

cenavit

Appetite for life

Food and drink keep body and soul together. This is CENAVIT's promise and purpose. It's our aim to be there and to help the people who need it, and their carers, so that even when life is a little harder, they can enjoy a good meal and their life.

Practical and simple

- ✓ ready-spiced, shaped and gently cooked
- ✓ easy to reshape and serve
- ✓ supplied in frozen form
- ✓ easy to take out
- ✓ maximum time-saving in your kitchen
- ✓ support in the kitchen for the best in care





Re-awakening the appetite

"I learned to appreciate and enjoy food as a young boy on my parents' farm. So I understand how important food is for „feeling good“. The fact that my grandmother required special care for many years created an awareness and sense of responsibility in myself so that I wanted to make it as easy as possible for people facing hurdles to help them retain their dignity. Food is a key element of that. These insights, coupled with some great conversations with the inventor Dr Hans Waller, are why I am now rolling out this idea with friends, to make life a little easier in their own way. Bon Appetit!"

Ing. Mag. (FH)
Josef Kaltenegger

Finally enjoy food again



The taste and nutritional value of a good solid meal

Food has to taste good and – very importantly – look appetising too! So CENAVIT has developed mousses with different tastes to ensure that people who have difficulty chewing and swallowing get the nutrition they need. There is a choice of sweet and spicy dishes in a soft consistency enriched with vitamins and minerals. They are free of flavour-enhancers and preservatives, and lovingly prepared in a steam cooker or oven. Since it is not just the ability to chew that declines in advancing years, but also the appetite in general, a relatively small portion packed with nutrients is sufficient. When designing the range, we have made certain that our mousses can easily be combined. Diverse flavours guarantee to give elderly people their appetite back.

Working with dieticians, food technologists and chefs, we have designed CENAVIT to provide complete nutrition for people with

- ✓ difficulty chewing and swallowing
- ✓ kidney disease
- ✓ diabetes
- ✓ heart disease
- ✓ food intolerances, and
- ✓ obesity.

The key feature of CENAVIT is that it combines a varied selection that delivers balanced nutrition to improve health with a good taste. The CENAVIT philosophy does not include „settling for less“. We aim to encourage indulgence and joy in life.



How mousses can improve quality of life

Food is an important part of our lives. If we don't feel like eating, it affects both our physical and mental wellbeing. People who have difficulty chewing and swallowing often lose their appetite, and end up suffering from malnutrition. Ordinary mashed food neither looks appetizing nor does it deliver the balanced nutrients a body needs.

As a leading specialist in internal medicine, Dr. Hans Waller has come across a lot of people who have seen a huge decline in their overall condition because they are not eating enough. He thus decided to work with a project team of dieticians to develop an exceptionally tasty, varied, healthy and balanced diet for these people. We have now accepted Dr Waller's invitation to roll-out this idea. With mousses, we can excite our customers' taste-buds again, let them enjoy life, and significantly improve their overall condition.

CENAVIT offers everyone – whether they have health complaints or not – a varied and complete diet that restores their appetite for life!



Beef mousse



Chicken mousse



Fish mousse



Pork mousse

From the range

MAIN DISHES Mix: Art. CV MK 1701

Chicken mousse

Art. CV1701

Ingredients: Water, cooked chicken meat [Meat of drumsticks, chicken fillet, water, table salt.], **cream**, sunflower oil, **lactoprotein**, **whole milk powder**, modified starch, inulin, **egg-white powder**, nutritional mix*, iodized table salt (table salt, potassium iodide), sugar, starch, onions, sunflower oil, herbs, spices, powdered soya sauce (**soybeans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts, chicken fat, aroma, carrots, yeast extract, colourant: beta-Carotene.**

Nutritional value per 100g:	
Energy	960 kJ/ 231 kcal
Fat	19,0 g
of which saturates	5,2 g
Carbohydrates	4,7 g
of which sugar	1,9 g
Protein	10,4 g
Salt	1,8 g
Bread exchange (BE)	0,39

Beef mousse

Art. CV1703

Ingredients: Water, cooked beef, **cream**, sunflower oil, **whole milk powder**, modified starch, **lactoprotein**, inulin, **egg-white powder**, **sour cream**, nutritional mix*, table salt iodized (table salt, potassium iodide), natural aroma, sugar, starch, herbs, spices, onions, powdered soya sauce (**soybeans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts.**

Nutritional value per 100g:	
Energy	908 kJ/ 208 kcal
Fat	16,0 g
of which saturates	5,1 g
Carbohydrates	6,4 g
of which sugar	2,3 g
Protein	12,2 g
Salt	1,0 g
Bread exchange (BE)	0,53

Pork mousse

Art. CV1707

Ingredients: Cooked pork meat [pork meat, table salt iodized (table salt, potassium iodide), caraway seeds, garlic, spices], water, **cream**, sunflower oil, modified starch, **lactoprotein**, inulin, **egg-white powder**, nutritional mix*, table salt iodized (table salt, potassium iodide), garlic, sugar, starch, onions, sunflower oil, spices, herbs, natural aroma, powdered soya sauce (**soybeans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts.**

Nutritional value per 100g:	
Energy	1254 kJ/ 303 kcal
Fat	26,0 g
of which saturates	10,0 g
Carbohydrates	5,1 g
of which sugar	1,2 g
Protein	8,1 g
Salt	1,2 g
Bread exchange (BE)	0,43

Fish mousse

Art. CV1708

Ingredients: Fish, water, **cream**, sunflower oil, **lactoprotein**, **whole milk powder**, inulin, **egg-white powder**, modified starch, table salt iodized (table salt, potassium iodide), nutritional mix*, sugar, starch, onions, herbs, lemon juice concentrate, spices, sunflower oil, powdered soya sauce (**soybeans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts.**

Nutritional value per 100g:	
Energy	891 kJ/ 214 kcal
Fat	16,0 g
of which saturates	5,1 g
Carbohydrates	4,2 g
of which sugar	1,7 g
Protein	13,4 g
Salt	1,4 g
Bread exchange (BE)	0,35

*Nutritional mix see page 8
** Allergens: see ingredients in bold print.



Bread mousse



Millet mousse



Pasta mousse



Rice mousse

SIDE DISHES Mix: Art. CV MK 1702

Bread mousse

Art. CV1710

Ingredients: Water, bread cubes (**wheat flour**, table salt, yeast), brown bread crumbs (contains **wheat**), sunflower oil, **egg-white powder**, **lactoprotein**, inulin, modified starch, nutritional mix**, table salt iodized (table salt, potassium iodide), spices.**

Nutritional value per 100g:	
Energy	557 kJ/ 133 kcal
Fat	5,3 g
of which saturates	0,7 g
Carbohydrates	14,0 g
of which sugar	1,2 g
Protein	6,9 g
Salt	0,7 g
Bread exchange (BE)	1,17

Millet mousse

Art. CV1712

Ingredients: Millet patty [water, **low fat curd cheese**, millet, **cheese**, carrots, **celery**, **oatmeal**, herbs, table salt iodized (table salt, potassium iodide), spices], water, **cream**, modified starch, sunflower oil, **whole milk powder**, **butter**, **lactoprotein**, table salt iodized (table salt, potassium iodide), inulin, **egg-white**, nutritional mix**, sugar, starch, onions, spices, powdered soya sauce (**soy beans**, **wheat flour**, table salt), leek, maltodextrin, herbs, **celery**, spice extracts.**

Nutritional value per 100g:	
Energy	863 kJ/ 207 kcal
Fat	14,0 g
of which saturates	7,0 g
Carbohydrates	13,0 g
of which sugar	3,4 g
Protein	7,0 g
Salt	2,0 g
Bread exchange (BE)	1,08

Pasta mousse

Art. CV1713

Ingredients: Water. Pasta (water, **durum wheat semolina**, egg), **cream**, Ricotta (**whey protein cheese**), modified starch, **whole milk powder**, sunflower oil, **lactoprotein**, **butter**, **egg-white powder**, nutritional mix**, Grana Padano **cheese** PDO. (**milk**, table salt, lettering, preservative: **egg lysozyme**), Gouda **cheese**, inulin, table salt iodized (table salt, potassium iodide), sugar, starch, onions, spices, powdered soya sauce (**soy beans**, **wheat flour**, table salt), leek, maltodextrin, herbs, **celery**, spice extracts.**

Nutritional value per 100g:	
Energy	769 kJ/ 185 kcal
Fat	12,0 g
of which saturates	6,5 g
Carbohydrates	12,0 g
of which sugar	2,7 g
Protein	7,0 g
Salt	1,6 g
Bread exchange (BE)	1,00

Rice mousse

Art. CV1715

Ingredients: Water, cooked rice (water, rice), **cream**, Ricotta (**whey protein cheese**), modified starch, **Whole milk powder**, **butter**, sunflower oil, **lactoprotein**, inulin, **egg-white powder**, nutritional mix**, table salt iodized (table salt, potassium iodide), dextrose, spices, onions, shallots, leek, pepper, carrots, yeast.**

Nutritional value per 100g:	
Energy	860 kJ/ 206 kcal
Fat	14,0 g
of which saturates	7,4 g
Carbohydrates	13,5 g
of which sugar	2,7 g
Protein	6,5 g
Salt	1,2 g
Bread exchange (BE)	1,13

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Pea mousse



Carrot mousse



Broccoli mousse



Tomatoe mousse

From the range

VEGETABLES Mix: Art. CV MK 1703

Broccoli mousse

Art. CV1716

Ingredients: Broccoli, water, **cream**, **whole milk powder**, sunflower oil, modified starch, **egg white powder**, **lactoprotein**, inulin, nutritional mix*, table salt iodized (table salt, potassium iodide), herbs, sugar, starch, spices, onions, powdered soysauce (**soybeans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts.**

Nutritional value per 100g:	
Energy	604 kJ/ 145 kcal
Fat	8,6 g
of which saturates	3,4 g
Carbohydrates	8,7 g
of which sugar	4,4 g
Protein	7,7 g
Salt	1,7 g
Bread exchange (BE)	0,73

Pea mousse

Art. CV1717

Ingredients: Peas, water, **cream**, modified starch, **whole milk powder**, **egg white powder**, **lactoprotein**, sunflower oil, linseed oil, inulin, nutritional mix*, table salt iodized (table salt, potassium iodide), herbs, sugar, starch, onions, sunflower oil, spices, powdered soysauce (**soybeans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts.**

Nutritional value per 100g:	
Energy	592 kJ/ 142 kcal
Fat	8,1 g
of which saturates	2,9 g
Carbohydrates	8,9 g
of which sugar	3,4 g
Protein	7,3 g
Salt	0,9 g
Bread exchange (BE)	0,74

Carrot mousse

Art. CV1719

Ingredients: Carrots, water, **cream**, **whole milk powder**, sunflower oil, modified starch, **egg white powder**, **lactoprotein**, inulin, nutritional mix*, table salt iodized (table salt, potassium iodide), spices.**

Nutritional value per 100g:	
Energy	607 kJ/ 146 kcal
Fat	8,9 g
of which saturates	3,6 g
Carbohydrates	9,6 g
of which sugar	5,3 g
Protein	6,2 g
Salt	1,2 g
Bread exchange (BE)	0,80

Tomatoe mousse

Art. CV1724

Ingredients: Tomatoes, water, double-concentrated tomatoe paste, **cream**, modified starch, pepper, **egg white powder**, **lactoprotein**, **butter**, inulin, nutritional mix*, table salt iodized (table salt, potassium iodide), sugar, starch, onions, sunflower oil, herbs, spices, powdered soysauce (**soybeans**, **wheat flour**, table salt), leek, maltodextrin, **celery**, spice extracts.**

Nutritional value per 100g:	
Energy	419 kJ/ 100 kcal
Fat	3,8 g
of which saturates	2,3 g
Carbohydrates	10,4 g
of which sugar	5,0 g
Protein	5,6 g
Salt	0,8 g
Bread exchange (BE)	0,87



Sweet pancake soufflé mousse
(Kaiserschmarren)



Apple strudel mousse



Chocolate cake mousse (Sachertorte)

cenavit

- **during sports**
easily digestible nutrient kick
- **when studying**
fast energy supply
- **between meals**
healthy snack
- **as a complete meal**
for people with affected eating behaviour

DESSERTS Mix: Art. CV MK 1704

Apple strudel mousse

Art. CV1726

Ingredients: Water, apples, sugar, **cream**, modified starch, **whole milk powder**, sunflower oil, **lactoprotein**, honey, inulin, **egg white powder**, nutritional mix*, linseed oil, oat fiber, aroma, cinnamon.**

Nutritional value per 100g:	
Energy	877 kJ/ 209 kcal
Fat	9,9 g
of which saturates	3,7 g
Carbohydrates	25,0 g
of which sugar	17,0 g
Protein	4,8 g
Salt	0,2 g
Bread exchange (BE)	2,1

Sweet pancake soufflé mousse

Art. CV1732

Ingredients: Water, **whole milk powder**, sugar, modified starch, **butter**, **wheat flour**, **lactoprotein**, sultanas, inulin, nutritional mix*, **egg white powder**, oat fiber, cinnamon, thickening agent: locust bean gum; aroma, cloves.**

Nutritional value per 100g:	
Energy	746 kJ/ 177 kcal
Fat	6,4 g
of which saturates	2,6 g
Carbohydrates	23,0 g
of which sugar	15,0 g
Protein	6,5 g
Salt	0,2 g
Bread exchange (BE)	1,92

Chocolate cake mousse

Art. CV1733

Ingredients: Water, **cream**, **whole milk powder**, chocolate coating [sugar, cocoa mass, cocoa butter, emulsifying agent: lecithin (**soya**); natural vanilla aroma], apricot fruit filling (apricots, glucose fructose syrup, sugar, gelling agent: pectin, acidifying agent: citric acid, acidity regulator: sodium citrate; stabilizer: calcium citrate; aroma), sugar, **butter**, modified starch, **wheat flour**, inulin, nutritional mix*, oat fiber, aroma.**

Nutritional value per 100g:	
Energy	1107 kJ/ 265 kcal
Fat	12,9 g
of which saturates	7,5 g
Carbohydrates	31,0 g
of which sugar	21,0 g
Protein	5,1 g
Salt	0,2 g
Bread exchange (BE)	2,58

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Nutritional enrichment

CENAVIT mousses provide full nutrition for people with chewing and swallowing difficulties – and for everyone else, naturally. The wide choice of tastes makes it easier to design varied meal plans for the concerned.

In addition to a large and tasty range, at CENAVIT ‘the inner value’ is at the forefront. Malnutrition basically does not only mean a lack of calories and protein but also insufficient vitamins and minerals. People who have difficulties chewing and swallowing in particular soon risk suffering from these deficiencies.

Which is why CENAVIT mousses are enriched with a specially balanced blend of minerals. With this, we ensure that the consumer – even if he is a bad eater – takes in the best possible quantity of high-quality and easily digestible nutrition.

So, our mousses are an important food source for those whose eating behaviour is affected – because the consumption of 1 to 2 CENAVIT mousses already covers most of the recommended daily nutritional intake.

Nutritional enrichment per 100 g of mousse

Vitamin A	101,05 µg
Vitamin D	0,88 µg
Vitamin E	1,70 mg
Vitamin C	10,11 mg
Vitamin B1	0,16 mg
Vitamin B2	0,18 mg
Niacin	2,40 mg
Folic acid	30,00 µg
Pantothenic acid	0,88 mg

Vitamin B6	0,38 mg
Vitamin B12	0,38 µg
Biotin	7,60 µg
Iron	2,15 mg
Zinc	1,90 mg
Copper	0,19 mg
Manganese	0,38 mg
Fluorine	442,00 µg

Iodine	18,90 µg
Potassium	126,00 mg
Calcium	152,00 mg
Phosphorous	88,00 mg
Magnesium	47,00 mg
Selenium	10,48 µg
Chrome	7,58 µg
Molybdenum	12,63 µg

As well as providing sufficient energy and protein, these supplements ensure provision of vitamins and minerals in the best possible way.



This is what CENAVIT mousses can do

Taste, pleasure and health benefits

As we process real foodstuffs, we are able to provide real eating pleasure for the consumer as he is familiar with these tastes. We supply nature to your home and to your plate.

Products of regional origin

We use, as far as possible, products of domestic production. We process them in a professional and careful way. We do not use any artificial flavour enhancers, aromatic substances or food colouring. This makes our product natural ensuring highest eating pleasure.

Colour, form and consistency

Our mousses have the natural colour of the original foodstuffs. These colours are partly very bright, the pea mousse, tomato mousse, carrot mousse and chocolate cake mousse, for instance. The meat mousses and side dish mousses show the same colour that they have when meat or side dishes such as rice, pasta etc. are cooked normally.

Consistency: Our mousses keep their original form when heated or regenerated. Our mousses are rectangular. They can be put on the baking tray or the plate either with or without wrapping and then heated. In the steamer, in the microwave, in the oven or in the hot-air regenerating trolley!

Convenient Kitchen management

Using our mousses can make a substantial difference when dealing with the daily kitchen challenges. Both in the professional care of the elderly and those with special needs, and in hospitals.

A very sophisticated technique and a highly professional setting enable us to produce the best possible food on the highest level. Thus we can ensure that, at every stage in the production, all standards are fulfilled to an optimum, whether they may concern hygienic standards, the best raw material quality or the origin of the raw materials.

CENAVIT – the complete supply for ALL

Our mousses are an important food source for those whose eating behaviour is affected.

On the other hand: It's suitable for all people doing a lot of sports who require food with high nutrient concentration and fast nutritional availability which is easy to digest.

Or for children and teenagers who require, for their studying, a well-balanced and healthy energy supply.

For people like you and me who feel like having a tasty and healthy snack between meals.

Everything you need



- ✓ **Store**
- ✓ **Prepare**
- ✓ **Enjoy**

Storage

At -18o C in a *** freezer (in a cabinet freezer) and/or in a *** freezer compartment.

Serving suggestion

Main dishes

Serve meat and fish mousse with side dish and vegetable mousse and gravy, for instance.

Mousses can also be halved or quartered. Defrosted leftovers can be kept in the fridge and should be consumed within 24 hours.

Desserts

Serve dessert mousse with mashed fruit, fruit sauce (blended), custard or whipped cream.

Preperation

Combination steamer (steam cooker) or oven

Take mousse from package and put in a suitable dish or on the baking tray.

Combination steamer or oven, defrosted:

Heat for at least 13 min at 130°C

Combination steamer or oven, frozen:

Heat for at least 20 min at 130°C

Microwave oven

Put mousse on a plate or a suitable microwave dish, moisten slightly and put cover on top. Or heat mousse in packaging and take out of package after heating.

Microwave oven, defrosted:

Heat for 1 min 20 sec at 600 Watt, allow to rest for 1 minute in the closed microwave oven.

Microwave oven, frozen:

Heat for 3 min at 300 Watt, allow to rest for 1 minute in the closed microwave oven.

Recommendation:

Allow bread and dessert mousses to defrost at room temperature, for about 3 hours. It is also possible, however, to heat these mousses.

On human dignity

The dignity of every single citizen is an important aspect of 'wellbeing'. But there are always times at various stages of life where we lose our 'dignity' because we are dependent on other people for our very existence. It's a challenge, not to say a burden, for everyone concerned.

If you're independent, and so don't need other people's help for your daily existence, you feel as free as a bird. From the day that you need someone to help you do the simplest yet most important things in life, it's always a challenge. Including for the people who live with this underrated service to fellow human beings. To support other people

is a special service and a challenge at the same time. Often the person giving help puts himself second.

So our project is not simply a business idea, it is also a sign of particular appreciation, especially for those among us who every day – even though it may be their job – take on this important task. We want to help with our products – and create an appetite for life in the truest sense. And: to live in dignity!

Warmest regards,
Josef Kaltenegger

Here's to good food

Should eating be seen simply as taking in food? Eating should be a joy and a pleasure, eliminate deficiencies and at the time give you chance to recharge your batteries.

We cook with passion and deliver all CENAVIT dishes in unique quality: inspired by tried and tested recipes, we use only certified, freshly prepared local ingredients. That's what good food is about: it should taste as good as it looks.

Our line of thinking goes beyond the obvious: the kitchen not only takes cuisine to new heights, it also works to the highest levels of hygiene. So you can serve our portioned dishes that are prepared with a particular love of detail. We want you to feel well and good when eating our products. Because only when it all fits together, we achieve what CENAVIT stands for: Enjoyment every day.





CENAVIT

cenavit

Appetit aufs Leben

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