

Menu Planning for 1500 calories

(combination : 1200 calories from solid food and 300 calories from enteral formula)

Breakfast

1 cup of rice/noodle/ pasta or
1 piece of chapati/thosai or
2 slices of bread

+ 1 serving of protein (eg: 1 egg, 1 matchbox of chicken/fish)

Enteral Formula: _____

Morning Snack

3 pieces of biscuits / 1 serving of fruit / 1 slice of bread / 4 tablespoon of oat@nestum

Enteral Formula: _____

Lunch

1 cup of rice/noodle/ pasta or
2 slices of bread

2 matchboxes of chicken/fish/meat
2 eggs
1 piece of Tofu + 1 egg

} Fried/ steam/ stew

1 cup of vegetable
1 serving of fruit (eg : 1 apple/ 1 slice of papaya /watermelon / 8 grapes)



Afternoon snack

3 pieces of biscuits / 1 serving of fruit / 1 slice of bread / 4 tablespoon of oat@nestum

Enteral Formula : _____

Dinner

1 cup of rice/noodle/ pasta or
2 slices of bread

2 matchboxes of chicken/fish/meat
2 eggs
1 piece of Tofu + 1 egg

} Fried/ steam/ stew

1 cup of vegetable
1 serving of fruit (eg : 1 apple/ 1 slice of papaya /watermelon / 8 grapes)



Supper

3 pieces of biscuits / 1 serving of fruit / 1 slice of bread / 4 tablespoon of oat@nestum

Enteral Formula: _____