**Template for recipes**

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| Name of recipe: |
| Number of servings: |
| Ingredients   * Ingredients as per the number of servings mentioned above * List the ingredients in descending order based on the quantities * In addition to measures like scoops and spoons – mention quantities in grams in brackets (Use “g” for grams. Do not use- gms/gm) * Do not use abbreviations. Please use full forms- “teaspoon/tablespoon”). 1 Tablespoon = 15 g, 1 Teaspoon = 5 g * Include suggestions for substitutes if appropriate * Do not mention brand names |
| Preparation and cooking instructions   * Use short sentences * Include any modifications made to make dishes suitable for after bariatric surgery e.g. liquidising or blending meals, peeling and cooking vegetables and fruits. * Give clear instructions and cooking times * Include oven temperature (if required) in both C and F * State ease of preparation and cooking |
| Number of Photograph(s) attached: |
| Nutritional information per serving   * Calories: kcal * Total Protein: (g) * Carbohydrate: (g)   + Of which sugars: (g) * Fat: (g) * Iron: (mg) * Calcium: (mg) * Fibre: (g) |
| Nutritional analysis   * Please provide details of the nutritional analysis in the table below >>>>> |
| Further information  State who is the recipe suitable for:   * People living with overweight or obesity * People who have bariatric surgery. Please state stage of diet progression e.g. liquid, pureed or soft phase, if relevant * Both people living with overweight and obesity, and following bariatric surgery   Additional information   * Serving suggestions including side dishes |
| Contributed by:   * Name of the participant:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Country:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * 2 lines introduction from the participant: |

**Nutritional Analysis**

Please use this table to give the nutritional breakdown of each ingredient. Expand the table as required.

Please provide details of the programme used for the analysis.

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| Ingredient | Total weight used in recipe (g) | Kcal | Protein (g) | Fat (g) | Carbohydrate (g) | Sugars (g) | Iron (mg) | Calcium (mg) | Fibre (g) |
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| Total |  |  |  |  |  |  |  |  |  |

Nutritional information per serving:

* Calories: kcal
* Total Protein: (g)
* Carbohydrate (g)
  + Of which sugars: (g)
* Fat: (g)
* Iron: (mg)
* Calcium: (mg)
* Fibre: (g)