

# GRØD

---



## Øllebrød

---

Køkkenmål:

1,5 dl

---

KJ: 540

---

Protein/g: 1

---

Fibre/g: 4,4

---

A blackboard with a central orange circle containing the text 'GRØD'. The blackboard has a textured, slightly grainy appearance. The orange circle is perfectly centered and contains the word 'GRØD' in a black, serif font. The word is written in all caps and is the only text on the board.

GRØD

# GRØD

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## Havregrød med smør og sukker

---

Køkkenmål:

1,5 dl grød

---

KJ:

Kogt på letmælk: 720

Sukker: 153

---

Protein/g: 8,4

---

Fibre/g: 3,5

---

A blackboard with a central orange circle containing the text 'GRØD'. The blackboard has a textured, slightly grainy appearance. The orange circle is perfectly centered and contains the word 'GRØD' in a black, serif font. The background is a dark, almost black color with some subtle variations in tone and texture.

GRØD



# GRØD

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## Risengrød

---

Køkkenmål:  
250 g grød

KJ: 1197

Protein/g: 11,1

Fibre/g: 0

---

A blackboard with a central orange circle containing the text 'GRØD'. The blackboard has a textured, slightly grainy appearance. The orange circle is perfectly centered and contains the word 'GRØD' in a black, serif font. The word is written in all caps and is the only text on the board.

GRØD

# HOVEDMÅLTIDER

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## 1 stk. kød

---

Køkkenmål:

1 stk. 52 g

---

KJ: 546

---

Protein/g: 7,8

---

Fibre/g: 0

---



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## 1 stk. fisk

---

Køkkenmål:

1 stk. 100 g

KJ: 750

Protein/g: 20

Fibre/g: 0

---



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## Aftenmåltid energitæt

---

Køkkenmål:

75 g kartofler, 50 g  
grønt, 70 g kød, 1 dl  
sovs

---

KJ: 1900

---

Protein/g: 20

---

Fibre/g: 0

---



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## Aftenmåltid Y-tallerken

---

Køkkenmål: 125 g  
kartoffel, 100 g grønt,  
100 g kød, 1,5 dl sovs

KJ: 1900

Protein/g: 16,7

Fibre/g: 4,1



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## Ekstra grønt

---

Køkkenmål:

50 g

---

KJ: 159

---

Protein/g: 0,5

---

Fibre/g: 1,1

---



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## Ekstra kartofler

---

Køkkenmål:

2 små stk.

---

KJ: 445

---

Protein/g: 2,5

---

Fibre/g: 1,8

---



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## Ekstra mos

---

Køkkenmål:

KJ: 515

Protein/g: 2,8

Fibre/g: 1,8



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## Ekstra sovs

---

Køkkenmål:

1 dl

KJ: 373

Protein/g: 4,5

Fibre/g: 0

---



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### Smørrebrød energitæt

---

Køkkenmål:

1/3 rugbrød m. smør,  
kødpålæg og pålægssalat

---

KJ: 400

Protein/g: 2,5

Fibre/g: 0

---



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## Smørrebrød alm.

---

Køkkenmål:

1/2 skive rugbrød  
m. smør, kødpålæg,  
pålægssalat

---

KJ: 718

---

Protein/g: 5,2

---

Fibre/g: 0

---



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## Yoghurt

---

Køkkenmål:

2 dl

---

KJ: 744

---

Protein/g: 6,6

---

Fibre/g: 0

---



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## Grøn salat

---

Køkkenmål:

150 g

---

KJ: 150

---

Protein/g: 0,3

---

Fibre/g: 0

---



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## Burger

---

Køkkenmål:

217 g

KJ: 2040

Protein/g: 27

Fibre/g: 0

---



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### 1 stk. pizza

---

Køkkenmål: 80 g

KJ: 587

Protein/g: 5,75

Fibre/g: 0

---



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## Cheasy yoghurt

---

Køkkenmål:

200 g

KJ: 360

Protein/g: 8

Fibre/g: 0

---



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## Nøglehuls mysli

---

Køkkenmål:

30 g

---

KJ: 495

---

Protein/g: 2,7

---

Fibre/g: 0

---



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## Pomfritter

---

Køkkenmål:  
stor (160 g)

KJ: 1944

Protein/g: 8

Fibre/g: 0

---



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## Pizza

---

Køkkenmål: 1 hel.  
320 g

---

KJ: 2349

---

Protein/g: 23

---

Fibre/g: 0

---



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### Skinke m. savoykål (blød)

---

Køkkenmål: 300 g

KJ: 1889

Protein/g: 20

Fibre/g: 3,5

---



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### Skinke m. savoykål (cremet)

---

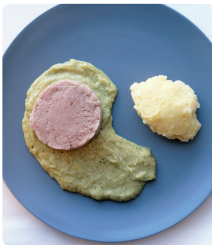
Køkkenmål:	300 g
KJ:	1889
Protein/g:	20
Fibre/g:	3,5



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### Skinke m. savoykål (gratin)

---

Køkkenmål:	300 g
KJ:	1889
Protein/g:	20
Fibre/g:	3,5



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### Boller i karry (blød)

---

Køkkenmål:	300 g
KJ:	2130
Protein/g:	15
Fibre/g:	3,5



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### Boller i karry (cremet)

---

Køkkenmål:	300 g
KJ:	2130
Protein/g:	15
Fibre/g:	3,5



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### Boller i karry (gratin)

---

Køkkenmål:	300 g
KJ:	2130
Protein/g:	15
Fibre/g:	3,5



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### Gratinrugbrød med pålæg

---

Køkkenmål:	100 g
KJ:	571
Protein/g:	3,8
Fibre/g:	1,2



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### Hotdog

---

Køkkenmål: 140 g

KJ: 1405

Protein/g: 13,4

Fibre/g: 1,9

---



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### Banan

---

Køkkenmål:

1/2 banan

---

KJ: 171

---

Protein/g: 0,7

---

Fibre/g: 0,8

---



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## Chokolade

---

Køkkenmål:

25 g

---

KJ: 556

---

Protein/g: 1,7

---

Fibre/g: 0

---



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## Flødeost

---

Køkkenmål:

1 spsk. (15 g)

---

KJ: 207

---

Protein/g: 1,5 g

---

Fibre/g: 0

---



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### Franskbrød m. smør

---

Køkkenmål:

1/2 skive m. smør

---

KJ: 321

---

Protein/g: 1,2

---

Fibre/g: 0,6

---



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## Kiks

---

Køkkenmål:

2 kiks

---

KJ: 290

---

Protein/g: 1

---

Fibre/g: 0

---



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## Mandler

---

Køkkenmål:  
15 stk.

---

KJ: 483

---

Protein/g: 4,4

---

Fibre/g: 1,9

---



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## Marmelade

---

Køkkenmål:

1 spsk.

---

KJ: 260

---

Protein/g: 0,1

---

Fibre/g: 0,3

---



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## Dadler

---

Køkkenmål:

3 stk.

---

KJ: 315

---

Protein/g: 0,6

---

Fibre/g: 2

---



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---



## Ost 45+

---

Køkkenmål:

1 skive (20 g)

---

KJ: 278

---

Protein/g: 5

---

Fibre/g: 0

---



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## Rugbrød med smør

Køkkenmål:

1/2 skive

KJ: 365

Protein/g: 1,3

Fibre/g: 2



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### Rugbrød uden smør

---

Køkkenmål:

1/2 skive

---

KJ: 214

---

Protein/g: 1,3

---

Fibre/g: 2

---



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---



## Småkager

---

Køkkenmål:

3 stk.

---

KJ: 632

---

Protein/g: 1,6

---

Fibre/g: 0,9

---



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## Svesker

---

Køkkenmål:

3 stk.

---

KJ: 486

---

Protein/g: 1,2

---

Fibre/g: 3,4

---



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## Æble

---

Køkkenmål:

1 stk.

---

KJ: 216

---

Protein/g: 0,3

---

Fibre/g: 2,2

---



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## Æg

---

Køkkenmål:

1 stk.

---

KJ: 327

---

Protein/g: 6,9

---

Fibre/g: 0

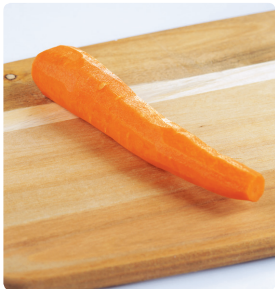
---



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## Gulerod

---

Køkkenmål:

1 alm.

---

KJ: 105

---

Protein/g: 0,5

---

Fibre/g: 1,8

---



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### Fuldkornsknækbrød

---

Køkkenmål:

1 skive

---

KJ: 172

---

Protein/g: 1,1

---

Fibre/g: 2

---



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### Agurk

---

Køkkenmål:

100 g

---

KJ: 45

---

Protein/g: 0,7

---

Fibre/g: 0,7

---



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## Tomat

---

Køkkenmål:

1 stk.

---

KJ: 86

---

Protein/g: 0,5

---

Fibre/g: 1,1

---



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## Saltstænger

---

Køkkenmål:

30 g

---

KJ: 495

---

Protein/g: 3,3

---

Fibre/g: 0

---



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## Kunstigt sødet slik

---

Køkkenmål:

1 pose (90 g)

---

KJ: 630

---

Protein/g: 6,3

---



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### Kanelknækbrød

---

Køkkenmål:

1 stk.

KJ: 264

Protein/g: 1,6

Fibre/g: 1

---



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## Lun salat

---

Køkkenmål:

150 g grove grønsager

KJ: 492

Protein/g: 2,2

Fibre/g: 4,6

---



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---



## Mager ost 13+

---

Køkkenmål:

1 skive

---

KJ: 193

---

Protein/g: 5,4

---

Fibre/g: 0

---



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### Leverpostej

---

Køkkenmål: 20 g

KJ: 198

Protein/g: 0,4

Fibre/g: 0,1

---



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### Isvaffel

---

Køkkenmål: 75 g

KJ: 847

Protein/g: 2

Fibre/g: 0

---



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### Sukkerfri is

---

Køkkenmål: 32 g

KJ: 166

Protein/g: 1

Fibre/g: 4,2

---

A blackboard with a yellow circle in the center. Inside the circle, the words 'MELLEM' and 'MÅLTID' are written in a black, serif font, stacked vertically. The blackboard has a slightly textured appearance.

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## MELLEMMÅLTID

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### Proteinberiget is

---

Køkkenmål: 80 g

KJ: 1034

Protein/g: 5,9

Fibre/g: 0

---

OPSKRIFT:

[http://maaltidshaandbog.dk/  
portfolio-items/proteinberiget-is/](http://maaltidshaandbog.dk/portfolio-items/proteinberiget-is/)



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### Flæskesvær

---

Køkkenmål: 25 g

KJ: 619

Protein/g: 14,5

Fibre/g: 0



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### 1 dl skyr

---

Køkkenmål:	1 dl
KJ:	345
Protein/g:	13,2
Fibre/g:	0

---



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### 1/2 dl skyr

---

Køkkenmål: 1/2 dl

KJ: 173

Protein/g: 6,6

Fibre/g: 0

---



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### Flødeskumskage

---

Køkkenmål: 200 g

KJ: 2640

Protein/g: 11

Fibre/g: 0



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### Ostehaps

---

Køkkenmål: 18 g

KJ: 216

Protein/g: 3,4

Fibre/g: 0

---



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### To skiver hamburgerryg med tandstik samt cornichon

---

Køkkenmål:	25 g
KJ:	107
Protein/g:	3,8
Fibre/g:	0,1



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### Risifrutti

---

Køkkenmål: 175 g

KJ: 890

Protein/g: 5,1

Fibre/g: 0,2

---



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### Blødkogt æg

---

Køkkenmål: 60 g

KJ: 356

Protein/g: 7,6

Fibre/g: 0



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### Gulerødder

---

Køkkenmål: 160 g

KJ: 259

Protein/g: 1,3

Fibre/g: 4,3

---



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### Ymerfromage med bærsovs

Ymerfromage: 1 dl / 83 gram

Bærsovs: 25 gram

---

Køkkenmål: 108 gram

KJ: 710

Protein/g: 3,24

Fibre/g: 0

---



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### Ymerfromage med bærsovs

Ymerfromage: 1 dl / 83 gram

Bærsovs: 25 gram

---

Køkkenmål: 108 gram

KJ: 710

Protein/g: 3,24

Fibre/g: 0

---



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### Koldskål

---

Køkkenmål: 200 g

KJ: 648

Protein/g: 7,8

Fibre/g: 0

---



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### Koldskål

---

Køkkenmål: 200 g

KJ: 648

Protein/g: 7,8

Fibre/g: 0

---



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### Ananasfromage med flødeskum

---

Køkkenmål: 75 gram

KJ: 690

Protein/g: 1,2

Fibre/g: 0



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### Ananasfromage med flødeskum

---

Køkkenmål: 75 gram

KJ: 690

Protein/g: 1,2

Fibre/g: 0



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# SUPPE

---



## Klar suppe

---

Køkkenmål:

2,5 dl

KJ: 610

Protein/g: 6,2

Fibre/g: 0

---



SUPPE

# SUPPE

---



## Tyk suppe

---

Køkkenmål:

2,5 dl

---

KJ: 467

---

Protein/g: 2,4

---

Fibre/g: 0

---

The image features a dark, textured background, possibly a chalkboard or a similar material, with a central light brown circle. Inside the circle, the word "SUPPE" is written in a dark, serif font. The overall composition is simple and centered.

SUPPE



# SUPPE

---



## Energitæt suppe

---

Køkkenmål:

1,5 dl

---

KJ: 600

---

Protein/g: 4,9

---

Fibre/g: 0

---

A dark, textured background, possibly a chalkboard or a similar material, with a central tan-colored circle. Inside the circle, the word "SUPPE" is written in a dark, serif font.

SUPPE

## DESSERT

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### Fromage

---

Køkkenmål:

1,5 dl

---

KJ: 2083

---

Protein/g: 7

---

Fibre/g: 0

---



DESSERT

## DESSERT

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### Frugtgrød m. fløde

Køkkenmål:

1,5 dl

---

KJ: 873

---

Protein/g: 2,4

---

Fibre/g: 1

---

A dark green chalkboard with a light green circle in the center. The word "DESSERT" is written in a black, serif font inside the circle. The chalkboard has a slightly textured appearance with some faint smudges and a white border around the edges.

DESSERT

## DESSERT

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### Kage m. flødeskum

Køkkenmål:

45 g kage: 30 g,

fløde: 15 g

---

KJ: 714

kage: 491

flødeskum: 223

---

Protein/g: 0

Fibre/g: 0

---

A dark green chalkboard with a light green circle in the center. The word "DESSERT" is written in a black, serif font inside the circle. The chalkboard has a slightly textured appearance with some faint smudges and a white border around the edges.

DESSERT



## DESSERT

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### Vingummi

---

Køkkenmål:

100 g

---

KJ: 1482

---

Protein/g: 6,6

---

Fibre/g: 0

---

A dark green chalkboard with a light green circle in the center. The word "DESSERT" is written in a black, serif font inside the circle. The chalkboard has a slightly textured appearance with some faint smudges and a white border around the edges.

DESSERT

## DESSERT

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### Lakrids

---

Køkkenmål:

100 g

---

KJ: 1525

---

Protein/g: 3,7

---

Fibre/g: 0

---

A dark green chalkboard with a light green circle in the center. The word "DESSERT" is written in a black, serif font inside the circle. The chalkboard has a slightly textured appearance with some faint smudges and a white border around the edges.

DESSERT

## DESSERT

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### Chips, 1 portion

Køkkenmål:

30 g

KJ: 668

Protein/g: 1,7

Fibre/g: 1

A dark green chalkboard with a light green circle in the center. The word "DESSERT" is written in a black, serif font inside the circle. The chalkboard has a slightly textured appearance with some faint smudges and a white border around the edges.

DESSERT

## DESSERT

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### 1 chokoladebar

---

Køkkenmål:

57 g

---

KJ: 1155

---

Protein/g: 5

---

Fibre/g: 0

---

A dark green chalkboard with a light green circle in the center. The word "DESSERT" is written in a black, serif font inside the circle. The chalkboard has a slightly textured appearance with some faint smudges and a white border around the edges.

DESSERT



## DESSERT

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### Kunstigt sødet chokoladebar

---

Køkkenmål:

40 g

KJ:

592

---



DESSERT

## DESSERT

---



### 1 pose chips

---

Køkkenmål:

250 g

---

KJ: 5570

---

Protein/g: 14

---

Fibre/g: 8,5

---

A dark green chalkboard with a light green circle in the center. The word "DESSERT" is written in a black, serif font inside the circle. The chalkboard has a slightly textured appearance with some faint smudges and a white border around the edges.

DESSERT

# BERIGELSE

---



## Fløde

---

Køkkenmål:

1,5 dl

---

KJ: 750

---

Protein/g: 1,1

---

Fibre/g: 0

---



BERIGELSE

# BERIGELSE

---



## Fløde

---

Køkkenmål:

1,5 dl

KJ: 750

Protein/g: 1,1

Fibre/g: 0

---



BERIGELSE



## BERIGELSE

---



### Smørklat

---

Køkkenmål:

10 g

---

KJ: 303

---

Protein/g: 0

---

Fibre/g: 0

---

A light green circle is centered on a dark, textured background that resembles chalkboard paint. The word "BERIGELSE" is written in a black, serif font across the middle of the circle.

BERIGELSE

# BERIGELSE

---



## Sukker

---

Køkkenmål:

1 tsk.

---

KJ: 76

---

Protein/g: 0

---

Fibre/g: 0

---

A light green circle is centered on a dark, textured background that resembles chalkboard paint. The word "BERIGELSE" is written in a black, serif font across the middle of the circle.

BERIGELSE

# BERIGELSE

---



## Æggeblomme

---

Køkkenmål:

20 g

---

KJ: 262

---

Protein/g: 3,2

---

Fibre/g: 0

---

A light green circle is centered on a dark, textured background that resembles chalkboard paint. The word "BERIGELSE" is written in a black, serif font across the center of the circle.

BERIGELSE

# BERIGELSE

---



## Proteinpulver

---

Køkkenmål:

50 g

---

KJ: 816

---

Protein/g: 11,3

---

Fibre/g: 0

---



BERIGELSE



# DRIKKELSE

---



## Vand

---

Køkkenmål:

1,5 dl

---

KJ: 0

---

Protein/g: 0

---

Fibre/g: 0

---

A blackboard background with a central orange circle containing the word 'DRIKKELSE'. The text is in a serif font, all caps, and is centered within the circle.

DRIKKELSE

# DRIKKELSE

---



## Vand

---

Køkkenmål:

1,5 dl

---

KJ: 0

---

Protein/g: 0

---

Fibre/g: 0

---

The image features a dark, textured background, possibly a chalkboard or a similar material. In the center, there is a solid orange circle. Inside this circle, the word "DRIKKELSE" is written in a black, serif, all-caps font. The text is centered horizontally and vertically within the circle.

DRIKKELSE

# DRIKKELSE

---



## Vand

---

Køkkenmål:

1,5 dl

---

KJ: 0

---

Protein/g: 0

---

Fibre/g: 0

---



DRIKKELSE

# DRIKKELSE

---



## Vand

---

Køkkenmål:

1,5 dl

---

KJ: 0

---

Protein/g: 0

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE



# DRIKKELSE

---



## Vand

---

Køkkenmål:

1,5 dl

---

KJ: 0

---

Protein/g: 0

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE

# DRIKKELSE

---



## Vand

---

Køkkenmål:

1,5 dl

---

KJ: 0

---

Protein/g: 0

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font across the center of the circle.

DRIKKELSE

# DRIKKELSE

---



## Saftevand

---

Køkkenmål:

1,5 dl

---

KJ: 285

---

Protein/g: 0

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE

# DRIKKELSE

---



## Saftevand

---

Køkkenmål:

1,5 dl

---

KJ: 285

---

Protein/g: 0

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a dark, textured surface with some faint white marks. The orange circle is centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font.

DRIKKELSE



# DRIKKELSE

---



## Saftevand

---

Køkkenmål:

1,5 dl

---

KJ: 285

---

Protein/g: 0

---

Fibre/g: 0

---

The image features a dark, textured background, possibly a chalkboard or a similar material. In the center, there is a solid orange circle. Inside this circle, the word "DRIKKELSE" is written in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The overall composition is simple and minimalist.

DRIKKELSE

# DRIKKELSE

---



## Saftevand

---

Køkkenmål:

1,5 dl

---

KJ: 285

---

Protein/g: 0

---

Fibre/g: 0

---

The image features a dark, textured background, possibly a chalkboard, with a central orange circle. Inside the circle, the word "DRIKKELSE" is written in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The background has a grainy, slightly mottled appearance, and the orange circle is a solid, bright color.

DRIKKELSE

# DRIKKELSE

---



## Saftevand, light

---

Køkkenmål:

1,5 dl

KJ: 7

Protein/g: 0

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy surface. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE

# DRIKKELSE

---



## Saftevand, light

---

Køkkenmål:

1,5 dl

---

KJ: 7

---

Protein/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a dark, textured surface. The orange circle is centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font.

DRIKKELSE



# DRIKKELSE

---



## Saftevand, light

---

Køkkenmål:

1,5 dl

---

KJ: 7

---

Protein/g: 0

---



DRIKKELSE

# DRIKKELSE

---



## Saftevand, light

---

Køkkenmål:

1,5 dl

---

KJ: 7

---

Protein/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a dark, textured surface. The word 'DRIKKELSE' is written in a black, serif, all-caps font. The orange circle is solid and centered on the blackboard.

DRIKKELSE

# DRIKKELSE

---



## Minimælk

---

Køkkenmål:

1,5 dl

---

KJ: 237

---

Protein/g: 5,3

---

Fibre/g: 0

---



DRIKKELSE

# DRIKKELSE

---



## Skummetmælk

---

Køkkenmål:

1,5 dl

---

KJ: 225

---

Protein/g: 5,3

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font within the circle. The blackboard is framed by a white border with small tick marks at the corners.

DRIKKELSE



# DRIKKELSE

---



## Skummetmælk

---

Køkkenmål:

1,5 dl

---

KJ: 225

---

Protein/g: 5,3

---

Fibre/g: 0

---



DRIKKELSE

# DRIKKELSE

---



## Letmælk

---

Køkkenmål:

1,5 dl

---

KJ: 303

---

Protein/g: 5,3

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a dark, textured surface. The word 'DRIKKELSE' is written in a black, serif, all-caps font. The orange circle is solid and centered on the blackboard.

DRIKKELSE

# DRIKKELSE

---



## Sødmælk

---

Køkkenmål:

1,5 dl

---

KJ: 404

---

Protein/g: 5,1

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE

# DRIKKELSE

---



## Sødmælk

---

Køkkenmål:

1,5 dl

---

KJ: 404

---

Protein/g: 5,1

---

Fibre/g: 0

---

A blackboard background with a central orange circle containing the word 'DRIKKELSE'. The text is in a serif font, all caps, and is centered within the circle.

DRIKKELSE



# DRIKKELSE

---



## Øl

---

Køkkenmål:

1 flaske

---

KJ: 624

---

Protein/g: 0,9

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy surface. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE

## DRIKKELSE

---



### Kakaomælk

---

Køkkenmål:

1,5 dl

---

KJ: 240

---

Protein/g: 5,3

---

Fibre/g: 0

---



DRIKKELSE

# DRIKKELSE

---



## Juice

---

Køkkenmål:

1,5 dl

---

KJ: 270

---

Protein/g: 0,9

---

Fibre/g: 0,3

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy surface. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE

# DRIKKELSE

---



## Kaffe

---

Køkkenmål:

1,5 dl

---

KJ: 3

---

Protein/g: 0,1

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy surface. The orange circle is perfectly centered and has a solid, uniform color. The word 'DRIKKELSE' is written in a black, serif, all-caps font, centered within the circle.

DRIKKELSE



# DRIKKELSE

---



## Kaffe

---

Køkkenmål:

1,5 dl

---

KJ: 3

---

Protein/g: 0,1

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a dark, textured surface with some faint white marks. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font across the center of the circle.

DRIKKELSE

# DRIKKELSE

---



## Te

---

Køkkenmål:

2 dl

---

KJ: 4

---

Protein/g: 0,2

---

Fibre/g: 0

---

The image features a dark, textured background, possibly a chalkboard or a similar material. In the center, there is a solid orange circle. Inside this circle, the word "DRIKKELSE" is written in a black, serif, all-caps font. The text is centered horizontally and vertically within the circle.

DRIKKELSE

# DRIKKELSE

---



## Ernæringsdrik, juicebaseret

---

Køkkenmål:

2 dl

---

KJ: 1260

---

Protein/g: 8

---

Fibre/g: 0

---



DRIKKELSE

# DRIKKELSE

---



## Ernæringsdrik, juicebaseret

---

Køkkenmål:

2 dl

---

KJ: 1260

---

Protein/g: 8

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font, centered within the circle. The blackboard is framed by a white border with small tick marks at the corners.

DRIKKELSE



# DRIKKELSE

---



## Ernæringsdrik, mælkebaseret

---

Køkkenmål:

2 dl

---

KJ: 1680

---

Protein/g: 18

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font across the center of the circle. The blackboard is framed by a white border with small tick marks at the corners.

DRIKKELSE

# DRIKKELSE

---



## Ernæringsdrik, mælkebaseret

---

Køkkenmål:

2 dl

---

KJ: 1680

---

Protein/g: 18

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font, centered within the circle.

DRIKKELSE

## DRIKKELSE

---



### Ernæringsdrik fra detailhandlen

---

Køkkenmål:

125 ml

---

KJ: 1079

---

Protein/g: 13,6

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy surface. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally within the circle.

DRIKKELSE

## DRIKKELSE

---



**1/2 liter sodavand,  
light**

---

Køkkenmål:

500 ml

---

KJ: 8

---

Protein/g: 0,5

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font across the center of the circle.

DRIKKELSE



# DRIKKELSE

---



## 1/2 liter sodavand

---

Køkkenmål:

500 ml

---

KJ: 850

---

Protein/g: 0

---

Fibre/g: 0

---



DRIKKELSE

# DRIKKELSE

---



## Sodavand

---

Køkkenmål:

1,5 dl

---

KJ: 340

---

Protein/g: 0

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a dark, textured surface. The orange circle is centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font.

DRIKKELSE

# DRIKKELSE

---



## Sodavand, light

---

Køkkenmål:

1,5 dl

---

KJ: 3

---

Protein/g: 0,2

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font, centered within the circle.

DRIKKELSE

# DRIKKELSE

---



## Sodavand

---

Køkkenmål:

2 liter

---

KJ: 3400

---

Protein/g: 0

---

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a dark, textured surface. The orange circle is centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font.

DRIKKELSE



# DRIKKELSE

---



## Sodavand light

---

Køkkenmål:

2 liter

KJ: 30

Protein/g: 2



DRIKKELSE

## DRIKKELSE

---



### Kærnemælk

---

Køkkenmål: 1,5 dl

KJ: 230

Protein/g: 5,1

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy surface. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE

## DRIKKELSE

---



### Kærnemælk

---

Køkkenmål: 1,5 dl

KJ: 230

Protein/g: 5,1

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font across the center of the circle. The blackboard is framed by a white border with small tick marks at the corners.

DRIKKELSE

## DRIKKELSE

---



### Solskinsdrik

(kærnemælk 1 dl, fløde 0,5 dl  
og rød saftvand 10 gram)

---

Køkkenmål: 1,6 dl

KJ: 1007

Protein/g: 4,46

Fibre/g: 0

---

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is perfectly centered and contains the word 'DRIKKELSE' in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The blackboard is framed by a white border with small white tick marks at the corners.

DRIKKELSE



## DRIKKELSE

---



### Solskinsdrik

(kærnemælk 1 dl, fløde 0,5 dl  
og rød saftvand 10 gram)

---

Køkkenmål: 1,6 dl

KJ: 1007

Protein/g: 4,46

Fibre/g: 0

---



DRIKKELSE

## DRIKKELSE

---



### 1/2 glas sødmælk

---

Køkkenmål: 0,75 dl

KJ: 202

Protein/g: 2,6

Fibre/g: 0

---

The image features a dark, textured background, possibly a chalkboard or a similar material. In the center, there is a solid orange circle. Inside this circle, the word "DRIKKELSE" is written in a black, serif, all-caps font. The word is centered horizontally and vertically within the circle. The overall composition is simple and minimalist.

DRIKKELSE

## DRIKKELSE

---



### 1/2 glas sødmælk

---

Køkkenmål: 0,75 dl

KJ: 202

Protein/g: 2,6

Fibre/g: 0

---



DRIKKELSE

## DRIKKELSE

---



### 1/2 glas sødmælk

Køkkenmål: 0,75 dl

KJ: 202

Protein/g: 2,6

Fibre/g: 0

A blackboard with a central orange circle containing the word 'DRIKKELSE'. The blackboard has a textured, slightly grainy appearance. The orange circle is solid and centered. The word 'DRIKKELSE' is written in a black, serif, all-caps font within the circle.

DRIKKELSE



## KLINISK ERNÆRING

---



**Supplerende ernæringsdrik  
til smagsforstyrrelser  
(eks. Nutridrink Compact Protein  
Sensations)**

---

**Køkkenmål: 1,25 dl**

**KJ: 1260**

**Protein/g: 18**

**Fibre/g: 0**



KLINISK  
ERNÆRING

## KLINISK ERNÆRING

---



### Supplerende ernæringsdrik

(eks. Nutridrink Juicestyle)

---

Køkkenmål: 2 dl

KJ: 1260

Protein/g: 8

Fibre/g: 0



KLINISK  
ERNÆRING

## KLINISK ERNÆRING

---



### Supplerende ernæringsdrik

(eks. Nutridrink Juicestyle)

---

Køkkenmål: 2 dl

KJ: 1260

Protein/g: 8

Fibre/g: 0



KLINISK  
ERNÆRING

## KLINISK ERNÆRING

---



### Supplerende ernæringsdrik

(eks. Nutridrink Compact Protein)

---

Køkkenmål: 1,25 dl

KJ: 1260

Protein/g: 18

Fibre/g: 0

---



KLINISK  
ERNÆRING



## KLINISK ERNÆRING

---



### Supplerende ernæringsdrik

(eks. Nutridrink Compact Protein)

---

Køkkenmål: 1,25 dl

KJ: 1260

Protein/g: 18

Fibre/g: 0

---



KLINISK  
ERNÆRING

## KLINISK ERNÆRING



### Sondeprodukt

(eks. Nutrison Protein Plus  
(+/- fibre) - Per 100 ml:

Køkkenmål:	1 dl
KJ:	525
Protein/g:	6,3
Fibre/g:	0 el. 1,5



KLINISK  
ERNÆRING

## KLINISK ERNÆRING



### Sondeprodukt

(eks. Nutrison Protein Plus  
(+/- fibre) - Per 100 ml:

Køkkenmål:	1 dl
KJ:	525
Protein/g:	6,3
Fibre/g:	0 el. 1,5



KLINISK  
ERNÆRING

## KLINISK ERNÆRING

---



### Fuldgyldig ernæringsdrik

(eks. Nutridrink Compact)

---

Køkkenmål: 1,25 dl

KJ: 1260

Protein/g: 12

Fibre/g: 0 el. 4,5



KLINISK  
ERNÆRING



## KLINISK ERNÆRING

---



### Fuldgyldig ernæringsdrik

(eks. Nutridrink Compact)

---

Køkkenmål: 1,25 dl

KJ: 1260

Protein/g: 12

Fibre/g: 0 el. 4,5

---



KLINISK  
ERNÆRING

## KLINISK ERNÆRING

---



### Fuldgyldig ernæringsdrik

(eks. Nutridrink Compact)

---

Køkkenmål: 1,25 dl

KJ: 1260

Protein/g: 12

Fibre/g: 0 el. 4,5



KLINISK  
ERNÆRING