

ZORG
op het
BORD

Menu

Would you like to know more about Zorg op het Bord, the nutritional program of Amsterdam UMC, location AMC?

Please visit zorgophetbord.nl.



2023

Tasty and healthy food in the AMC

It is important to eat well. Choose what you feel like, and make sure you eat enough protein because that helps with recovery!

The menu lists the protein content of each dish (in grams) to help you make a high-protein choice.

The nutritional assistant will visit you several times a day to ask what you feel like eating.

Your choices are on this menu.

Service times

08.00 – 09.00 breakfast

10.00 – 11.00 smoothie

12.00 – 13.00 lunch and a lunch special

15.00 – 16.00 snack and beverages

17.00 – 18.30 dinner

18.00 – 18.30 dessert

19.00 – 19.30 snack and beverages for the evening

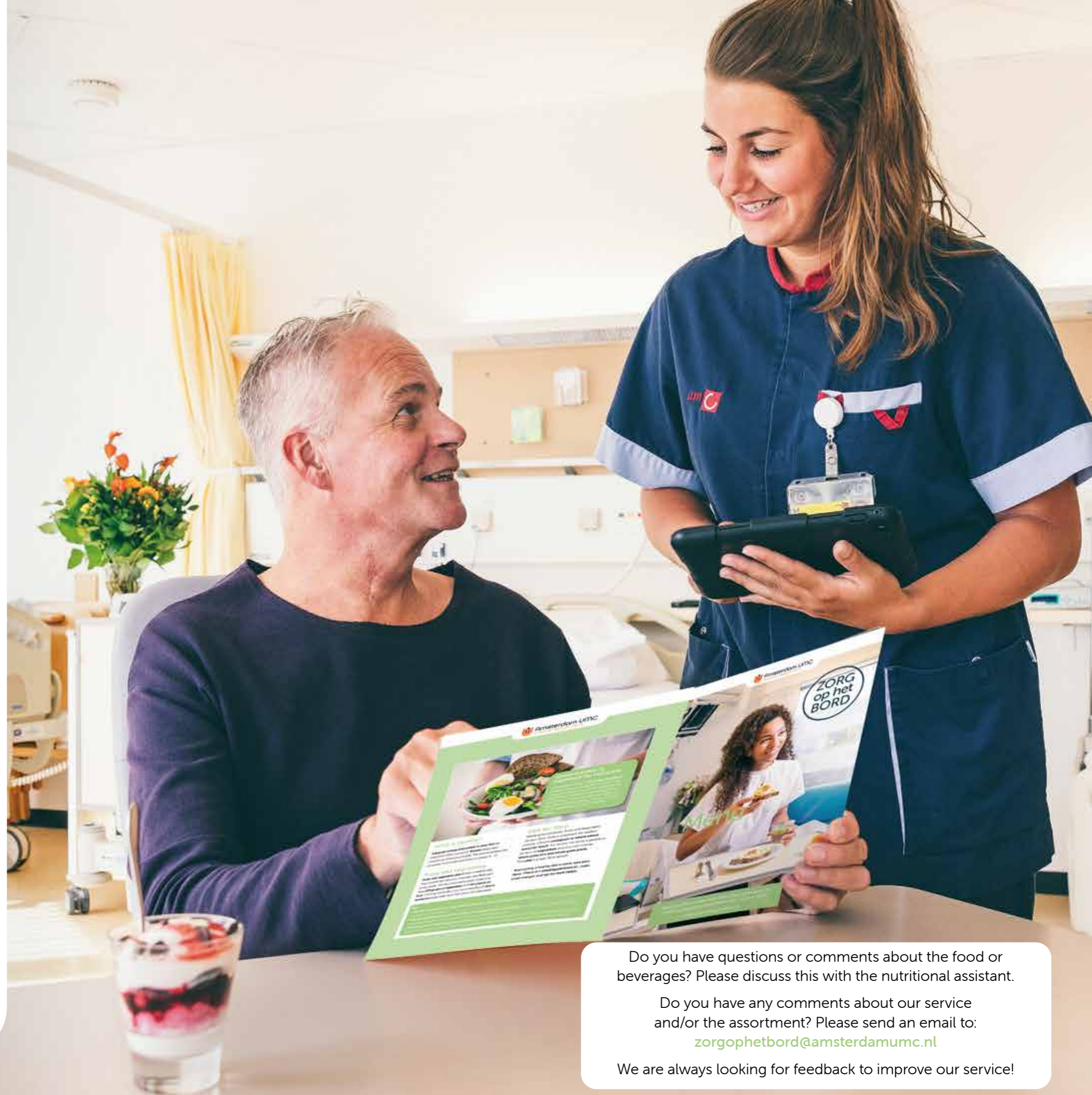
Diets and allergies

Do you have a food allergy? Please inform your attending doctor about this so we can offer you an adapted menu. The nutritional assistant has a different menu for various diets and allergies.

14 statutory allergens

Egg, gluten, lupine, milk (including lactose), mustard, nuts, peanuts, shellfish, celery, sesame seeds, soy, sulfite, fish and mollusks.

In any case, we have meals available that exclude the 14 statutory allergens.



Do you have questions or comments about the food or beverages? Please discuss this with the nutritional assistant.

Do you have any comments about our service and/or the assortment? Please send an email to:

zorgophetbord@amsterdamumc.nl

We are always looking for feedback to improve our service!

The yogurt bar

You can enjoy our yoghurt bar all day long! You can choose low-fat quark. This contains twice as much protein as a glass of milk or a bowl of custard. If you are on a lactose-restricted or cow's milk protein-free diet, you can choose lactose-free yoghurt or soy-based quark. We have many toppings to make your quark extra tasty! These toppings are listed on page 6 .

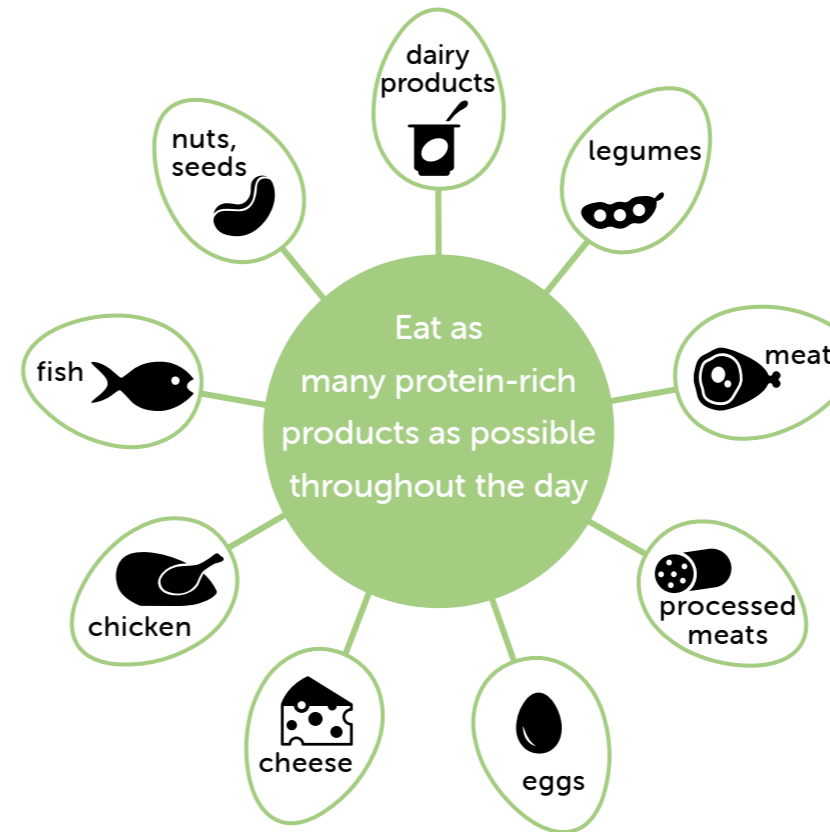


Protein is important to your recovery

The human body needs protein. Proteins are found in muscles, organs, skin, and even our nails and hair. They are continuously being built up and broken down to grow muscles or repair cells in the body.

The body recycles many proteins, but that alone is not enough; the body also needs protein from food and drink— as much as 0.8 grams per kilogram of body weight.

If you are ill or over 70, you need at least 1.2 grams of protein per kilogram of body weight. For example, if you weigh 75 kg, you need 90 grams of protein per day. The breakdown of proteins in the body is greater than the build-up due to healing wounds, fever, or old age.



What could a high-protein meal look like for you?

- Breakfast: bowl of quark with muesli and fruit, a boiled egg and a cup of tea
- Lunch: one chicken fillet sandwich, one cheese and egg salad sandwich and one glass of milk
- Dinner: one of the options from our menu and a dessert

Always prioritise the meat, fish, chicken or meat substitute at dinner. These are the most protein-rich.

A high-protein snack before bed helps build your muscles overnight.

Your options for protein-rich snacks include:

- A handful of nuts
- A pancake with chocolate spread, banana and walnuts
- A fruit smoothie with quark or soy-based quark
- Chicken meatballs



What proteins do you need?

Protein is found in animal products such as meat, fish, chicken, dairy (milk, quark, cheese) and eggs. It can also be found in plant products, such as grains, nuts, legumes and mushrooms. Make sure you eat enough of these products if you are ill, recovering or elderly.

The body makes the best use of protein when you eat 20–30 grams per meal. If this is too much for you, you can also eat protein-rich snacks (5–10 grams of protein) throughout the day.

In addition to proper nutrition, exercise is also important for proper protein absorption. Taking a walk is good, but even eating at the table instead of in bed is already a good form of exercise. Every little bit helps!

Want to know more?

Ask the dietitian for more information

Breakfast - lunch - beverages - snacks

Are you in the mood for a meal with lots of protein?

Quark with fruit from the yoghurtbar, a thick slice of multi-grain bread with a boiled egg (20 g protein)

The lunch dish of the day (10 g protein), a thick slice of multi-grain bread with cheese and a glass of milk (25 g protein)



Lunch dish:
Multigrain sandwich egg salad cheese
10 grams of protein

BREAD	Protein in grams
Thick slice topfit multi-grain	4 g
Slice of fine whole-grain bread	3 g
Slice of white bread	3 g
Pancake	3 g
Raisin bread	2 g
Light whole-grain cracker	1 g
Rusk	1 g

PORRIDGE	Protein in grams
Oatmeal porridge, high in protein	10 g
Rice flour porridge	10 g
Cornflakes with milk	7 g

SANDWICH FILLINGS	Protein in grams
Boiled free-range egg	7 g
Cumin cheese 20+	6 g
Semi-matured cheese 48+	5 g
Egg salad	5 g
Chicken fillet	3 g
Turkey fillet (halal)	3 g
Grilled sausage	3 g
Shoulder ham	2 g
Cheese spread 48+	2 g
Petit paté (vegetarian)	1 g
Hummus	1 g
Peanut butter	4 g
Chocolate sprinkles	1 g
Strawberry jam	- g
Honey	- g
Apple syrup	- g
Diet margarine	- g
Butter blend	- g

EXTRAS

Apple syrup, ketchup, mayonnaise, sugar, sambal, soy sauce, pepper and salt

You can also ask for these seasonings at dinner.

Cucumber, tomato, arugula

YOGHURT BAR

Low-fat quark, 100 grams	10 g
Soy based quark	6 g

TOPPING PER SPOON:

Pumpkin seeds	5 g
Walnuts	3 g
Muesli	2 g
Cornflakes	1 g
Pure chocolate	1 g
Apple	1 g
Fruit	- g
Honey	- g
Cinnamon	- g

MILK, YOGURT AND DAIRY PUDDING	Protein in grams
Semi-skimmed milk	5 g
Whole milk	5 g
Buttermilk	5 g
Chocolate milk	5 g
Soy drink	5 g
Vanilla dairy pudding	3 g
Orange juice	1 g
Apple juice	- g
Sparkling mineral water	- g
Fruit syrup orange 0% sugar	- g
Fruit syrup raspberry	- g
Homemade herb water or fruit water	- g

COFFEE AND TEA

Coffee and tea	- g
Semiskimmed dairy creamer	1 g

FRUIT AND VEGETABLES

Orange, banana	1 g
Apple	- g
Various types of fruit, seasonal	- g
Cherry tomatoes	- g
Apple sauce	- g

SNACKS

Cheese cubes, 3 pieces	7 g
Nuts unsalted	5 g
Biscuit	- g
Popsicle	- g
Drinking broth	- g

DAILY SPECIALS

Smoothie	5 g
Lunch dish	10 g
Snack	5 g
Dessert of the day	10 g

PROTEIN-RICH AND ENERGY-RICH SNACKS

Protein shake	20 g
Protein-enriched juice	10 g
Protein-enriched ice cream	10 g

PROTEIN-RICH AND ENERGY-RICH DRINKS

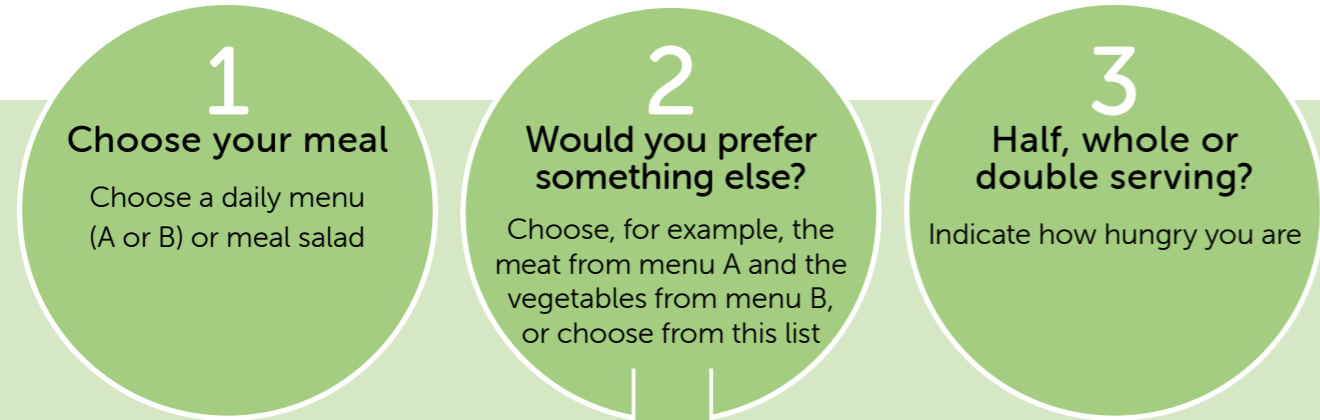
Delical sugar free	20 g
Nutridrink Compact Protein	18 g
Nutridrink Compact	12 g
Nutridrink Juice Style	8 g
Nutrinidrink Smoothie summerfruit	7 g

Are you thirsty or in the mood for an extra sandwich? Please ask me.



Dinner

The nutritional assistant will visit you in the afternoon to help you choose your dinner.



Opt for whole wheat
Whole grain products, fruits and vegetables contain fibre. Fibre is important for healthy bowels. That's why wholegrain rice and wholegrain macaroni are on the menu. If you would prefer something else, white rice is available every day.

Caesar salad
Mixed lettuce, strips of fried chicken fillet, Parmesan cheese, a boiled free-range egg, Caesar dressing and a slice of bread.
31 grams of protein

Salad Niçoise
Mixed lettuce, tuna, onion, baby potatoes, green beans, a boiled free-range egg and a slice of bread
28 grams of protein

Or would you rather...

	Protein in grams
MEAT, FISH, VEGETARIAN	
• Roast chicken fillet	17 g
• Braised cod fillet	14 g
• Omelet	9 g
FOR ON TOP...	
• Gravy	0 g
VEGETABLES	
• Broccoli	6 g
• Cauliflower	5 g
• Carrots	1 g
POTATOES / RICE	
• White rice	3 g
• Boiled potatoes	2 g
• Mashed potatoes	2 g

We have even more vegetarian and vegan meals available.
Ask about the possibilities
Menu B is completely vegetarian.

Do you eat halal?
Additional halal dishes :

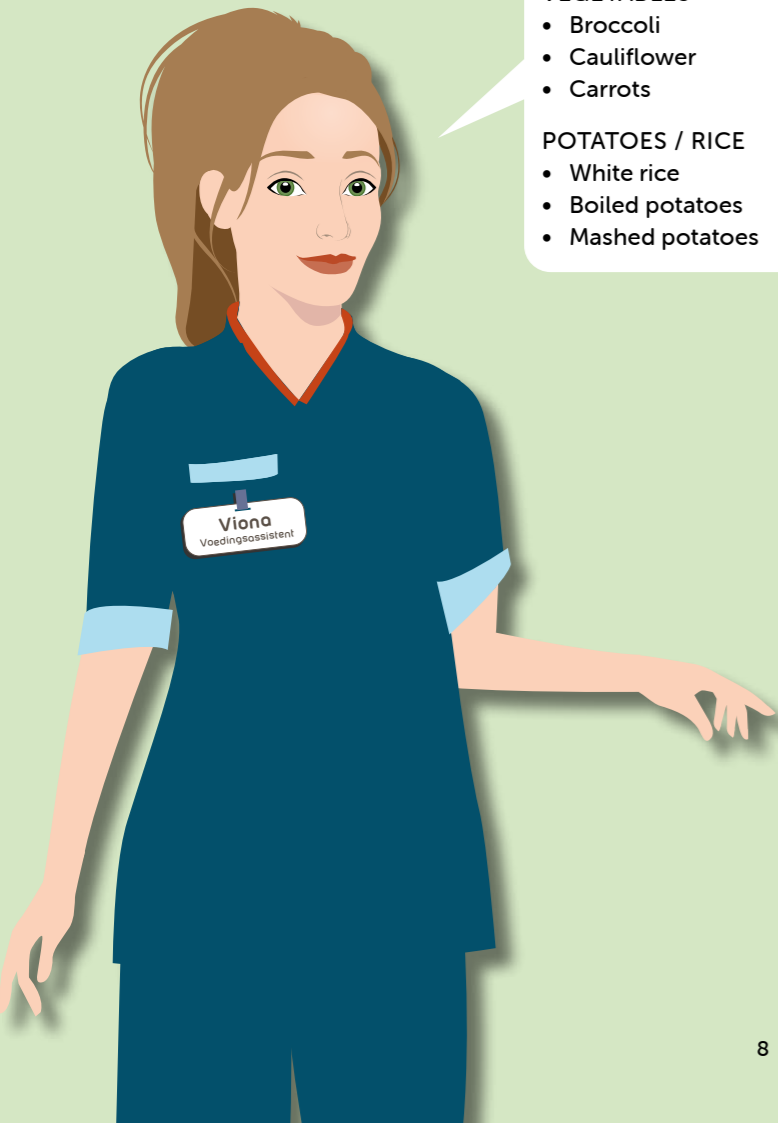
Lamb, green beans, and mashed sweet potatoes	15 g
Dish made with ketjap (sweet Indonesian soy sauce), sajour lodeh and Bami	16 g
Chicken in bell pepper sauce, couscous with vegetables	26 g

PLANT BASED MENU

	Protein in grams
Champignon ragout with peas and mashed potatoes	16 g
Farmers minced meat dish met mashed sweet potatoes	18 g
Beef stew with onions, mashed potatoes with spinach	25 g
Stir fried bits in tomato sauce with carrots and mashed potatoes	22 g
Champignon tandoori with green beans and roast potato cubes	13 g
Stir fried pieces with satay-sauce	29 g



	Menu A	Protein in grams	Menu B	Protein in grams
MON	Vegetarian meat in tomato sauce	24 g	Chicken Teriyaki	20 g
	Ratatouille (zucchini, bell paprika, tomato)		Beans with mild sambal	
	Mashed potatoes		Nasi goreng (fried rice)	
TUE	Vegetarian 'meatballs' with gravy	21 g	Meatballs Neapolitan style	23 g
	Spinach with egg		Vegetarian Paella	
	Roast baby potatoes			
WED	Vegetarian satay in satay sauce	26 g	Braised cod with Hollandaise sauce	22 g
	Tjap Tjoy (various vegetables)		Peas and carrots	
	Brown rice		Mashed potatoes	
THU	Plantbased chicken pieces in Tandoori sauces	26 g	Roast meatball made from beef with gravy	20 g
	Green beans		Red beets and pickled onions	
	Couscous with vegetables		Boiled potatoes	
FRI	Omlet in tomato sauce	22 g	Roast chicken fillet with gravy	26 g
	Broccoli		Spinach with egg	
	Bami		Boiled potatoes	
SAT	Pasta with vegetarian Bolognese sauce	23 g	Thais Chicken Curry	20 g
	Salad with cucumber, celery, corn and paprika		Vegetables Oriental style	
			Brown rice	
SUN	Vegetarian 'meatballs' with gravy	21 g	Panga fillet in Provençale (tomato) sauce	24 g
	Mashed potatoes with leeks and grated cheese		Green beans	
			Roast baby potatoes	





A tasty protein-rich recipe for at home!
 Proteins are important building blocks, especially during your recovery. This recipe is a delicious dessert but you can also eat it as a snack. Highly recommended if you need some extra protein.

Vegetarian?
 You can also replace the quark with a vegetable variation of quark.

Advice from internist Maarten Soeters

It is important that you eat well in the hospital, because then you will recover faster from your illness or surgery! People in the hospital are usually not very hungry, and you may not feel like eating at regular mealtimes. That is why we make sure that you can choose from a varied selection of delicious foods and beverages at any time of the day. Choose what you want and make sure you eat enough protein, because that helps with recovery!

Our nutrition assistants also prepare tasty, protein-rich specialties of the day to help keep your diet varied and provide the extra protein you need for your recovery.

Do you know that you will recover even faster if you get some exercise?

Almost everyone can eat at the table, so don't hesitate to ask the nurse about this and get out of bed to eat. Another good tip is to turn the meal into family time when you have visitors. Eating together is often much more pleasant than eating alone!



Cheesecake dessert
 for 5 servings

Ingredients
 50 grams bastogne biscuits
 150 grams mascarpone
 375 grams low-fat quark
 25 grams icing sugar
 50 grams forest fruit jam
 Fresh fruit for garnish

Preparation

1. Crumble the biscuits and divide among 5 glasses
2. Beat the mascarpone with the quark and icing sugar until light and fluffy
3. Divide the mascarpone mixture between the glasses
4. Stir the forest fruit jam and divide between the glasses and garnish with fresh fruit

Per serving of 150 grams
 250 kcal, 10 g protein, 13 g fat, 23 g carbohydrates



Banana and apple smoothie
 for 2 servings

Ingredients
 40 grams apple juice
 150 grams low-fat quark
 60 grams banana
 60 grams apple
 4 grams honey

Preparation

1. Peel the fruit and cut the apple into cubes and the banana into slices
2. First put the apple juice and then the other ingredients in a blender
3. Blend well, when the apple and banana have been finely blended, the smoothie is ready
4. Pour the smoothie into two glasses

Per serving of 160 grams
 120 kcal, 8 g protein, 0.5 g fat, 19 g carbohydrates



Good nutrition is important for everyone

Amsterdam UMC's **Zorg op het Bord** programme gives food and drink the attention they deserve throughout the hospital, as nutrition is an important part of your recovery. We also want to provide a healthy eating environment in our restaurants in our hospital plazas.

What is healthy?

Adequate energy and protein in your diet are important when you are ill. **Protein** keeps your muscles as strong as possible. We have included a list of protein-rich foods and drinks on pages 9 - 11

Fruits and vegetables

Fruits and vegetables also fit into a healthy diet; they provide the vitamins, minerals and fibre your body needs. The recommended daily intake is at least **250 grams of vegetables** and **two pieces of fruit**. This may seem like a lot, but a handful of **cherry tomatoes** easily adds up to 100 grams of vegetables.

Opt for fibre

Whole grain products, fruits and vegetables contain fibre. Fibre is important for healthy bowels. Choose **multigrain or whole wheat bread for lunch**. For dinner, we serve a generous portion of **vegetables** and you can choose **whole grain rice and whole grain pasta**. The **chili** is a high-fibre option.

Maintaining a healthy diet is easier said than done. Check out voedingscentrum.nl, make small changes and opt for food swaps.

Tips:

- **During dinner, eat your vegetables and meat, fish or meat substitute first.** Leave your potatoes or rice if you are not very hungry.
- **Ask the nutrition assistant for tomato or cucumber with your lunch.** You can add cucumber slices to a cheese sandwich or have cherry tomatoes as a refreshing snack.
- **You can also eat fruit throughout the day.** Add fruit to a bowl of quark for a protein-rich snack with a portion of fruit. The nutrition assistant will prepare a delicious protein smoothie with fruit for you in the morning.