

E.P. AREQUIPA

PROGRAMACION DE MENUS

ENERO 2018

MENÚ DE PERSONAL - ENERO 2018

FECHA	DESAYUNO	ALMUERZO	CENA
01 - 02 ENERO	ARROZ A LA CUBANA + TÉ + 01 PAN	CAZUELA DE VERDURAS CON POLLO + CHANCHO AL HORNO, ARROZ, ENSALADA + REFRESCO + FRUTA	YUCA ARREBOZADA, ARROZ ENSALADA + INFUSION
03 - 04 - 05 ENERO	CALDO BLANCO CON POLLO + CAFÉ + 01 PAN	PAPA A LA HUANCAYNA + ARROZ CON POLLO, ENSALADA + REFRESCO + FRUTA	POLLO FRITO, ARROZ, ENSALADA + INFUSION
06 - 07 - 08 ENERO	HIRO DE ZAPALLO CON HUEVO FRITO, ARROZ + TÉ + 01 PAN	SOPA DE QUINUA CON POLLO + ESTOFADO DE RES, ARROZ + REFRESCO Y FRUTA	SOPA A LA MINUTA CON RES + INFUSION
09 - 10 - 11 ENERO	CAU CAU DE PANCITA, ARROZ + CAFÉ + 01 PAN	SOPA DE SEMOLA CON RES + POLLO AL SILLO, ARROZ + REFRESCO Y FRUTA	PASTEL DE TALLARIN + INFUSION
12 - 13 - 14 ENERO	GUISO DE FIDEOS CON RES, ARROZ + TÉ + 01 PAN	CHUPE DE VERNES + PESCADO FRITO, ARROZ, ENSALADA + REFRESCO Y FRUTA	ASADO DE POLLO, ARROZ + INFUSION
15 - 16 - 17 ENERO	CALDO DE GALLINA + CAFÉ + 01 PAN	CAUSA RELLENA CON POLLO + ATOMATADA DE RES, ARROZ + REFRESCO Y FRUTA	TORTILLA DE VERDURAS, ARROZ, ENSALADA + INFUSION
18 - 19 - 20 ENERO	LOMO SALTADO, ARROZ + TÉ + 01 PAN	CREMA DE VERDURAS + POLLO A LA MOSTAZA, ARROZ + REFRESCO Y FRUTA	CAU CAU DE POLLO , ARROZ + INFUSION
21 - 22 - 23 ENERO	ARROZ A LA JARDINERA CON POLLO + CAFÉ + 01 PAN	SOPA DE POLLO + GUISO DE PALLAR CON BISTECK, ARROZ, ENSALADA + REFRESCO Y FRUTA	SALTADO DE ACELGA CON RES, ARROZ + INFUSION
24 - 25 - 26 ENERO	PAPA RELLENA, ARROZ, ENSALADA + CAFÉ + 01 PAN	MAZAMORRA DE CHUÑO + POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	REVUELTO DE ZANAHORIA, ARROZ + INFUSION
27 - 28 - 29 ENERO	CALDO DE PATA + TÉ + 01 PAN	ENSALADA MIXTA + ASADO DE CERDO, ARROZ + REFRESCO Y FRUTA	POLLO ENCEBOLLADO, ARROZ + INFUSION
30 - 31 ENERO	ESTOFADO DE POLLO, ARROZ + CAFÉ + 01 PAN	PIBRE + QUINUA BATIDA CON GUISO DE RES, ARROZ + REFRESCO Y FRUTA	PAPA ARREBOZADA, ARROZ, ENSALADA + INFUSION


Leobardo Volante
 Nutricionista
 C.N.E. 0343


Leobardo Volante
 NUTRICIONISTA
 C.N.E. 0343


Hector Quijpe
 REPRESENTANTE

01 de Enero 2018 (MEJORA)

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	de los nutrientes en el alimento			total (g)
						PROT	GRASAS	CHO	
MEJORA : Charcho al horno + papa al horno									
Papa blanca	100.00	82.00	1.72	0.05	15.29	8.89	0.74	73.14	80.77
Carne de Cerdo	120.00	85.00	14.69	15.40	0.00	59	138.62	0.00	197.37
Mayonesa	15.00	100.00	0.48	0.00	14.07	1.92	0.00	56.28	58.20
						V.C. ALMUERZO			336.34


 Lic. Elizabeth del Rosario
 Nutricionista
 C.N.P. 2904


 Lic. Elizabeth del Rosario
 Nutricionista
 C.N.P. 2904

178

 Lic. Doris Valderrama
 Nutricionista
 C.N.P. 9040

01 - 02 de Enero del 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	SE CALCULAN POR DISTRICTO			TOTAL REAL
						PROT	GRASAS	CHO	
DESAYUNO:Arroz a la cubana + Té + 01 pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Pan de labrao	30.0	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Aceite vegetal	15.0	100.00	0.00	15.0	0.00	0.00	135	0.00	135.00
Plátano de sa	100.0	88.00	1.02	0.20	14.28	4.08	1.84	57.12	63.04
Huevo de gall	60.00	98.00	7.94	4.94	1.06	31.75	44.45	4.23	80.44
Tomate	25.00	90.00	0.18	0.05	0.97	0.72	0.405	3.87	5.00
Cebolla de cal	100.00	67.00	0.94	0.13	7.57	3.75	1.206	30.28	35.24
Sal	7.00	100.00	0.08	0.04	0.57	0.34	0.315	2.30	2.95
					V.C. DESAYUNO				851.79
					% DISTR. DESAYUNO				25.12
ALMUERZO:Cazuela de verduras con pollo + Chancho al horno, arroz , ensalada + refresco + fruta									
Zapallo maon	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Apio	6.00	75.00	0.03	0.01	0.22	0.13	0.08	0.86	1.07
Pom	6.00	66.00	0.11	0.03	0.30	0.43	0.29	1.20	1.92
Habos frescas	20.00	36.00	0.79	0.06	1.81	3.18	0.50	7.25	10.92
Zanahoria	20.00	79.00	0.06	0.08	1.45	0.38	0.71	5.81	6.90
Papa blanca	80.00	82.00	1.38	0.07	14.83	5.51	0.59	68.52	64.62
Carne de Pol	80.0	75.00	12.36	2.16	0.00	49.44	19.44	0.00	68.88
Nabo	2.00	66.00	0.01	0.00	0.06	0.03	0.02	0.19	0.25
Habos frescas	25.50	35.00	1.01	0.07	2.31	4.03	0.64	9.25	13.92
Maiz Fresco.	40.80	57.00	0.77	0.19	6.47	3.07	1.67	25.86	30.60
Carne de Cer	150.00	85.00	18.36	19.25	0.00	73	173.27	0.00	246.71
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49.20	6.75	466.00	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Cominos	0.15	100	0.01	0.00	0.12	0.02	0.00	0.48	0.50
Ajos	2.00	80.00	0.09	0.01	0.49	0.35	0.12	1.95	2.42
Aji colorado s	1.00	68.00	0.05	0.05	0.40	0.19	0.48	1.00	2.25
Remolacha ra	60.0	80.0	0.82	0.05	4.56	3.26	0.43	18.24	21.94
Zanahoria	55.00	79.00	0.26	0.22	4.00	1.04	1.96	15.86	18.69
Manzana de r	52.60	100.00	0.16	0.05	7.88	0.63	0.47	30.72	31.82
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Plátano de sa	150.0	82.00	1.85	0.37	25.83	7.38	3.32	103.32	114.02
					V.C. ALMUERZO				1437.36
					% DISTR. ALMUERZO				42.40
CENA:Yuca arrebozada , arroz ,ensalada + infusión									
Yuca blanca	100.00	80.00	0.64	0.16	31.44	2.56	1.44	125.76	129.76
Queso para	25.00	100.00	7.00	7.50	0.83	28.00	67.50	3.30	98.80
Huevo de gall	15.00	98.00	1.98	1.23	0.26	7.94	11.11	1.06	20.11
Harina de trigo	30.00	100.00	3.15	0.60	22.44	12.60	5.40	89.76	107.76
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Tomate	40.00	90.00	0.29	0.07	1.55	1.15	0.65	6.19	7.99
Pepinillo o Pe	60.00	72.00	0.29	0.08	1.50	1	0.52	5.99	7.68
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Sal	8.40	100.00	0.10	0.04	0.69	0.40	0.38	2.78	3.54
Aceite vegetal	35.00	60.00	0.00	28.00	0.00	0.00	252.00	0.00	252.00
Hierbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
					V.C. CENA				1101.16
					% DISTR. CENA				32.48
			92.86	98.88	532.66				
			371.45	688.16	2130.65				
			11	26	63				
						VCT. MENU			3390.26

H. *[Firma]* Quintana Tito
NUTRICIONISTA

H. *[Firma]* Alvarado del Rio
NUTRICIONISTA
C.N.P. 3379

[Firma]
Lic. Doris Velázquez Domínguez
Nutricionista
C.N.P. 3346

ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	RELACIONES POR REFERENCIA			TOTAL KJ/KG
						PROT	GRASAS	CHO	
DESAYUNO: Caldo blanco con pollo, Café y pan									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0.04	0.03	0.10	0.16
Azúcar rubia	35.00	100.00	0.00	0.00	34.4	0.00	0	137.62	137.62
Pan de labor	30.00	100.00	2.68	0.09	21.5	11.52	0.81	88.16	96.49
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	57.68	22.68	0.00	80.36
Arroz Pilado c	45.00	100.00	3.28	0.20	31.12	13.12	1.80	124.48	139.40
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Apio	6.00	75.00	0.03	0.01	0.22	0.13	0.001	0.86	1.07
Porro	6.00	66.00	0.11	0.03	0.30	0.43	0.28512	1.20	1.80
Nabo	6.00	66.00	0.02	0.01	0.14	0.10	0.07128	0.57	0.74
Carbanczo cru	15.00	90.00	2.59	0.62	8.11	10.37	7.4115	32.45	50.23
Papa blanca	100.00	82.00	1.72	0.08	18.20	6.89	0.738	73.14	80.77
Yuca blanca	90.00	70.00	0.28	0.07	13.76	1.12	0.63	95.03	96.77
Chufa blanco	20.00	90.00	0.09	0.00	0.88	0.36	0	3.53	3.89
Pimienta enter	0.08	100	0.01	0.01	0.05	0.03	0.0575	0.20	0.29
Sal	4.40	100.00	0.05	0.03	0.36	0.21	0.198	1.44	1.85
Cebolla de cal	10.00	67.00	0.09	0.01	0.76	0.38	0.1206	3.03	3.52
Ajos	2.00	80.00	0.09	0.01	0.49	0.38	0.1152	1.95	2.42
Verduras surti	5.00	80.00	0.19	0.03	0.26	0.77	0.252	1.04	2.06
						V.C. DESAYUNO			751.56
						% DIST. DESAYUNO			26.21
ALMUERZO: Papa a la huancaina, Arroz con pollo, ensalada, refresco + fruta									
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.107	104.72	121.16
Galletas de sa	10.00	100.00	1.01	1.47	6.60	4.04	13.23	27.20	44.47
Mari cruto. c	5.00	71.00	0.86	1.71	0.63	3.42	15.40	2.51	21.34
Leche evapor	10.00	95.0	0.67	0.77	1.04	2.66	6.93	4.14	13.73
Curro pena	10.00	100.00	2.80	3.00	0.33	11.20	27.00	1.32	39.52
Huacatay	2.00	54.00	0.05	0.01	0.09	0.22	0.08	0.35	0.64
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0.34	0.2412	1.66	2.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	8.75	486.80	522.75
Carne de Pollo	100.0	70.00	23.07	4.03	0.00	92.29	36.288	0.00	128.58
Ancejas fresca	25.00	54.00	1.34	0.11	3.55	5.37	1.0208	14.21	20.60
Cilantro	20.00	57.00	0.38	0.15	0.80	1.50	1.3338	3.19	6.03
Vainitas (2)	30.00	61.00	0.66	0.08	2.21	2.62	0.7371	8.85	12.30
Espinaca neg	12.00	97.00	0.33	0.10	0.57	1.39	0.94284	2.28	4.53
Zanahoria	30.00	79.00	0.14	0.12	3.18	0.57	1.0665	8.72	10.36
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0.34	0.2412	1.66	2.24
Pimiento	10.00	83.00	0.12	0.04	0.64	0.50	0.3735	2.96	3.43
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.69	4.84
Aceite vegetal	10.00	90.00	0.00	9.00	0.00	0.00	81	0.00	81.00
Glutamato mo	0.50	100.00	0.07	0.00	0.52	0.26	0	2.08	2.35
Sal	10.50	100.00	0.13	0.05	0.86	0.50	0.4725	3.44	4.42
Rocoto	6.00	90.00	0.08	0.03	0.44	0.36	0.34	1.77	2.27
Cebada con c	6.60	100.00	0.45	0.12	5.06	1.82	1.07	20.22	23.11
Limon	4.00	100.00	0.02	0.01	0.39	0.08	0.07	1.55	1.70
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Manzana	150.00	85.00	0.38	0.13	18.62	1.53	1.15	74.46	77.14
						V.C. ALMUERZO			1229.27
						% DISTR. ALMUERZO			42.87
CENA: Pollo frito, arroz, ensalada + infusión.									
Carne de Pollo	100.0	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	29.52	4.05	209.08	313.65
Papa blanca	100.0	87.00	1.83	0.09	19.40	7.31	0.78	77.60	85.70
Ajos	2.00	80.00	0.09	0.01	0.49	0.38	0.1152	1.95	2.42
Sal	7.00	100.00	0.08	0.04	0.57	0.34	0.315	2.30	2.95
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.0	225.00	0.00	225.94
Cebolla de cal	25.00	67.00	0.23	0.03	1.89	0.94	0.3015	7.57	8.81
Tomate	15.00	99.00	0.12	0.03	0.64	0.48	0.2673	2.55	3.30
Lechuga roja	60.00	50.0	0.39	0.06	0.63	1.56	0.54	2.52	4.62
Persej	4.00	90.00	0.10	0.01	0.13	0.38	0.128	0.52	1.00
Aji colorado s	1.00	85.00	0.05	0.05	0.40	0.19	0.47736	1.00	2.28
Hierbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			886.40
						% DISTR. CENA			30.91
	VCT (Gr.)		101.45	64.65	489.44				
	VCT (kcal.)		401.79	581.66	1878.6				
	VCT (%)		14	20	66	100.0			
						100.0	V.C.T. MENU		2867.23

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.A.P. 3579

Héctor Offigere Tili
FARMACIUTA

Lic. Carlos Valdivia Lora
Nutricionista
C.A.P. 0040

06 - 07 - 08 ENERO

ALIMENTO	grupos (g)	concentrable %	PROT An 00	GRASA (g)	CHO (g)	VALOR ENERGÉTICO POR COMPONENTE			TOTAL KJ/KG
						PROT	GRASAS	CHO	
DESAYUNO: Hilo de zapallo con huevo frito + arroz + té y 01 pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Clavo de olor	0.08	54.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00
Canela entera	0.50	54.00	0.01	0.00	0.23	0.02	0.02187	0.01	0.05
Azúcar rubia	25.00	100.00	0.00	0.00	34.58	0.00	0	98.30	98.30
Pan de labrar	30.00	100.00	2.88	0.08	21.54	11.02	0.01	85.18	98.49
Leche evapor	15.00	100.00	1.05	1.23	1.84	4.20	10.94	6.54	21.88
Queso paria	20.00	100.00	5.60	6.00	0.66	22.40	54.00	2.64	79.04
Huevo de gall	60.00	98.00	7.94	4.94	1.00	31.75	44.45	4.33	80.44
Zapallo macra	200.00	47.00	0.66	0.19	6.02	2.63	1.88	24.08	28.38
Aji colorado s	2.00	88.00	0.10	0.11	0.80	0.38	0.05	3.18	4.53
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	28.62	4.05	280.08	313.65
Papa blanca	100.0	82.00	1.72	0.08	18.29	8.89	0.74	73.14	83.77
Sal	12.00	100.00	0.14	0.00	0.88	0.58	0.04	3.94	5.05
Maiz Fresco	40.00	57.00	0.75	0.18	6.34	3.01	1.84	25.35	30.00
Huacatay	3.00	54.00	0.08	0.01	0.13	0.32	0.12	0.52	0.96
Habas frescas	35.00	35.00	1.38	0.10	3.17	5.54	0.88	12.69	18.11
Agua	3.00	98.00	0.17	0.02	0.90	0.67	0.21	3.61	4.48
					V.C. DESAYUNO				865.91
					% DISTR. DESAYUNO				26.3
ALMUERZO: Sopa de quinoa con pollo + Estofado de res ,arroz, refresco + fruta									
Carné de Pol	60.0	70.00	8.65	1.51	0.00	34.61	13.698	0.00	48.22
Zapallo macra	30.00	47.00	0.10	0.03	0.90	0.39	0.29	3.81	4.36
Agua	6.00	79.00	0.03	0.01	0.22	0.13	0.08	0.85	1.07
Poro	6.00	68.00	0.11	0.03	0.30	0.43	0.29	1.20	1.97
Habo	6.00	68.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Habas frescas	20.00	35.00	0.79	0.08	1.81	3.18	0.50	7.25	10.92
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Quinoa Cruda	20.00	100.00	2.72	1.18	13.28	10.88	10.44	53.04	74.36
Papa blanca	60.0	75.00	0.85	0.03	10.04	3.78	0.41	40.14	44.93
Carné de res	150.0	70.00	23.96	1.80	0.00	95.85	18.3	0.00	112.05
Arroz Pilado c	150.00	100.00	12.30	0.75	115.70	48.20	6.75	466.80	522.75
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Anchoas frescas	20.00	54.00	0.77	0.06	2.03	3.07	0.3832	8.12	11.77
Zanahoria	20.00	79.00	0.12	0.10	1.52	0.47	0.89	7.27	8.83
Aji verde (2)	3.20	87.00	0.05	0.02	0.27	0.21	0.15	1.06	1.43
Sal	8.00	100.00	0.10	0.04	0.66	0.39	0.36	2.62	3.37
Agua	1.00	80.00	0.04	0.01	0.24	0.18	0.09	0.97	1.21
Papa blanca	100.0	82.00	1.72	0.08	18.29	8.89	0.74	73.14	83.77
Azúcar rubia	20.00	100.00	0.00	0.00	18.00	0.00	0.00	78.84	78.84
Paltano de se	150.0	65.00	1.46	0.29	20.48	5.85	2.63	81.00	90.38
					V.C. ALMUERZO				1238.71
					% DISTR. ALMUERZO				40.58
CENA: Sopa a la misura con res + infusion									
Carné de res	60.0	100.00	13.85	1.04	0.00	55	9.36	0.00	64.74
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Agua	5.00	85.00	0.24	0.03	1.29	1	0.31	5.17	6.43
Agua	12.00	75.00	0.06	0.02	0.43	0	0.18	1.73	2.14
Poro	12.00	75.00	0.24	0.07	0.68	1	0.65	2.74	4.36
Habo	12.00	75.00	0.05	0.02	0.32	0	0.18	1.30	1.67
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa Blanca	80.0	82.00	1.38	0.07	14.63	5.51	0.59	58.52	64.62
Fideos	80.00	100.00	7.52	0.16	82.56	30	1.44	250.24	281.78
Orégano seco	3.00	100.00	0.05	0.02	0.34	0	0.14	1.36	1.68
Papa blanca	120.00	82.00	2.07	0.10	21.94	8	0.89	87.77	90.92
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.28	5.49
Cebolla de ca	60.00	84.00	0.71	0.10	5.70	3	0.01	22.78	26.51
Verduras surti	5.00	85.00	0.20	0.03	0.28	1	0.27	1.11	2.18
Hierbas	3.00	100.00	0.09	0.03	0.21	0	0.27	0.84	1.48
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
								V.C. CENA	849.88
								% DISTR. C	31.10
			VCT GR.	119.72	61.36	514.88			
			VCT KCAI	442.88	582.16	2059.44			
			VCT %	18.80	18.86	87.82		VCT MEN	3684.48
				100.00					


Lic. Elizabeth del Rosario Arana López
NUTRICIONISTA
C.I.P. 3879


Lic. Doris Valfarida Lucena
NUTRICIONISTA
C.N.P. 0540


Lic. Doris Valfarida Lucena
NUTRICIONISTA
C.N.P. 0540

ALIMENTO	grper (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	NUTRIENTES PRESENTES EN			TOTAL
						PROT	GRASAS	CHO	
DESAYUNO: Cau cau de pancita con arroz + Café y 01 pan									
Café sin azúca	4.00	100.00	0.01	0.00	0.00	0.05	0.04	0.13	0.21
Pan de libran	30.0	100.00	2.88	0.09	21.54	11.92	0.81	86.16	98.89
Azúcar rubia	20.00	100.00	0.00	0.00	19.98	0.00	0	79.64	79.64
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	1.00	100.00	0.06	0.01	0.30	0.234	0.07	1.23	1.51
Mondongo de	100.0	80.00	13.52	3.80	0.80	54.08	25.2	3.20	82.48
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Sal	6.50	100.00	0.08	0.03	0.53	0.31	0.29	2.13	2.74
Orégano seco	1.00	85.00	0.01	0.00	0.10	0.05	0.04	0.38	0.48
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.89	0.74	73.14	80.77
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.1809	4.54	5.29
Zanahoria	15.00	79.00	0.07	0.06	1.09	0.2044	0.53	4.36	5.18
Arvejas fresca	20.00	54.00	0.77	0.06	2.03	3.07	0.5832	8.12	11.77
Aji colorado s	1.00	100.00	0.07	0.08	0.59	0.28	0.70	2.35	3.33
						V.C. DESAYUNO			774.83
						% DIST. DESAYUNO			25.83
ALMUERZO: Sopa de semola con res + Pollo al sillao, arroz + refresco y fruta .									
Carné de res	80.0	89.00	14.48	1.09	0.00	57.94	9.792	0.00	67.73
Zapallo macn	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Agua	6.00	75.00	0.03	0.01	0.22	0.13	0.08	0.86	1.07
Poro	6.00	66.00	0.11	0.03	0.30	0.43	0.29	1.20	1.92
Nabo	6.00	66.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Habas frescas	20.00	39.00	0.79	0.08	1.81	3.18	0.90	7.28	10.92
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.61	6.80
Sémola de Tr	25.00	95.00	4.63	2.54	12.78	18.53	22.87	51.11	92.51
Papa blanca	80.0	82.00	1.38	0.07	18.63	5.51	0.59	58.52	64.62
Carné de Pol	100.0	70.00	23.07	4.03	0.00	82.29	36.29	0.00	128.58
Sillao	0.50	100.00	0.06	0.05	0.01	0	0.43	0.03	0.69
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla china	20.00	71.00	0.33	0.06	1.07	1	0.51	4.26	6.08
Papa blanca	100.0	82.00	1.72	0.08	18.29	6.89	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.17	2.92	3.63
Sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Orégano seco	1.50	94.00	0.02	0.01	0.16	0.09	0.06345	0.64	0.79
Aji colorado s	1.50	52.00	0.05	0.06	0.46	0.22	0.54796	1.83	2.60
Arroz Pilado c	100.00	100.00	12.30	0.75	116.70	49.20	6.75	480.90	522.75
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0.00	58.98	58.98
Manzana	150.00	85.00	0.38	0.13	18.62	1.53	1.15	74.48	77.14
						V.C. ALMUERZO			1283.85
						% DIST. ALMUERZO			42.42
CENA: Pastel de tallarin+ infusion									
Fideos tallarin	200	66.0	12.36	0.13	90.48	49.40	1.17	361.92	412.49
Huevo de gall	20.00	98.00	2.65	1.65	0.35	6.60	14.58	8.72	28.90
Láche despor	20.00	100.00	1.40	1.62	2.18	5.60	14.58	8.72	28.90
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3.00	0.96	24.23	28.19
Queso para	30.00	100.00	8.40	6.00	0.99	33.60	61.00	3.96	118.56
Aceite vegeta	25.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.95	0.58	0.54	3.94	5.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			939.72
						% DIST. CENA			31.34
			112.67	70.54	477.62				
			489.67	634.88	1910.47	2996.01			
			15.03	31.18	63.72	98.93			
						VCT. MENU			2998.15

Lic. Elizabeth A. Quiroga Alvarado
Nutricionista
C.N.P. 3979

SENDO CONEJOS Y DEMOIS
HOLLY Oulson TITO
PRESIDENTE

Lic. Doris Valderrama Lozada
Nutricionista
C.N.P. 0940

ALIMENTO	gr/gr	convertible	PROT	GRASA	CHO	CANTIDAD POR ALIMENTO (g)			TOTAL TOTAL
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Guiso de fideos con res, arroz + fe y pan									
Té sin azúcar	5.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Azúcar rubia	10.00	100.00	0.00	0.00	0.03	0.00	0	30.32	30.32
Pan de labran	30.0	100.00	2.88	0.09	21.54	11.02	0.01	80.10	90.49
Fideos	80.00	75.00	5.64	0.13	40.82	22.50	1.08	187.68	211.32
Arroz Pilado o	60.00	100.00	7.30	0.40	70.02	29.52	4.05	280.00	313.65
Ajos	0.00	80.00	0.02	0.00	0.12	0.00	0.03	0.40	0.60
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	80.00	0.00	80.00
Papa blanca	100.0	100.00	2.10	0.10	22.30	0.40	0.90	89.30	90.50
Carne de res	100.00	70.00	14.91	1.12	0.00	59.84	10.08	0.00	89.72
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.06	0.18	4.54	5.26
Sal	8.00	100.0	0.10	0.04	0.00	0.30	0.30	2.62	3.37
Perejil	3.20	100.00	0.15	0.02	0.21	0.01	0.20	0.83	1.05
Avejas fresco	15.00	54.00	0.08	0.05	1.52	2.30	0.44	6.00	8.82
Zanahoria	20.00	70.00	0.09	0.08	1.45	0.30	0.71	5.81	6.90
Aji colorado s	0.00	60.00	0.03	0.03	0.24	0.11	0.20	0.00	1.36
						V.C. DESAYUNO			949.03
						% DIST. DESAYUNO			26.21
ALMUERZO: Chupa de vienes, Pescado frito, arroz, ensalada, refresco + fruta									
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	80.00	0.00	80.00
Chorizo	50.0	60.00	0.17	0.00	1.62	0.00	0.00	6.47	7.13
Leche evapor	20.00	100.00	1.40	1.52	2.18	5.60	14.50	0.72	20.80
Arroz Pilado o	15.00	100.00	1.23	0.08	11.67	4.92	0.68	40.68	52.28
Ajos	2.00	80.00	0.09	0.01	0.49	0.00	0.12	1.95	2.42
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0.15	0.37	1.32	1.73
Apio	4.00	70.00	0.02	0.01	0.14	0.08	0.06	0.58	0.71
Poro	3.00	60.00	0.05	0.02	0.16	0.21	0.14	0.80	0.98
Nabai	2.00	80.00	0.04	0.00	0.09	0.03	0.00	0.19	0.25
Zapallo macra	30.0	47.00	0.10	0.03	0.00	0.39	0.20	3.01	4.20
Zanahoria	20.00	70.00	0.09	0.08	1.45	0.30	0.71	5.81	6.90
Papa blanca	80.0	82.00	1.00	0.00	10.97	4.10	0.44	43.80	48.46
Habas frescas	30.00	50.00	1.10	0.08	2.73	4.75	0.70	10.80	16.36
Melz Fresco	30.00	67.00	0.58	0.14	4.75	2.20	1.23	19.02	22.50
Queso porta	10.00	100.00	2.80	3.00	0.33	11.20	27.00	1.32	39.52
Cebolla de ca	30.0	70.00	0.29	0.04	2.37	1.10	0.30	9.49	11.05
Huevo de gall	15.00	90.00	1.00	1.23	0.20	7.04	11.11	1.00	20.11
Sal	12.00	100.00	0.14	0.06	0.00	0.50	0.54	3.04	3.65
Huacatay	4.00	54.00	0.11	0.03	0.17	0.43	0.10	0.69	1.20
Pescado	100.0	100.00	34.50	0.24	0.40	130.24	50.10	1.00	180.32
Ajos	2.00	80.00	0.09	0.01	0.49	0.00	0.12	1.95	2.42
Sal	10.00	100.00	0.12	0.05	0.00	0.40	0.45	3.20	4.21
Arroz Pilado o	150.00	100.00	12.30	0.75	110.70	40.20	0.75	400.00	522.75
Cebolla de ca	60.00	67.00	0.08	0.00	4.54	2.20	0.72	10.17	21.13
Aji colorado s	3.00	60.00	0.14	0.10	1.20	0.07	1.43	4.79	6.79
Aceite vegetal	2.00	100.00	0.00	2.00	0.00	0.00	10.00	0.00	10.00
Orégano seco	0.30	94.00	0.00	0.00	0.03	0.02	0.01	0.10	0.16
Vinagre	10.50	100.00	0.00	0.17	0.03	0.00	1.49	3.30	4.79
Harina de trigo	30.00	100.00	3.10	0.40	14.90	0.40	3.60	69.84	71.84
Cebada con d	0.00	100.00	0.40	0.12	0.00	1.02	1.07	20.32	23.11
Manzana	100.00	100.00	0.40	0.10	21.90	1.80	1.35	87.80	90.75
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
						V.C. ALMUERZO			1459.79
						% DIST. ALMUERZO			43.40
CENA: Asado de pollo con arroz + infusion									
Carne de Pollo	100.0	85.00	17.51	3.00	0.00	70.04	27.54	0.00	97.58
Arroz Pilado o	60.0	100.00	7.30	0.40	70.02	29.52	4.05	280.00	313.65
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Ajos	4.00	80.00	0.10	0.03	0.07	0.72	0.23	3.00	4.04
Sal	12.00	100.00	0.14	0.06	0.00	0.50	0.54	3.04	3.65
Tomate	40.00	90.00	0.20	0.07	1.00	1.10	0.05	6.10	7.90
Perejil	10.00	50.00	0.24	0.04	0.30	0.00	0.32	1.30	2.56
Cebolla de ca	60.00	60.00	0.00	0.14	7.00	3.04	1.27	31.00	37.03
Aji colorado s	2.00	60.00	0.10	0.11	0.00	0.30	0.00	3.10	4.53
Vinagre	0.00	100.00	0.00	0.00	0.20	0.00	0.40	1.00	1.40
Hierbas	3.00	54.00	0.05	0.02	0.11	0.30	0.10	0.40	0.80
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			955.12
						% DIST. CENA			28.39
			122.89	80.77	526.26				
			491.07	720.95	2140.02				
			14.62	21.61	63.77				
						VCT. MENU			3363.94

Lic. Elizabeth del Rosario Alvarez Crespo
NUTRICIONISTA
C.N.F. 1979

GRUPO CRESPO - 2024

Huaco, Chile, Tilo
NUTRICIONISTA

2024
Lic. Dora Valderrama
NUTRICIONISTA
C.N.F. 0040

15-16-17 ENERO

Dr. Maria Valdivia Latorre
Nutricionista
C.R.P. 1943

ALIMENTO	g/por (g)	concentrable %	PROT An (g)	GRASA (g)	CHO (g)	CALCULO POR COMPONENTE			TOTAL DIET.
						PROT	GRASAS	CHO	
DESAYUNO: Lomo saltado , arroz + Té + 01 pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Pan de lebrer	30.0	100.00	2.88	0.09	21.54	11.52	0.81	88.18	99.49
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0.00	0	39.32	39.32
Carné de res	100.0	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
Cebolla de ca	80.00	67.00	0.50	0.08	4.54	2.25	0.72	18.17	21.15
Tomate	20.00	90.00	0.14	0.04	0.77	0.58	0.324	3.10	4.00
Papa blanca	150.0	70.00	2.21	0.11	23.42	8.82	0.945	93.68	103.43
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	1.50	90.00	0.07	0.01	0.36	0.27	0.0864	1.46	1.81
Aceto vegetal	10.00	70.00	0.00	10.50	0.00	0.00	94.5	0.00	94.50
Perejil	1.00	90.00	0.02	0.00	0.03	0.10	0.0315	0.13	0.26
Pimienta mol	0.3	100	0.03	0.02	0.19	0.10	0.216	0.76	1.08
					V.C. DESAYUNO				777.31
					% DISTR. DESAYUNO				28.51
ALMUERZO: Crema de verduras, Pollo a la mostaza, arroz + refresco , fruta									
Carné de Pol	80.0	100.00	16.48	2.88	0.00	95.02	25.02	0.00	91.94
Zapallo maci	40.00	47.00	0.13	0.04	1.20	0.53	0.34	4.81	5.68
Ajo	4.12	75.00	0.02	0.01	0.15	0.09	0.08	0.69	0.74
Pao	2.00	88.00	0.04	0.01	0.10	0.14	0.10	0.40	0.64
Nabo	2.00	88.00	0.01	0.00	0.05	0.03	0.02	0.19	0.25
Zanahoria	30.00	79.00	0.14	0.12	2.18	0.57	1.07	8.72	10.38
Carné de Pol	180.0	85.00	28.02	4.90	0.00	112.08	44.08	0.00	156.13
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	498.80	622.75
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0.00	226.00	0.00	226.00
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.06	0.98	0.68	0.64	3.94	5.06
Tomate	30.00	90.00	0.32	0.05	1.18	0.85	0.49	4.64	5.89
Perejil	10.00	50.00	0.25	0.04	0.34	1.02	0.33	1.38	2.73
Cebolla de ca	80.00	67.00	0.75	0.11	6.05	3.00	0.96	24.23	28.19
Aji colorado s	2.00	88.00	0.10	0.11	0.80	0.38	0.86	3.19	4.53
Mostaza	4.0	100	0.39	0.79	0.38	1.57	7.09	1.50	10.16
Aji colorado s	5.00	58.00	0.34	0.27	2.00	0.95	2.39	7.98	11.32
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0.00	0	39.32	39.32
Cebada con c	8.80	100.00	0.46	0.12	5.06	1.82	1.07	20.22	23.11
Limon	4.00	100.00	0.03	0.01	0.39	0.68	0.07	1.65	1.70
Manzana	150.00	85.00	0.38	0.13	18.62	1.52	1.1475	74.46	77.14
					V.C. ALMUERZO				1227.47
					% DISTR. ALMUERZO				41.88
CENA: Cau cau de pollo, arroz + infusion									
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	0.50	90.00	0.02	0.00	0.12	0.08	0.03	0.48	0.80
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Papa blanca	200.0	100.00	4.20	0.20	44.60	16.80	1.80	178.40	197.00
Carné de Pol	80.0	70.00	11.54	2.02	0.00	49.14	18.144	0.00	64.29
Cebolla de ca	80.00	67.00	0.50	0.08	4.54	2.25	0.72	18.17	21.15
Sal	7.70	100.0	0.09	0.04	0.63	0.37	0.35	2.53	3.24
Perejil	3.20	100.00	0.15	0.02	0.21	0.61	0.20	0.83	1.66
Anchoas fresc	25.00	54.00	0.98	0.08	2.54	3.83	0.73	10.15	14.72
Zanahoria	30.00	79.00	0.14	0.12	2.18	0.57	1.07	8.72	10.38
Aji colorado s	1.00	88.00	0.05	0.05	0.40	0.19	0.48	1.60	2.20
Hierbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.20	0.52
Azúcar rubia	30.00	100.00	0.00	0.00	29.40	0.00	0.00	117.66	117.66
					V.C. CENA				927.41
					% DISTR. CENA				31.63
	VCT (Gr.)		119.98	71.37	452.45				
	VCT (kcal.)		479.92	642.34	1809.92				
	VCT (%)		16	22	62				
					V.C.T. MENU				2832.19


 Lic. Elizabeth del Socorro Alvarado Caza
 NUTRICIONISTA
 C.N.P. 2079


 Diana Concepcion
 Hospital Oculista Dr.
 Ortiz


 Lic. Doris Valentina Luciani
 Nutricionista
 C.N.P. 0940

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	KCALORIAS POR NUTRIENTE			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:Arroz a la jardinera con pollo + Café y 01 pan									
Café sin azúca	2.00	100.00	0.01	0.00	0.02	0.02	0.02	0.06	0.11
Pan de lebran	30.0	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0	98.30	98.30
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	32.80	4.5	311.20	348.50
Aceite vegetal	10.0	100.00	0.00	10.0	0.00	0.00	90	0.00	90.00
Arvejas frescas	15.00	54.00	0.58	0.05	1.52	2.30	0.4374	6.09	8.83
Zanahoria	20.00	85.00	0.10	0.09	1.56	0.41	0.765	6.26	7.43
Fideos tallarin	15.0	80.00	1.14	0.01	8.35	4.56	0.108	33.41	38.08
Valnitas (2)	10.00	91.00	0.22	0.03	0.74	0.87	0.2457	2.95	4.07
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	57.68	22.68	0.00	80.36
Tomate	25.00	90.00	0.18	0.05	0.97	0.72	0.405	3.87	5.00
Cebolla de cal	100.00	67.00	0.84	0.13	7.57	3.75	1.208	30.28	35.24
Sal	5.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
					V.C. DESAYUNO				817.76
					% DISTR. DESAYUNO				26.79
ALMUERZO: Sopa de pollo + Guiso de pajar con bistec, ensalada, arroz + refresco y fruta									
Carne de Pollo	80.0	85.00	10.51	1.84	0.00	42.02	16.52	0.00	58.55
Zapallo macre	40.00	47.00	0.13	0.04	1.20	0.53	0.34	4.81	5.68
Apio	6.00	75.00	0.03	0.01	0.22	0.13	0.08	0.88	1.07
Pero	6.00	66.00	0.11	0.03	0.30	0.43	0.29	1.20	1.92
Habas frescas	30.00	35.00	1.19	0.08	2.72	4.75	0.76	10.88	16.38
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Papa blanca	80.00	82.00	1.38	0.07	14.63	5.51	0.59	58.52	64.62
Pallares. con	120.0	100.00	0.72	0.12	17.76	2.88	1.08	71.04	75.00
Carne de res	100.0	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49.20	6.75	486.80	522.75
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3.00	0.96	24.23	28.19
Tomate	40.00	99.00	0.32	0.08	1.70	1.27	0.71	6.81	8.79
Lechuga redo	80.00	78.0	0.81	0.12	1.31	3.24	1.12	5.24	9.61
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.06
Ajos	4.00	99.00	0.22	0.03	1.20	0.89	0.29	4.82	5.99
Rocoto	4.00	90.00	0.04	0.02	0.30	0.17	0.16	1.18	1.52
Maracuyá	30.00	100.00	0.27	0.03	4.74	1.08	0.27	18.96	20.31
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Naranja	150.0	80.00	0.72	0.24	12.12	2.88	2.16	48.48	53.52
					V.C. ALMUERZO				1213.06
					% ALMUERZO				39.73
CENA :Saltado de acelga con carne, arroz + infusion									
Carne de res	80.0	100.00	17.04	1.28	0.00	68.16	11.52	0.00	79.68
Cebolla de ca	80.00	85.00	0.85	0.14	7.68	3.81	1.22	30.74	35.77
Tomate	40.00	90.00	0.29	0.07	1.55	1.15	0.648	6.19	7.99
Papa blanca	200.0	92.00	3.86	0.18	41.03	15.48	1.656	164.13	181.24
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	1.50	80.00	0.07	0.01	0.36	0.27	0.0864	1.46	1.81
Acelto vegeta	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Acelgas. hojas	100.00	98.00	2.16	0.29	5.19	8.62	2.66	20.78	32.05
Perejil	1.00	50.00	0.02	0.00	0.03	0.10	0.0315	0.13	0.28
Pimienta mol	0.3	100	0.03	0.02	0.19	0.10	0.216	0.78	1.08
Sal	8.00	100.0	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Hierbas	8.00	67.00	0.17	0.05	0.38	0.66	0.48	1.50	2.65
					V.C. CENA				1022.16
					% DIST.CENA				33.48
			111.85	56.35	524.60				
			447.39	507.19	2098.4	3052.99			
			15	17	69	100.00			
						VCT. MENU			3062.99

[Firma]
L. Dora Rodríguez Domínguez
Nutricionista
C.A.P. 00446

[Firma]
M. del Rosario Torres Cordero
Nutricionista
C.A.P. 00379

[Firma]
D. COMEDICINA Y NUTRICION
M. del Rosario Torres Cordero
Nutricionista
C.A.P. 00379

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	CALCULOS PORCENTUALES			TOTAL Kcal
						PROT	GRASAS	CHO	
DESAYUNO: Papa refrita , arroz, ensalada + Café y 01 pan									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0.05	0.04	0.13	0.21
Pan de labor	30.0	100.00	2.88	0.09	21.54	11.52	0.81	88.18	98.49
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0	98.30	98.30
Carné de res	80.0	85.00	14.48	1.09	0.00	57.94	9.792	0.00	67.73
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Acetia vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Ajos	4.00	80.00	0.19	0.03	0.97	0.72	0.23	3.89	4.84
Aceitunas de	5.00	93.00	0.04	1.48	0.34	0	13.29	3.34	14.76
Huevo de gall	15.00	98.00	1.98	1.23	0.26	7.94	11.11	1.06	20.11
Leche evapor	10.00	100.00	0.70	0.81	1.09	2.6	7.29	4.36	14.45
Zanahoria	15.00	79.00	0.07	0.06	1.09	0.2844	0.53	4.36	5.18
Avejas fresco	20.00	94.00	0.77	0.06	2.03	3.07	0.5832	8.12	11.77
Papa blanca	290.00	82.00	3.44	6.16	36.57	13.76	1.46	146.29	161.54
Sal	12.00	100.00	0.14	0.06	0.95	0.56	0.54	3.94	5.05
Tomate	30.00	90.00	0.22	0.05	1.16	0.89	0.49	4.64	5.89
Perejil	10.00	50.00	0.25	0.04	0.34	1.02	0.33	1.38	2.73
Cebolla de ca	80.00	87.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
					V.C. DESAYUNO				873.97
					% DIST. DESAYUNO				28.12
ALMUERZO: Matamorra de chuflo, Pollo al horno, arroz,ensalada , refresco y fruta									
Carné de res	80.00	70.00	8.96	0.67	0.00	36.78	6.05	0.00	41.83
Chuflo molido	25.00	100.00	9.13	0.09	1.23	0.50	0.00	4.90	5.40
Zapallo maco	40.00	47.00	9.13	0.04	1.20	0.53	0.34	4.81	5.68
Ajo	4.10	75.00	0.02	0.01	0.15	0.09	0.06	0.59	0.73
Pero	2.00	95.00	0.04	0.01	0.10	0.14	0.16	0.40	0.64
Papa blanca	100.00	82.00	1.72	0.08	18.29	8.89	0.74	75.14	80.77
Zanahoria	30.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Hierbas frescas	25.00	35.00	0.09	0.07	2.27	3.96	0.63	9.07	13.65
Carné de Pol	100.0	85.00	28.02	4.60	0.00	112.06	44.06	0.00	156.13
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	486.80	572.75
Acetia vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.23	3.89	4.84
Lachuga rojo	40.00	95.00	0.49	0.09	0.80	1.98	0.88	3.19	5.85
Sal	12.00	100.00	0.14	0.06	0.95	0.56	0.54	3.94	5.05
Tomate	30.00	90.00	0.22	0.05	1.16	0.89	0.49	4.64	5.89
Perejil	10.00	50.00	0.25	0.04	0.34	1.02	0.33	1.38	2.73
Cebolla de ca	80.00	87.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Aji colorado s	5.00	88.00	0.24	0.27	2.00	0.95	2.39	7.56	11.32
Cebada con c	8.00	100.00	0.46	0.12	5.06	0.06	0.07	1.55	1.70
Limon	4.00	100.00	0.02	0.01	0.39	0.00	0.00	117.90	117.90
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	8.83	3.97	123.65	136.45
Plátano de sa	160.0	92.00	3.21	0.44	30.91	9	0.00	0.00	8.63
					V.C. ALMUERZO				1264.37
					% DIST. ALMUERZO				40.68
CENA: Revuelto de zanahoria ,arroz + Infusion									
Zanahoria	70.00	79.00	0.33	0.28	5.09	1.33	2.49	20.35	24.17
Queso para	20.00	100.00	5.89	6.00	0.86	22.40	54.00	2.64	78.04
Leche evapor	15.00	100.00	1.05	1.23	1.64	4.20	10.94	6.54	21.88
Huevo de gall	15.00	98.00	1.98	1.23	0.26	7.94	11.11	1.06	20.11
Cebolla de ca	50.00	87.00	0.47	0.07	3.79	1.88	0.60	15.14	17.62
Papa blanca	120.0	82.00	2.07	0.10	21.84	8.27	0.89	87.77	96.92
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.12	1.95	2.42
Acetia vegetal	30.00	100.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
Perejil	4.00	50.00	0.10	0.01	0.13	0.38	0.13	0.52	1.03
Tomate	15.00	94.00	0.04	0.01	0.23	0.17	0.10	0.93	1.20
Sal	8.00	100.00	0.10	0.04	0.99	0.38	0.30	2.62	3.37
Hierbas	2.00	57.00	0.04	0.01	0.09	0.17	0.12	0.38	0.66
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	8.83	0.00	117.96	117.96
					V.C. CENA				969.62
					% DIST. CENA				31.20
			109.52	89.90	516.07				
			438.07	899.11	2072.3				
			14	26	67				
						VCT. MENU			3108.16


Dr. Elizabeth del Rosario Alvarado Cordero
 NUTRICIONISTA
 C.N.P. 5878


MARIO CORONADO
 Dietista
 NUTRICIONISTA
 C.N.P. 0040


Lic. Doris Veldem Lora
 Nutricionista
 C.N.P. 0040

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	CALCULOS PORCENTUALES			Total kcal
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Caldo de pata + Té. y 01 pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Pan de laborar	35.0	100.00	3.35	0.11	25.13	13.44	0.945	100.53	114.91
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Papas de res	100	85.00	20.15	4.78	0.85	80.58	42.84	3.40	128.82
Poro	3.00	80.00	0.06	0.02	0.18	0.26	0.17	0.73	1.18
Apio	4.10	75.00	0.02	0.01	0.15	0.09	0.06	0.59	0.73
Nabo	3.00	85.00	0.02	0.01	0.09	0.06	0.05	0.37	0.47
Ajos	1.00	100.00	0.06	0.01	0.30	0.23	0.072	1.23	1.51
Maíz pelado,	35.00	92.00	1.90	0.08	25.21	7.60	6.09	100.85	114.54
Aceto vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108	0.00	108.00
Sal	12.00	100.00	0.14	0.08	0.98	0.58	0.54	3.94	5.05
Papa Morca	150.00	88.00	2.77	0.13	29.44	11.09	1.188	117.74	130.02
Cebolla de ca	35.00	67.00	0.33	0.05	2.65	1.31	0.4321	10.60	12.33
Chufa blanco	40.00	82.00	0.18	0.00	1.81	0.86	0	6.43	7.08
Venturas curt	5.00	54.00	0.13	0.02	0.18	0.52	0.1701	0.70	1.39
Aj colorado s	2.00	100.00	0.14	0.08	1.17	0.56	1.404	4.70	6.89
						V.C. DESAYUNO			768.33
						% DISTR. DESAYUNO			26.88
ALMUERZO: Ensalada de mixta +Asado de cerdo,arroz + refresco + fruta									
Tomate	80.00	89.00	0.03	0.16	3.41	2.53	1.4356	13.62	17.58
Patá	60.0	82.00	0.94	6.9	3.1	3.75	62.1	12.36	78.22
Pepinillo u Pe	45.00	80.00	0.18	0.04	0.94	0.72	0.32	3.74	4.79
Perceji	3.00	86.00	0.10	0.01	0.13	0.38	0.12	0.51	1.02
Lechuga rojo	80.00	35.00	0.36	0.09	0.59	1.46	0.50	2.35	4.11
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	2.63	0.84	21.20	24.67
Limón	3.0	100.00	0.02	0.01	0.29	0.06	0.05	1.16	1.28
Mostaza	8.0	100	0.78	1.58	0.75	3.14	14.18	3.01	20.33
Remolacha r	150.00	98.00	2.50	0.15	13.97	10.00	1.32	55.86	67.18
Papa blanca	200.0	92.00	3.86	0.18	41.03	15.48	1.856	164.13	181.24
Carne de Cer	150	88.00	18.36	19.25	0.00	73.44	173.27	6.00	348.71
Aj colorado s	3.40	69.00	0.16	0.18	1.30	0.65	1.62	5.43	7.50
Cebolla de ca	20.00	67.00	0.19	0.03	1.61	0.75	0.24	6.08	7.06
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.17	2.00	3.63
Aceto vegetal	25.0	100.00	0.00	25.0	0.00	0.00	225.00	0.00	225.00
Rocoto	6.00	90.00	0.06	0.03	0.44	0.28	0.24	1.77	2.27
Maíz morado	25.00	100.00	1.83	0.85	18.05	7.30	7.85	76.20	91.15
Limón	10.00	100.00	0.06	0.02	0.67	0.20	0.18	3.88	4.26
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Mancana	150.00	88.00	0.40	0.13	19.27	1.58	1.19	77.09	79.95
						V.C. ALMUERZO			1205.67
						% DISTR. ALMUERZO			42.19
CENA: Pollo encabollado, arroz + infusion									
Carne de Pol	100.0	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado s	100.0	100.00	8.20	0.60	77.60	32.80	4.50	311.20	348.50
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.23	3.89	4.84
Sal	16.00	100.00	0.22	0.09	1.48	0.89	0.81	5.90	7.58
Tomate	40.00	80.00	0.29	0.07	1.55	1.15	0.65	6.19	7.99
Perceji	10.00	80.00	0.24	0.04	0.33	0.90	0.32	1.30	2.58
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	3.75	1.21	30.28	35.24
Aj colorado s	5.00	88.00	0.24	0.27	2.00	0.95	2.39	7.99	11.32
Aj verde (2)	8.00	67.00	0.13	0.04	0.66	0.54	0.38	2.06	3.08
Vinagre	5.00	100.00	0.00	0.05	0.25	0.00	0.45	1.00	1.45
Hierbas	3.00	54.00	0.05	0.02	0.11	0.20	0.10	0.45	0.80
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			894.08
						% DISTR. CENA			30.93
			88.44	101.98	396.71				
			363.78	917.67	1596.8				
			12.38	32.11	35.52				
						VCT. MENU			2050.20

Dr. Dora Valdivia Landa
NUTRICIONISTA
C.R.P. 2014

Dr. Dora Valdivia Landa
NUTRICIONISTA
C.R.P. 2014

Dr. Dora Valdivia Landa
NUTRICIONISTA
C.R.P. 2014

ALIMENTO	g/por	cantidad	PROT	GRASA	CHO	VALORES ENERGÉTICOS			KCAL
DESAYUNO: Estofado de pollo, arroz + café + pan									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0.05	0.036	0.13	0.21
Canola enteros	0.05	54.00	0.00	0.00	0.03	0.00	0.00	0.11	0.11
Clavo de olor	0.05	54.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.4	0.00	0.00	137.62	137.62
Pan de leña	30.00	100.00	2.88	0.09	21.5	11.52	0.81	86.16	86.49
Carnes de Pollo	100.00	82.00	16.89	2.65	0.00	61.57	25.57	0.00	94.14
Ajos	5.00	80.00	0.23	0.03	1.22	0.90	0.29	4.86	6.05
Sal	8.00	100.00	0.10	0.04	0.66	0.98	0.38	2.62	3.37
Avejas frescas	30.0	85.00	1.38	0.12	3.67	5.54	1.05	14.66	21.20
Zanahoria	45.0	82.00	0.22	0.18	3.30	0.88	1.88	13.68	16.13
Perejil	2.20	50.00	0.05	0.01	0.07	0.21	0.07	0.28	0.57
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Tomate	25.0	99.00	0.20	0.05	1.05	0.70	0.45	4.28	5.40
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.11	109.72	121.16
						V.C. DESAYUNO			720.61
						% DISTR. DESAYUNO			25.79
ALMUERZO: Pebes, Quinsa batida con guiso de res., arroz, refresco + fruta									
Carnes de Pollo	60.00	70.00	8.65	1.51	0.00	34.61	13.61	0.00	48.22
Chuflo blanco	20.00	90.00	0.09	0.00	0.68	0.36	0.00	3.53	3.60
Apio	8.00	75.00	0.04	0.01	0.29	0.17	0.11	1.15	1.43
Poco	8.00	66.00	0.14	0.04	0.40	0.57	0.38	1.61	2.96
Getitango ore	15.00	90.00	2.59	0.82	8.11	10.37	7.41	32.45	50.23
Arroz Pilado c	30.00	100.00	2.45	0.15	23.34	8.84	1.35	83.36	104.55
Yuca blanca	60.00	70.00	0.34	0.08	16.51	1.34	0.756	66.07	66.12
Papa blanca	50.0	80.00	0.84	0.04	8.92	3.36	0.36	35.68	39.40
Pimentita enta	0.06	100	0.01	0.01	0.05	0.03	0.0070	0.20	0.29
Sal	12.00	100.00	0.14	0.08	0.98	0.58	0.54	3.94	5.05
Cebolla de col	15.00	67.00	0.14	0.02	1.14	0.56	0.1899	4.54	5.29
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Vendinas surt	5.00	80.00	0.19	0.03	0.26	0.77	0.352	1.04	2.06
Quinsa Crema	50.00	100.00	8.80	2.80	33.15	27.20	26.10	132.80	185.90
Papa blanca	50.00	82.00	0.88	0.04	8.14	3.44	0.37	36.57	40.39
Lecche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Queso para	10.00	100.00	2.80	3.00	0.33	11	27.05	1.32	36.52
Margarina veg	10.00	100.00	0.08	8.20	0.00	0	73.60	0.00	74.04
Sal	4.00	100.00	0.05	0.02	0.33	0.19	0.18	1.31	1.68
Vendinas surt	3.00	80.00	0.12	0.02	0.16	0.46	0.15	0.62	1.24
Carnes de res.	100	85.00	18.11	1.38	0.00	72.42	12.34	0.00	84.66
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Ajos	3.00	99.00	0.17	0.02	0.90	0.67	0.21	3.61	4.49
Aji colorado s	1.50	68.00	0.07	0.08	0.60	0.29	0.72	2.39	3.40
Cominos	0.1	100	0.00	0.00	0.05	0.02	0.00	0.32	0.34
Vinagre	1.50	100.00	0.00	0.02	0.06	0.00	0.14	0.30	0.44
Cebolla de col	10.00	57.00	0.08	0.01	0.64	0.32	0.10	2.58	3.00
Tomate	20.00	90.00	0.14	0.04	0.77	0.58	0.324	3.10	4.00
Pimentita molli	0.15	100	0.01	0.01	0.10	0.05	0.11	0.28	0.54
Cebada con s	8.60	100.00	0.48	0.12	5.06	1.82	1.07	20.22	23.11
Limon	4.00	100.00	0.02	0.01	0.39	0.08	0.07	1.55	1.70
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Plátano de se	150.0	69.00	1.53	0.31	21.42	8.12	2.75	85.69	94.50
						V.C. ALMUERZO			1241.77
						% DISTR. ALMUERZO			43.89
CENA: Papa arobozada, arroz, ensalada + infusión									
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.11	109.72	121.16
Queso para	30.00	100.00	8.40	9.00	0.99	33.60	81.00	3.90	118.50
Huaco de gall	15.00	99.00	1.98	1.23	0.26	7.04	11.11	1.05	20.11
Harina de trigo	30.00	100.00	3.15	0.60	22.44	12.60	5.40	89.76	107.76
Arroz Pilado c	60.00	100.00	4.90	0.30	40.68	19.68	2.70	186.72	200.10
Tomate	20.00	90.00	0.14	0.04	0.77	0.58	0.32	3.10	4.00
Lecche evapor	10.00	100.00	0.70	0.81	1.00	3	7.29	4.36	14.45
Sal	8.40	100.00	0.10	0.04	0.60	0.40	0.38	2.70	3.34
Acetate vegetal	25.00	60.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Herbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
						V.C. CENA			857.84
						% DISTR. CENA			30.32
			106.96	81.67	496.38				
			427.82	735.61	1945.39				
			15	26	69				
						VCT. MENU			2829.22


 Lic. Elizabeth del Rosario Porras Caza
 NUTRICIONISTA
 C.N.P. 3079


 Lic. Doris Veldina Llanusa
 Nutricionista
 C.N.P. 0543


 Lic. Doris Veldina Llanusa
 Nutricionista
 C.N.P. 0543

MENUS "PUESTOS PARA POBLACION PENAL AREQUIPA - MES: "ENERO 2019"

lunes, 01 de enero de 2018	SEMOILA CON VAINILLA +03 PANES + MORTADELA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
martes, 02 de enero de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	CALDILLO DE HUEVOS
miércoles, 03 de enero de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
jueves, 04 de enero de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	HIGADO ENCEBOLLADO,ARROZ, PAPA + REFRESCO Y FRUTA	ARROZ CHALUPA CON HUEVO Y HOT DOG + INFUSION
viernes, 05 de enero de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
sábado, 06 de enero de 2018	TÉ + 02 PANES + ATUN	HIRTO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO, ARROZ + INFUSION
domingo, 07 de enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
lunes, 08 de enero de 2018	SEMOILA CON VAINILLA +02 PANES + MORTADELA	LOMO DE PANDA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
martes, 09 de enero de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABBIZA
miércoles, 10 de enero de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
jueves, 11 de enero de 2018	CAFE + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON BALCHICHA + INFUSION
viernes, 12 de enero de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
sábado, 13 de enero de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
domingo, 14 de enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO DORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 15 de enero de 2018	SEMOILA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	HIGADO FRITO, ARROZ + INFUSION
martes, 16 de enero de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
miércoles, 17 de enero de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	ARROZ CHALUPA CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
jueves, 18 de enero de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	CHAMFRUTA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
viernes, 19 de enero de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
sábado, 20 de enero de 2018	TÉ + 02 PANES + ATUN	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
domingo, 21 de enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADORO A LA TACHERA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
lunes, 22 de enero de 2018	SEMOILA CON VAINILLA +02 PANES + MORTADELA	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
martes, 23 de enero de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FRJOL A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABBIZA
miércoles, 24 de enero de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ESCARBEHE DE POLLO A LA LIMENA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
jueves, 25 de enero de 2018	CAFE + 02 PANES + CAMOTE FRITO	HIGADO ENCEBOLLADO,ARROZ, PAPA + REFRESCO Y FRUTA	ARROZ CHALUPA CON HUEVO Y HOT DOG + INFUSION
viernes, 26 de enero de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
sábado, 27 de enero de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
domingo, 28 de enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 29 de enero de 2018	SEMOILA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
martes, 30 de enero de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
miércoles, 31 de enero de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN


MINISTERIO DE SALUD
INSTITUTO VETERINARIO Y ZOOVETERINARIO
INIA


Dr. Eduardo de la Cruz
NUTRICIONISTA
C.N.P. 2074


Dr. Dora Patricia Llamas
NUTRICIONISTA
C.N.P. 0940

lunes, 1 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO: Semola con vainilla , 02 panes , mortadela									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.16	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de lebran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

569.11

22.39

Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chuflo blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Poro	18.00	66.00	0.32	0.10	0.80	1.28	0.8554	3.61	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.29	0.2138	1.71	2.21
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Cebolla de ca	80.00	85.00	0.95	0.14	7.68	3.81	1.224	30.74	35.77
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kion	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.1334	0.32	0.60
Glutamato mo	0.30	100.00	0.03	0.00	0.26	0.13	0	1.04	1.17
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28

VC Alm 1303.69

% Dist 51.29

CENA	Matasquita de pollo , arroz , infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.85	1.43	0.4606	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13

VC DES. 669.02

%DIST. C 26.32

			83.32	47.31	445.69				
			333.30	426.78	1782.75				
			13.1	16.6	70.1				
					100.00				
							V.C.T. MENU		2541.83


Lic. Daria Valderrama Lopez
Nutricionista
C.N.P. 0949


Lic. Elizabeth de Armas Albornoz
NUTRICIONISTA
C.N.P. 2013


Ricardo Quiroga TI
NUTRICIONISTA

martes, 02 de enero de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									22.80
Almuerzo:	Guiso de arvejita con chanchó, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partido	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	486.80	522.75
Acelita vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redo	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Glutamato mo	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1438.07
								%DIST. D	55.96
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.65	1.85	0.36	11	14.82	1.41	26.81
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	80.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo macre	50.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Acelita vegeta	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	545.64
								%DIST CENA	21.23
			70.76	61.89	432.62				
			283.04	556.19	1730.49				
			11.01	21.64	67.34				

U-PS

 Lic. Doris Valderrama Lora
 Nutricionista
 C.N.P. 0940

UNIVERSIDAD NACIONAL DE LA PATAGONIA

 Hector Gutierrez
 Representante


 Lic. Elizabeth
 Representante

miércoles, 3 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.90
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	637.71
								%DIST. C	25.29
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	200.0	82.00	3.86	0.16	41.03	15	1.66	164.13	181.24
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado s	8.00	96.0	0.55	0.81	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Lechuga redo	80.00	92.00	0.98	0.15	1.56	4	1.32	6.18	11.33
Silao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Pepinillo o Pe	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	58.59	64.01
								VC ALML	1501.54
									59.55
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. C	15.17
			77.12	49.77	441.31				
			308.50	447.92	1765.25				
			12.23	17.76	76.00				
					100.00			VCT	2521.86


Dr. Elisaveth de la Cruz Alvarado
 NUTRICIONISTA
 C.N.P. 3079


Hansel Ochoa
 NUTRICIONISTA
 C.N.P. 0840


Lic. Doris Villeda Leal
 Nutricionista
 C.N.P. 0840

jueves, 4 de Enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % PCR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 62 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote morado	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	150.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	85.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	511.67
								%DIST. D	20.05
ALMUERZO:	Hígado encebollado , arroz ,papa + refresco y fruta								
Hígado de res	120.0	97.00	23.28	5.35	1.16	83.12	48.19	4.68	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.308	5.17	6.43
Acetite vegeta	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.09	0	0.89	0.78
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.10
Pimienta mol	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.85	1.01
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.88	0.00	0	78.64	78.64
						V.C. ALMUERZO			1292.95
						% DISTR. ALMUERZO			50.67
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Glutamato mo	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96
Cebolla china	15.00	71.00	0.24	0.04	0.80	1	0.38	3.20	4.66
Pimiento	30.00	83.00	0.37	0.12	1.92	1	1.12	7.67	10.28
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	747.34
								%DIST. D	29.28
			67.32	63.08	428.74				
			289.28	567.73	1714.95				
			10.55	22.25	67.20				
					100.00			VGT	2551.95

Dr. O. GONZÁLEZ
 Lic. O. GONZÁLEZ
 HOJAS DE NUTRICIÓN
 NUTRICIONISTA

Dr. Elineth del Rosario Alvarado Orjeda
 NUTRICIONISTA
 C.N.P. 0940

Lic. Dora Valderrama Lora
 Nutricionista
 C.N.P. 0940

viernes, 5 de Enero de 2018

ALIMENTO	gr/per	Comestible	PROT	GRASA	CHO	VALOR CALDRICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	22.08
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.63	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.38	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	40.00	100.00	2.56	0.16	30.84	10	1.44	123.36	135.04
Aceite vegeta	38.00	100.00	0.00	38.00	0.00	0	342.00	0.00	342.00
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trig	40.00	100.00	4.20	0.80	28.92	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.79
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1615.32
								%DIST. D	62.36
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									402.93
									15.56
			85.30	61.71	423.38				
			341.19	555.43	1693.50				
			13.2	21.4	65.4				
					100.00				2590.13

BAJO CONSENTIMIENTO
Hector Cueva Oro
Nutricionista

Dr. Elizabeth del Puerto Sierra-Correa
NUTRICIONISTA
C.N.P. 0940

0082
Lic. Doris Velázquez Lora
Nutricionista
C.N.P. 0940

sábado, 6 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO: Té + 02 panes + abund									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0.00	0	157.28	157.28
Cebolla de ca	85.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.88
Vinagre	5.00	100.00	0.00	0.05	0.25	0	0.45	1.00	1.45
Pimienta molida	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labran	65.00	100.0	6.24	0.20	46.67	24.98	1.755	186.68	213.40
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									527.43
									20.05

ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.50	0.83	28	87.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.63
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
							VC DES.		1323.79
							% DIS ALM		50.32

CENA	Guiso de fideos con pollo, arroz , infusion								
Carné de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Arvejas fresco	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Herbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		779.57
							%DIST. C		29.63
			78.65	45.83	475.94				
			314.61	412.44	1963.74				
			12.0	15.7	72.4				
					100.00		V.C.T. MENU		2630.79

DIAGNOSTICO NUTRICIONAL
NUTRICIONISTA
C.N.P. 0940

Dr. Rubén del Socorro Alonso Cope
NUTRICIONISTA
C.N.P. 2579

Dr. Dora Viduira Lecanda
NUTRICIONISTA
C.N.P. 0940

domingo, 7 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									686.95
									27.45
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carné de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado e	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	45.00	82.00	0.22	0.18	9.39	1	1.86	13.58	16.13
Acetia vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1392.10
								% Dist	55.62
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	423.88
								%DIST. C	16.94
			80.67	61.41	406.88				
			322.68	552.71	1627.54				
			12.9	22.1	85.8				
					100.00			VCT	2502.93


Lic. Dora Valderrama Lozada
Nutricionista
C.N.P. 0940


Hilda Cordero
Nutricionista
C.N.P. 0940


Lic. Hilda Cordero
Nutricionista
C.N.P. 0940

lunes, 08 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.62	11.78	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	547.90
								%DIST. D	21.91
ALMUERZO: Locro de panza, arroz , fruta y refresco									
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Mondongo de	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Acetite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de ca	45.00	67.00	0.42	0.06	3.41	2	0.54	13.63	15.86
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Glutamato mc	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.78
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1321.11
								% DIS ALM	52.82
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acetite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.20
								%DIST. D	25.28
			70.63	55.30	430.24				
			282.53	497.69	1720.98				
			11.30	19.90	58.81				


Luis Diego Hernández
Nutricionista
C.N.P. 0040


Hector Quiroga
PRESIDENTE

martes, 09 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de frejol con chanco + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Cebolla de cal	90.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1524.02
								% DIS ALM.	60.15
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.82	1.81	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.06	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	20.45
			75.30	48.98	447.91				
			301.21	440.83	1791.65				
			11.89	17.40	70.71	100			
					100.00			VCT	2533.69


Lic. Doris Valdivia Lora
Nutricionista
C.N.P. 0340


Lic. Elizabeth Patricia Abreu Crego
Nutricionista
C.N.P. 35-1


Lic. Elizabeth Patricia Abreu Crego
Nutricionista
C.N.P. 35-1

miércoles, 10 de Enero de 2018

ALIMENTO	grper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	18.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	36.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	568.12
								%DIST. C	23.26
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.68	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Acetate vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.79
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Anvejas fresc	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lechuga redo	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	180.0	88.00	2.06	0.41	28.90	8	3.72	115.58	127.58
								VC DES.	1543.00
								%DIST. C	61.03
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	396.99
								%DIST. C	15.70
			81.13	70.54	392.18				
			324.62	634.87	1568.72				
			12.8	25.1	62.1				
					100.00			VCT	2628.11


 Lic. Doris Wildine Llanusa
 Nutricionista
 C.N.P. 0640


 Lic. Elizabeth del Rosario Ramos Cordero
 Nutricionista
 C.N.P. 2979


 Lic. Elizabeth del Rosario Ramos Cordero
 Nutricionista
 C.N.P. 2979

jueves, 11 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Café+ 02 panes + camote frito									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									552.93
									21.84
ALMUERZO: Cau cau de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1268.50
					% DISTR. ALMUERZO				50.10
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.68	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									710.46
									28.06
			64.32	47.79	461.14				
			257.27	430.07	1844.56				
			10.16	17	73	100.00			
					100.00			VCT MEN	2831.89

002 
Lic. María Victoria Laguarda
Nutricionista
C.N.P. 0940


Lic. Enrique Tito
REPRESENTANTE


Lic. Roberto del Rosario Alvarez Crespo
NUTRICIONISTA

viernes, 12 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Habas	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.08	29	1.62	172.32	198.98
								VC DES.	513.06
								%DIST. C	20.22
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pe	60.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Acetia vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.66	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1803.39
								%DIST. C	63.20
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	66.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									16.57
			87.55	53.49	426.33				
			350.20	481.41	1765.32				
			13.80	18.98	67.22				
					100.00			VCT MEN	2536.83

[Firma]
Lic. Doris Veldúza Lozada
NUTRICIONISTA
C.N.P. 6040

[Firma]
HAYDÉE ALFARO TALA
NUTRICIONISTA

[Firma]
Lic. Elizabeth del Rosario Alvarado Céspedes
NUTRICIONISTA
C.N.P. 2673

sábado, 13 de Enero de 2018

ALIMENTO	gríper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									539.36
									20.54
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1328.18
								%DIST. C	50.56
CENA:	Camote arrebozado,arroz,infusion								
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C . CENA			755.39
						% DIST.CENA			28.88
	VCT (Gr.)		82.11	52.28	456.74				
	VCT (kcal.)		328.46	470.53	1826.95				
	VCT (%)		13	18	70	V.C.T. MENU			2625.93
					100.00				


 Lic. Dora Veldhuis-Lacodin
 Nutricionista
 C.M.P. 0940


 Dr. Michael D. Brown, Board Chair
 1441 Third Avenue
 Seattle, WA 98101

domingo, 14 de Enero de 2018

ALIMENTO	gr/per (g)	consu- ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									687.07
									27.09
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Poli	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Acetite vegeta	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sel	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	6.05
Cebolla de ca	60.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga reda	60.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1468.26
									57.88
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.69	2.77	4.69
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. C	15.03
			77.33	53.21	437.11				
			309.32	478.91	1748.44				
			12.2	18.9	68.9				
					100.00			VCT	2536.67

DIAGRAMA DE ALIMENTOS

 Diana Vialdola Lucado
 Nutricionista
 C.N.P. 0940

Lic. Diana Vialdola Lucado
 Nutricionista
 C.N.P. 0940

1980
 Lic. Diana Vialdola Lucado
 Nutricionista
 C.N.P. 0940

lunes, 15 de Enero de 2018

ALIMENTO	gripier	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mortadela								
Semola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

549.02

21.45

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.35	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1299.06
								%DIST. C	50.75

CENA:	Higado frito , arroz + infusion								
Higado de res	80.0	70.00	11.20	2.58	0.56	44.80	23.184	2.24	70.22
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	5.00	100.00	0.06	0.03	0.41	0.24	0.225	1.64	2.11
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Pimienta mol	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	711.71
								% DIS ALM.	27.60
			73.83	63.16	424.01				
			295.32	568.41	1696.05				
			11.5	22.2	66.3				
					100.00				
								VCT	2559.78

Jose Roldán
 José Roldán Lucena
 SUI-afiliado
 C.N.F. 0648

[Firma]
 RUGO LUCENA
 FISCAL CAMBIO DE
 MONEDA

[Firma]
 Dr. Rafael Roldán Lucena
 FISCAL CAMBIO DE
 MONEDA

martes, 16 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									22.42
Almuerzo:	Guiso de arvejita partida con chanchito + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sel	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1514.56
								% DES ALM.	57.96
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	512.72
								%DIST. D	19.62
			71.59	69.52	425.31				
			286.38	625.67	1701.23	2613			
			10.96	23.94	65.10	100			
					100.00			VCT	2013.28


 Luc. Doris Valderrama Jacson
 Nutricionista
 C.N.P. 0840


 Harold Quiroga Tito
 Nutricionista
 C.N.P. 0840


 Lic. Patricia del Rosario Alvarado

miércoles, 17 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALDRICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	24.72
ALMUERZO:	Arroz chaufa con pollo , refresco y fruta								
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha Ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Acolla vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato me	0.50	100.00	0.05	0.00	0.43	0	0.00	1.74	1.96
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.39	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1450.47
								% DIS ALM.	58.01
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.86	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	17.27
			84.85	75.15	371.19				
			339.41	676.37	1484.77				
			13.57	27.05	59.38				
					100.00			VCT	2500.56


Dr. Elizabeth de la Cruz
Nutricionista
C.N.P. 0000


Dr. Elizabeth de la Cruz
Nutricionista
C.N.P. 0000


Dr. Elizabeth de la Cruz
Nutricionista
C.N.P. 0000

jueves, 18 de Enero de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúc	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Camote mora	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.99
								VC DES.	543.71
								%DIST. D	21.23
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.54	1.32	1.20	83	11.08	4.80	99.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.06	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1289.86
					% DISTR. ALMUERZO				50.36
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.60	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Poli	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Anvejas fresca	30.00	54.00	1.15	0.10	3.05	3	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									727.90
									28.42
			78.74	48.37	452.80				
			314.95	435.34	1811.18				
			12.30	17.00	70.71				
					100.00			VCT MEN	2561.47


 Lic. Doris Velduvin Landa
 Nutricionista
 C.N.P. 0940


 Lic. Hilda María López
 Nutricionista
 C.N.P. 3079


 Lic. Hilda María López
 Nutricionista
 C.N.P. 3079

viernes, 19 de Enero de 2018

ALIMENTO	grper	comasili	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	100.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. C	22.17
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	86.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Pepinillo o Pe	90.00	72.00	0.32	0.06	1.88	1	0.58	6.74	8.62
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Cebolla de cal	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.58
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.81
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1586.73
								%DIST. C	61.52
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	420.48
								%DIST. C	16.30
			83.33	65.35	414.39				
			333.32	588.19	1657.57				
			12.92	22.81	64.27			VCT MEN	2579.08
					100.00				


 Lic. Doris Yohanna Lozada
 Nutricionista
 C.N.P. 0940


 Dr. Erickson Zamora
 Nutricionista
 C.N.P. 3018

sábado, 20 de Enero de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + atun								
Café sin azúc	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.68
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									577.64
									21.73

ALMUERZO: Aji de calabaza , arroz , fruta y refresco

Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	20.00	100.00	5.80	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.90	522.75
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	246.19	271.66
Bal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maíz Fresco	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habes frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acete vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28

VC DES. 1400.51

% DIS ALM. 62.69

CENA	Matasquita de pollo , arroz , infusion								
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.06	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresco	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
									VC DES. 680.09
									%DIST. C 25.58
			77.39	37.53	502.73				
			309.56	337.74	2010.93				
			11.6	12.7	75.8				
					100.00		V.C.T. MENU		2658.24

Vgo

Dr. Doris Velázquez Lázaro
Nutricionista
C.N.P. 3079

Dr. Humberto Alvarado Alvarado
Nutricionista
C.N.P. 3079

Dr. Humberto Alvarado Alvarado
Nutricionista
C.N.P. 3079


 Dr. David Volkmann, DVM
 Nutritionist
 C.N.P. 0940


 Dr. David Volkmann, DVM
 Nutritionist
 C.N.P. 0940


 Dr. David Volkmann, DVM
 Nutritionist
 C.N.P. 0940

MEMORANDUM FOR THE RECORD

SUBJECT: [Illegible]

[Illegible Signature]

[Illegible Title]

[Signature]
 Mr. Charles J. Lewis, Secretary
 NUTRITIONIST
 GMP 201

lunes, 22 de Enero de 2018

ALIMENTO	gruper	consoli ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Semola con vainilla, pan , mortadela								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.23
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	50.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. C	21.44
ALMUERZO:	Aguadito con menudencia, refresco y fruta								
Menudencia c	80.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Aroz Pilado c	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Paro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	88.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	88.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Anvejaa fresca	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	1307.98
								%DIST. C	51.19
CENA	Tallarines rojos con carne molida + infusion								
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.61	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	57.00	0.64	0.09	5.15	3	0.62	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									699.10
								%DIST. C	27.36

67.83 100.64 344.88

270.51 905.74 1378.72

10.59 35.45 53.96

100.00

100

VCT 2554.97


Dra. Dora Valdivia Lavado
Nutricionista
C.N.P. 0940


Rocio Claudio
Nutricionista
C.N.P. 0940


Rocio Claudio
Nutricionista
C.N.P. 0940

martes, 23 de Enero de 2018

ALIMENTO	gr/por (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.53	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									20.36
Almuerzo:	Frijol a la chilena con chancho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Acetate vegeta	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rede	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.56	9.40	0.45	78.20	88.05
Zapallo macre	30.00	47.00	0.19	0.03	0.90	0.39	0.25	3.61	4.26
Glutamato mo	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	38.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1512.93
								%DIST. C	59.93
CENA:	Sopa de fideos con cabeza								
Cabeza de re	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	38.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetate vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.35
								%DIST. C	19.70
			80.86	41.78	456.23				
			323.42	375.99	1824.92				
			12.81	14.89	72.29				
					100.00			VCT	2524.33


Lic. Dora Velázquez Lozada
Nut. Licenciada
C.N.P. 10249


Lic. Dora Velázquez Lozada
Nut. Licenciada
C.N.P. 10249


Lic. Elvira Alvarado
Nutricionista
C.N.P. 3076

miércoles, 24 de Enero de 2018

ALIMENTO	grper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	645.71
								%DIST. C	25.55
ALMUERZO:	Escabeche de pollo a la limeña, arroz , refresco y fruta								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Acellunas de	8.00	92.00	0.08	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aji verde (2)	10.00	57.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Sai	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	57.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1451.80
								% DIS ALM.	57.46
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.40
								VC DES.	429.28
								%DIST. C	16.99
			78.74	65.26	406.11				
			314.97	587.38	1624.44				
			12.5	23.2	64.3				
					100.00			VCT	2526.79

008 
Lic. Doris Veldine Landa
Nutricionista
C.N.P. 0649


Lic. Doris Veldine Landa
Nutricionista
C.N.P. 0649


Lic. Doris Veldine Landa
Nutricionista
C.N.P. 0649

jueves, 25 de Enero de 2018

ALIMENTO	griper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúc	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	524.81
								%DIST. D	20.09
ALMUERZO:	Higado encebollado , arroz ,papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.19	4.68	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.79
Pan seco mol	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Pimienta moll	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1402.75
					% DISTR. ALMUERZO				53.71
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.19	1.00	88.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato mo	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.86	0	0.00	78.64	78.64
								VC DES.	684.10
								%DIST. D	26.19
			69.02	80.97	401.72				
			276.08	726.71	1606.86				
			10.57	27.90	61.53				
					100.00			VCT	2611.66


Lic. Darío Valderrama Lezanda
Nutricionista
C.N.P. 0040


Lic. Elizabeth del Rosario Viquez Caspi
Nutricionista
C.N.P. 0079


Lic. Elizabeth del Rosario Viquez Caspi
NUTRICIONISTA
C.N.P. 0079

viernes, 26 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Habas	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.61
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanco	30.00	100.00	5.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	513.06
								%DIST. D	20.04
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	88.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	35.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Mandioca	35.00	100.00	2.24	0.14	26.89	9	1.26	107.94	118.16
Aji colorado s	3.00	88.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	89.36	70.20
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.16	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1626.34
								%DIST. D	63.53
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									16.43
			87.67	48.28	443.67				
			350.68	434.52	1774.68				
			13.70	16.87	69.33				
					100.00			VCT MEN	2559.88

VPB 
Lic. Doris Vulliamy Laredo
Nutricionista
C.N.P. 8940


Lic. Elizabeth del Rosal
Nutricionista
C.N.P. 3875


Lic. Elizabeth del Rosal
Nutricionista
C.N.P. 3875

sábado, 27 de Enero de 2018

ALIMENTO	griper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	68.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.29	80.44
									554.39
									29.28
ALMUERZO:	Matasquitas de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajes	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aji colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1408.63
						% DISTR. ALMUERZO			51.24
CENA:	Camote arrebozado,arroz,infusion								
Camote mora	100.00	64.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.38	2.7	44.88	53.68
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.98	22	54.00	2.64	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. - CENA			778.27
						% DIST.CENA			28.47
	VCT (Gr.)		77.89	55.17	481.29				
	VCT (kcal.)		311.57	496.56	1925.15				
	VCT (%)		11	18	79	V.C.T. MENU			2733.29
					100.00				


 Lic. Daria Valdivia Guanda
 Nutricionista
 C.N.P. 0640


 Lic. Elvira del Rosario Alvarado
 Nutricionista
 C.N.P. 0640


 Lic. Elvira del Rosario Alvarado
 Nutricionista
 C.N.P. 0640

domingo, 28 de Enero de 2018

ALIMENTO	g/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.68
									668.09
									26.19
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	106.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.66	24.23	28.19
Aji colorado s	5	66.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.69
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani cruda, c	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	68.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1491.98
								% Dist	58.49
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.54	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.15	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	390.74
								%DIST. C	15.32
			79.25	45.55	455.96				
			317.01	409.94	1823.86				
			12.43	16.07	71.50				
					100.00			VCT	2550.81


Lic. Daria Volodina Lucuda
Nutricionista
C.N.P. 0940


Lic. Daria Volodina Lucuda
Nutricionista
C.N.P. 0940


Lic. Daria Volodina Lucuda
NUTRICIONISTA
C.N.P. 0940

lunes, 29 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Sémola con vainilla, pan , mortadela								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	50.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	547.90
								%DIST. C	20.61
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.16
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1362.58
								%DIST. C	51.24
CENA:	Arroz con huevo frito + infusion								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato mo	0.50	100.00	0.08	0.00	0.43	0	0.00	1.74	1.96
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.90	98.90
								VC DES.	748.54
								%DIST. C	28.15
			77.46	55.92	461.46				
			309.86	503.30	1845.85				
			11.65	18.93	69.42				
					100.00			VCT	2659.01


 Lic. Doris Valdivia Lozada
 Nutricionista
 C.N.P. 0040


 Lic. Elvira
 NUTRICIONISTA
 C.N.P. 3029

martes, 30 de Enero de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.53	17.80	9	14.53	71.20	94.53
Piña	30.00	54.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.52	172.32	196.98
									588.01
									23.24
Almuerzo:	Guiso de arvejita partida con chanchó + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.88
Carne de Can	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	8.36
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1514.56
								% DIS ALM	60.07
CENA:	Sopa de semola con menudancia de pollo								
Menudancia c	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	81.97
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	54.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Papa blanca	100.0	82.00	1.72	0.08	18.28	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	420.64
								%DIST. C	16.88
			73.61	67.43	404.97				
			294.45	606.89	1619.87				
			11.7	24.1	64.2				
					100.00			VCT	2521.21

UNIVERSIDAD DE CORDOBA
FACULTAD DE CIENCIAS EXACTAS Y NATURALES
DEPARTAMENTO DE NUTRICION Y DIETETICA

Dr. Elizabeth M. Suarez, Nutricionista
DIEP 2018

Dr. Daniel M. Suarez, Nutricionista
DIEP 2018

miércoles, 31 de Enero de 2018

ALIMENTO	gríper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL.%
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	100.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	24.71
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.34
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.64	0.12	8.78	3	1.08	27.12	31.56
Zanahoria	80.00	78.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acetate vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	8.00	68.00	0.38	0.42	3.18	2	3.82	12.77	18.12
Glutamato mo	0.15	100.00	0.02	0.00	0.13	0	0.00	0.52	0.59
Sal	20.00	100.00	0.24	0.10	1.64	1	0.00	6.56	8.42
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Plátano de se	160.0	92.00	2.21	0.44	30.91	9	3.87	123.65	136.45
								VC DES.	1461.35
								%DIST. D	58.42
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	0.16	34.70	12	1.62	138.78	151.92
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de a	20.00	100.00	0.06	0.02	2.92	0	0.16	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	421.96
								%DIST. D	16.87
			80.38	48.80	435.19				
			321.51	438.21	1740.78				
			13	18	70				
					100.00				
									2501.49


 Lic. Boris Valdivia Lozada
 Nutricionista
 C.R.P. 0940

Lic. Edwin Torres
 Nutricionista
 C.R.P. 3070


 Lic. Edwin Torres
 Nutricionista
 C.R.P. 3070

DIETA DIABETES MELLITUS - POBLACION PENAL - MES DE ENERO 2018

Lunes, 01 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Martes, 02 de Enero de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	GUISO DE ARVEJUTA, ARROZ + REFRESCO + FRUTA	CALDILLO DE HUEVOS
Miércoles, 03 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHAMCHO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + HUEVO SANCOCHADO
Jueves, 04 de Enero de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	GUISO DE VANTAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHALUPA CON HUEVO Y HOT DOG + INFUSION
Viernes, 05 de Enero de 2018	MARINA DE CEBADA + 02 PANES + MORTADELA	PESCADO AL HORNO, ARROZ, ENSALADA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Sábado, 06 de Enero de 2018	TE + 02 PANES + ATUN	PIRRO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO, ARROZ + INFUSION
Domingo, 07 de Enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Lunes, 08 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACELGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Martes, 09 de Enero de 2018	SOYA CON PAPA + 02 PANES + HUEVO SANCOCHADO	CANGUA RELLENA, ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
Miércoles, 10 de Enero de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Jueves, 11 de Enero de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
Viernes, 12 de Enero de 2018	MARINA DE HABAS + 02 PANES + QUESO DE CHAMCHO	PESCADO AL HORNO, ARROZ, ENSALADA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Sábado, 13 de Enero de 2018	TE + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
Domingo, 14 de Enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO DORADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
Lunes, 15 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ, ENSALADA + INFUSION
Martes, 16 de Enero de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	CANGUA RELLENA, ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
Miércoles, 17 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHAMCHO	ARROZ CHALUPA CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Jueves, 18 de Enero de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	CHAMPANITA, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Viernes, 19 de Enero de 2018	MARINA DE CEBADA + 02 PANES + FRUTA	PESCADO AL HORNO, ARROZ, ENSALADA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Sábado, 20 de Enero de 2018	TE + 02 PANES + ATUN	ALJIBE CALABAZA, ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Domingo, 21 de Enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBIO A LA TACHENA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Lunes, 22 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Martes, 23 de Enero de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	CANGUA RELLENA, ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
Miércoles, 24 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ESCARBACHE DE POLLO A LA LINEA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Jueves, 25 de Enero de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VANTAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHALUPA CON HUEVO Y HOT DOG + INFUSION
Viernes, 26 de Enero de 2018	MARINA DE HABAS + 02 PANES + QUESO DE CHAMCHO	PESCADO AL HORNO, ARROZ, ENSALADA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Sábado, 27 de Enero de 2018	TE + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
Domingo, 28 de Enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
Lunes, 29 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO+ INFUSION
Martes, 30 de Enero de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	CANGUA RELLENA, ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
Miércoles, 31 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHAMCHO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN


 Lic. David Villalón
 Nutricionista
 C.N.P. 0349

DIETA: DIABETES MELLITUS

lunes, 1 de Enero de 2018

ALIMENTO	g/per	comesti blo	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, 02 panes, mortadela									
Semola de Tr	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	76.23

371.94

22.79

Almuerzo: Caldo de gallina + refresco y fruta									
Carné de galli	100.00	87.00	16.53	1.38	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6812	11.67	14.52
Fideos	50.00	100.00	4.70	0.10	39.10	18.80	0.9	155.40	175.10
Acetia vegeta	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.61	5.90	7.58
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	100.0	95.00	2.00	0.10	21.19	7.98	0.855	84.74	93.58
Apio	18.00	75.00	0.08	0.03	0.85	0.38	0.243	2.59	3.21
Chuflo blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Porro	18.00	66.00	0.32	0.10	0.90	1.28	0.8654	3.61	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.29	0.2138	1.71	2.21
Cebolla de ca	80.00	85.00	0.85	0.14	7.68	3.81	1.224	30.74	35.77
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.1334	0.32	0.60
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC Alm	688.53
								% Dist	42.18

CENA Matasquita de pollo, arroz, infusion									
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ancejas fresca	50.00	54.00	1.82	0.16	5.08	8	1.46	20.30	29.43
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	100.0	85.00	1.79	0.09	18.96	7.14	0.765	75.82	83.73
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	571.89
								%DIST. D	35.03
			71.13	35.35	257.41				
			284.53	318.18	1029.64				
			17.4	19.5	63.1				
					100.00			V.C.T. MENU	1632.36

DIETA CORRECCION DE DIETA
 DIETA CORRECCION DE DIETA
 DIETA CORRECCION DE DIETA

Lic. Elizabeth del Rosario Torres Corp.
 NUTRICIONISTA
 C.N.R. 3979

Lic. Doris Valderrama Lora
 Nutricionista
 C.N.R. 0340

DIETA: DIABETES MELLITUS

martes, 02 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	20.00	64.00	0.05	0.03	1.25	0	0.23	5.02	5.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.88
									474.56
									21.87
Almuerzo:	Guiso de arvejita con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita parti	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Acetite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rojo	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.86	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1299.65
								%DIST. D	59.90
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	40.00	100.00	3.76	0.06	31.28	15	0.72	125.12	140.88
Zapallo macr	80.00	47.00	0.26	0.06	2.41	1	0.68	9.63	11.36
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Acetite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Zanahoria	60.00	79.00	0.28	0.24	4.36	1	2.13	17.44	20.71
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	395.43
								%DIST CENA	18.23
			68.61	57.47	343.49				
			278.45	517.24	1373.95				
			12.83	23.84	63.33				
					100.00		VCT MENU		2169.64

1015²

 Lic. Dora Valdina Lucena
 Nutricionista
 C.N.P. 0640

Lic. Dora Valdina Lucena
 Nutricionista
 C.N.P. 0640

Lic. Dora Valdina Lucena
 Nutricionista
 C.N.P. 0640

DIETA: DIABETES MELLITUS

miércoles, 3 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	108.65
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Queso de cha	30.00	100.00	6.03	5.18	0.30	24.12	46.71	1.20	72.03
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	480.43
								%DIST. D	27.82
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.03	82.06	90.62
Aji colorado s	8.00	98.0	0.55	0.61	4.60	2	5.50	18.41	26.11
Lechuga rede	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Pepinillo o Pa	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALML	1038.62
									80.02
GENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	210.13
								%DIST. C	12.17
			81.37	33.69	274.63				
			325.49	303.17	1088.52				
			18.85	17.55	63.60				
					100.00			VCT	1727.18

[Firma]
Lic. Doris Valdivia Longo
Nutricionista
C.N.P. 4549

[Firma]
Lic. Gladys...
Nutricionista
C.N.P. 3879

[Firma]
Lic. Elizabeth del Rosario Alvarado Ojeda
Nutricionista
C.N.P. 3879

DIETA: DIABETES MELLITUS

jueves, 04 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote morado	100.0	96.00	1.34	0.29	24.67	5	2.58	98.69	106.66
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	320.72
								%DIST. D	14.95
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomata	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.36	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	160.00	96.00	1.88	0.31	17.1	8	2.82	68.36	78.71
					V.C. ALMUERZO				1180.13
					% DISTR. ALMUERZO				50.33
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	25.00	96.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.09	0.98	1	0.54	3.94	5.06
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	45.00	83.00	0.56	0.19	2.88	2	1.68	11.50	15.43
Sillao	6.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
								VC DES.	656.78
								%DIST. D	30.61
			62.94	60.65	138.55				
			251.78	547.66	1358.20				
			12.31	26.42	61.27				
					100.00			VCT	2145.72

[Firma]
Nutricionista
C.N.P. 8040

[Firma]
Lic. Dora Valderrama Lucena
Nutricionista
C.N.P. 8040

[Firma]
Dr. Edmundo del Socorro Alvarado
NUTRICIONISTA
C.N.P. 8040

DIETA: DIABETES MELLITUS

viernes, 05 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + mortadela								
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	35.00	100.00	3.43	6.90	3.29	13.72	62.055	13.16	88.94
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	414.46
								%DIST. D	25.31
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.03	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Pepinillo o Pa	80.00	72.00	0.29	0.08	1.50	1	0.52	5.99	7.66
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Lechuga redol	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de ca	60.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	925.88
								%DIST. D	56.54
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.88	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	40.00	100.00	2.80	3.24	4.36	11	29.16	17.44	57.80
									297.31
									18.15
			79.77	20.76	282.94				
			319.10	186.82	1131.74				
			19.5	11.4	69.1				
					100.00				1637.66

VOG 
Dra. Doris Valderrama
 Nutricionista
 C.N.P. 0046


Lic. Elenita del Pilar Cruz Guep
 NUTRICIONISTA
 C.N.P. 2079


Lic. Elenita del Pilar Cruz Guep
 NUTRICIONISTA
 C.N.P. 2079

DIETA: DIABETES MELLITUS

sábado, 06 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.64	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Cebolla de ca	85.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.56	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.05	0.25	0	0.45	1.00	1.45
Pimienta molli	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labran	65.00	100.0	6.24	0.20	46.67	24.96	1.755	186.68	213.40
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.30	52.38
									370.15
									16.73
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	60.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habes frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
							VC DES.		1093.74
							% DIS ALM.		49.45
CENA Guiso de fideos con pollo, arroz , infusion									
Came de Poli	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Arvejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.23	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Cebolla de ca	60.0	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		747.96
							%DIST. D		33.82
			75.88	40.86	384.13				
			307.53	367.77	1536.53				
			13.9	16.6	69.5				
					100.00		V.C.T. MENU		2211.84

Dr. Doris Vulliamis La
Nutricionista
C.N.P. 0040

DIETA: DIABETES MELLITUS

domingo, 07 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.33
									28.09
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carna de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomata	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado	160.0	100.00	13.12	0.80	124.48	53	7.20	497.92	557.80
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominas	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
								VC Alm	1082.91
								% Dist	55.38
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.87
Margarina veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	323.28
								%DIST. D	16.53
			79.00	55.44	285.05				
			316.34	498.99	1140.18				
			16.2	25.5	58.3				
					100.00			VCT	1855.53

MAQUILADORA
S.A. de C.V.
Firma: [Firma]

Firma: [Firma]
Lic. Elisbeth Alarcón - Salud Group
NUTRICIONISTA
C.N.P. 2879

Veg
Firma: [Firma]
Lic. Doris Valdivia Laredo
Nutricionista
C.N.P. 0940

DIETA: DIABETES MELLITUS

lunes, 08 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	18.36
Almuerzo: Guiso de acelga, arroz , fruta y refresco									
Came de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.68	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.06
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.38
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	87.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	3	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	56.87
CENA: Tallarines rojos con carne molida + infusion									
Came de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.06	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.09	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
									553.56
								%DIST. D	24.77
			77.72	46.00	377.39				
			310.89	414.03	1509.54				
			13.91	18.53	67.56				
					100.00				
								VCT	2234.46

[Firma]
Lic. Diana Valderrama Lacer
Nutricionista
C.N.P. 6040

[Firma]
Nutricionista
C.N.P. 3079

[Firma]
Lic. Elizabeth del Rosario Martin Ojeda
NUTRICIONISTA
C.N.P. 3079

DIETA: DIABETES MELLITUS

martes, 09 de enero de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + huevo sancochado								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									375.29
								%DIST. D	24.14
ALMUERZO:	Cagua rellena, arroz , refresco y fruta								
Came da res	80.00	85.00	14.48	1.09	0.00	58	9.79	0.00	67.73
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	86.00	2.68	0.13	28.43	11	1.15	113.73	125.89
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Cagua Sema	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	45.96
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	9.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Arvejas fresco	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Vainitas (2)	40.00	91.00	0.87	0.11	2.96	3.49	0.9028	11.79	16.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
						V.C. ALMUERZO			1177.13
						% DISTR. ALMUERZO			56.85
CENA: Sopa de fideos con cabeza									
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.06	187.58	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	16.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	25.02
			71.59	52.31	328.33				
			286.35	470.78	1313.33				
			13.83	22.74	63.43				
					100.00			VCT	2070.46


Lic. Darío Valderrama López
Nutricionista
C.N.P. 0540


Lic. Darío Valderrama López
Nutricionista
C.N.P. 0540


Lic. Darío Valderrama López
Nutricionista
C.N.P. 0540

DIETA: DIABETES MELLITUS

miércoles, 10 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	489.82
								%DIST. D	23.11
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	18.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.61	0.26	1.43	3	2.36	5.70	11.32
Pimienta mol	0.3	100	0.03	0.02	0.18	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresc	40.00	62.00	1.76	0.15	4.66	7	1.34	18.65	27.03
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Cebolla de ca	60.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Lchuga redo	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Tomate	80.00	99.00	0.83	0.16	3.41	3	1.43	13.62	17.58
Plátano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1421.85
								%DIST. D	67.69
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	207.72
								%DIST. D	9.80
			83.44	62.51	365.76				
			333.75	562.61	1223.03				
			15.7	26.5	57.7				
					100.00			VCT	2119.39


 Dra. Doris Valderrama
 Nutricionista
 C.N.P. 0040


 Dra. Doris Valderrama
 Nutricionista
 C.N.P. 0040


 Dra. Doris Valderrama
 Nutricionista
 C.N.P. 0040

DIETA: DIABETES MELLITUS

jueves, 11 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Café+ 02 panes + camote sancochado								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									299.97
									14.97
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Anchoas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	36.24	23.54
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				989.87
					% DISTR. ALMUERZO				49.39
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.83
Salchicha Tro	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.61
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.04	0.12	46.92	23	1.08	187.68	211.32
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Anchoas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									714.15
									35.64
			63.68	26.91	376.77				
			254.71	242.19	1507.09				
			13	12	75				
					100.00				
								VCT MEN	2003.99

UPB

 Dra. Doris Valderrama
 Nutricionista
 C.N.P. 0940


 Dra. Elizabeth
 Nutricionista
 C.N.P. 3670


 Dra. Elizabeth
 Nutricionista
 C.N.P. 3670

DIETA: DIABETES MELLITUS

viernes, 12 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Habas	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	375.44
								%DIST. D	23.48
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	290.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado con	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Papinillo o Papa	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga roja	100.00	92.00	1.20	0.18	1.93	5	1.86	7.73	14.17
Zanahoria	60.0	68.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Aji colorado seco	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de campo	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	940.57
								%DIST. D	58.83
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									282.86
									17.69
			83.25	18.08	275.78				
			333.02	162.60	1103.16				
			20.83	10.18	69.00				
					100.00			VCT MEN	1598.87

598.87
 yad 
 Lic. Doris Valdivia Lucena
 Nutricionista
 C.N.P. 6540



186
The Plaintiff and Defendant
PARTIAL JUDGMENT
JULY 14, 1908

DIETA: DIABETES MELLITUS

sábado, 13 de Enero de 2018

ALIMENTO	grper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									276.20
									13.12
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	50.00	100.00	4.70	0.10	35.10	19	0.90	156.40	176.10
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
								VC DES.	1122.48
								%DIST. C	53.31
CENA: Guiso de pollo con verduras ,arroz,infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Hierbas	3.00	54.00	0.06	0.02	0.11	0	0.15	0.45	0.80
								V.C . CENA	706.76
								% DIST.CENA	33.57
	VCT (Gr.)		85.69	33.86	364.50				
	VCT (kcal.)		342.74	304.70	1458.00				
	VCT (%)		16	14	69			V.C.T. MENU	2105.45
					100.00				

Elaborado por: [Firma]

Modo: [Firma]

[Firma]

[Firma]
Lic. Doris Valderrama Lozano
Nutricionista
C.N.P. 0940

[Firma]
Lic. Elizabeth Rivas Alvarado
Nutricionista
C.N.P. 3979

DIETA: DIABETES MELLITUS

domingo, 14 de enero de 2018

ALIMENTO	gr por (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.08	0.08
Queso paria	30.00	100.00	6.40	9.00	0.99	34	81.00	3.96	116.58
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.45
									28.41
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	85.00	28.02	4.30	0.00	112	44.06	0.00	156.13
Aceite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	98.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.08	0.96	1	0.54	3.94	5.05
Cebolla de ca	80.00	89.00	1.00	0.14	8.06	4	1.28	32.18	37.45
Lechuga redonda	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomato	50.00	90.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Aji colorado seco	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALMUERZO	1197.35
									61.92
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.08	0.08
Jamonada	20.00	100.00	3.14	5.90	0.20	13	53.10	0.80	66.46
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DESAYUNO	186.99
								%DISTR. DESAYUNO	9.67
			80.57	44.08	303.70				
			322.28	396.71	1214.81				
			16.7	20.5	62.8				
					100.00			VCT	1833.80

[Firma]
Nutricionista
C.N.P. 9540

[Firma]
Lic. Dany Valdivia Lucena
Nutricionista
C.N.P. 9540

[Firma]
Lic. Dany Valdivia Lucena
Nutricionista
C.N.P. 9540

DIETA: DIABETES MELLITUS

lunes, 15 de enero de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

410.20

22.71

ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carno de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.08	3	0.98	24.23	28.19
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	952.16
								%DIST. D	52.72
CENA: Pollo sancochado, arroz, ensalada + infusion									
Carno de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.06	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Pepinito o Pa	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.86
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
								VC DES.	443.80
								% DES ALM.	24.57
			77.86	28.44	309.70				
			311.45	255.98	1238.00				
			17.2	14.2	68.6				
					100.00				
								VCT	1806.23

[Firma]
Lic. Doris Valdivia Lozada
Nutricionista
C.N.P. 0540

[Firma]
Lic. [Nombre] [Apellido]
Nutricionista
C.N.P. 3073

[Firma]
Lic. [Nombre] del [Apellido] [Apellido]
NUTRICIONISTA
C.N.P. 3073

DIETA: DIABETES MELLITUS

martes, 16 de enero de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									447.02
									19.01
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomato	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.46
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas frescas	40.00	54.00	1.53	0.13	4.08	6	1.17	16.34	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1285.35
					% DISTR. ALMUERZO				57.25
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia c	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.87
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES	512.72
								%DIST. D	22.84
			58.61	69.17	347.02				
			234.45	622.55	1388.09				
			16.44	27.73	61.83				
					100.00			VCT	2245.00

[Firma]
HOLLY CARLSON
RD 000000

[Firma]
Lic. Dora Valderrama Lora
NUTRICIONISTA
C.A.P. 9043

[Firma]
Lic. Dora Valderrama Lora
NUTRICIONISTA
C.A.P. 9043

DIETA: DIABETES MELLITUS

miércoles, 17 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chanco									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	480.58
								%DIST. D	24.32
ALMUERZO: Arroz chaufa con pollo , refresco y fruta									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha Ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Acelita vegeta	30.00	100.00	0.08	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silfio	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	100.00	87.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1310.90
								% DIS ALM	66.35
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	184.22
								%DIST. D	9.32
			84.61	64.79	263.53				
			338.43	583.13	1054.13				
			17.13	29.52	53.36				
					100.00			VCT	1975.68


Lic. Doris Valdivia Lázaro
Nutricionista
C.N.P. 0640


Lic. Elizabeth
Nutricionista
C.N.P. 3879


Lic. Elizabeth
Nutricionista
C.N.P. 3879

DIETA: DIABETES MELLITUS

jueves, 18 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.38
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote moro	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	404.97
								%DIST. D	18.35
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.06	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	84.09	73.79
					V.C. ALMUERZO				1171.90
					% DISTR. ALMUERZO				53.11
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.16	1	1.07	8.72	10.38
perilla	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									629.60
									28.53
			78.74	48.37	364.65				
			314.95	435.34	1456.18				
			14.27	19.73	66.00				
					100.00			VCT MEN	2206.47


 Lic. Digna Valderrama Lozano
 Nutricionista
 C.N.P. 0940


 18/01/2018


 Lic. Digna Valderrama Lozano
 Nutricionista
 C.N.P. 0940

DIETA: DIABETES MELLITUS

viernes, 19 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + fruta									
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	6.21	80.88	109.85
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.96
								VC DES.	381.05
								%DIST. D	23.75
Almuerzo: Pescado al horno , ensalada , arroz , refresco y fruta									
Pescada	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lachuga reda	100.00	82.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.88	15.24	19.09
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
								VC DES.	940.57
								%DIST. D	58.62
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	282.86
								%DIST. D	17.63
			77.34	13.30	293.85				
			309.35	119.71	1175.42				
			19.28	7.46	73.26			VCT MEN	1604.48
					100.00				

100%
Lic. Dora Valderrama Lizaso
NUTRICIONISTA
C.N.P. 0040

[Firma]

[Firma]
Lic. Dora Valderrama Lizaso
NUTRICIONISTA
C.N.P. 0040

DIETA: DIABETES MELLITUS

sábado, 20 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	4.00	100.00	0.32	0.16	2.86	1	1.44	11.42	14.14
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Cebolla de ca	60.00	67.00	0.56	0.06	4.54	2	0.72	18.17	21.15
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									292.74
									15.25
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Sal	12.0	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maíz Fresco	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.54	2	0.58	2.56	4.74
Habas frescas	40.00	68.00	3.07	0.22	7.04	12	1.96	28.18	42.43
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acetate vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
							VC DES.		1049.98
							% DIS ALM.		54.69
CENA: Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.64	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.64
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	100.0	85.00	1.79	0.09	18.96	7.14	0.765	75.82	83.73
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.06	0.61	0.29	0.7301	2.44	3.46
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		877.06
							%DIST. C		30.06
			73.10	27.46	345.07				
			292.39	247.10	1340.28				
			15.2	12.9	71.9				
					100.00		V.C.T. MENU		1919.78

[Firma]
Lic. Doris Veldimir Lozada
Nutricionista
C.R.P. 0940

[Firma]
BOWO CONSULTORIA S.A.
Hacienda La Esperanza
Bogotá, Colombia

[Firma]
Lic. Damián del Rosario Alvarado Corp
NUTRICIONISTA
C.R.P. 3573

DIETA: DIABETES MELLITUS

domingo, 21 de enero de 2018

ALIMENTO	g/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.89	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
									618.84
									24.44
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta								
Carne de Cer	150.00	88.00	19.01	19.93	0.00	75	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.06	0.74	0	0.41	2.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ají colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Pepinillo o Pa	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Tomata	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Ají verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Caminos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1298.69
								% DIS ALM	61.18
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	2.88	5.04
Margarina vej	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES	305.04
								%DIST. D	14.37
			64.81	83.44	278.10				
			259.24	759.93	1112.40				
			12.2	35.4	52.4				
					100.00			VCT	2122.57

0080

Doris

Lic. Doris Vahlstein Landa
Nutricionista
C.H.P. 0040

[Signature]

[Signature]
Lic. María del Rosario Landa
Nutricionista
C.H.P. 0040

DIETA: DIABETES MELLITUS

lunes, 22 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	36.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	18.78
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia c	80.00	92.00	14.57	3.48	0.00	58	31.13	0.00	89.42
Arroz Pilado c	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	100.0	88.00	1.81	0.09	19.18	7	0.77	76.71	84.71
Arvejas fresca	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.88	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	1212.35
								%DIST. D	55.51
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	68.60	38	0.90	278.40	317.30
Zanahoria	80.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.89
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.89
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
								VC DES.	561.48
								%DIST. D	25.71
			65.78	100.76	253.54				
			263.11	906.84	1014.15				
			12.05	41.52	46.43	100			
					100.00				
							VCT	2184.11	

[Firma]
Lic. Doris Valdivia Latorre
Nutricionista
C.N.P. 0040

[Firma]
Lic. Doris Valdivia Latorre
Nutricionista
C.N.P. 0040

DIETA: DIABETES MELLITUS

martes, 23 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canala entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									487.58
									21.67
ALMUERZO:	Calgua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.46
Cebolla de ca	80.00	88.00	1.00	0.14	8.05	4	1.28	32.18	37.46
Tomato	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Serrat	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	84.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1265.21
					% DISTR. ALMUERZO				56.23
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	38.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.09	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	136.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.35
								%DIST. D	22.10
			59.39	62.47	362.58				
			237.56	562.25	1450.32				
			10.56	24.99	64.45				
					100.00			VCT	2250.13

MANUEL GARCIA

 Dietista - Nutricionista
 C.N.P. 0540

Lic. Doris Valentina Lee
 Nutricionista
 C.N.P. 0540

DIETA: DIABETES MELLITUS

miércoles, 24 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	30.00	100.00	5.64	0.09	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	508.09
								%DIST. D	25.44
ALMUERZO: Escabeche de pollo a la limeña, arroz , refresco y fruta									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceitunas de	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.46	3.32	4.48
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Plátano de sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1314.18
								% DIS ALM.	65.80
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	174.89
								%DIST. D	8.76
			77.89	54.49	298.80				
			311.56	490.43	1195.18				
			15.6	24.6	59.8				
					100.00			VCT	1997.17

[Firma]
Lic. Doris Valdivia Larada
Nutricionista
C.N.P. 9840

[Firma]
Nutricionista
C.N.P. 9840

[Firma]
Nutricionista
C.N.P. 9840

DIETA: DIABETES MELLITUS

jueves, 25 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote sancochado								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote moro	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.96
								VC DES.	299.81
								%DIST. D	14.50
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acetite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.83	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1164.13
					% DISTR. ALMUERZO				58.31
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha Tro	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	603.51
								%DIST. D	29.19
			62.69	51.53	338.24				
			250.75	463.73	1352.96				
			12.13	22.43	65.44				
					100.00			VCT	2067.44

[Firma]
 Dra. Dora Valdada Lora
 Nutricionista
 C.N.P. 0548

[Firma]
 Dra. Dora Valdada Lora
 Nutricionista
 C.N.P. 0548

[Firma]
 Dra. Dora Valdada Lora
 Nutricionista
 C.N.P. 0548

DIETA: DIABETES MELLITUS

viernes, 26 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.18	0.30	24.12	48.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	375.44
								%DIST. D	22.98
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.0	69.00	0.33	0.28	5.08	1	2.48	20.31	24.12
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.70
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.38	78.71
								VC DES.	951.52
								%DIST. D	58.25
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.946	100.52	114.91
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									306.50
									18.76
			84.28	18.59	282.26				
			337.14	167.27	1129.06				
			20.64	10.24	69.12				
					100.00			VCT MEN	1633.46

U-262

 Lic. Doris Valderrama Lozada
 Nutricionista
 C.N.P. 4040


 Lic. Alcega del Rosal
 Nutricionista
 C.N.P. 3079


 Lic. Alcega del Rosal
 Nutricionista
 C.N.P. 3079

DIETA: DIABETES MELLITUS

sábado, 27 de enero de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	68.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									416.77
									17.99
ALMUERZO:	Matesquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	150.0	93.00	2.83	0.14	31.11	12	1.26	124.43	137.41
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aji colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.38	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
						V.C. ALMUERZO			1124.48
						% DISTR. ALMUERZO			48.53
CENA:	Guiso de pollo con verduras ,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	100.00	61.00	1.34	0.16	3.23	5	1.65	12.93	19.95
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C. CENA			775.80
						% DIST.CENA			33.48
	VCT (Gr.)		88.94	44.87	389.36				
	VCT (kcal.)		355.74	403.87	1557.44				
	VCT (%)		15	17	67	V.C.T. MENU			2317.05
					100.00				

[Firma]
Lic. Doris Valderrama Lora
Nutricionista
C.N.P. 0840

[Firma]
Lic. Doris Valderrama Lora
Nutricionista
C.N.P. 0840

[Firma]
Lic. Doris Valderrama Lora
Nutricionista
C.N.P. 0840

DIETA: DIABETES MELLITUS

domingo, 28 de enero de 2018

ALIMENTO	gríper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST./CAL % PCR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.98	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.46	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									530.47
									29.49
Almuerzo:	Carne almendrada, arroz , ensalada + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Lechuga redo	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Tomate	60.00	89.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní cruda, c	10.00	95.00	2.29	4.58	1.88	9	41.21	6.73	57.10
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	989.46
								% Dist	55.01
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.85	0.88
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	278.86
								%DIST. D	15.50
			89.40	34.32	292.07				
			321.60	308.91	1188.28				
			17.88	17.17	64.95				
					100.00			VCT	1798.79


Lic. Doris Valderrama Lezanda
Nutricionista
C.N.P. 0040





DIETA: DIABETES MELLITUS

lunes, 29 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.00	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	63.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. C	18.04
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Acetite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresc	10.00	54.00	0.38	0.03	1.02	2	0.29	4.05	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
								VC DES.	1197.17
								%DIST. C	52.65
CENA: Arroz con huevo sancochado; ensalada + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Lechuga redol	100.00	50.00	0.65	0.18	1.05	3	0.90	4.20	7.70
Cebolla de ca	60.00	67.00	0.75	0.11	6.06	3	0.66	24.23	28.19
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	666.54
								%DIST. C	29.31
			76.65	51.00	377.10				
			306.61	458.99	1508.38				
			13.48	20.18	66.33				
					100.00			VCT	2273.98


Lic. Doris Valdivia Lozada
Nutricionista
C.N.P. 0040

ISSMO CONSEJO
Hacia un mejor TI
RECONOCIMIENTO


Lic. Elizabeth del Rosario Herrera Corp
NUTRICIONISTA
C.N.P. 1979

DIETA: DIABETES MELLITUS

martes, 30 de enero de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									448.39
									20.81
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	187.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	9.06
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.98
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.66	64.09	73.79
					V.C. ALMUERZO				1285.35
					% DISTR. ALMUERZO				59.66
CENA:	Sopa de semola con menudencia de pollo								
Menudencia c	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.06	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	420.64
								%DIST. D	19.52
			60.64	67.09	327.00				
			242.57	603.82	1307.99				
			11.3	28.0	60.7				
					100.00			VCT	2154.38

[Firma]
Lic. Dora Valderrama
Nutricionista
C.N.P. 0040

[Firma]
Lic. Elisbeth Rocio Barco Céspedes
NUTRICIONISTA
C.N.P. 2879

DIETA: DIABETES MELLITUS

miércoles, 31 de enero de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chanco									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.68	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	6.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	480.56
								%DIST. D	27.04
Almuerzo: Tallarines rojos con pollo, refresco y fruta									
Fideos tallarin	150.0	100.00	14.25	0.15	104.40	57	1.35	417.60	475.95
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acuña vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Aji colorado s	8.00	68.00	0.36	0.42	3.19	2	3.82	12.77	18.12
Sal	20.00	100.00	0.24	0.10	1.64	1	0.90	6.56	8.42
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Plátano de se	180.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1012.19
								%DIST. D	56.96
CENA Mazamorra de frutas + 01 pan									
Mandioca	45.00	100.00	2.68	0.18	34.70	12	1.62	138.78	151.92
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de a	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	284.34
								%DIST. D	16.00
			75.79	33.69	292.68				
			303.15	303.20	1170.73				
			17	17	66				
					100.00				
									1777.08

[Firma]
Lic. Doris Vidiana Leal
Nutricionista
C.N.P. 0940

[Firma]
Dr. Gabriel del Socio / Ana Giza
NUTRICIONISTA
C.N.P. 0940

[Firma]
Lic. Doris Vidiana Leal
Nutricionista
C.N.P. 0940

TA: VM Y TBC - POBLACION PENAL AREQUIPA - MES DE ENERO 2018

FECHA	ALIMENTOS	ALIMENTOS	ALIMENTOS	ALIMENTOS	ALIMENTOS	ALIMENTOS
lunes, 01 de enero de 2018	SEMOJA CON VAINILLA + 02 PANES + MORTADELA	almuerzo	CAJADO DE GALLINA + REFRESCO Y FRUTA	merienda	MATACUATA DE POLLO, ARROZ + INFUSION	duerme
martes, 02 de enero de 2018	SOYA CON PAPA + 03 PANES + MARGARINA	almuerzo	GUISO DE ARVEJITA PARTIDA CON CHANCADO, ARROZ + ENSALADA + REFRESCO + FRUTA	merienda	CALDO DE HUEVOS	
miércoles, 03 de enero de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCADO	almuerzo	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	merienda	INFUSION + 01 PAN + MORTADELA	
jueves, 04 de enero de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	almuerzo	LEGADO ENCROJADO, ARROZ PAPA + REFRESCO Y FRUTA	merienda	ARROZ CHAUPA CON HUEVO Y HOT DOG + INFUSION	
viernes, 05 de enero de 2018	MARINA DE CEBADA + 02 PANES + MANJAR	almuerzo	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	merienda	MALAMORONA DE MAJESIA CON LECHE + 01 PAN	
sábado, 06 de enero de 2018	TE + 02 PANES + JAMONADA	almuerzo	GUISO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	merienda	GUISO DE FIDEOS CON POLLO + ARROZ + INFUSION	
domingo, 07 de enero de 2018	ARVEJA CON LECHE + 03 PANES + QUESO	almuerzo	GUISO DE RES, ARROZ + REFRESCO Y FRUTA	merienda	INFUSION + 01 PAN CON MARIQUINA	
lunes, 08 de enero de 2018	SEMOJA CON VAINILLA + 02 PANES + MORTADELA	almuerzo	GUISO DE PASTA, ARROZ + REFRESCO Y FRUTA	merienda	TALLARINES ROJOS CON CARNE MOLIDO + INFUSION	
martes, 09 de enero de 2018	SOYA CON PAPA + 03 PANES + MARGARINA	almuerzo	GUISO DE POLLO, ENSALADA + REFRESCO Y FRUTA	merienda	SOPA DE FIDEOS CON CARREZA	
miércoles, 10 de enero de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	almuerzo	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	merienda	INFUSION + 01 PAN CON MANJAR	
jueves, 11 de enero de 2018	CAFE + 02 PANES + CAMOTE FRITO	almuerzo	CAJADO DE POLLO, ARROZ + REFRESCO Y FRUTA	merienda	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION	
viernes, 12 de enero de 2018	MARINA DE HAROS + 02 PANES + QUESO DE CHANCADO	almuerzo	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	merienda	MALAMORONA DE MAJESIA CON LECHE + 01 PAN	
sábado, 13 de enero de 2018	TE + 02 PANES + HUEVO SANCOCHADO	almuerzo	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	merienda	CAMOTE ASADO, ARROZ + INFUSION	
domingo, 14 de enero de 2018	ARVEJA CON VAINILLA + 02 PANES + MORTADELA	almuerzo	POLLO COCADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	merienda	INFUSION + 01 PAN CON MARIQUINA	
lunes, 15 de enero de 2018	SEMOJA CON VAINILLA + 02 PANES + MORTADELA	almuerzo	POLLO COCADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	merienda	GUISO DE POLLO, ARROZ + INFUSION	
martes, 16 de enero de 2018	SOYA CON PAPA + 03 PANES + MARGARINA	almuerzo	MATACUATA DE POLLO, ARROZ + REFRESCO Y FRUTA	merienda	SOPA DE ARROZ CON MENDIENCIA DE POLLO	
miércoles, 17 de enero de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCADO	almuerzo	GUISO DE ARVEJITA PARTIDA CON CHANCADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	merienda	INFUSION + 01 PAN CON MANJAR	
jueves, 18 de enero de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	almuerzo	ARROZ CHAUPA CON POLLO + REFRESCO Y FRUTA	merienda	ARROZ AMARILLO CON POLLO + INFUSION	
viernes, 19 de enero de 2018	MARINA DE CEBADA + 02 PANES + MANJAR	almuerzo	CHAMIFRITA, ARROZ + REFRESCO Y FRUTA	merienda	MALAMORONA DE MAJESIA CON LECHE + 01 PAN	
sábado, 20 de enero de 2018	TE + 02 PANES + JAMONADA	almuerzo	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	merienda	MATACUATA DE POLLO, ARROZ + INFUSION	
domingo, 21 de enero de 2018	ARVEJA CON LECHE + 02 PANES + QUESO	almuerzo	ACORDO A LA TACHENA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	merienda	INFUSION + 01 PAN CON MARIQUINA	
lunes, 22 de enero de 2018	SEMOJA CON VAINILLA + 02 PANES + MORTADELA	almuerzo	ACORDO A LA TACHENA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	merienda	TALLARINES ROJOS CON CARNE MOLIDO + INFUSION	
martes, 23 de enero de 2018	SOYA CON PAPA + 03 PANES + MARGARINA	almuerzo	GUISO DE POLLO A LA LUBIA, ARROZ + REFRESCO Y FRUTA	merienda	SOPA DE FIDEOS CON CARREZA	
miércoles, 24 de enero de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	almuerzo	SACARACHE DE POLLO A LA LUBIA, ARROZ + REFRESCO Y FRUTA	merienda	INFUSION + 01 PAN CON MANJAR	
jueves, 25 de enero de 2018	CAFE + 02 PANES + CAMOTE FRITO	almuerzo	LEGADO SACEBELLADO, ARROZ PAPA + REFRESCO Y FRUTA	merienda	ARROZ CHAUPA CON HUEVO Y HOT DOG + INFUSION	
viernes, 26 de enero de 2018	MARINA DE HAROS + 02 PANES + QUESO DE CHANCADO	almuerzo	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	merienda	MALAMORONA DE MAJESIA CON LECHE + 01 PAN	
sábado, 27 de enero de 2018	TE + 02 PANES + HUEVO SANCOCHADO	almuerzo	MATACUATA DE POLLO, ARROZ + REFRESCO Y FRUTA	merienda	CAMOTE ASADO, ARROZ + INFUSION	
domingo, 28 de enero de 2018	ARVEJA CON LECHE + 02 PANES + QUESO	almuerzo	CARNE DE RES ALMONDACA, ARROZ, PAPA + REFRESCO Y FRUTA	merienda	INFUSION + 01 PAN CON MARIQUINA	
lunes, 29 de enero de 2018	SEMOJA CON VAINILLA + 02 PANES + MORTADELA	almuerzo	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	merienda	ARROZ CON HUEVO FRITO + INFUSION	
martes, 30 de enero de 2018	SOYA CON PAPA + 03 PANES + MARGARINA	almuerzo	GUISO DE ARVEJITA PARTIDA CON CHANCADO, ENSALADA, ARROZ, REFRESCO Y FRUTA	merienda	SOPA DE ENSALADA CON MENDIENCIA DE POLLO	
miércoles, 31 de enero de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCADO	almuerzo	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	merienda	MALAMORONA DE FRUTAS + 01 PAN	

Dr. Elías del Acero Alvarado
NUTRICIONISTA
C.N.P. 3879

Dr. David Valderrama
NUTRICIONISTA
C.N.P. 0040

DIETA: VIH Y TBC

lunes, 1 de Enero de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DET CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mortadela									
Semola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labrar	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

569.11

22.48

REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74

Almuerzo: Caldo de gallina + refresco y fruta									
Carne de gall	100.00	87.00	18.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.97	14.52
Fideos	100.00	100.00	9.40	0.20	76.20	37.60	1.8	312.80	352.20
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.58	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chuflo blanco	60.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Porro	18.00	68.00	0.32	0.10	0.90	1.28	0.8554	3.61	5.75
Nabo	18.00	68.00	0.07	0.02	0.43	0.29	0.2138	1.71	2.21
Cebolla de ca	30.00	85.00	0.38	0.05	2.88	1.43	0.459	11.53	13.41
Pimienta enta	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC Alm	1107.46
								% Dist	43.75

REFRIGERIO: Vaso de leche									
Leche evapor	60.00	100.00	5.60	6.48	8.72	22	56.32	34.88	115.60
								VC DES.	115.60

CENA Matasquita de pollo , arroz , infusion									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	60.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.65
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.68	0.13	26.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	6.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.69
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	6.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	665.56
								%DIST. C	26.29
			95.39	48.05	429.35				
			381.56	432.49	1717.42				
			15.1	17.1	67.8				
					100.00			V.C.T. MENU	2531.46


 Lic. Dora Valderrama
 Nutricionista
 C.N.P. 0000


 Lic. Elisbeth del Rosario Alvarado
 Nutricionista
 C.N.P. 3970


 Lic. Dora Valderrama
 Nutricionista
 C.N.P. 0000

DIETA: VIH Y TBC

martes, 2 de Enero de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALDRICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									614.91
									22.54
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES	73.74
Almuerzo:	Guiso de arvejita con chancho, arroz, ensalada, fruta y refresco								
Carne de Cer	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partic	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.66
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49.20	6.75	466.80	522.75
Acolla vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redo	80.00	60.00	0.62	0.10	1.91	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES	1432.07
								%DIST. D	52.60
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES	115.60
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo macre	50.00	47.00	8.15	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Pero	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Acolla vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	491.84
								%DIST. CENA	18.02
			84.91	68.30	443.40				
			339.62	614.74	1773.80				
			12.45	22.53	65.02				
					100.00		VCT MENU		2727.96

Lic. Doris Valdivia Landa
Nutricionista
C.N.P. 0040

Lic. Elizabeth del Rosario Alvarez Cotto
Nutricionista
C.N.P. 0040

Lic. Elizabeth del Rosario Alvarez Cotto
Nutricionista
C.N.P. 0040

DIETA: VIH Y TBC

miércoles, 3 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chancho								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.82	172.32	196.96
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	559.07
								%DIST. D	23.40
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.00	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	16.00	100.00	0.22	0.09	1.46	1	0.81	5.90	7.58
Acetia vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Lechuga redo	60.00	92.00	0.96	0.15	1.56	4	1.32	6.18	11.33
Pepinillo o Pa	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMU	1291.40
									54.05
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.40
								VC DES.	348.58
								%DIST. D	14.63
			86.83	44.48	410.43				
			347.32	400.34	1641.73				
			14.54	16.75	68.71				
					100.00			VCT	2389.39

DIETA DE: [Firma]

Revisó: [Firma]
Nutricionista
C.N.P. 3979

[Firma]
Lic. Elizabeth del Rosario Moreno Cerezo
NUTRICIONISTA
C.N.P. 3979

[Firma]
Lic. Doris Valdivia Lucendo
Nutricionista
C.N.P. 0640

DIETA: VIH Y TBC

jueves, 4 de Enero de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote mora	150.0	98.00	2.06	0.44	37.78	8	3.97	151.12	163.32
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	498.59
								%DIST. D	20.12
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encebollado , arroz ,papa + refresco y fruta								
Higado de res	120.0	98.00	23.52	5.41	1.18	94.08	48.688	4.70	147.47
Arroz Pilado c	150.0	100.00	12.30	0.75	116.78	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.25	0.95	0.306	5.17	6.43
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Pan sacho mol	20.00	100.00	2.20	0.56	16.50	8.80	5.04	66.00	79.84
Papa blanca	180.0	92.00	3.48	0.17	36.93	34	1.49	147.72	163.12
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azucar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
					V.C. ALMUERZO				1252.28
					% DISTR. ALMUERZO				50.55
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	15.00	71.00	0.24	0.04	0.80	1	0.38	3.20	4.56
Pimienta	30.00	63.00	0.37	0.12	1.92	1	1.12	7.67	10.28
Sillao	8.00	100.00	0.80	0.77	0.08	4	5.91	0.32	10.85
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	537.34
								%DIST. D	21.69
			79.92	45.78	436.46				
			319.68	412.03	1745.83				
			12.90	16.63	70.47				
					100.00			VCT	2477.54

BIVAR COOPERATIVA
 Presidente: [Firma]
 Presidente: [Firma]
 Presidente: [Firma]

Lic. Elizabeth del Rosario Rivera Cordero
 Nutricionista
 C.N.P. 3819

Lic. Doris Valderrama Tacuata
 Nutricionista
 C.N.P. 0540

DIETA: VIH Y TBC

viernes, 5 de Enero de 2018

ALIMENTO	g/por	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + manjar									
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.59
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Pescado frito , ensalada , arroz , refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Tomate	50.00	90.00	0.38	0.09	1.94	1	0.81	7.74	9.99
Papinillo o Pa	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	40.00	100.00	2.56	8.16	30.84	10	1.44	123.36	135.04
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Harina de trigo	40.00	100.00	4.20	0.80	29.92	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1484.19
								%DIST. D	66.04
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.36	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de lebrán	30.00	100.00	2.88	0.08	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									402.93
									15.21
			97.92	59.39	430.55				
			391.66	534.48	1722.18				
			14.8	20.2	65.0				
					100.00				2648.33

BRUNO GARCIA
Nutricionista
C.N.P. 0040

Lic. Elisaveth de Rosario Riera Corp
Nutricionista
C.N.P. 2673

Lic. Doris Vahluhoff Lora
Nutricionista
C.N.P. 0040

DIETA: VIH Y TBC

sábado, 6 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + jamonada								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.06	117.06
Pan de labran	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
Jamonada	30.00	100.00	4.71	8.85	0.30	27	24.30	1.20	52.38
									371.81
									15.59
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	90.00	6.68	4.16	0.89	27	37.42	3.56	67.72
								VC DES.	67.72
ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	75.00	3.15	0.15	33.45	13	1.36	133.80	147.75
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	5.00	100.00	0.25	0.04	0.40	1	0.36	1.60	2.96
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	98.00	0.41	0.06	3.32	2	0.53	13.29	15.46
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1199.99
								% DIS ALM.	50.31
REFRIGERIO:	Vaso de leche								
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
								VC DES.	108.38
CENA	Guiso de fideos con pollo, arroz , infusion								
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	40.00	100.00	3.76	0.08	31.26	15	0.72	125.12	140.88
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anchoas frescas	25.00	54.00	0.98	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	75.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	837.13
								%DIST. C	26.71
			82.54	44.58	425.23				
			338.21	345.89	1700.92				
			14.2	14.5	71.3				
					100.00		V.C.T. MENU		2385.02

DIETA: VIH Y TBC

domingo, 7 de Enero de 2018

ALIMENTO	grper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojua	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
									590.25
									24.48
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.56
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	150.0	180.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.56
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	40.00	62.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	00.00	0.00	80.00
Cebolla de ca	30.00	67.00	2.80	0.04	2.27	11	0.36	9.09	20.65
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1206.89
								% Dist	59.07
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.40
								VC DES.	423.88
								%DIST. C	17.59
			90.76	61.48	373.48				
			363.04	553.38	1493.94				
			15.1	23.0	62.0				
					100.00			VCT	2416.36

EDUARDO GONZALEZ
Nutricionista
C.N.P. 06401

Lic. Elisabet Arredondo Alarcos
Nutricionista
C.N.P. 3579

Lic. Doris Yildiz Luenda
Nutricionista
C.N.P. 06401

DIETA: VIH Y TBC

lunes, 8 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Semola con vainilla, pan , mortadela								
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	78.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	508.89
								%DIST. D	20.67
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Locro de panza, arroz , fruta y refresco								
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.10	0.03	0.97	1	0.23	3.89	4.84
Mondongo de	120.0	75.00	15.21	3.15	0.90	61	28.35	3.60	92.79
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Cilandro	2.80	57.00	0.06	0.02	0.11	0	0.18	0.45	0.84
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1232.48
								% DIS ALM	50.09
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.46	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Tallarines rojos con carne molida + infusion								
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	48.80
Fideos tallarin	100.0	90.00	8.55	0.09	62.64	34	0.81	250.56	285.57
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	8.05
Tomate	20.00	80.00	0.13	0.03	0.89	1	0.29	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acetate vegeta	10.00	100.0	0.00	10.00	0.00	0	90.00	0.00	90.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									529.99
								%DIST. D	21.54
			83.66	51.58	415.51				
			334.23	464.23	1662.06				
			13.58	18.87	67.55				
					100.00				
								VCT	2480.51

Dr. Carlos
Hector Enrique Tr
Nutricionista

Lic. Elizabeth M. Magro Alvarado
Nutricionista
C.N.P. 3073

Lic. Doris Valdivia Lac
Nutricionista
C.N.P. 0948

DIETA: VIH Y TBC

martes, 9 de Enero de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.20	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									491.63
								%DIST. D	24.14
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de frejol con chanco + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	532.75
Frijol caballen	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	408.96
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.39	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.38	3.36
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	54.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pa	60.00	88.00	0.35	0.07	1.63	1	0.63	7.32	8.36
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1515.08
								% DES ALM.	55.82
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.46	0.72	22	56.32	34.88	115.00
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.85	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	19.09
			87.94	59.95	455.68				
			351.76	539.59	1822.73				
			12.96	19.88	67.16				
	SUMA DESAYUNO + ALMUERZO + CENA				100.00			VCT	2714.08

Dalia
Lic. Dalia Valderrama Lic.
Nutricionista
C.N.P. 0940

Elvira
Elvira Valderrama
Nutricionista
C.N.P. 3910

Elvira
Lic. Elvira Valderrama Lic.
Nutricionista
C.N.P. 3910

DIETA: VIH Y TBC

miércoles, 10 de Enero de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	588.12
								%DIST. D	23.25
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Espinaca neg	30.00	97.00	0.81	0.25	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.68	0.09	5.30	3	0.64	21.20	24.67
Lechuga reda	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de es	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1388.11
								%DIST. D	53.57
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.38	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	396.99
								%DIST. D	15.69
			93.58	61.38	400.71				
			374.33	552.39	1602.53				
			14.6	21.6	63.4				
					100.00			VCT	2529.56

Lic. Doris Valderrama Landa
Nutricionista
C.N.P. 0940

BEATO COLOMBANO, S.A.
Nutricionista
C.N.P. 0940

Lic. Elizabeth Valdivia Marcos Corp
Nutricionista
C.N.P. 3979

DIETA: VIH Y TBC

jueves, 11 de Enero de 2018

ALIMENTO	gr/por	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCal
DESAYUNO: Café+ 02 panes + camote frito									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									507.93
									19.63
REFRIGERIO: Huevo sancocado									
Huevo de gall	55.00	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Cau cau de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.00	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	87.00	0.37	0.05	2.95	1	0.47	11.80	13.73
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1179.36
					% DISTR. ALMUERZO				45.59
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Arroz a la jardinera con salchicha + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha 'ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.30	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									710.46
									27.46
			76.33	47.42	463.75				
			305.31	426.77	1855.02				
			12	18	72				
					100.00			VCT MEN	2587.00

DIAGNOSTICO NUTRICIONAL

 Diana Valdivia Lora
 Nutricionista
 C.N.P. 0940

Lic. Elizabeth del Rosario Naranjo

 Nutricionista
 C.N.P. 3919


 Diana Valdivia Lora
 Nutricionista
 C.N.P. 0940

DIETA: VIH Y TBC

viernes, 12 de Enero de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST./CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Habas	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	513.06
								%DIST. D	10.27
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.63	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	5.19	7.99
Papinito o Pe	60.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1539.63
								%DIST. D	57.83
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.06	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.61	86.18	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.67	13.08	43.35
									420.48
									15.79
			100.02	58.23	432.33				
			400.08	533.10	1729.33				
			15.03	20.02	64.95				
					100.00			VCT MEN	2662.51


 Lic. Doris Valtierra La
 Nutricionista
 C.M.P. 0540


 Lic. Doris Valtierra La
 Nutricionista
 C.M.P. 0540


 Lic. Doris Valtierra La
 Nutricionista
 C.M.P. 0540

DIETA: VIH Y TBC

sábado, 13 de Enero de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pan de libran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									539.36
									18.47
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.00	5.64	0.12	46.82	23	1.08	187.68	211.32
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Anrejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1367.81
								%DIST. C	48.84
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Camote arrebozado,arroz,infusion									
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	10.00	100.00	1.05	0.20	7.48	4.20	1.8	29.92	35.92
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
						V.C. CENA			823.73
						% DIST.CENA			28.21
	VCT (Gr.)		94.35	72.83	471.85				
	VCT (kcal.)		377.41	655.43	1887.40				
	VCT (%)		13	22	65	V.C.T. MENU			2920.24
					100.00				

Dr. David Valdivia Lugo
Nutricionista
C.N.P. 0840

Lic. Elizabeth del Socorro Herrera Corp
Nutricionista
C.N.P. 1879

Lic. David Valdivia Lugo
Nutricionista
C.N.P. 0840

DIETA: VIH Y TBC

domingo, 14 de Enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.85	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									649.35
									25.14
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pol	150.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegeta	25.0	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de ca	60.00	89.00	0.75	0.11	6.03	3	0.96	24.14	28.09
Lechuga reda	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	84.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1378.42
									53.40
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.85	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	364.93
								%DIST. C	14.13
			87.41	56.73	426.19				
			340.65	528.61	1704.78				
			13.5	20.5	66.0				
					100.00			VCT	2583.03

BAJO FIRMA DEL NUTRICIONISTA

 Lic. Elisbeth del Rosario Arce Cordero
 NUTRICIONISTA
 C.N.P. 3578


 Lic. Daria Valentina Leonado
 NUTRICIONISTA
 C.N.P. 0940


 Lic. Daria Valentina Leonado
 NUTRICIONISTA
 C.N.P. 0940

DIETA: VIH Y TBC

lunes, 15 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mortadela								
Semola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	28.73	0	0.00	118.92	118.92
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	78.23

509.72

19.63

REFRIGERIO: Huevo sancuchado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.40	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.56	1	0.54	3.94	5.05
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	8.00	60.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ancejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1144.68
								%DIST. E	44.08

REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.46	6.72	22	58.32	34.88	115.60
								VC DES.	115.60

CENA:	Higado frito , arroz + infusion								
Higado de res	80.0	78.00	11.20	2.58	0.56	44.80	23.184	2.24	70.22
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	5.00	100.00	0.06	0.03	0.41	0.24	0.225	1.64	2.11
Pan seco mol	15.00	100.00	1.65	0.42	12.36	6.60	3.78	49.50	59.88
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	753.13
								% DIS ALM.	29.00
			85.12	63.61	421.20				
			340.49	571.55	1684.82				
			13.1	22.0	84.9				
					100.00				
								VCT	2596.86

DIETA: VIH Y TBC

 Lic. Dora Valderrama Lezandi
 Nutricionista
 C.N.P. 0540

Lic. Dora Valderrama Lezandi
 Nutricionista
 C.N.P. 0540

Lic. Dora Valderrama Lezandi
 Nutricionista
 C.N.P. 0540

DIETA: VIH Y TBC

martes, 16 de Enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 62 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.05	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									884.64
									21.64
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arveja partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arveja partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carna de Carn	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Hierba buena	2.00	54.00	0.03	0.01	0.06	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinito o Pe	60.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1504.48
								% DIS ALM.	55.70
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia c	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	422.72
								%DIST. C	15.66
			84.24	70.39	432.67				
			336.97	633.53	1730.67				
			12.48	23.45	64.07				
					100.00			VCT	2701.17

BRUNO ZORRERO VILLALBA
Nutricionista
C.N.P. 0040

Lic. Elizabeth del Valle Alvarado
Nutricionista
C.N.P. 0040

Lic. Doris Valdivia Landa
Nutricionista
C.N.P. 0040

DIETA: VIH Y TBC

miércoles, 17 de Enero de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chancho								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	90.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de lebran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	24.22
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Arroz chaufa con pollo , refresco y fruta								
Carné de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Ácete vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.10	0.04	0.06	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.79
									1312.65
								% DIS ALM.	51.44
REFRIGERIO:	Vaso de leche								
Leche evapor	60.00	100.00	5.60	6.46	8.72	22	56.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de lebran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	16.92
			97.67	71.16	386.29				
			390.67	640.44	1521.16				
			15.31	25.09	59.60				
					100.00			VCT	2552.27

[Firma]
Lic. Elizabeth G. Quintero Alvarado
Nutricionista
C.N.P. 3879

[Firma]
Lic. Elizabeth G. Quintero Alvarado
Nutricionista
C.N.P. 3879

[Firma]
Lic. Doris Valdivia Lucena
Nutricionista
C.N.P. 0940

DIETA: VIH Y TBC

jueves, 18 de Enero de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote mora	100.0	90.00	1.26	0.27	23.13	5	2.43	92.52	99.98
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	534.82
								%DIST. D	21.47
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de re	120.0	100.00	20.84	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.06	3.02	1	0.48	12.07	14.04
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	6.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	0.50	88.00	0.02	0.03	0.20	0	0.24	0.80	1.13
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	8.00	100.00	0.90	0.77	0.06	4	6.91	0.32	10.85
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.08	73.79
					V.C. ALMUERZO				1138.09
					% DISTR. ALMUERZO				45.68
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegeta	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de cal	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azucar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									629.03
									25.25
			90.72	37.06	448.72				
			362.88	333.51	1794.89				
			14.57	13.39	72.05				
					100.00			VCT MEN	2491.28

BRUNO GONZALEZ

BRUNO GONZALEZ

Lic. Elisaveth del Marero Marero
Nutricionista
C.N.P. 3970

Lic. Doris Valderrama Lopez
Nutricionista
C.N.P. 0940

DIETA: VIH Y TBC

viernes, 19 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.60
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	98.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Papinillo o Pe	90.00	72.00	0.32	0.06	1.68	1	0.58	6.74	8.62
Sal	12.00	100.00	0.14	0.08	0.56	1	0.54	3.94	5.05
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de ca	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Harina de trig	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1466.28
								%DIST. D	55.37
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	80.16	90.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	420.48
								%DIST. D	15.88
			95.99	64.06	421.86				
			383.97	576.54	1687.45				
			14.50	21.77	63.73			VCT MEN	2647.97
					100.00				


Lic. Elisaveth de la Cruz
NUTRICIONISTA
C.N.P. 3979


Lic. Elisaveth de la Cruz
NUTRICIONISTA
C.N.P. 3979


Lic. Doris Valderrama
Nutricionista
C.N.P. 0540

DIETA: VIH Y TBC

sábado, 20 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + jamonada									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de labor	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									367.76
									14.64
REFRIGERIO: Huevo sancocado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	300.0	82.00	5.80	0.28	61.55	23	2.48	246.19	271.86
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.89	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1296.64
								% DES ALM.	51.63
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Matasquita de pollo , arroz , infusion									
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.82	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	1.00	80.00	0.04	0.01	0.24	0.18	0.0576	0.97	1.21
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	657.58
								%DIST. C	26.18
			84.77	41.34	453.55				
			353.40	343.30	1814.61				
			14.1	13.7	72.3				
					100.00		V.C.T. MENU		2511.31

BRUNO GARCIA
Nutricionista
C.N.P. 0940

Lic. Elisbeth del Rosario
Nutricionista
C.N.P. 0940

Lic. Doris Valderrama
Nutricionista
C.N.P. 0940

DIETA: VIH Y TBC

domingo, 21 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labrar	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									656.46
									25.90
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta								
Carne de Cer	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	8.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Papa blanca	200.0	92.00	3.66	0.18	41.03	15	1.86	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
									1283.14
								% DIS ALM	50.83
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labrar	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
								VC DES.	405.64
								%DIST. D	16.00
			77.00	75.20	387.44				
			308.02	678.79	1549.77				
			12.2	26.7	61.1				
					100.00			VCT	2534.58

BAVIA CUESTO
Firma: [Firma]
NUTRICIONISTA
C.N.P. 0040

Firma: [Firma]
Lic. Elisaveth del Rosario Alvarez Corpe
NUTRICIONISTA
C.N.P. 1871

Firma: [Firma]
Lic. Doris Valdivia Lazo
Nutricionista
C.N.P. 0040

DIETA: VIH Y TBC

lunes, 22 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	0.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.10	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de lebran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. C	20.87
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia c	80.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Arroz Pilado c	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.80	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	290.14	254.13
Arvejas fresca	40.00	85.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Espinaca neg	35.00	97.00	0.98	0.31	1.86	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	1206.21
								%DIST. C	48.95
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	56.32	34.88	115.60
								VC DES.	115.60
CENA: Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.66	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	60.00	57.00	0.48	0.07	3.86	2	0.62	15.46	17.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									681.78
								%DIST. C	25.97
			79.37	101.07	349.53				
			317.48	908.61	1398.12				
			12.09	34.65	53.26	100			
					100.00				
							VCT	2625.22	

Lic. Doris Valdivia Lazo
Nutricionista
C.N.P. 0940

Lic. Elizabeth del Rosario Alvarez Corp
NUTRICIONISTA
C.N.P. 3513

Lic. Elizabeth del Rosario Alvarez Corp
NUTRICIONISTA
C.N.P. 3513

DIETA: VIH Y TBC

martes, 23 de Enero de 2018

ALIMENTO	gruper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.53	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									19.20
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	58.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Frejol a la chilena con chanchito, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.60	68.96	109.92	16.20	279.84	405.96
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Aceite vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.08	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rojo	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	80.05
Zapallo macra	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1512.14
								%DIST. D	56.47
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de re	80.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	40.00	100.0	3.76	0.08	31.28	15	0.72	125.12	140.88
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	80.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	462.13
								%DIST. D	17.26
			92.77	52.76	457.92				
			371.08	474.88	1831.69				
			13.86	17.73	68.41				
					100.00			VCT	2677.65

www.losos.com

Dr. Dora Valdivia Lucero

Lic. Dora Valdivia Lucero
Nutricionista
C.N.P. 0040

DIETA: VIH Y TBC

miércoles, 24 de Enero de 2018

ALIMENTO	g/liter	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	645.71
								%DIST. D	25.14
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.00	0.00	156.13
Acallunas de	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1304.61
								% DIS ALM.	50.78
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labrar	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.71
			91.26	81.19	413.30				
			365.03	550.72	1653.19				
			14.2	21.4	64.4				
					100.00			VCT	2568.93

Lic. Dora Vainilla Lucero
Nutricionista
C.N.P. 0040

BRAD GARCIA
FARMACIA

Lic. Elisabet del Rosario Alamo Cops
Nutricionista
C.N.P. 3503

DIETA: VIH Y TBC

jueves, 25 de Enero de 2018

ALIMENTO	gr/per	comesti le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúc	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	434.81
								%DIST. C	16.51
REFRIGERIO:	Huevo sancachado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encobollado , arroz ,papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.19	4.86	145.87
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.88	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Pan seco mol	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Papa blanca	180.0	92.00	3.48	0.17	36.93	14	1.49	147.72	163.12
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1327.19
					% DISTR. ALMUERZO				50.40
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.80	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.88
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	602.15
								%DIST. C	25.90
			82.10	71.93	414.43				
			328.41	647.35	1657.73				
			12.47	34.58	62.55				
					100.00			VCT	2633.48

Dr. Roberto del Rosario Alvarado
Nutricionista
C.N.P. 9940

Dr. Roberto del Rosario Alvarado
Nutricionista
C.N.P. 9940

Dr. Roberto del Rosario Alvarado
Nutricionista
C.N.P. 9940

DIETA: VIH Y TBC

viernes, 26 de Enero de 2018

ALIMENTO	grapar	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chancho								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	106.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.79	0.18	43.06	23	1.82	172.32	196.96
								VC DES.	513.06
								%DIST. C	19.33
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.26	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Papinito o Pe	60.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Acetite vegeta	25.00	85.00	0.00	21.25	0.00	0	191.25	0.00	191.25
Mandocora	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	69.36	70.20
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1531.68
								%DIST. C	57.69
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.84
			100.14	50.52	449.67				
			400.56	454.71	1798.69				
			15.09	17.13	67.77				
					100.00			VCT MER	2653.96

[Firma]
Lic. Doris Valderrama
Nutricionista
C.N.P. 8840

[Firma]
Lic. Eusebio del Rosario Alvarez Corp
Nutricionista
C.N.P. 3070

[Firma]
Lic. Doris Valderrama
Nutricionista
C.N.P. 8840

DIETA: VIH Y TBC

sábado, 27 de Enero de 2018

ALIMENTO	gruper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST/CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	68.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									547.69
									19.55
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Matasquita de pollo, arroz, fruta y refresco								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.89	11.67	14.52
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
						V.C. ALMUERZO			1286.16
						% DISTR. ALMUERZO			45.91
REFRIGERIO:	Vaso de leche								
Leche evapora	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Camote arrebozado, arroz, infusión								
Camote mora	100.00	84.00	1.16	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.96	22	54.00	2.64	79.04
Leche evapora	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. CENA			778.27
						% DISTR. CENA			27.78
	VGT (Gr.)		89.54	55.38	486.22				
	VGT (kcal.)		358.17	488.38	1944.90				
	VGT (%)		13	18	69	V.C.T. MENU			2801.45
					100.00				

DR. DORIS VALLINA LACIT
 Nutricionista
 C.N.P. 0940

Lic. Doris Vallina Lacit
 Nutricionista
 C.N.P. 0940

Lic. Doris Vallina Lacit
 Nutricionista
 C.N.P. 0940

DIETA: VIH Y TBC

domingo, 28 de Enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									868.09
									25.93
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Aji colorado s	1	68.00	0.05	0.05	0.40	0	0.48	1.60	2.26
Pan seco mot	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, c	2.00	95.00	0.46	0.92	0.34	2	8.24	1.35	11.42
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1328.84
								% Dist	51.57
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	390.74
								%DIST. C	15.16
			89.62	42.61	458.75				
			358.48	383.53	1835.02				
			13.91	14.88	71.21				
					100.00			VCT	2577.01

[Firma]
Lic. Doris Vidiana

[Firma]
Lic. Elizabeth del Rosario Alvarado Céspedes

[Firma]
Lic. Doris Vidiana
Nutricionista
C.N.P. 0040

DIETA: VIH Y TBC

lunes, 29 de Enero de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.29	76.23
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. D	19.80
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carna de Pol	100.00	85.00	17.51	3.06	0.60	70	27.54	0.00	97.58
Fideos	60.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.57
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	60.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acetito vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1352.01
								%DIST. E	48.85
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	8.48	8.72	22	58.32	34.68	115.60
								VC DES.	115.60
CENA: Arroz con huevo frito + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetito vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de ca	40.00	67.00	0.36	0.05	3.03	2	0.48	12.11	14.10
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.56	0	0.00	98.30	98.30
								VC DES.	678.26
								%DIST. C	24.51
			88.46	60.71	466.81				
			353.85	546.40	1867.25				
			12.79	19.74	67.47				
					100.00			VCT	2767.50

RECIBIDO POR:

 Lic. Elizabeth del Rosario Alarín Cepa
 NUTRICIONISTA
 C.N.P. 0340

RECIBIDO POR:

 Lic. Doris Valderrama Lora
 NUTRICIONISTA
 C.N.P. 0340

RECIBIDO POR:

 Lic. Doris Valderrama Lora
 NUTRICIONISTA
 C.N.P. 0340

DIETA: VIH Y TBC

martes, 30 de Enero de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST./CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de laborar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									22.75
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carna de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetia vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1514.56
								% DIS ALM.	58.81
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de semola con menudencia de pollo								
Menudencia c	50.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	26.89	64.56	116.85
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.06	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
								VC DES.	285.64
								%DIST. C	11.09
			86.49	63.44	414.66				
			345.95	570.96	1658.64				
			13.4	22.2	64.4				
					100.00			VCT	2675.55

Dr. Elizabeth del Rosario Abreu Corpas
NUTRICIONISTA
C.N.P. 0340

Dr. Elizabeth del Rosario Abreu Corpas
NUTRICIONISTA
C.N.P. 0340

Dr. Daria Vukobratovic
Nutricionista
C.N.P. 0340

DIETA: VIH Y TBC

miércoles, 31 de Enero de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chancho								
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.57	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.96
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	23.24
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.26	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	60.0	60.00	0.50	0.07	4.07	2	0.65	16.27	18.94
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	62.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ají colorado s	1.00	68.00	0.06	0.05	0.40	0	0.48	1.60	2.26
Sal	20.00	100.00	0.24	0.10	1.64	1	0.90	6.56	8.42
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1430.61
								%DIST. D	53.78
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	56.32	34.88	115.60
								VC DES.	115.60
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	0.16	34.70	12	1.62	138.78	151.82
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de s	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.65	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	421.96
								%DIST. D	15.86
			92.55	59.39	438.85				
			370.19	534.50	1755.40				
			14	20	56				
					100.00				
									2660.09

BRUNO LACORTA
Nutricionista
C.N.P. 0240

Lic. Elizabeth del Rosario Rivera Corp
Nutricionista
C.N.P. 3973

Lic. Doris Vidales Guezo
Nutricionista
C.N.P. 0240

DIETA: GASTRITIS CRÓNICA Y CÁNCER - MES DE ENERO 2018

Lunes, 01 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Martes, 02 de Enero de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ADELGA ARROZ + REFRESCO + FRUTA	CALDILLO DE HUEVOS
Miércoles, 03 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
Jueves, 04 de Enero de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VARIAS ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Viernes, 05 de Enero de 2018	MARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Sábado, 06 de Enero de 2018	INFUSION + 02 PANES + JAMONADA	HIGO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO, ARROZ + INFUSION
Domingo, 07 de Enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Lunes, 08 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Martes, 09 de Enero de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO, ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
Miércoles, 10 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Jueves, 11 de Enero de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
Viernes, 12 de Enero de 2018	MARINA DE HABAS + 02 PANES + JAMONADA	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Sábado, 13 de Enero de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	POLLO GUISADO, ARROZ + INFUSION
Domingo, 14 de Enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
Lunes, 15 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ + INFUSION
Martes, 16 de Enero de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ADELGA, ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON POLLO
Miércoles, 17 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO SANCOCHADO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
Jueves, 18 de Enero de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAGUA RELLENA, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Viernes, 19 de Enero de 2018	MARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Sábado, 20 de Enero de 2018	INFUSION + 02 PANES + MORTADELA	AL DE CALABAZA ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Domingo, 21 de Enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	ASADO DE POLLO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Lunes, 22 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	CALDO BLANCO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Martes, 23 de Enero de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO, ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
Miércoles, 24 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCAROPE DE POLLO A LA LIMENA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
Jueves, 25 de Enero de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	REVUELTO DE ZANAHORIA, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
Viernes, 26 de Enero de 2018	MARINA DE HABAS + 02 PANES + MORTADELA	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Sábado, 27 de Enero de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO GUISADO, ARROZ + INFUSION
Domingo, 28 de Enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
Lunes, 29 de Enero de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
Martes, 30 de Enero de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ADELGA, ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON POLLO
Miércoles, 31 de Enero de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN


 Dra. Rosa Patricia Landa
 Nutricionista
 C.R.P. 0040

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 1 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR. MENU
DESAYUNO: Semola con vainilla , 02 panes , mermelada									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada D	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16

552.04

23.10

Almuerzo:	Caldo de gallina + refresco y fruta								
Came de gall	100.00	87.00	16.53	1.39	0.00	65.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Plátano de se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	138.45
								VC Alm	1203.04
								% Dist	50.34

CENA	Matasquita de pollo , arroz , infusion								
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	634.74
								%DIST. D	26.56
			77.71	30.90	480.21				
			310.86	278.11	1800.85				
			13.0	11.6	75.4				
					100.00		V.C.T. MENU		2389.81

[Firma]
Lic. Doris Valdivia Landa
 Nutricionista
 C.N.P. 9940

[Firma]
Lic. Elizabeth del Rosario Rivera Copo
 Nutricionista
 C.N.P. 3579

[Firma]
Lic. Elizabeth del Rosario Rivera Copo
 Nutricionista
 C.N.P. 3579

DIETA: GASTRITIS CRONICA Y CANCER

martes, 02 de enero de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	30.00	100.00	2.81	1.95	21.36	10	17.55	85.44	113.43
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.99
									628.36
									24.76
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.99	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Acelite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomato	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.82	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	8.06	11.20	0.98	24.23	36.39
Plátano	160.00	94.00	0.80	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	50.08
CENA:	Caldillo de huevos								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	7.12	40.22
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Zapallo macre	50.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Porro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Acelite vegeta	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
								VC CENA	638.31
								%DIST CENA	25.16
			66.46	60.83	431.01				
			265.84	547.43	1724.03				
			10.48	21.58	67.95				
					100.00			VCT MENU	2637.30

[Firma]
Lic. Daria Valdivia Lezama
Nutricionista
C.N.P. 6640

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 3 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR. MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancocado								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
								VC DES.	600.10
								%DIST. D	26.96
Almuerzo:	Pollo al horno , arroz ,papa + fruta y refresco								
Carne de Pol	160.00	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								VC ALMU	1275.83
									57.33
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	349.58
								%DIST. D	15.71
			73.05	37.60	398.72				
			292.21	338.44	1594.86				
			13.13	15.21	71.66				
					100.00			VCT	2225.51


Lic. Doris Valderrama
Nutricionista
C.N.P. 0040


Lic. Elizabeth del Rosario Rivera
Nutricionista
C.N.P. 1079


Lic. Elizabeth del Rosario Rivera
Nutricionista
C.N.P. 1079

DIETA: GASTRITIS CRONICA Y CANCER

Jueves, 4 de Enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST .CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote morado	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	496.32
								%DIST. D	20.98
ALMUERZO:	Guiso de vainitas , arroz ,papa + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.58	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Vainitas (2)	180.00	91.00	3.93	0.49	13.27	15.72	4.4226	53.07	73.22
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1120.51
					% DISTR. ALMUERZO				47.36
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cat	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									31.66
			73.82	34.65	439.66				
			295.29	311.81	1758.63				
			12.48	13.18	74.34				
					100.00			VCT MEN	2365.74

[Firma]
Lic. Doris Valderrama Lugo
Nutricionista
C.N.P. 0140

[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero
Nutricionista
C.N.P. 3972

[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero
Nutricionista
C.N.P. 3972

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 5 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	590.15
								%DIST. D	27.40
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.87	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1135.86
								%DIST. D	52.74
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de labrar	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									427.82
									19.86
			69.93	20.79	421.76				
			279.71	187.09	1687.03				
			13.0	8.7	78.3				
					100.00				2153.83


Lic. Doris Valderrama Lozano
Nutricionista
C.H.P. 00411


Lic. Elizabeth del Rosario Arce Corra
Nutricionista
C.H.P. 00411


Lic. Elizabeth del Rosario Arce Corra
Nutricionista
C.H.P. 00411

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 06 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + jamonada									
Hierbas	10.00	54.00	0.17	0.05	0.36	1	0.49	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de lebrán	65.00	100.0	8.24	0.20	46.67	25	1.78	186.68	213.40
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
									478.77
									18.21
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.89
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
							VC DES.		1307.65
							% DIS ALM.		49.74
CENA Guiso de fideos con pollo, arroz , infusion									
Cama de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresco	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.62	0	0.89	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		842.57
							%DIST. D		32.05
			73.69	54.54	460.83				
			294.76	490.89	1843.34				
			11.2	18.7	70.1				
					100.00		V.C.T. MENU		2628.99

[Firma]
Lic. Diana Valderrama

[Firma]
Lic. Diana Valderrama
NUTRICIONISTA
C.N.P. 0540

[Firma]
Lic. Diana Valderrama
NUTRICIONISTA
C.N.P. 0540

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 07 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.08	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.06	23	1.02	172.32	196.98
									694.18
									27.55
Almuerzo: Estofado de pollo , arroz , refresco y fruta									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.23	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	567.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.68	13.58	18.13
Acelite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									VC Alm
									1384.88
									% Dist
									54.97
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
									VC DES.
									440.29
									%DIST. D
									17.48
			80.12	64.21	405.25				
			320.48	577.86	1621.01				
			12.7	22.9	64.3				
					100.00				VCT
									2819.36


 Lic. Daris Valderrama Lora
 Nutricionista
 C.N.P. 0540


 Lic. Elizabeth del Rosal Flores
 NUTRICIONISTA
 C.N.P. 2079


 Lic. Elizabeth del Rosal Flores
 NUTRICIONISTA
 C.N.P. 2079

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 08 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pán de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	23.85
ALMUERZO: Matasquita de pollo, arroz , fruta y refresco									
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acetia vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Arvejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Cebolla de ca	65.00	67.00	0.81	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1346.80
								%DIS ALM	51.83
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acetia vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.84
									632.11
								%DIST. D	24.32
			72.43	66.10	428.52				
			289.71	594.86	1714.06				
			11.15	22.89	65.96				
					100.00				
								VCT	2588.66

[Firma]

[Firma]
D. Mariana del P. Sánchez
NUTRICIONISTA
C.N.P. 0543

[Firma]
Lic. Doris Vulliamis Lando
Nutricionista
C.N.P. 0543

DIETA: GASTRITIS CRONICA Y CANCER

martes, 09 de enero de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	84.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	106.98
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado e	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Acelgas. hojas	120.00	81.00	1.61	0.22	3.88	6.44	1.98	15.52	23.94
Came de Poli	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1064.33
								% DIS ALM.	50.33
CENA:	Sopa de fideos con pollo								
Came de Poli	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.0	5.84	0.12	48.82	23	1.08	187.58	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	558.90
								%DIST. D	26.43
			67.06	45.16	360.94				
			268.24	406.45	1440.17				
			12.68	19.22	68.10				
					100.00			VCT	2114.86

Dr. Doris Valderrama Lozano
Nutricionista
C.N.P. 0040

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 10 de enero de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.99
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.76
Almuerzo:	Arroz con pollo + fruta y refresco								
Came de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Aceite vegetal	35.00	100.00	0.00	38.00	0.00	0	315.00	0.00	315.00
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Arvejas fresc	35.00	62.00	1.54	0.13	4.06	6	1.17	16.32	23.66
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lechuga red	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	180.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1530.06
								%DIST. D	60.30
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	328.39
								%DIST. D	12.94
			84.96	68.55	395.14				
			339.85	616.97	1580.56				
			13.4	24.3	62.3				
					100.00			VCT	2537.30

vib

 Dra. Doris Vulliamia Lopez
 Nutricionista
 C.N.P. 0340


 Dra. Mariela del Socorro Araya Cordero
 Nutricionista
 C.N.P. 3899


 Dra. Mariela del Socorro Araya Cordero
 Nutricionista
 C.N.P. 3899

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 11 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote mora	150.0	98.00	2.06	0.44	37.78	8	3.97	151.12	163.32
Pan de lebrán	80.00	100.00	7.68	0.24	57.44	31	2.18	229.76	262.64
									547.32
									21.34
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	82.00	0.33	0.08	1.76	1	0.74	7.05	9.10
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.69
Acelite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.81
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1319.49
						% DISTR. ALMUERZO			51.45
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.60
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.28
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
polillo	1	100	0.01	0.00	0.16	0	0.01	0.59	0.63
									697.66
									27.20
			79.66	34.42	464.00				
			318.66	309.81	1936.01				
			12	12	75				
					100.00			VCT MEN	2584.48

[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 0046

[Firma]
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 0046

[Firma]
Lic. Doris Valderrama Luna
Nutricionista
C.N.P. 0046

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 12 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	540.84
								%DIST. D	25.67
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	94.00	3.95	0.19	41.92	16	1.69	167.70	185.18
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC DES.	1137.83
								%DIST. D	54.02
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.88
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									427.82
									20.31
			69.97	19.21	413.44				
			279.88	172.85	1653.76				
			13.29	8.21	78.51				
					100.00			VCT MEN	2106.49

GRUPO CONSULTA Y SERVICIO
 Lic. Gabriela R.
 Nutricionista
 C.N.P. 8449

Lic. Elisbeth del Rosario Abreu Cordero
 Nutricionista
 C.N.P. 3579

Lic. Doris Valdivia Lencada
 Nutricionista
 C.N.P. 8449

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 13 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labrar	60.00	100.0	5.76	0.18	43.08	23.04	1.82	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									423.92
									17.44
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.35	0.05	1.95	1	0.46	7.78	9.68
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Plátano	160.00	92.00	0.59	0.28	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1292.58
								%DIST. D	53.19
CENA:	Pollo guisado,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C . CENA			713.76
						% DIST.CENA			29.37
	VCT (Gr.)		85.31	38.76	435.04				
	VCT (kcal.)		341.25	348.87	1740.14				
	VCT (%)		14	14	72	V.C.T. MENU			2430.26
					100.00				

Handwritten signature: *[Signature]*

Dr. Chris Valmont-Lalonde
Nutritionist
C.N.P. (Qual.)

Lic. Elizabeth del Rosario Moreno Cordero
MUTUO 2007/04/11
C. No. 1.347/2

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 14 de Enero de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST .CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.86	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									687.07
									29.91
ALMUERZO:	Pollo al horno, arroz,papa, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Poll	160.0	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Aceite vegeta	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALML	1228.48
									53.48
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labrar	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	16.60
			74.26	32.89	425.96				
			297.06	296.00	1703.84				
			12.9	12.9	74.2				
					100.00			VCT	2296.89

ELABORADO POR:
Heidy Arango PAZ
NUTRICIONISTA
C.N.P. 0940

ELABORADO POR:
Lic. Elizabeth del Rosario Abrego Cordero
NUTRICIONISTA
C.N.P. 2573

ELABORADO POR:
Lic. Doris Valderrama Lora
NUTRICIONISTA
C.N.P. 0940

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 15 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mermelada									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
									546.74
									22.75

ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.00	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
									VC DES. 1282.92
									%DIST. D 53.38

CENA: Pollo sancochado, arroz + infusion									
Carne de Pol	100.00	85.00	17.51	3.00	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.60
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									VC DES. 573.76
									% DIS ALM. 23.87
			74.73	37.50	441.76				
			298.92	337.46	1767.03				
			12.4	14.0	73.5				
					100.00				
									VCT 2403.41

R.B. Rely-L
 Lic. Denis Valdivia Lezota
 Nutricionista
 C.N.P. 0040

[Signature]
 [Illegible text]

[Signature]
 [Illegible text]

DIETA: GASTRITIS CRONICA Y CANCER

martes, 16 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									650.30
									26.40
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	86.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.46	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	68.00	3.70	0.18	38.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	51.59
CENA:	Sopa de arroz con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	22.01
			74.34	62.02	401.85				
			297.35	558.20	1607.39				
			12.07	22.66	65.26				
					100.00			VCT	2462.95

VPS

Lic. Daris Vukdivin Leon
Nutricionista
C.N.R. 0540

[Firma]

[Firma]

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 17 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancocado									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	28.65
ALMUERZO: Pollo sancocado , arroz,papa, refresco y fruta									
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1111.79
								% DIS ALM.	51.39
GENA: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labrar	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	19.96
			78.83	37.97	375.63				
			319.32	341.75	1502.60				
			14.76	15.80	69.45				
					100.00			VCT	2163.58

Lic. Doris Yafimira Caceres
Nutricionista
C.N.R. 0840

BRUNO GONZALEZ

HUANO

BRUNO GONZALEZ

Lic. Roberth del Rosario Ayala Caceres

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 18 de enero de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST /CAL %	
						PROT	GRASAS	CHO	POR MENU	
DESAYUNO:	Infusion+ 62 panes + camote al horno									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54	
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35	
Clevo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06	
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74	
Camote mora	100.0	98.00	1.37	0.29	25.18	5	2.65	100.74	108.88	
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98	
								VC DES.	548.05	
								%DIST. D	21.61	
ALMUERZO:	Caigua rellena, arroz , refresco y fruta									
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80	
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75	
Papa blanca	200.0	86.00	3.57	0.17	37.91	34	1.53	151.64	167.45	
Cebolla de ca	80.00	89.00	1.00	0.14	8.06	4	1.28	32.18	37.45	
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79	
Caigua Semar	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48	
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05	
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00	
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90	
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54	
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27	
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06	
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96	
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71	
					V.C. ALMUERZO				1265.21	
					% DISTR. ALMUERZO				49.89	
CENA	Arroz amarillo con pollo + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50	
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63	
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58	
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00	
Cebolla de cal	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57	
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66	
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38	
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30	
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25	
									722.85	
									28.50	
			70.45	47.15	457.50					
			281.79	424.32	1829.99					
			11.11	16.73	72.16					
					100.00			VCT MEN	2536.10	


Lic. Doris Valcuvia Lopez
Nutricionista
C.N.P. 0340


Lic. Doris Valcuvia Lopez
Nutricionista
C.N.P. 0340

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 19 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.82
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.84
								VC DES.	637.53
								%DIST. D	26.15
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.87	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	80.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC DES.	1347.18
								%DIST. D	55.26
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	40.00	100.00	3.84	0.12	26.72	15.36	1.08	114.88	131.32
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	453.31
								%DIST. D	18.59
			77.16	20.48	486.27				
			308.63	184.30	1945.10				
			12.66	7.56	79.78			VCT MEN	2438.02
					100.00				

[Firma]
Nutricionista
C.N.P. 0948

[Firma]
Nutricionista
C.N.P. 0948

[Firma]
Nutricionista
C.N.P. 0948

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 20 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + mortadela								
Hierbas	10.00	98.00	0.30	0.10	0.89	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0091	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de labrar	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
mortadela	30.00	100.00	2.94	5.91	2.82	12	53.19	11.28	76.23
									427.88
									17.79
ALMUERZO:	Aji de calabaza , arroz , fruta y refresco								
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	60.88	23	2.46	243.52	268.91
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
							VC DES.		1243.71
							% DIS ALM.		51.72
CENA	Matasquita de pollo , arroz , infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas frescas	35.00	54.00	1.34	0.11	3.65	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	15.0	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		733.26
							%DIST. D		30.49
			67.97	30.21	465.27				
			271.87	271.88	1861.10				
			11.3	11.3	77.4				
					100.00		V.C.T. MENU		2404.85

Dr. Carlos A. ...
Hec...
...

Lic. Elizabeth del Rosario Alvarado Corp
NUTRICIONISTA
C.N.P. 3473

Lic. Dora ...
Nutricionista
C.N.P. 3473

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 21 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	80.00	100.00	7.88	0.24	57.44	31	2.16	229.76	262.64
									722.12
									29.09
ALMUERZO:	Asado de pollo , arroz, papa + refresco y fruta								
Carno de Pol	160.00	86.00	28.02	4.30	0.00	112	44.06	0.00	156.13
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.66	0.18	41.03	15	1.68	164.13	181.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1301.58
								% DIS ALM.	52.42
CENA:	Infusion + 01 pan + margarina								
Herbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	459.08
								%DIST. D	18.49
			74.20	68.23	392.97				
			296.82	614.07	1571.89				
			12.0	24.7	63.3				
					100.00			VCT	2482.78

[Firma]
Dr. Carlos E. Torres, M.D. M.Sc. C.N.P. 2240

[Firma]
Dr. Carlos E. Torres, M.D. M.Sc. C.N.P. 2240

[Firma]
Lic. Dora Valdivia Lucena
Nutricionista
C.N.P. 2240

DIETA: GASTRITIS CRONICA Y CANCER

Junes, 22 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	619.75
								%DIST. D	29.85
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuflo blanco	23.00	90.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	82.00	80.00	0.52	0.13	25.78	2	1.18	103.12	106.40
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	888.82
								%DIST. D	42.81
CENA Tallarines rojos con carne molida + infusion									
Carne de res	80.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.68
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	57.00	0.64	0.08	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aceite vegeta	10.00	70.0	0.00	7.00	0.00	0	63.00	0.00	63.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0.00	0	39.32	39.32
									567.68
								%DIST. D	27.34
			71.60	43.79	348.92				
			286.42	394.14	1395.69				
			13.79	18.98	67.22	100			
					100.00			VCT	2076.24

DIETA GASTRITIS Y CANCER

 Dra. Elizabeth Alfaro Torres
 Nutricionista
 C.N.P. 25.79


 Lic. Doris Valentina Lozada
 Nutricionista
 C.N.P. 0040


 Lic. Doris Valentina Lozada
 Nutricionista
 C.N.P. 0040

DIETA: GASTRITIS CRONICA Y CANCER

martes, 23 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.06	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	6.54	87.72	88.74
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									504.50
									25.02
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado c	180.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Acelgas, hojas	120.00	61.00	1.81	0.22	3.88	6.44	1.98	15.52	23.94
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1099.18
								% DIS ALM	46.26
CENA:	Sopa de fideos con pollo								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	7.52	0.16	62.56	30	1.44	250.24	281.70
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	682.64
								%DIST. D	28.73
			73.89	40.47	429.12				
			295.57	364.26	1716.49				
			12.44	15.33	72.23				
					100.00			VCT	2376.32

[Firma]
Lic. Diana Valderrama Luciani
Nutricionista
C.R.P. 2540

[Firma]
Lic. Diana Valderrama Luciani
Nutricionista
C.R.P. 2540

[Firma]
Lic. Diana Valderrama Luciani
Nutricionista
C.R.P. 2540

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 24 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.52
								%DIST. D	28.58
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Acolla vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Camote mara	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.96	8	3.73	115.92	127.93
									1411.04
								% DIS ALM	54.76
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.66
			81.65	69.05	467.18				
			326.61	621.49	1628.74				
			12.7	24.1	63.2				
					100.00			VCT	2576.84

[Firma]
Nutricionista
C.N.P. 5540

[Firma]
Nutricionista
C.N.P. 5540

[Firma]
Lic. Dora Valdivia Lucía
Nutricionista
C.N.P. 5540

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 25 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 82 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.87
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote maza	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	302.26
								%DIST. D	12.64
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.08	25.02	29.72
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.08	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Lache evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	60.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.68	164.13	181.24
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1312.25
					% DISTR. ALMUERZO				54.80
CENA	Arroz a la jardinera con pollo+ Infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Came de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.28
Arvejas frescos	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									32.47
			65.29	37.49	448.07				
			261.16	337.38	1792.27				
			11	14	75				
					100.00			VCT MEN	2390.82

[Firma]

[Firma]

[Firma]
 Lic. Doris Valderrama Loza
 Nutricionista
 C.N.P. 0940

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 26 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + mortadela								
Harina de Habas	35.00	100.00	8.51	0.67	20.86	34	5.90	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
Pan de labran	60.00	100.00	7.68	0.24	67.44	31	2.16	229.76	262.64
								VC DES.	613.26
								%DIST. D	25.56
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.54	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1347.18
								%DIST. D	56.19
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.06	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.82	137.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	35.00	100.00	3.38	0.11	25.13	13.44	0.945	100.52	114.91
Lache evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									436.90
									18.22
			77.56	17.13	483.23				
			310.21	154.19	1932.94				
			12.94	6.43	80.63				
					100.00			VCT MEN	2397.34

[Firma]

[Firma]
Lic. Elizabeth del Rivero Suarez-Capa
NUTRICIONISTA
C.N.P. 2079

[Firma]
Lic. Dora Valdivia Escobar
Nutricionista
C.N.P. 0240

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 27 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									418.12
									17.63
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado d	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	15.00	87.00	0.18	0.03	1.47	1	0.23	5.90	6.86
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1281.15
						% DISTR. ALMUERZO			52.76
CENA:	Pollo guisado ,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C. CENA			702.31
						% DIST.CENA			29.61
	VCT (Gr.)		82.15	33.84	434.61				
	VGT (kcal.)		328.60	304.53	1738.45				
	VCT (%)		14	13	73		V.C.T. MENU		2371.58
					100.00				

BRUNO GARCIA
Nutricionista
C.N.P. 0940

Lic. Elisbeth del Rosario Norco Corp
Nutricionista
C.N.P. 2519

Lic. Doris Valdivia Lopez
Nutricionista
C.N.P. 0940

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 28 de Enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.09
									29.20
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1304.82
								% Dist	57.02
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labrar	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	315.34
								%DIST. D	13.78
			75.47	30.54	427.87				
			301.87	274.89	1711.50				
			13.19	12.01	74.79				
					100.00			VCT	2288.26

Lic. Doris Valderrama Llanusa
Nutricionista
C.N.P. 0940

[Signature]

Lat. Elizabeth de la Cruz, Moore Corp.
10/10/1970
10/10/1970

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 29 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mermelada									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.82	0	0.36	58.48	58.18
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	530.83
								%DIST. D	21.53
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.46	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.05	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.35	5.18
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.54	39.54
								VC DES.	1348.13
								%DIST. D	54.69
CENA: Arroz con huevo sancochado + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	586.26
								%DIST. D	23.78
			71.83	28.82	479.63				
			287.31	259.39	1918.51				
			11.65	10.52	77.82				
					100.00			VCT	2465.21

2018

Dr. Luis Valderrama
Lic. Luis Valderrama Los
Nutricionista
C.N.P. 0040

Dr. Elvira del Carmen Cordero
NUTRICIONISTA
C.N.P. 3570

Dr. Elvira del Carmen Cordero
NUTRICIONISTA
C.N.P. 3570

DIETA: GASTRITIS CRONICA Y CANCER

martes, 30 de enero de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									586.01
									25.38
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomata	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.08	11.20	0.98	24.23	38.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	55.04
CENA:	Sopa de semola con pollo								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sémola de Tr	30.00	100.00	5.86	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	19.58
			74.51	59.91	367.87				
			296.03	539.16	1471.49				
			12.9	23.4	63.7				
					100.00			VCT	2308.68

[Firma]
Nutricionista
C.R.P. 0845

[Firma]
Lic. Elisavinda Velasco / Asesora
NUTRICIONISTA
C.R.P. 0845

[Firma]
Lic. Doris Valderrama Lora
Nutricionista
C.R.P. 0845

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 31 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	100.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Manjar blanco	25.00	100.00	6.75	12.75	4.23	27	114.75	16.90	158.75
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	704.89
								%DIST. D	27.59
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1432.55
								%DIST. D	56.08
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.68	0.18	34.70	12	1.62	138.78	151.92
Manzana de s	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de lebran	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	417.17
								%DIST. D	16.33
			80.42	55.81	432.66				
			321.68	502.32	1730.62				
			13	20	68				
					100.00				
									2554.62

[Firma]

[Firma]

[Firma]
Lic. Doris Vildoso Landa
Nutricionista
C.N.P. 0949

DIETA: HIPEF ISION ARTERIAL PARA POBLACION PENAL AREQUIPA 13 DE ENERO 2018

lunes, 01 de enero de 2018	SEMOLA CON VAINILLA +03 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
martes, 02 de enero de 2018	SOYA CON PÑA + 02 PANES + MARGARINA	GUSO DE ARVEJITA PARTIDA, CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	CALDILLO DE HUEVOS
miércoles, 03 de enero de 2018	CEBADA CON LECHE+ 03 PANES+ HUEVO SANCOCCHADO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
jueves, 04 de enero de 2018	INFUSION + 02 PANES+ CAMOTE AL HORNO	GUSO DE VAMITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
viernes, 05 de enero de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
sábado, 06 de enero de 2018	INFUSION + 02 PANES + FRUTA	HINO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUSO DE FIDEOS CON POLLO, ARROZ + INFUSION
domingo, 07 de enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOPADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
lunes, 08 de enero de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOMO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
martes, 09 de enero de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	GUSO DE FREJOL, CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABBETA
miércoles, 10 de enero de 2018	INFUSION + 02 PANES+ CAMOTE FRITO	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCCHADO
jueves, 11 de enero de 2018	HARINA DE HABAS + 02 PANES + FRUTA	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
viernes, 12 de enero de 2018	INFUSION + 02 PANES + HUEVO SANCOCCHADO	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
sábado, 13 de enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	GUSO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	CAMOTE ARROZADO, ARROZ + INFUSION
domingo, 14 de enero de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 15 de enero de 2018	SOYA CON PÑA + 02 PANES + MARGARINA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO DORADO, ARROZ + INFUSION
martes, 16 de enero de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCCHADO	GUSO DE ARVEJITA PARTIDA, CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON POLLO
miércoles, 17 de enero de 2018	INFUSION + 02 PANES+ CAMOTE AL HORNO	POLLO DORADO,ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
jueves, 18 de enero de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	CALABUA RELLENA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
sábado, 20 de enero de 2018	INFUSION + 02 PANES + 03 FRUTAS	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
domingo, 21 de enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	ALI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 22 de enero de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	ADOSO A LA TACHERA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
martes, 23 de enero de 2018	SOYA CON PÑA + 02 PANES + MERMELADA	AQUADITO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
miércoles, 24 de enero de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	PHILLO A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABBETA
jueves, 25 de enero de 2018	CAFE + 02 PANES + CAMOTE FRITO	ESCARBECHE DE POLLO A LA LIMERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
viernes, 26 de enero de 2018	HARINA DE HABAS + 02 PANES + FRUTA	REVUELTO DE ZAMAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
sábado, 27 de enero de 2018	INFUSION + 02 PANES + HUEVO SANCOCCHADO	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
domingo, 28 de enero de 2018	AVENA CON LECHE + 02 PANES + QUESO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	CAMOTE ARROZADO, ARROZ + INFUSION
lunes, 29 de enero de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
martes, 30 de enero de 2018	SOYA CON PÑA + 02 PANES + MARGARINA	GUSO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
miércoles, 31 de enero de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	GUSO DE ARVEJITA PARTIDA, CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON POLLO
		TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN

Dr. David Valdivia Latorre
NUTRICIONISTA
C.R.P. 2000

Dr. David Valdivia Latorre
Nutricionista
C.R.P. 2000

DIETA: HIPERTENSION ARTERIAL

lunes, 1 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mermelada									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.96
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16

552.04

24.44

Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de gall	100.00	87.00	18.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.8912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.666	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.66	0.38	0.243	2.59	3.21
Chufa blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Poró	18.00	68.00	0.32	0.10	0.90	1.28	0.8554	3.61	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.29	0.2138	1.71	2.21
Cebolla de ca	10.00	85.00	0.12	0.02	0.96	0.48	0.153	3.84	4.47
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kion	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.16	0.1334	0.32	0.60
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Naranja	150.00	92.00	1.65	0.28	15.04	6.62	2.464	60.17	69.28
								VC Alm	1040.86
								% Dist	46.09

CENA	Matasquita de pollo , arroz , infusion								
Carne de Pol	100.00	85.00	17.51	3.05	0.00	70	27.54	0.00	97.58
Arroz Pilado c	60.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.88
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Papa blanca	150.0	85.00	2.88	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	87.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.88
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	666.56
								%DIST. D	29.47
			79.24	21.07	437.98				
			316.95	189.60	1751.91				
			14.0	8.4	77.6				
					100.00		V.C.T. MENU		2258.46


 Horacio Enrique Tito
 PRESIDENTE


 Lic. Doris Voldunia Lecanda
 Nutricionista
 C.N.P. 0940

 Lic. Elizabeth de Barros Alamo
 Nutricionista
 C.N.P. 3079

DIETA: HIPERTENSION ARTERIAL

martes, 02 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evapor	20.00	100.00	1.40	1.82	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.68	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									609.45
									23.57
Almuerzo:	Guiso de arvejita con chancho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rido	80.00	60.00	0.62	0.10	1.01	2	0.66	4.03	7.39
Ajos	8.00	100.00	0.45	0.08	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1432.07
								%DIST. D	55.39
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.85	1.65	0.35	11	14.82	1.41	26.81
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo maon	50.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	18.00	100.00	0.00	18.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
								VC CENA	543.79
								%DIST CENA	21.03
			71.92	63.25	432.08				
			287.70	569.24	1728.37				
			11.13	22.02	66.85				
					100.00			VCT MENU	2585.32

Dr. Elizabeth del Rosario Almona Gay
NUTRICIONISTA
C.I. 10.000.000

Dr. María Valdivia L.
Nutricionista
C.N.P. 0040

DIETA: HIPERTENSION ARTERIAL

miércoles, 03 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.54	0.69	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.57	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	646.12
								%DIST. D	25.77
Almuerzo:	Pollo al horno , arroz , ensalada, + fruta y refresco								
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	113	44.06	0.00	158.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	53	7.20	497.92	557.60
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Lechuga rojo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Pepinillo o Pe	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Cebolla de ca	80.00	82.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	60.00	98.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	160.00	92.00	1.77	0.29	16.04	7.07	2.6498	64.18	73.89
								VC ALMU	1478.26
									58.97
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	15.26
			78.41	48.44	439.30				
			313.62	435.98	1757.19				
			12.51	17.39	70.10				
					100.00			VCT	2506.80


Dra. Dora Valdovinos Lora
Nutricionista
C.N.P. 0040


Lic. Elizabeth del Socorro Franco Gago
NUTRICIONISTA
C.N.P. 2079


Lic. Elizabeth del Socorro Franco Gago
NUTRICIONISTA
C.N.P. 2079

DIETA: HIPERTENSION ARTERIAL

jueves, 04 de enero de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 92 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote moro	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.19
ALMUERZO:	Guiso de vainitas , arroz ,papa + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.308	5.17	6.43
Aceto vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.28
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1278.43
					% DISTR. ALMUERZO				50.33
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									29.40
			75.82	47.73	451.81				
			303.28	429.54	1807.25				
			11.94	16.91	71.15				
					100.00			VCT MEN	2540.07

[Firma]
D.E. Diana Valdivia Loo
HIPERTENSION
C.N.P. 0040

[Firma]

[Firma]
D.E. Diana Valdivia Loo
HIPERTENSION
C.N.P. 0040

DIETA: HIPERTENSION ARTERIAL

viernes, 05 de enero de 2018

ALIMENTO	g/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	35.00	100.00	6.68	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.60
Pan de labran	60.00	100.00	5.76	0.18	43.88	23	1.62	172.32	196.98
								VC DES.	883.65
								%DIST. D	25.77
Almuerzo:	Sudado de pescado ,papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.28	0.07	1.55	1	0.65	6.19	7.98
Aceite vegetal	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.26	31.46	36.61
Papa blanca	180.0	93.00	3.52	0.17	37.33	14	1.51	149.32	164.89
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Orégano	5	96.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Naranja	150.00	96.00	1.76	0.29	16.02	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1472.32
								%DIST. D	58.05
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									410.16
									16.17
			90.02	46.10	440.28				
			360.07	414.94	1751.12				
			14.2	16.4	69.4				
					100.00				2536.12


 Lic. Doris Valderrama Lopez
 Nutricionista
 C.N.P. 0548


 Lic. Alina del Carmen Lopez Lopez
 Nutricionista
 C.N.P. 3578


 Lic. Alina del Carmen Lopez Lopez
 Nutricionista
 C.N.P. 3578

DIETA: HIPERTENSION ARTERIAL

sábado, 06 de enero de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST/CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + fruta									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.48	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clevo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labran	65.00	100.0	6.24	0.20	46.67	25	1.76	186.68	213.40
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									441.78
									16.97

ALMUERZO: Hilo de zapallo , arroz , fruta y refresco

Licha evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.60
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.84	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomata	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46

VC DES. 1316.74

% DIS ALM 50.66

CENA Guiso de fideos con pollo, arroz , infusion

Came de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresco	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.68	0	0.10	0.30	0.53
									VC DES. 842.57
									%DIST. D 32.37
			70.74	45.99	476.56				
			282.98	413.89	1906.23				
			10.9	15.9	73.2				
					100.00		V.C.T. MENU		2603.09

[Firma]
Lic. Dora Valderrama Lora
Nutricionista
C.N.P. 0040

[Firma]
Lic. Dora Valderrama Lora
Nutricionista
C.N.P. 0040

[Firma]
Lic. Dora Valderrama Lora
Nutricionista
C.N.P. 0040

DIETA: HIPERTENSION ARTERIAL

domingo, 07 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
									694.18
									27.55
Almuerzo: Estofado de res , arroz , refresco y fruta									
Cama de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Ajl verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Ajl colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	45.00	62.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1385.27
								% Dist	54.98
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	440.29
								%DIST. D	17.47
			81.42	61.73	409.61				
			325.70	555.61	1638.43				
			12.9	22.1	65.0				
					100.00			VCT	2519.74

Elaborado por:
Nutricionista

Elaborado por:
Nutricionista

Dr. Lilia Valderrama Lezama
Nutricionista
C.N.P. 0540

DIETA: HIPERTENSION ARTERIAL

lunes, 08 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Sémola con vainilla, pan , margarina								
Sémola de Tel	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.98
								VC DES.	619.75
								%DIST. D	24.94
ALMUERZO:	Locro de res, arroz , fruta y refresco								
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de res	100.00	85.00	18.11	1.36	0.00	72.42	12.24	0.00	84.66
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.82
								VC DES.	1325.85
								% DIS ALM	51.43
CENA	Tallarines rojos- con carne molida + infusion								
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	60.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	60.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.20
								%DIST. D	24.52
			72.75	64.36	426.86				
			291.02	579.36	1707.39				
			11.29	22.48	66.23				
					100.00				
								VCT	2577.79

[Firma]
 Dra. Doris Villeda Lazo
 Nutricionista
 C.N.P. 0540

DIETA: HIPERTENSION ARTERIAL

martes, 09 de enero de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	10.00	64.00	0.03	0.01	0.83	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de frejol con chanchó + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Frijol caballer	120.0	100.00	27.48	1.80	68.96	109.92	16.20	279.84	405.86
Carne de Cer	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Cebolla de cal	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	89.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1513.09
								% DIS ALM.	60.10
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	512.88
								%DIST. D	20.38
			74.90	48.83	444.66				
			299.61	439.46	1778.64				
			11.90	17.45	70.65				
					100.00			VCT	2517.70

[Firma]
Nutricionista
C.N.P. 3019

[Firma]
Lic. Elizabeth del Socorro Rojas Rojas
NUTRICIONISTA
C.N.P. 3019

[Firma]
Lic. Doris Valdivia Lo
Nutricionista
C.N.P. 0840

DIETA: HIPERTENSION ARTERIAL

miércoles, 10 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.87
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	166.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.60	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.87
Lechuga rojo	60.00	50.00	0.38	0.06	0.63	2	0.54	2.52	4.82
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	160.0	86.00	2.06	0.41	26.90	8	3.72	115.58	127.56
								VC DES.	1536.09
								%DIST. D	60.79
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	65.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.61	86.16	98.49
								VC DES.	311.98
								%DIST. D	12.35
			84.86	68.69	392.35				
			339.44	618.17	1569.39				
			13.4	24.5	62.1				
					100.00			VCT	2526.99




Dr. David Valderrama Lac
MUNICIPIO DE
C.N.P. 0540


Dr. David Valderrama Lac
MUNICIPIO DE
C.N.P. 0540

DIETA: HIPERTENSION ARTERIAL

jueves, 11 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Infusion + 02 panes + camote frito									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.87
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									555.44
									21.40
ALMUERZO: Cau cau de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tamata	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
									V.C. ALMUERZO
									1341.92
									% DISTR. ALMUERZO
									51.71
CENA Arroz a la jardinera con pollo+ infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.68
									26.88
			78.37	49.48	459.06				
			313.49	445.29	1836.25				
			12	17	71				
					100.00			VCT MEN	2595.03

Lic. María Valdivia Díaz
Nutricionista
C.N.P. 0040

Lic. Humberto del R.
NUTRICIONISTA
C.N.P. 0040

DIETA: HIPERTENSION ARTERIAL

viernes, 12 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Habas	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canola entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	539.13
								%DIST. D	21.53
Almuerzo:	Sudado de pescado , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.63	2.28	233.62
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomata	60.00	80.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.28	107.94	118.16
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	60.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Orégano fresc	2.00	84.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Leche evapor	15.00	100.00	1.05	1.22	1.04	4	10.94	6.54	21.68
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1528.03
								%DIST. D	61.02
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canola entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									437.01
									17.45
			83.00	49.27	432.20				
			332.00	443.39	1728.79				
			13.26	17.71	69.04				
					100.00			VCT MEN	2504.17

[Firma]
 Lic. María del Socorro Pérez
 Nutricionista
 C.R. 0540

[Firma]
 Lic. María del Socorro Pérez
 Nutricionista
 C.R. 0540

[Firma]
 Lic. María del Socorro Pérez
 Nutricionista
 C.R. 0540

DIETA: HIPERTENSION ARTERIAL

sábado, 13 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Infusion + 02 panes + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									538.82
									20.55
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carnes de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	8.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
									VC DES. 1324.81
									%DIST. D 50.53
CENA: Camote arrebozado, arroz, infusion									
Camote moro	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									V.C. CENA 758.39
									% DIST. CENA 28.92
	VCT (Gr.)		82.16	52.27	455.73				
	VCT (kcal.)		328.63	470.46	1822.94				
	VCT (%)		13	18	70				
					100.00				V.C.T. MENU 2622.03

Dr. J. Valderrama

Dr. J. Valderrama
Nutricionista
C.R.P. 0640

Dr. J. Valderrama
Nutricionista
C.R.P. 0640

DIETA: HIPERTENSION ARTERIAL

domingo, 14 de enero de 2018

ALIMENTO	g/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.86
									667.07
									27.04
ALMUERZO:	Pollo al horno, arroz, ensalada, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.08	0.00	166.13
Acetia vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de ca	60.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga rede	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	60.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1472.64
									57.95
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.01
			77.66	53.25	437.79				
			310.65	479.24	1751.16				
			12.2	18.9	68.9				
					100.00			VCT	2541.05

[Firma]
Lic. Jairo Valderrama Lora
Nutricionista
C.N.P. 0048

[Firma]
Lic. Elizabeth del Rosal Acosta
NUTRICIONISTA
C.N.P. 3879

DIETA: HIPERTENSION ARTERIAL

ga
Lic. Diana Valdivia Lozada
Nutricionista
C.N.P. 9940

lunes, 15 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mermelada								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada de	25.00	100.00	0.10	0.05	18.28	0	0.45	73.30	73.95

546.74

21.23

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acete vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74

VC DES. 1294.00

%DIST. D 50.25

CENA:	Pollo dorado, arroz + infusion								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	48.60	59.88
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	734.39
								% DIS ALM.	28.52
			77.03	57.66	437.02				
			308.13	518.90	1748.09				
			12.9	20.2	67.9				
					100.00				

Valdivia Loza
15
2018

DIETA: HIPERTENSION ARTERIAL

								VCT	2575.12
--	--	--	--	--	--	--	--	-----	---------


Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 0548


Lic. Dora Valderrama Latorre
NUTRICIONISTA
C.N.P. 0548

martes, 16 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									584.64
									22.21
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.85	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.06	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.47	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinillo o Pe	60.00	88.00	0.36	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.82
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM	57.21
CENA:	Sopa de arroz con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.60	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	20.58


Lic. Dora Valderrama Latorre
NUTRICIONISTA
C.N.P. 0548

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 0548

DIETA: HIPERTENSION ARTERIAL

			78.63	70.04	421.99				
			314.52	630.35	1687.95				
			11.95	23.94	64.11				
					100.00			VCT	2632.81


Lic. Elizabeth del Pozo del Pozo
NUTRICIONISTA
C.N.P. 0013


Lic. Doris Valdivia
NUTRICIONISTA
C.N.P. 0049


Lic. Doris Valdivia
NUTRICIONISTA
C.N.P. 0049

miércoles, 17 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	24.60
ALMUERZO:	Pollo dorado , arroz,papa, ensalada, refresco y fruta								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Lechuga redo	55.00	50.0	0.36	0.06	0.58	1	0.50	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.49
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1467.87
								% DIS ALM.	58.26
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.61	86.16	98.49
								VC DES.	431.90
								%DIST. D	17.14
			84.46	63.18	403.31				
			337.83	568.58	1613.25				
			13.41	22.67	64.03				
					100.00			VCT	2519.66

DIETA: HIPERTENSION ARTERIAL

Jueves, 18 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion+ 02 panes + camote al horno								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
Camote mora	100.0	98.00	1.37	0.29	25.19	5	2.85	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	548.05
								%DIST. D	21.44
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serrat	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresco	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
					V.C. ALMUERZO				1285.35
					% DISTR. ALMUERZO				50.28
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36


Dra. Dora Veldina Lasso
Nutricionista
C.N.P. 0940

Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
pelillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.29
									722.85
									28.28
			71.81	47.36	460.69				
			287.25	426.23	1842.76				
			11.24	16.67	72.09				
					100.00			VCT MEN	2556.24

[Signature]
 1111 14th Avenue, Suite 100
 North Vancouver
 B.C. V8N 2C1

[illegible]

DIETA: HIPERTENSION ARTERIAL

sábado, 20 de Enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: infusion + 02 panes + 02 frutas									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Plátano	240.00	87.00	0.93	0.47	22.81	4	4.18	91.26	99.17
									419.37
									18.93

ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	8.00	0.68	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	85.00	5.36	0.28	56.87	21	2.30	227.46	251.18
Calabaza	350.00	47.00	0.99	0.18	9.21	4	1.48	36.85	42.28
Malz Fresco.	30.00	80.00	0.79	0.19	6.67	3	1.73	26.69	31.58
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas fresca	35.00	68.00	2.89	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
							VC DES.		1223.94
							% DES ALM		52.81

CENA: Matasquita de pollo , arroz , infusion									
Cama de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.46	70.02	30	4.05	280.08	313.65
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Arvejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.68	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.48
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		883.03
							%DIST. C		29.36
			69.53	20.01	467.04				
			278.11	180.05	1888.17				
			12.0	7.7	80.3				
					100.00		V.C.T. MENU		2326.33


 Dra. Dora Valderrama Lozada
 Nutricionista
 C.N.P. 0940


 Lic. Elizabeth del Rosario Marrero Crespo
 Nutricionista
 C.N.P. 1979


 Lic. Elizabeth del Rosario Marrero Crespo
 Nutricionista
 C.N.P. 1979

DIETA: HIPERTENSION ARTERIAL

Ajos	8.00	80.00	0.38	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	752.58
								%DIST. D	29.73
			72.48	21.18	512.74				
			289.93	190.60	2050.95				
			11.5	7.5	81.0				
					100.00		V.C.T. MENU		2531.48


 Lic. Erika Valderrama Lora
 NUTRICIONISTA
 C.R.P. 1040


 Lic. Erika Valderrama Lora
 NUTRICIONISTA
 C.R.P. 1040


 Lic. Erika Valderrama Lora
 Nutricionista
 C.R.P. 1040

domingo, 21 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									556.46
									26.11
ALMUERZO:	Adobo a la tacña de cerdo , arroz, papa + refresco y fruta								
Cerdo de Cer	150.00	88.00	18.01	19.83	0.00	76	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceto vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.23	1.73
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1415.03
								% DIS ALM.	56.28
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	65.00	0.32	0.10	0.71	1.26	0.82	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	442.66
								%DIST. D	17.61
			64.06	83.25	377.17				

DIETA: HIPERTENSION ARTERIAL

lunes, 22 de Enero de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tr	25.00	100.00	4.88	2.88	13.45	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clava de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Margarina veg	20.00	100.00	0.12	18.40	0.60	0	147.60	0.00	148.08
Pan de labrar	60.00	100.00	5.78	0.18	43.68	23	1.82	172.32	196.98
								VC DES.	561.14
								%DIST. D	33.13
ALMUERZO: Aguadito con pollo, refresco y fruta									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	50.00	100.00	4.10	0.25	38.90	16	2.25	155.60	174.25
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	87.00	5.48	0.26	58.20	22	2.35	233.81	257.09
Arvejas fresc	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.86	3	2.60	6.23	11.77
Espinaca neg	40.00	97.00	1.08	0.35	1.90	4	3.14	7.60	15.09
Orégano seco	2.00	90.00	0.03	0.01	0.20	0	0.08	0.81	1.01
Ajos	5.00	60.00	0.22	0.03	1.23	1	0.29	4.86	6.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	749.20
								%DIST. D	44.23
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.85	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	80.0	100.00	7.80	0.08	55.68	30	0.72	222.72	263.84
Zanahoria	40.0	89.00	0.17	0.14	2.54	1	1.24	10.16	12.06
Tomata	40.00	80.00	0.26	0.06	1.38	1	0.58	5.50	7.10
Cebolla de ca	60.00	87.00	0.48	0.07	3.86	2	0.62	15.46	17.89
Ajos	1.00	80.00	0.04	0.01	0.24	0	0.06	0.97	1.21
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	1.00	68.0	0.05	0.06	0.40	0	0.48	1.60	2.26
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0.00	0	39.32	39.32
									383.64
								%DIST. D	22.65
			61.57	40.15	271.57				
			246.30	361.39	1086.29				
			14.54	21.33	64.13	100			
					100.00			VCT	1693.98


Lic. Doris Valdivia Lora
Nutricionista
C.N.P. 0940


BRUNO GONZÁLEZ
Hecol - Grupo T2
Nutricionista


Lic. Elizabeth del Rosario Alvarado
NUTRICIONISTA
C.N.P. 3079

DIETA: HIPERTENSION ARTERIAL

Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.38	7.98	11.32
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.98	117.98
									679.44
									%DIST. D 26.05
			67.53	110.64	335.47				
			270.11	995.75	1341.88				
			10.36	38.18	51.46	100			
					100.00				
							VCT	2607.74	


 Dr. Gladys del Amor
 NUTRICIONISTA
 C.N.P. 2548


 Dr. María Victoria Lucena
 Nutricionista
 C.N.P. 2548


 Dr. María Victoria Lucena
 Nutricionista
 C.N.P. 2548

martes, 23 de enero de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									20.45
Almuerzo:	Frejol a la chilena con chancho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	8.42	0.00	24	57.76	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga roja	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1807.93
								%DIST. D	59.97
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68

DIETA: HIPERTENSION ARTERIAL

Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.16
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.64
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	492.29
								%DIST. D	19.58
			80.57	41.67	454.25				
			322.28	375.00	1816.99				
			12.82	14.91	72.27				
					100.00			VCT	2514.27


Dr. Elisabetta del Favero - Fisica Doga
NUTRIZIONISTA
C.N.P. 38829

Dale
Lic. Doris Valderrama Jaramila
Nutricionista
C.O.P. 2548

miércoles, 24 de enero de 2018

[illegible]

DIETA: HIPERTENSION ARTERIAL

								%DIST. D	16.57
			82.00	68.31	400.54				
			328.01	623.88	1638.17				
			12.7	24.1	63.3				
					100.00			VCT	2589.97


 Lic. María Victoria Laraña
 Nutricionista
 C.N.P. 3039


 Lic. María Victoria Laraña
 Nutricionista
 C.N.P. 3040

Jueves, 25 de enero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + camote frito								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote moro	100.0	82.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	527.26
								%DIST. D	20.03
ALMUERZO:	Revuelto de zanahoria ,papa + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.28	2	3.06	25.02	29.72
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomato	50.00	92.00	0.37	0.09	1.99	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	82.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.62
					V.C. ALMUERZO				1328.26
					% DISTR. ALMUERZO				50.47
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50

DIETA: HIPERTENSION ARTERIAL

Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.51
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									29.50
			66.58	62.51	460.73				
			266.33	562.56	1802.93				
			10	21	69				
					100.00			VCT MEN	2631.82

Signature: _____

viernes, 26 de enero de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Habas	35.00	100.00	8.51	0.67	20.86	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	160.0	82.00	2.21	0.44	30.81	9	3.97	123.65	136.45
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	595.12
								%DIST. D	23.45
Almuerzo:	Sudado de pescado , papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.67	165	66.83	2.28	233.62
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.59
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Aceite vegeta	35.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Vinagre	7.00	100.00	0.00	0.07	0.36	0	0.63	1.40	2.03
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1605.99
								%DIST. D	59.34
CENA:	Mazamorra de maizena con leche + 01 pan								

DIETA: HIPERTENSION ARTERIAL

sábado, 27 de Enero de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 92 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.82
Pan de labrar	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									411.42
									16.48
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.68	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.88	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aji colorado s	5.00	92.00	0.32	0.38	2.70	1	3.23	10.80	15.32
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.63	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1307.30
					% DISTR. ALMUERZO				52.36
GENA:	Camote arrebozado,arroz,infusion								
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	5.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. GENA			778.27
						% DIST. GENA			31.17
	VCT (Gr.)		73.22	44.57	450.75				
	VCT (Kcal.)		292.88	401.09	1803.01				
	VCT (%)		12	16	72	V.C.T. MENU			2496.99
					100.00				


 Dra. Yolanda Lucinda
 Nutricionista
 C.N.P. 0040


 Lic. Elizabeth del Rosario Alvarez Cordero
 Nutricionista
 C.N.P. 3579


 Lic. Elizabeth del Rosario Alvarez Cordero
 Nutricionista
 C.N.P. 3579

DIETA: HIPERTENSION ARTERIAL

domingo, 28 de Enero de 2018

ALIMENTO	grípar (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.80	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.62	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.65	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.95	34	81.00	3.96	118.56
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									628.77
									27.11
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	106.83	18.36	0.00	126.99
Arroz Pilado c	180.0	100.00	13.12	0.80	124.48	53	7.20	497.92	557.60
Tomate	20.00	80.00	0.13	0.03	0.68	1	0.29	2.75	3.55
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Aji colorado s	1	68.00	0.06	0.05	0.40	0	0.48	1.60	2.26
Pan seco mor	30.00	100.00	3.30	0.84	24.75	13.20	7.56	89.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Acetia vegeta	20.00	100.00	0.00	26.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, c	3.00	95.00	0.69	1.37	0.50	3	12.36	2.02	17.13
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	89.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1394.61
								% Dist	60.14
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada D	25.00	100.00	0.10	0.05	18.20	0	0.45	73.30	73.95
Pan de labrar	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.40
								VC DES	295.68
								%DIST. C	12.75
			76.15	41.94	409.22				
			304.61	377.48	1636.80				
			13.14	16.28	70.59				
					100.00			VCT	2318.97


 Dra. Doris Valderrama Lacada
 Nutricionista
 C.N.P. 8846


 David Cordero
 Hospital de la Cruz
 Hospital de la Cruz


 Lic. Elizabeth del Rosario Alvarado
 Nutricionista
 C.N.P. 8879

CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	390.74
								%DIST. D	15.35
			79.09	45.49	454.81				
			316.34	409.40	1819.23				
			12.43	16.09	71.48				
					100.00			VCT	2544.96

Dr. Rosalva del Rincón, M.D., Ph.D., M.P.H.
NUTRICIONISTA
C.N.P. 2029

Lic. Diego Valdivia Larraín
Nacionalista
C.N.P. 0040

[illegible]

DIETA: HIPERTENSION ARTERIAL

CENA:	Arroz con huevo frito + infusión								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	726.94
								%DIST. D	27.75
			73.00	48.82	471.40				
			292.01	438.39	1685.58				
			11.16	16.79	72.05				
					100.00			VCT	2616.98

[Firma]
Lic. Elizabeth del Socorro Vargas Cordero
NUTRICIONISTA
C.N.P. 3809

[Firma]
Lic. Elizabeth del Socorro Vargas Cordero
NUTRICIONISTA
C.N.P. 3809

[Firma]
Lic. Doris Volóvica Lucudo
Nutricionista
C.N.P. 0940

martes, 30 de enero de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									23.03
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.88
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de ca	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papirillo o Pa	80.00	88.00	0.35	0.07	1.83	1	0.83	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.69	8.51	10.89
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62

DIETA: HIPERTENSION ARTERIAL

Plátano de se	150.0	85.00	1.91	0.38	28.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM.	59.20
CENA:	Sopa de semola con pollo								
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	17.77
			80.72	67.98	402.37				
			322.88	611.85	1609.48				
			12.7	24.0	63.3				
					100.00			VCT	2544.21

[Firma]
Lic. María Victoria Lezama
Nutricionista
C.N.P. 0940

[Firma]
Lic. María Victoria Lezama
Nutricionista
C.N.P. 0940

miércoles, 31 de enero de 2018

ALIMENTO	gríper	comestib	le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65	
Leche evapor	70.00	100.00	4.90	8.67	7.83	20	51.03	30.52	101.15	
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89	
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06	
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75	
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98	
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62	
									VC DES.	704.90
									%DIST. D	27.35
Almuerzo:	Tallarines rojos con pollo, refresco y fruta									
Fideos tallarín	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14	
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13	
Tomato	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58	
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56	
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.82	
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01	
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04	
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77	
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63	
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00	
Aji colorado s	8.00	68.00	0.38	0.42	3.19	2	3.62	12.77	18.12	
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62	

