



Energy
342 kcal

Protein
10.9 g



Energy
540 kcal

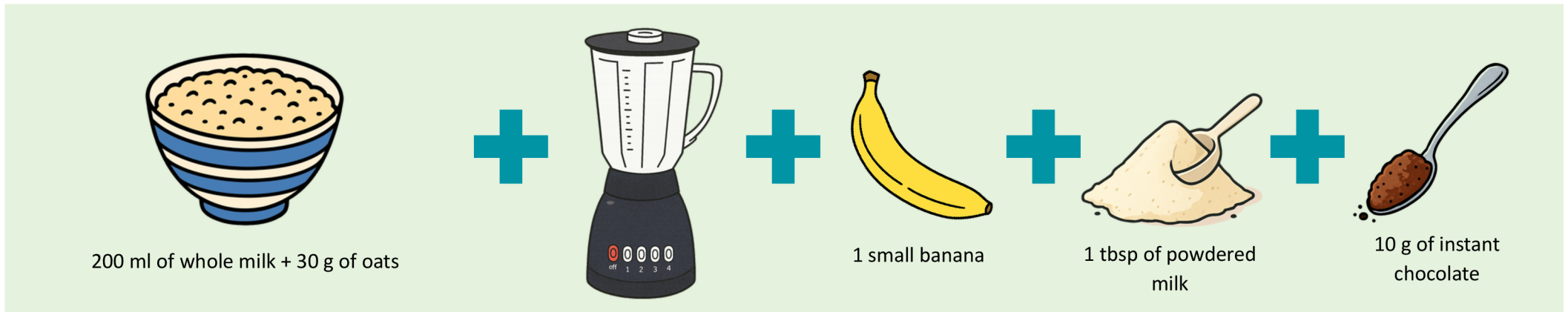
Protein
20 g

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BREAKFAST/AFTERNOON MEAL



Energy
266 kcal

Protein
12 g



Energy
420 kcal

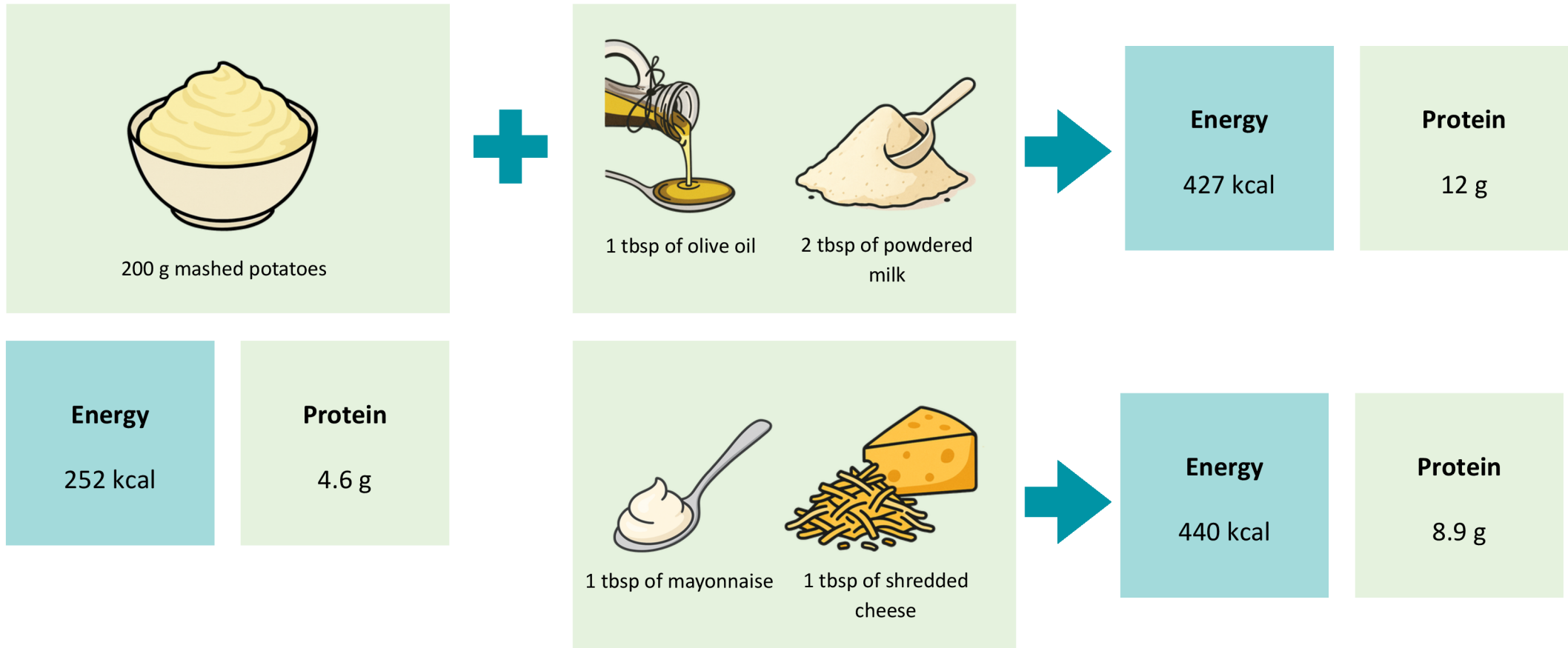
Protein
20 g

PRESSURE ULCER/INJURY RECURRENCE

FACTSHEET ON MEAL FORTIFICATION



LUNCH/DINNER



PRESSURE ULCER/INJURY RECURRENCE

FACTSHEET ON MEAL FORTIFICATION



LUNCH/DINNER

