



CHOOSE WHAT YOU LIKE TO EAT AND GET WHAT YOU NEED

CAREZZO PROTEIN-ENRICHED PRODUCTS

Thanks to Carezzo, there is now a new option for tackling problems involved in malnutrition, muscle loss and muscle repair with tasty, everyday products that are geared to giving you what you need.

EXTRA PROTEINS ARE NECESSARY

The proteins in our food supply are the building blocks our muscles need. Undesired weight loss can also mean the loss of muscle mass. During illness and recovery, extra protein is crucial to the retention and growth of muscle mass. A dietician can recommend how much extra protein you need.

WHEN EATING MORE ISN'T AN OPTION

In hospitals and care institutions, people suffering from malnutrition are given a protein- and energy-rich diet that is often supplemented by liquid nutrition to ensure they get enough protein. For many senior citizens however, it is not feasible to consume this much more. Scientific research has shown that many people who are malnourished are not getting the desired extra quantity of protein. To make matters worse, many people who are not malnourished (yet) are also not getting enough protein. This means that there is a large group at a high risk of becoming malnourished due to a lack of appetite. The current approach does not offer a solution. We actually need more protein without having to eat more to get it.

DELICIOUS EVERYDAY PRODUCTS

Carezzo makes tasty, everyday products for people who need extra protein. This is why Carezzo has developed protein-enriched nutrition based on fruit, vegetables and grains. These products include bread and pastries, fruit juice and vegetable soup, dairy products with fruit and frozen treats with fruit. The high-quality, extra protein is based on essential amino acids. All our products have been taste-tested by senior citizen tasting panels and were found to be just as delicious as regular nutritional products. Replacing regular basic nutrition with Carezzo protein-enriched products is the tastiest, easiest and least cumbersome way of compensating protein deficiency.

CHOOSE WHAT YOU LIKE

Carezzo offers you a choice, allowing you to vary in your selection, whilst meeting your protein requirements at the same time. All the liquid products are packaged in convenient 150 ml cups, and contain 10 grams of protein. All the pastry products also contain 10 grams of protein each. This means you can choose what you like and still have the option to vary your diet. All the bread products contain 6 grams of protein per slice. The broad selection makes it even easier to get more protein during the bread-based meals and in-between snacks. This enables us to achieve the highest gains, by substantially increasing the quantity of protein consumed during the day, and to also convert this to muscle mass. Since the Carezzo range consists of familiar and trusted products, consuming them is definitely not a punishment! Carezzo makes it very easy.

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Hier wordt geïnvesteerd in uw toekomst!

Carezzo Nutrition BV
Scheepsboulevard 3
5705 KZ Helmond

T: +31 88 022 65 00
E: info@carezzo.com
W: www.carezzo.com

Stephan Lesterhuis
M: +31 6 20 97 22 54
stephan.lesterhuis@carezzo.nl

Fred Bergmans
M: +31 6 53 130 672
fred.bergmans@carezzo.nl

CAREZZO RANGE

PROTEIN-ENRICHED BREAD



Carezzo bread contains 8 grams of protein per slice. This is almost twice and a half as much as normal bread. The bread products are available in two variations: farmhouse - whole-wheat, bread and farmhouse - white bread.

Carezzo bread can replace normal bread, and three slices per day provide around 15 extra grams of protein. This difference can be enough to help you meet the recommended requirement for healthy adults.

PROTEIN-ENRICHED VEGETABLE SOUPS



Carezzo has protein-enriched soups that offer nearly twice as much protein as normal soup. In addition to all the nutritional value and fiber these vegetables offer, Carezzo soups

also offer the necessary proteins. As stated on the packaging, Carezzo soups offer 10 grams of extra protein per 150 ml cup. The Carezzo soup range consists of a broccoli/cauliflower soup, mushroom soup and tomato soup.

PROTEIN-ENRICHED PASTRIES



Carezzo offers traditional cake with 10 grams of protein each. This is nearly three times the amount found in normal cake. These products are available as delicious muffins in

trays of 2 and sliced cake with 11 slices. Carezzo pastries may be enjoyed with coffee or tea, or as a snack that offers extra energy and sufficient protein.

PROTEIN-ENRICHED BREAD ROLLS



Carezzo bread rolls contain 6 grams of protein each. Raisin-currant rolls are packaged in bags of 6 each.

PROTEIN-ENRICHED FRUIT DRINKS



Carezzo fruit drink is made from fresh fruit, and contains 10 grams of protein per 150 ml cup. This is all extra, added protein since normal fruit juice does not contain protein. It is

available in four different fruit flavours: orange, apple/strawberry, and apple/blueberry and apple. You can drink Carezzo fruit drinks as a substitute for coffee, tea or normal fruit juice to ensure you get plenty of fluids and extra protein.

PROTEIN-ENRICHED FRUIT-FLAVOURED ICE CREAM



Carezzo fruit-flavoured frozen treats are made from fresh fruit and ice cream, and contain 10 grams of protein per 150 ml (=90 g) cup. This is almost four times

as much protein as found in normal ice cream. They are a delicious and refreshing snack, and may of course also be enjoyed as a desert after a hot meal. They are available in two different flavours: Vanilla and Strawberry.