

Name:

Datum:

Versicherungsnr.:

Versicherungs-
anstalt:

Körpergewicht (in kg):

Körpergröße (in m):

$$\text{BMI} = \frac{\text{Körpergewicht (in kg)}}{\text{Körpergröße (in m)}^2}$$

Erhebung

| Produkt | Menge | 1. Tag | | | 2. Tag | | | 3. Tag | | | kcal' | EW' in g | kcal | EW in g |
|--|------------------|--------|---|---|--------|---|---|--------|---|---|-------|----------|------|---------|
| | | Menge | | | Menge | | | Menge | | | | | | |
| | | ½ | 1 | 2 | ½ | 1 | 2 | ½ | 1 | 2 | | | | |
| Milch(-produkte) & Eier | | | | | | | | | | | | | | |
| Buttermilch | 250 ml | | | | | | | | | | 93 | 8,8 | | |
| Kuhmilch fettarm 1,5 % | 150 ml | | | | | | | | | | 72 | 5,0 | | |
| Kuhmilch 3,5 % | 150 ml | | | | | | | | | | 96 | 5,0 | | |
| Joghurt natur (1,5 %) 1 Becher | 250 g | | | | | | | | | | 118 | 8,5 | | |
| Joghurt natur (3,5 %) 1 Becher | 250 g | | | | | | | | | | 160 | 8,3 | | |
| Topfen (40 %) | 50 g | | | | | | | | | | 80 | 5,6 | | |
| Milchpudding 1,5 % Fett | 200 g | | | | | | | | | | 200 | 6,0 | | |
| Gouda mittelalt 48 % Fett i.Tr. 2 Scheiben | 40 g | | | | | | | | | | 148 | 9,1 | | |
| Camembert 45 % Fett i.Tr. | 40 g | | | | | | | | | | 114 | 8,4 | | |
| Schmelzkäse (30 %) | 30 g | | | | | | | | | | 63 | 4,5 | | |
| Butter | 20 g | | | | | | | | | | 150 | 0,1 | | |
| Margarine | 20 g | | | | | | | | | | 144 | 0,0 | | |
| Hühnerei Gew.Kl. M | 60 g (1 Stück) | | | | | | | | | | 81 | 7,0 | | |
| Brot & Gebäck | | | | | | | | | | | | | | |
| Weizenmischbrot | 40 g (1 Scheibe) | | | | | | | | | | 98 | 3,4 | | |
| Roggenmischbrot | 40 g (1 Scheibe) | | | | | | | | | | 95 | 3,0 | | |
| Semmel | 50 g (1 Stück) | | | | | | | | | | 146 | 5,1 | | |
| Laugenbrezel/-brötchen mit Salz | 85 g (1 Stück) | | | | | | | | | | 261 | 7,7 | | |
| Vollkornbrot mit Sonnenblumenkernen | 70 g (1 Stück) | | | | | | | | | | 164 | 6,8 | | |
| Croissant | 60 g (1 Stück) | | | | | | | | | | 254 | 4,9 | | |
| Brioche | 50 g (1 Stück) | | | | | | | | | | 140 | 3,8 | | |
| Fisch | | | | | | | | | | | | | | |
| Seelachs | 150 g | | | | | | | | | | 122 | 28 | | |
| Kabeljau (Dorsch) | 150 g | | | | | | | | | | 114 | 27 | | |
| Zander | 150 g | | | | | | | | | | 125 | 29 | | |
| Geflügel | | | | | | | | | | | | | | |
| Hühnerbrust (ohne Haut) | 120 g | | | | | | | | | | 122 | 28 | | |
| Hühnerbrust (mit Haut) | 120 g | | | | | | | | | | 174 | 27 | | |
| Hülsenfrüchte | | | | | | | | | | | | | | |
| Linsen (roh) | 100 g | | | | | | | | | | 329 | 23,5 | | |
| Erbsen (roh) | 50 g | | | | | | | | | | 154 | 11 | | |
| Bohnen (roh) | 50 g | | | | | | | | | | 138 | 11 | | |
| Zwischensumme weiter siehe Seite 2 | | | | | | | | | | | | | | |

Erhebung

| Produkt | Menge | 1. Tag | | | 2. Tag | | | 3. Tag | | | kcal* | EW in g | kcal | EW in g |
|---------------------------------|-------|------------|---|---|------------|---|---|------------|---|---|-------|---------|------|---------|
| | | Menge ½ | 1 | 2 | Menge ½ | 1 | 2 | Menge ½ | 1 | 2 | | | | |
| Fleisch & Wurstwaren | | | | | | | | | | | | | | |
| Schweinefleisch (mager) | 100 g | | | | | | | | | | 206 | 28 | | |
| Rindfleisch (mager) | 100 g | | | | | | | | | | 162 | 29 | | |
| Leberkäse | 100 g | | | | | | | | | | 297 | 12 | | |
| Frankfurter Würstchen | 100 g | | | | | | | | | | 272 | 13 | | |
| Faschiertes, gemischt | 100 g | | | | | | | | | | 233 | 19 | | |
| Streichwurst | 50 g | | | | | | | | | | 148 | 5,0 | | |
| Salami | 25 g | | | | | | | | | | 93 | 4,7 | | |
| Schinken, geräuchert | 25 g | | | | | | | | | | 38 | 5,2 | | |

| Produkt | Menge | 1. Tag | | | 2. Tag | | | 3. Tag | | | kcal* | EW in g | kcal | EW in g |
|---------------------------|-------|------------|---|---|------------|---|---|------------|---|---|-------|---------|------|---------|
| | | Menge ½ | 1 | 2 | Menge ½ | 1 | 2 | Menge ½ | 1 | 2 | | | | |
| Getreidebeilagen | | | | | | | | | | | | | | |
| Reis, Korn (roh) | 100 g | | | | | | | | | | 349 | 7,2 | | |
| Couscous (roh) | 100 g | | | | | | | | | | 353 | 12 | | |
| Hafer, Flocken (Vollkorn) | 50 g | | | | | | | | | | 187 | 6,6 | | |
| Maisgrieß (Polenta) (roh) | 100 g | | | | | | | | | | 354 | 8,8 | | |
| Hirse, Flocken | 100 g | | | | | | | | | | 364 | 11 | | |
| Kartoffeln (roh) | 100 g | | | | | | | | | | 73 | 1,9 | | |
| Nudeln (trocken) | 50 g | | | | | | | | | | 174 | 5,9 | | |
| Spätzle (frisch) | 100 g | | | | | | | | | | 153 | 6,0 | | |

| Produkt | Menge | 1. Tag | | | 2. Tag | | | 3. Tag | | | kcal* | EW in g | kcal | EW in g |
|---------------------------------------|--------|------------|---|---|------------|---|---|------------|---|---|-------|---------|------|---------|
| | | Menge ½ | 1 | 2 | Menge ½ | 1 | 2 | Menge ½ | 1 | 2 | | | | |
| Getränke | | | | | | | | | | | | | | |
| Limonade (enthält zugesetzten Zucker) | 250 ml | | | | | | | | | | 105 | 0,0 | | |
| Fruchtsäfte | 150 ml | | | | | | | | | | 120 | 0,5 | | |
| Bier (5 Vol. %) | 250 ml | | | | | | | | | | 105 | 1,3 | | |
| Wein (10 Vol.-% - 12 Vol.-%) | 150 ml | | | | | | | | | | 180 | 0,5 | | |
| Kakao 3,5 % Fett (10 g Kakaopulver) | 150 ml | | | | | | | | | | 135 | 7,2 | | |

| Produkt | Menge | 1. Tag | | | 2. Tag | | | 3. Tag | | | kcal* | EW in g | kcal | EW in g |
|--------------------------------------|-------|------------|---|---|------------|---|---|------------|---|---|-------|---------|------|---------|
| | | Menge ½ | 1 | 2 | Menge ½ | 1 | 2 | Menge ½ | 1 | 2 | | | | |
| Knabbergebäck & Sonstiges | | | | | | | | | | | | | | |
| Salzstangen | 25 g | | | | | | | | | | 88 | 2,4 | | |
| Chips | 25 g | | | | | | | | | | 140 | 1,3 | | |
| Erdnüsse | 20 g | | | | | | | | | | 120 | 6,0 | | |
| Zwieback | 25 g | | | | | | | | | | 96 | 2,5 | | |
| Bienenhonig | 20 g | | | | | | | | | | 61 | 0,1 | | |
| Erdbeerkonfitüre | 20 g | | | | | | | | | | 52 | 0,1 | | |
| Vollmiltschokolade | 25 g | | | | | | | | | | 135 | 2,3 | | |
| Obstkuchen, Rührteig | 100 g | | | | | | | | | | 218 | 3,4 | | |

Endsumme

Endsumme durch 3 geteilt ergibt die durchschnittliche tägliche Zufuhr an Kilokalorien und Eiweiß

Sonstige Notizen und Anmerkungen: