Supplementary material. High-fat enteral food formulation for blended solid food

Food staff	Serving size	Proteins, g (kcal)	Carbohydrates, g (kcal)	Fats, g (kcal)	Calories (kcal)	Extra fat, mL oil (kcal)	Final nonprotein calories (kcal)
Potatoes	100 g=½ cup (boiled)	1.6 (6.4)	16.4 (65)	0.1 (0.9)	73	8 (72)	137
Yellow lentils soup	100 mL=½ cup (cooked)	4.8 (19.2)	8.8 (35.2)	1.5 (13.5)	68	4.5 (41)	90
Yellow lentils & vegetable soup	100 mL=½ cup (cooked)	3.2 (12.8)	8.5 (34)	0.1 (0.9)	48	5 (45)	80
Vegetable soap (mixed)	100 g=½ cup (cooked)	2 (8)	5 (20)	0.2 (1.8)	30	3 (27)	50
Chicken with skin	100 g boiled=2 eggs size	21.5 (86)	0.3 (1.2)	11.7 (105.3)	193	-	107
Whole chicken egg	50 gm=1 large egg	6.3 (25.2)	0.1 (0.4)	5.4 (48.6)	74	-	50
Beef, meat	100 g=2 eggs size	19.6 (78.7)	-	11.9 (107)	186	-	107
Beef, liver		19.5 (78)	4.4 (17.6)	4 (36)	132	6.5 (59)	112
Fish, Tilapia	100 g boiled=hand palm	19 (76)	-	2 (18)	94	6 (54)	72
Cow milk, whole	100 mL=½ cup	3.3 (13.2)	4.4 (17.6)	3.7 (33.3)	64	-	51
Yoghurt, whole	110 g=1 small	3.4 (13.6)	5.5 (22)	3.2 (28.2)	64	1 (9)	60
Yoghurt)fruit(, whole	110 g=1 small	3 (12)	11.2 (45)	1.2 (10.8)	68	5 (45)	100
Fruit juices	100 mL=½ cup	-	15 (60)	-	60	6.5 (60)	120