



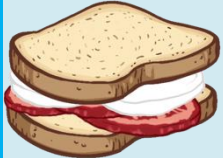









SANDWICHES



SNACK N.1  <p>White Bread (50 g/1.7 oz) Ham (30 g/1.4 oz) Emmental (20 g/0.7 oz)</p>			g	Kcal	%
		Protein	16.40	65.60	25.40
		Fat	7.50	67.90	26.20
		Carbohydrates	33.40	125.10	48.40
		Total Energy		258.60	100.00
		Sodium (mg)	640		



SNACK N.2  <p>White Bread (50 g/1.7 oz) Canned Tuna (56 g/1.9 oz)</p>			g	Kcal	%
		Protein	17.90	71.60	29.30
		Fat	5.70	50.90	20.90
		Carbohydrates	32.40	121.30	49.80
		Total Energy		243.80	100.00
		Sodium (mg)	510		




SNACK N.3  <p>White Bread (50 g/1.7 oz) Mozzarella Cheese* (40 g/1.4 oz) Tomato** (20 g/0.7 oz) <i>*1/3 of cheese / **1 slice</i></p>			g	Kcal	%
		Protein	11.80	47.10	19.40
		Fat	7.90	71.20	29.40
		Carbohydrates	33.20	124.50	51.20
		Total Energy		242.60	100.00
		Sodium (mg)	413	 	

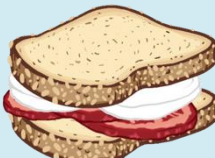


SNACK N.4  <p>White Bread (50 g/1.7 oz) 1 Boiled Egg (60 g/2.1 oz) 1 teaspoon of Mayo (5 g/0.1 oz)</p>			g	Kcal	%
		Protein	11.70	46.80	18.90
		Fat	8.80	79.40	32.00
		Carbohydrates	32.50	121.70	49.10
		Total Energy		247.90	100.00
		Sodium (mg)	1085	 	





SNACK N.5  <p>White Bread (50 g/1.7 oz) Smoked Salmon (40 g/1.4 oz)</p>			g	Kcal	%
		Protein	14.40	57.70	25.30
		Fat	5.40	48.60	21.30
		Carbohydrates	32.50	121.70	53.40
		Total Energy		228.00	100.00
		Sodium (mg)	1085		




SNACK N.6  <p>White Bread (50 g/1.7 oz) 5 slices of Roasted Turkey (50 g/1.7 oz)</p>			g	Kcal	%
		Protein	13.50	54.00	24.30
		Fat	4.40	39.50	17.80
		Carbohydrates	34.30	128.50	57.90
		Total Energy		222.00	100.00
		Sodium (mg)	730		




SNACK N.7		g	Kcal	%
 <p>Whole Bread (60 g/2.1 oz) Ham (30 g/1.4 oz) Emmental (20 g/0.7 oz)</p>	Protein	16.80	67.20	24.50
	Fat	8.20	73.80	26.90
	Carbohydrates	33.30	133.20	48.60
	Total Energy		274.20	100.00
	Sodium (mg)	640		

SNACK N.8		g	Kcal	%
 <p>Whole Bread (60 g/2.1 oz) Canned Tuna (56 g/1.9 oz)</p>	Protein	18.30	73.20	28.10
	Fat	6.40	57.60	22.10
	Carbohydrates	32.30	129.20	49.80
	Total Energy		260.00	100.00
	Sodium (mg)	506	 	

























SNACK N.9		g	Kcal	%
 <p>Whole Bread (60 g/2.1 oz) Mozzarella Cheese* (40 g/1.4 oz) Tomato** (20 g/0.7 oz) <i>*1/3 of cheese/** 1 slice</i></p>	Protein	12.20	48.8	18.90
	Fat	8.60	77.40	29.90
	Carbohydrates	33.10	132.4	51.20
	Total Energy		258.6	100
	Sodium (mg)	410	 	







SNACK N.10		g	Kcal	%
 <p>Whole Bread (60 g/2.1 oz) 1 Boiled Egg (60 g/2.1 oz) Mayonnaise* (5 g/0.1 oz) <i>*1 tea spoon</i></p>	Protein	12.10	48.40	18.40
	Fat	9.50	85.50	32.40
	Carbohydrates	32.40	129.60	49.20
	Total Energy		263.50	100.00
	Sodium (mg)	434	  	






SNACK N.11		g	Kcal	%
 <p>Whole Bread (60 g/2.1 oz) Smoked Salmon (40 g/1.4 oz)</p>	Protein	14.80	59.20	24.30
	Fat	6.10	54.90	22.50
	Carbohydrates	32.40	129.60	53.20
	Total Energy		243.70	100.00
	Sodium (mg)	1082	 	







SNACK N.12		g	Kcal	%
 <p>Whole Bread (60 g/2.1 oz) Roasted Turkey* (50 g/1.7 oz) <i>*5 slices</i></p>	Protein	13.90	55.60	23.20
	Fat	5.20	46.80	19.50
	Carbohydrates	34.20	136.80	57.30
	Total Energy		239.20	100.00
	Sodium (mg)	730	 	






RICE POKE'






	SNACK N.13 White rice (40 g/1.4 oz) Tofu (Nigari) (70 g/2.5 oz)		g	Kcal	%
		Protein	11.60	46.50	18.30
		Fat	7.20	65.20	25.60
		Carbohydrates	38.10	142.90	56.10
		Total Energy		254.60	100.00
		Sodium (mg)	10	  	
	SNACK N.14 White rice (40 g/1.4 oz) Beans or Chickpeas or Lentils (200g/7.1 oz, Cooked Legumes)		g	Kcal	%
		Protein	11.70	46.90	18.40
		Fat	1.80	15.90	6.30
		Carbohydrates	51.20	191.90	75.30
		Total Energy		254.70	100.00
		Sodium (mg)	695	  	
	SNACK N.15 White rice (40 g/1.4 oz) Edamame (90 g/3.2 oz)		g	Kcal	%
		Protein	12.70	50.80	19.60
		Fat	4.70	42.70	16.50
		Carbohydrates	44.00	165.10	63.90
		Total Energy		258.60	100.00
		Sodium (mg)	10	   	
	SNACK N.16 White rice (40 g/1.4 oz) Smoked Salmon (50 g/1.8 oz)		g	Kcal	%
		Protein	15.50	62.00	28.70
		Fat	2.50	22.40	10.40
		Carbohydrates	35.00	131.40	60.90
		Total Energy		215.80	100.00
		Sodium (mg)	940	 	
	SNACK N.17 White rice (40 g/1.4 oz) Raw Tuna (50 g/1.8 oz)		g	Kcal	%
		Protein	13.60	54.20	24.20
		Fat	4.30	38.60	17.20
		Carbohydrates	35.10	131.60	58.60
		Total Energy		224.40	100.00
		Sodium (mg)	25	  	
	SNACK N.18 White rice (40 g/1.4 oz) Raw Salmon (50 g/1.8 oz)		g	Kcal	%
		Protein	12.00	48.00	20.20
		Fat	6.20	56.20	23.70
		Carbohydrates	35.50	133.30	56.10
		Total Energy		237.50	100.00
		Sodium (mg)	52	  	






	SNACK N.19			
	Whole Rice (40 g/1.4 oz) Tofu (Nigari) (70 g/2.5 oz)			
		g	Kcal	%
	Protein	11.50	46.00	17.70
	Fat	8.10	72.90	27.80
	Carbohydrates	35.60	142.40	54.50
	Total Energy		261.30	100.00
	Sodium (mg)	10	    	

	SNACK N.20			
	Whole Rice (40 g/1.4 oz) Beans or Chickpeas or Lentils (200g/7.1 oz, Cooked Legumes)			
		g	Kcal	%
	Protein	11.60	46.40	17.10
	Fat	3.50	31.50	11.50
	Carbohydrates	48.70	194.80	71.40
	Total Energy		272.70	100.00
	Sodium (mg)	690	   	





	SNACK N.21			
	Whole Rice (40 g/1.4 oz) Edamame (90 g/3.2 oz)			
		g	Kcal	%
	Protein	12.60	50.40	18.90
	Fat	5.60	50.40	18.90
	Carbohydrates	41.50	166.00	62.20
	Total Energy		266.80	100.00
	Sodium (mg)	10	    	




	SNACK N.22			
	Whole Rice (40 g/1.4 oz) Smoked Salmon (50 g/1.8 oz)			
		g	Kcal	%
	Protein	15.40	61.60	27.70
	Fat	3.40	30.60	13.80
	Carbohydrates	32.50	130.00	58.50
	Total Energy		222.20	100.00
	Sodium (mg)	940	   	

	SNACK N.23			
	Whole Rice (40 g/1.4 oz) Raw Tuna (50 g/1.8 oz)			
		g	Kcal	%
	Protein	13.50	54.00	23.40
	Fat	5.20	46.80	20.20
	Carbohydrates	32.60	130.40	56.40
	Total Energy		231.20	100.00
	Sodium (mg)	23	   	





	SNACK N.24			
	Whole Rice (40 g/1.4 oz) Raw Salmon (50 g/1.8 oz)			
		g	Kcal	%
	Protein	11.90	47.60	19.60
	Fat	7.10	63.90	26.20
	Carbohydrates	33.00	132.00	54.20
	Total Energy		243.50	100.00
	Sodium (mg)	50	   	





PANCAKES






SNACK N.25		g	Kcal	%
	Egg White (100 ml/3.5 fl oz)	15.70	62.60	26.70
	White Flour (45 g/1.6 oz)	0.30	2.80	1.20
	Sugar* (10 g/0.4 oz)	45.20	169.60	72.10
	Baking Powder (5 g/0.2 oz)		235.00	100.00
	*2 te spoons	170	  	

SNACK N.26		g	Kcal	%
	1 Egg (60 g/2.1 oz)	14.70	58.80	23.00
	White Flour (40 g/1.4 oz)	9.80	87.80	34.40
	Whole Milk (120 ml/4.2 fl oz)	29.00	108.90	42.60
	Baking Powder * (5 g/0.2 oz)		255.50	100.00
	*sugar free	140	 	




MILKSHAKES





SNACK N.27		g	Kcal	%
	Milk 0.5% Fat (250 ml/8.8 fl oz)	12.00	48.20	19.20
	Banana (150 g/5.3 oz)	2.10	19.20	7.60
	Biscuits (15 g/0.5 oz)	49.10	193.90	73.20
			251.30	100.00
		180	  	




SNACK N.28		g	Kcal	%
	Milk 0.5% Fat (250 ml/8.8 fl oz)	12.30	49.40	18.90
	Biscuits (15 g/0.5 oz)	8.50	76.80	29.30
	Vanilla Ice Cream (50 g/1.8)	36.20	135.60	51.80
			260.60	100.00
		210	  	





SNACK N.29		g	Kcal	%
	Soy Milk (250 ml/8.8 fl oz)	11.90	47.40	17.80
	White Bread (60 g/2.1 oz)	5.00	45.20	16.90
		46.30	173.70	65.30
			266.30	100.00
		480	   	





MILK BASED






SNACK N.30		g	Kcal	%
	Milk 2.5% Fat (250 ml/8.8 fl oz)			
	Muesli (40 g/1.4 oz)			
	Protein	12.20	48.90	18.80
	Fat	6.40	57.20	21.90
	Carbohydrates	41.20	154.50	59.30
	Total Energy		260.60	100.00
Sodium (mg)		267	 	






SNACK N.31		g	Kcal	%
	Milk 2.5% Fat (250 ml/8.8 fl oz)			
	Oat Flakes (40 g/1.4 oz)			
	Protein	12.20	48.90	20.30
	Fat	3.50	31.50	13.10
	Carbohydrates	42.70	159.90	66.60
	Total Energy		240.30	100.00
Sodium (mg)		130	  	







SNACK N.32		g	Kcal	%
	Milk 0.5% Fat (250 ml/8.8 fl oz)			
	Biscuits (40 g/1.4 oz)			
	Protein	11.60	46.60	18.10
	Fat	3.70	32.90	12.80
	Carbohydrates	47.40	177.80	69.10
	Total Energy		257.30	100.00
Sodium (mg)		294	 	

SNACK N.33		g	Kcal	%
	Milk 2.5% Fat (250 ml/8.8 fl oz)			
	2 Weetabix (37 g/1.3 oz)			
	Protein	12.70	50.80	21.00
	Fat	4.50	40.40	16.70
	Carbohydrates	40.20	150.80	62.30
	Total Energy		242.00	100.00
Sodium (mg)		215	  	



SNACK N.34		g	Kcal	%
	Milk 2.5% Fat (250 ml/8.8 fl oz)			
	Semolina Flour (30 g/1.1 oz)			
	Protein	11.50	45.80	20.90
	Fat	4.20	37.30	17.20
	Carbohydrates	36.00	135.10	61.90
	Total Energy		218.20	100.00
Sodium (mg)		119	  	





SNACK N.35		g	Kcal	%
	Milk 0.5% Fat (300 ml/10.6 fl oz)			
	White rice (40 g/1.4 oz)			
	Protein	13.90	53.60	22.00
	Fat	0.80	7.60	3.00
	Carbohydrates	50.60	189.90	75.00
	Total Energy		251.10	100.00
Sodium (mg)		160	   	

 SNACK N.36 Milk 2.5% Fat (250 ml/8.8 fl oz) Rice Flour (30 g/1.1 oz)		g	Kcal	%
	Protein	10.20	40.80	18.10
	Fat	4.20	37.40	16.60
	Carbohydrates	39.10	146.60	65.30
	Total Energy		224.80	100.00
	Sodium (mg)	117	   	


 SNACK N.37 Milk 0.5% Fat (300 ml/10.6 fl oz) Whole Rice (40 g/1.4 oz)		g	Kcal	%
	Protein	13.80	55.20	21.00
	Fat	1.70	15.30	5.80
	Carbohydrates	48.10	192.40	73.20
	Total Energy		262.90	100.00
	Sodium (mg)	150	    	



YOGURT BASED





 SNACK N.38 White Fat Free Yogurt (250 g/8.8 oz) Muesli (40 g/1.4 oz)		g	Kcal	%
	Protein	12.50	49.90	21.20
	Fat	4.60	41.50	17.60
	Carbohydrates	38.40	144.20	61.20
	Total Energy		235.60	100.00
	Sodium (mg)	297		






 SNACK N.39 Greek Yogurt 5% Fat (100 g/3.5 oz) 2 Weetabix (37 g/1.3 oz)		g	Kcal	%
	Protein	13.00	51.80	23.70
	Fat	5.70	51.70	23.60
	Carbohydrates	30.70	115.20	52.70
	Total Energy		218.70	100.00
	Sodium (mg)	171	  	

OTHERS

 SNACK N.40 Margherita Pizza* (80 g/2.8 oz) Ham** (30 g/1.1 oz) *Tomatoes + Mozzarella Cheese ** 2 slices		g	Kcal	%
	Protein	11.10	44.60	17.40
	Fat	5.80	52.20	20.30
	Carbohydrates	42.60	159.80	62.30
	Total Energy		256.60	100.00
	Sodium (mg)	1005		

 SNACK N.41 Tortillas (50 g/1.8 oz) Cooked Beans (150 g/5.3 oz) Emmental (20 g/0.7 oz)		g	Kcal	%
	Protein	14.70	58.80	23.10
	Fat	8.30	74.70	29.20
	Carbohydrates	32.50	121.80	47.70
	Total Energy		255.30	100.00
	Sodium (mg)	570		

 SNACK N.42 Soy noodle (40 g/1.4 oz) Meat (60 g/2.1 oz)		g	Kcal	%
	Protein	12.00	47.90	20.10
	Fat	4.10	37.20	15.60
	Carbohydrates	41.00	153.80	64.30
	Total Energy		238.90	100.00
	Sodium (mg)	35	  	

 SNACK N.43 Arepa (80 g/2.8 oz) 1 Egg (60 g/2.1 oz)		g	Kcal	%
	Protein	11.40	45.80	19.10
	Fat	9.20	82.90	34.60
	Carbohydrates	29.60	111.00	46.30
	Total Energy		239.70	100.00
	Sodium (mg)	130	   	

LEGEND:



Vegan



Lacto-Ovo-Vegetarian



Diabetes



Gluten Free



Dysphagia



Low Sodium (< 276 mg / 12 mEq Na)



Lactose Free