

E.P.AREQUIPA

PROGRAMACION DE MENUS

ABRIL 2018

MENUS PROPUESTOS PARA POBLACION PENAL AREQUIPA

FECHA	DESAYUNO	ALMUERZO	CENA
domingo, 01 de abril de 2018	Avena con leche + 02 panes + queso	Arroz con pollo+ ensalada , fruta y refresco	Infusion + 01 pan + manjar
lunes, 02 de abril de 2018	Semola con vainilla , pan , mortadela	Caldo blanco + refresco y fruta	Cas cau de mondongo , arroz , e infusion
martes, 03 de abril de 2018	Avena con cocoa + 02 panes + mermelada	Guiso de frejol con chanchó, arroz ,ensalada, fruta y refresco	Caldillo de huevo
miércoles, 04 de abril de 2018	Cebada con leche + 02 panes + jamonada	Pollo al sillao, arroz,fruta y refresco	Infusion + 01 pan + mermelada
jueves, 05 de abril de 2018	Cafe + 02 panes + camote frito	Higado sazonado, arroz , refresco + fruta	Pollo a la mostaza , arroz e infusion
viernes, 06 de abril de 2018	Siete cereales + 02 panes + queso de chanchó	Pescado frito , ensalada , arroz , refresco y fruta	Mazamorra de harina con leche , 01 pan
sábado, 07 de abril de 2018	Cocoa+ 02 panes + ston	Guiso de fideos con pollo , arroz, fruta y refresco	Camote arebolado,arroz,infusion
domingo, 08 de abril de 2018	Avena con leche + 02 panes + queso	Estofado de res , arroz , refresco y fruta	Infusion + 01 pan + manjar
lunes, 09 de abril de 2018	Semola con vainilla , pan ,mortadela	Hino de capallo, arroz, refresco, fruta	Tallarín con carne molida e infusion
martes, 10 de abril de 2018	Avena con cocoa + 02 panes + mermelada	Guiso de avejita partida con chanchó + ensalada + arroz + fruta y refre	Sopa de fideos con cabeza, infusion
miércoles, 11 de abril de 2018	Cebada con leche + 02 panes + aceituna	pollo broster, arroz, ensalada , fruta y refresco	Infusion + 01 pan + manjar
jueves, 12 de abril de 2018	Cafe + 02 panes + camote frito	Cas cau de pollo, arroz , fruta y refresco	Arroz con huevo frito + infusion
viernes, 13 de abril de 2018	Siete cereales + 02 panes + manjar	Pescado frito , ensalada , arroz , refresco y fruta	Mazamorra de maicena con leche , 01 pan
sábado, 14 de abril de 2018	Cocoa+ 02 panes + huevo sancochado	Chañarita , arroz, refresco , fruta	pollo arebolado, arroz e infusion
domingo, 15 de abril de 2018	Avena con leche + 02 panes + queso	Azado de cerdo, arroz, ensalada, refresco y fruta	Infusion + 01 pan + mermelada
lunes, 16 de abril de 2018	Semola con vainilla , pan ,mortadela	Higado frito , arroz ,ensalada, refresco, fruta	Guiso de fideos con pollo , arroz, infusion
martes, 17 de abril de 2018	Avena con cocoa + 02 panes + margarina	Frejol a la chilena con chanchó, arroz ,ensalada, fruta y refresco	Sopa de arroz con menudencia de pollo
miércoles, 18 de abril de 2018	Cebada con leche + 02 panes + jamonada	Pollo al marí , arroz , fruta y refresco	Infusion + 01 pan + margarina
jueves, 19 de abril de 2018	Cafe + 02 panes + camote frito	Cas cau de mondongo, arroz , fruta y refresco	Arroz chaufa con huevo y hot dog e infusion
viernes, 20 de abril de 2018	Siete cereales + 02 panes + queso de chanchó	Pescado frito , ensalada , arroz , refresco y fruta	Mazamorra de harina con leche , 01 pan
sábado, 21 de abril de 2018	Cocoa+ 02 panes + ston	Lomo de pecho, arroz , ensalada, fruta y refresco	Pollo al sillao, arroz infusion
domingo, 22 de abril de 2018	Avena con leche + 02 panes + queso	Pollo broster, ensalada, arroz, papa, refresco y fruta	Infusion + 01 pan + manjar
lunes, 23 de abril de 2018	Semola con vainilla , pan ,mortadela	aguadito con menudencia de pollo, arroz, refresco, fruta	Cas cau de pollo, arroz + infusion
martes, 24 de abril de 2018	Avena con cocoa + 02 panes + mermelada	Guiso de avejita partida con chanchó + ensalada + arroz + fruta y refre	Sopa de semola con menudencia
miércoles, 25 de abril de 2018	Harina de habas con leche + 02 panes + aceituna	Pollo a la olla , arroz ,ensalada, + refresco y fruta	Infusion + 01 pan + mermelada
jueves, 26 de abril de 2018	Cafe + 02 panes + camote frito	Hino de zapallo , arroz , refresco y fruta	Arroz amarillo con pollo, infusion
viernes, 27 de abril de 2018	Siete cereales + 02 panes + manjar	Pescado frito , ensalada , refresco y fruta	Mazamorra de maicena con leche, 01 pan
sábado, 28 de abril de 2018	Cocoa + 02 panes + huevo sancochado	Guiso de fideos con pollo, arroz, fruta y refresco	Arroz con huevo frito, infusion
domingo, 29 de abril de 2018	Avena con leche + 02 panes + queso	Seco de res con arroz, fruta y refresco	Infusion + 01 pan + margarina
lunes, 30 de abril de 2018	Semola con vainilla , pan ,mortadela	Picante a la tacuña , arroz, refresco y fruta	Azudo de pollo , arroz e infusion


DR. TITO
 DE TITO
 2018


Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P 6149



domingo, 01 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT As (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL	
						PROT	GRASAS	CHO		
DESAYUNO: Avena con leche + 02 panes + queso										
Avena, hojuelas crudas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16	
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.00	10.52	101.15	
Carneá 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	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96	
Pan de labranza o fra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.92	196.98	
									VC DES.	648.43
									%DIST. DES.	25.92

Almuerzo: Arroz con pollo+ ensalada, fruta y refresco										
Arroz Pilado o guiso	230.0	100.00	18.04	2.10	171.16	72.16	18.90	684.64	775.70	
Carne de Pollo Entera	160.00	85.00	28.02	4.90	0.00	117	44.06	0.00	156.13	
Sal	12.00	100.00	0.34	0.06	0.98	1	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	
Cilantro	20.00	57.00	0.38	0.25	0.80	2	3.25	3.19	6.95	
Espinaca negra	30.00	97.00	0.81	0.26	2.40	3	2.36	9.60	15.23	
Cebolla de cabeza (2	50.00	67.00	0.47	0.07	3.79	2	0.60	15.14	17.62	
Glutamato monosódico	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78	
Pimienta molida	0.3	100	0.03	0.02	0.19	0.10	0.216	0.76	1.08	
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05	
Arvejas frescas (4)	35.00	62.00	1.54	0.13	5.08	6	1.17	20.52	27.65	
Zanahoria	40.00	82.00	0.29	0.16	3.00	1	1.48	12.07	14.33	
Tomate	30.00	99.00	0.24	0.06	3.20	1	0.53	12.80	14.29	
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96	
Plátano de seda	150.0	88.00	1.94	0.53	27.09	8	4.77	108.36	130.87	
									VC Alm	1414.68
									% Dist	56.55

CENA: Infusion + 01 pan + manjar										
Hierbas	10.00	66.00	0.20	0.07	0.46	0.82	0.59	3.85	3.26	
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96	
Manjar blanco	30.00	100.00	8.13	17.30	7.69	33	155.70	30.76	218.98	
Pan de labranza o fra	30.00	100.00	2.85	0.09	21.54	12	0.81	86.16	98.40	
									VC DES.	438.69
									%DIST. DES.	17.53
			86.31	57.08	410.71					
			345.24	518.74	1642.82					
			11.80	20.53	65.67					
					100.00				VCT	2501.80

BRAMO CONSULTORIAS Y SERVICIOS
 HECTOR QUISPE TITO
 REPRESENTANTE

Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 G.N.P. 8148



lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL N POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Semola con vainilla, pan mortadela									
Sémola de Trigo	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	0.31	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	40.00	100.00	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labranza o fra	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	31.28	76.23
								VC Alm	549.36
								% Dist	21.95

Almuerzo: Caldo blanco + refresco y fruta

Carné de Pollo Entero	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Aroz Pilado o pulido	80.00	100.00	6.56	0.40	62.24	26.24	3.60	248.96	278.80
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Apio	12.00	75.00	0.06	0.03	0.43	0.35	0.163	1.73	2.34
Porro	12.00	86.00	0.21	0.08	0.60	0.86	0.57024	2.41	3.83
Garbanzo crudo	30.00	90.00	5.18	1.65	16.23	20.74	14.823	64.91	100.47
Papa Blanca	150.00	92.00	2.58	0.12	27.43	10.33	1.307	109.72	121.16
Yuca blanca	100.00	70.00	0.96	0.14	27.51	3.24	1.26	110.04	113.54
Chufa blanca	60.00	90.00	0.27	0.00	2.65	1.08	0	10.58	11.66
Pimienta entera	0.08	100	0.01	0.01	0.05	0.03	0.0376	0.20	0.29
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Cebolla de cabeza (2	20.00	67.00	0.09	0.01	0.76	0.38	0.1206	3.03	3.52
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Verduras surtidas	5.00	90.00	0.19	0.03	0.35	0.77	0.252	1.04	2.06
Naranja	150.00	98.00	3.76	0.29	16.0	7	3.63	64.09	73.79
								VC Alm	1078.67
								% Dist	43.10

CENA: Cau cau de mondongo, arroz e infusion

Aroz Pilado o pulido	80.00	100.00	7.88	0.49	70.02	29.52	4.05	280.05	313.65
Mondongo de res	100.0	86.00	14.53	3.01	0.86	58	27.09	3.44	88.67
Arvejas frescas (4)	35.00	54.00	1.34	0.11	3.55	5	1.03	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Papa Blanca	200.0	86.00	3.61	0.17	38.36	14.45	1.548	153.42	189.42
Aj amarillo, molido	5.00	82.00	0.30	0.25	2.66	1.20	2.3247	10.63	14.15
Cebolla de cabeza (2	15.00	67.00	0.14	0.02	1.14	0.56	0.1803	4.54	5.29
Pimienta entera	0.20	100.00	0.00	0.02	0.13	0.07	0.144	0.51	0.72
Glándro	1.00	57.00	0.03	0.01	0.04	0.08	0.06669	0.16	0.30
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
								VC Alm	874.41
								% Dist	34.94
			75.31	44.03	451.24				
			301.26	196.23	1804.95				
			12.0	15.8	72.1	100			
								V.C.T. MENU	2502.44

BRavo CONSULTORIOS & SERVICIOS

Gladys Tito
DIPLOMADAGladys R. Quispe Duran
NUTRICIONISTA
C.N.P. 6448

martes, 03 de abril 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 coco + 02 panes + mermelada								
Avena, hojuelas crudas	30.00	100.00	3.99	1.30	21.60	16	10.80	86.40	113.16
Coco	1.50	100.00	0.29	0.25	0.72	1	2.31	2.87	6.32
Canola entera	0.30	54.00	0.00	0.00	0.34	0	0.01	0.55	0.57
Clevo de color	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 lebranza o fr	60.00	100.00	5.76	0.18	49.08	23	1.62	172.12	196.98
Margarina vegetal co	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.20
									640.92
									23.46
Almuerzo:	Guiso de frijol con choncho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	120.00	85.00	14.69	15.40	0.00	59	138.52	0.00	197.37
Frijol caballero o bla	120.00	100.00	27.48	1.80	69.96	109.92	16.10	279.84	405.95
Arroz Pilado o pulido	150.00	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.80	7.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	64.00	0.04	0.01	0.98	0.14	0.10	0.52	0.57
Lechuga redonda	80.00	82.00	0.85	0.19	1.38	3	1.18	5.51	10.10
Glutamato monosód	0.30	100.00	0.03	0.00	0.26	0.13	0.00	1.04	1.17
Ajos	5.00	100.00	0.28	0.04	1.57	1.12	0.36	6.08	7.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de cabeza (2	60.00	67.00	2.80	0.08	4.54	13.20	0.72	18.17	30.09
Aji colorado seco, pa	3.00	52.00	0.11	0.12	0.92	0.44	1.50	3.66	5.19
Plátano de sada	150.00	92.00	2.07	0.41	28.98	8	3.79	115.92	127.93
									VC DES
									1995.49
									%DIST. DES.
									38.41
CENA:	Caldillo de huevos								
Huevo de gallina, cru	30.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evaporada	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.69
Fideos	60.00	100.00	5.64	0.12	46.92	29	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	5.00	79.00	0.03	0.01	0.18	0	0.07	0.72	0.89
Poro	3.00	66.00	0.05	0.02	0.15	0	0.14	0.60	0.96
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	150.00	82.00	2.58	0.12	27.43	10	1.11	109.73	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Sel	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
									VC CENA
									895.32
									%DIST CENA
									18.13
			83.74	69.38	443.06				
			334.96	624.52	1772.24				
			12.26	22.86	64.88				
									VC MENU
									2711.78

DIETAS CONSULTAS Y SERVICIOS
 HECTOR OLIVERA TIBO
 REPRESENTANTE

Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 6149



miercoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL N. POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.23	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.68	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.93	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	8.97	0.30	18.84	80.73	1.20	100.77
Pan de labranza o fra	60.00	100.00	5.76	0.18	43.08	25	1.62	172.82	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	647.91
								NDIST. DES.	25.91

ALMUERZO:	Pollo al sileo, arroz, fruta y refresco								
Arroz Pilado o pulido	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	521.75
Carne de Pollo Enter	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.18
Sileo	10.00	100.00	1.13	0.96	0.10	5	8.64	0.40	13.56
Acetate vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	80.00	0.18	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	150.0	89.00	2.68	0.13	28.43	11	1.15	118.73	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabeza (2)	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Cebolla china (2)	35.00	71.00	0.57	0.10	1.86	3	0.89	7.46	10.64
Mandioca	40.00	100.00	2.56	0.26	30.84	10	2.34	123.36	135.94
Pimienta	35.00	90.00	0.47	0.16	2.43	1	1.42	8.70	13.01
Plátano de seda	150.0	85.00	1.91	0.58	26.78	8	5.22	107.10	119.97
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMUERZO	1525.57
									61.02

CENA:	Infusion + 01 pan + mermelada								
Hierbas	7.00	54.00	0.12	0.04	0.26	0.47	0.34	1.06	1.87
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De fruta	30.00	100.00	0.12	0.06	31.99	0	0.54	87.72	88.74
Pan de labranza o fra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CENA.	326.72
								NDIST.CEN.	13.07
			74.31	53.65	430.01				
			297.32	482.84	1720.04				
			11.89	19.31	68.80	100			
					100.00			VCT	2903.26

COMISIONES Y SERVICIOS

Hector Quijpe Tilo
REPRESENTANTE

Jc. Gladys R. Quijpe Duran
NUTRICIONISTA
C.N.P. 6149



Jueves, 05 de abril de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote frito								
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	0.03	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.04	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de libranza o fr	60.00	100.0	5.76	0.18	43.08	23.04	1.63	172.32	196.98
Camote morado (3)	300.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.31
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	617.43
								%DIST. DES.	23.64

ALMUERZO:	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	
Almuerzo:	Rigado encebollado, arroz, refresco + fruta								
Rigado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.1896	6.66	149.97
Arroz Pilado o pulido	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	30.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acetate vegetal	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 monosód	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pan seco molido	20.00	100.00	2.20	0.56	16.50	8.80	5.04	66.00	79.84
Cebolla de cabeza (2	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Pimienta molida	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
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	34.41	0.00	0	137.62	137.62
								V.C. ALMUERZO	1246.86
								% DISTR. ALMUER	47.74

CENA	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	
CENA	Pollo a la mozzarella, arroz e infusion								
Arroz Pilado o pulido	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	5.00	80.00	0.22	0.03	1.23	0.90	0.288	4.86	6.03
Carne de Pollo Entero	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
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabeza (2	60.00	89.00	0.71	0.10	5.76	2.86	0.92	23.05	26.83
Mostraza	8.00	100	0.78	1.58	0.75	3.14	14.18	3.01	20.33
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Aji colorado seco, pa	2.00	80.00	0.11	0.12	0.94	0.45	1.12	3.76	5.30
								VC CENA.	747.43
								%DIST.CEN.	28.62
			75.28	73.19	412.98				
			301.10	658.71	1651.90				
			11.51	25.22	63.25				
					100.00			VCT MENU	2611.72


LUIS QUIPE TITO
 REPRESENTANTE


Lic. Gladys R. Quibne Duran
 NUTRICIONISTA
 C.N.P. 6.44



viernes, 06 de abril de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Siete cereales + 02 panes + queso de choncho								
Avena, hojas crudas	10.00	100.00	1.33	0.40	7.20	5	3.60	26.80	37.73
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.90	14.24	18.91
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinua Harina de	5.00	100.00	0.46	0.13	3.61	3	1.17	14.42	17.41
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	100.0	0.00	0.00	94.43	0	0.00	137.62	137.62
Queso de choncho	30.00	100.00	6.08	5.19	0.30	24.12	46.71	1.20	71.03
Pan de labranza o fra	60.00	100.00	5.76	0.18	43.08	23	1.63	172.32	196.98
								VC DES.	517.20
								NDIST. DES.	20.68

Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.48	2.59	264.54
Arroz Pilado o pulido	150.00	100.00	12.90	0.75	116.70	49	6.75	466.60	521.75
Tomate	30.00	90.00	0.33	0.05	1.16	1	0.49	4.64	5.99
Pepinillo o Pepino de	80.00	72.00	0.29	0.06	1.50	1	0.52	5.59	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	27.00	100.00	1.73	0.11	20.82	7	0.97	83.17	91.15
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aj colorado seco, pa	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.92
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato monosódic	0.30	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	0.68	1.40	2.03
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	94.68	0	0.00	138.74	138.74
								VC ALM.	1535.26
								NDIST. ALM.	62.12

CENA:	Masamona de harina con leche + 01 pan								
Harina de trigo	40.00	100.00	4.20	0.80	29.92	17	7.20	119.68	143.68
azúcar rubia	35.00	100.00	0.00	0.00	94.41	0.00	0	137.62	137.62
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.03123	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.000971	0.05	0.06
Pan de labranza o fra	30.00	100.00	3.88	0.09	31.54	13.52	0.81	86.16	98.49
Leche evaporada	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
								VC CENA	410.99
								NDIST. CEN.	17.22
			92.40	55.91	407.66				
			369.60	503.19	1630.66				
			14.76	20.10	65.14				
					100.00			VCT MENU	2503.44

COMERCIO ELECTRONICO & SERVICIOS
 Lic. César Quiroga Tito
 REPRESENTANTE

Lic. Gladys R. Quiroga Durán
 AUTOSERVICIO LA
 CANTINA



sábado, 07 de abril de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Cocao + 02 panes + atun								
Cocao	4.00	100.00	0.76	0.68	1.91	3	6.16	7.63	16.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.24	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.04
Azúcar rubio	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.90
Pan de habranza o fr	60.00	100.0	5.76	0.18	43.08	23.04	1.63	172.32	195.98
Grated de Sardinia co	30.00	100.00	6.72	2.70	0.90	27	24.30	1.20	51.28
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	454.91
								%DIST. DES.	17.78

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
ALMUERZO:	Guiso de fideos con pollo, arroz, fruta y refresco								
Carne de Pollo Entera	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	0.18	38.43	13	1.15	113.73	125.49
Arroz Pilado o pulido	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	0.38	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 cabeza (2	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.25
Avejas frescas (4)	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.13	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	1.63	64.09	78.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC ALM.	1328.18
								%DIST. ALM.	51.91

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
CENA:	Camote arrebozado, arroz, infusion								
Camote morado (1)	100.0	92.00	1.29	0.28	23.64	5	2.43	94.58	102.21
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado o pulido	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	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Huevo de gallina, cru	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	16.81
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.18
								VC CENA	775.96
								%DIST. CEN.	30.31
			75.29	57.13	435.83				
			301.17	514.14	1741.51				
			11.77	30.09	68.14	100.00			
					2558.64			VC MENU	2558.64


 OSCAR QUIPE TITO
 REPRESENTANTE


 Lic. Gladys R. Quisor Duran
 NUTRICIONISTA
 C.N.P. 644



domingo, 08 de abril de 2018

ALIMENTO	g/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, hojuelas cruda	30.00	100.00	3.95	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	201.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.39	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	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Pan de labranza o fra	60.00	100.00	5.76	0.18	49.08	23	1.62	172.32	196.98
								VC DES.	687.75
								%DIST. DES.	27.43

Almuerzo:		Estofado de res , arroz , refresco y fruta							
Carnes de res pecho	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas frescas (4)	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.00
Tomato	60.00	89.00	0.48	0.12	2.55	3	1.07	30.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.87	1	0.23	3.89	4.84
Arroz Pilado o sulfido	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	632.75
Papa blanca	200.0	85.00	3.87	0.17	37.91	34	1.53	151.64	167.45
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.08
Cominos	0.1	100	0.00	0.00	0.06	0	0.00	0.32	0.34
Glutamato monosodi	0.20	100.00	0.02	0.00	0.17	0.08	0	0.69	0.78
Almendra entera	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	4.46
Arvejas frescas (4)	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.00
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado seco, se	3.00	62.00	0.11	0.12	0.92	0	1.10	3.66	5.18
Acido vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Zanahoria	45.00	83.00	0.22	0.18	3.39	1	1.66	13.58	18.13
Cebolla de cabeza (2)	85.00	67.00	0.47	0.07	3.79	3	0.60	15.14	17.02
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
Plátano de seda	150.0	86.00	1.94	0.39	27.09	8	3.43	108.36	119.58
								VC Alm	1390.31
								% Dist	56.48

CENA:		Infusion + 01 pan + manjar							
Hierbas	10.00	54.00	0.37	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	8.33	15.30	5.07	33	137.70	20.28	190.50
Pan de labranza o fra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. DES.	17
			84.36	55.86	416.78				
			337.45	502.76	1667.13				
			13.5	20	66.5				
								VC	2907.34

L. J. J. CONSULTAS Y SERVICIOS
 T. 0300 901234
 REPRESENTANTE

[Signature]
 Dra. Gladys K. Chacón Durán
 NUTRICIONISTA
 C.N.P. 6144



lunes, 09 de abril 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: Semola con vainilla, 02 panes, mortadela										
Semola de Trigo	25.00	100.00	4.88	2.68	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	
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	19.66	0	0.00	78.64	78.64	
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.18	11.28	76.29	
Pan de labranza o fr	60.00	100.00	5.76	0.18	43.08	23	1.63	172.32	196.98	
									VC DES.	449.97
									%DIST. DES.	17.87

ALMUERZO: Hiró de zapallo, arroz, fruta y refresco										
Leche evaporada	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 o pulido	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	572.75	
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	
Mala Fresco. Choclo	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	5.38	3	1.47	21.13	31.82	
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.73	
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00	
Cebolla de cabeza (2)	15.00	98.00	0.21	0.03	1.66	1	0.26	6.64	7.73	
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.63	64.09	79.79	
Azúcar rubia	30.00	100.0	0.00	0.00	19.82	0	0.00	78.28	79.28	
									VC ALM.	1312.72
									% DIS ALM.	52.15

CENA: Tallerines rojos con carne molida + infusion										
Carne de res molida	50.0	100.0	0.72	0.05	0.00	3	0.49	0.00	3.39	
Fideos	150.00	100.00	14.16	0.30	117.90	56	2.70	469.20	528.30	
Aceite vegetal	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00	
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05	
Sal	12.00	100.00	0.14	0.05	0.98	1	0.54	3.94	5.05	
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08	
Zanahoria	25.00	88.00	0.19	0.11	1.02	1	0.99	8.10	9.61	
Cebolla de cabeza (2)	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83	
Glutamato monosódico	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17	
Aji colorado seco, pa	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53	
Azúcar rubia	30.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64	
									VC CEN.	754.65
									DIS CEN.	29.98
			52.73	46.94	462.33					
			250.99	417.10	1848.91					
			10.0	17	73.5					
					100.00				VCI	2517.93

LIMBO CONSULTORES Y SERVICIOS
 Hector Orlispe Tito
 REPRESENTANTE

Lic. Gladys R. Orlispe Duran
 NUTRICIONISTA
 C.N.P. 8149



martes, 10 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % FOR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Avena con cocos + 02 panes + mermelada									
Avena, hojas crudas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Cocoa	1.50	100.00	0.29	0.26	0.72	1	2.31	2.87	6.32
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	34.65	0	0.00	138.74	138.74
Mermelada De fruta	25.00	100.00	0.20	0.05	18.28	0	0.45	73.10	73.95
Pan de blanqueado o fra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	828.77
								%DIST. DES.	21.04

Almuerzo: Guiso de arvejeta partida con chancho + ensalada + arroz + fruta y refresco									
Arroz Pilado o puñido	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Arvejeta partida	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	0.24	0.00	0.98	1	0.54	3.94	5.05
Cebolla de cabeza (2	60.00	85.00	0.71	0.10	5.76	3	0.82	21.05	26.83
Aji colorado seco, pa	2.00	68.00	0.10	0.11	0.60	0	0.95	3.19	4.53
Cominos	2.00	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	2.00	94.00	0.02	0.00	0.13	0	0.04	0.42	0.53
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pepinillo o Pepino de	70.00	88.00	0.31	0.05	1.60	1	0.55	6.41	8.19
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	10.95
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.63
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC DES.	1468.39
								% DIS ALM.	58.83
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	46.83	23	1.08	187.68	211.32
Ajo	15.00	79.00	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	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	86.00	1.81	0.09	19.18	7	0.77	76.71	84.71
Sal	12.00	100.00	0.24	0.00	0.98	1	0.54	3.94	5.06
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	4.00	80.00	0.28	0.02	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 CIN.	519.41
								%DIST. DES.	20.63
			74.36	42.11	460.29				
			297.42	878.98	1881.17				
			11.81	15.05	73.13				
					100.00			VC T	2517.57

GRUPO CONEXIONES A SERVICIOS
 Lic. Gladys R. Quipe Thó
 REPRESENTANTE

Lic. Gladys R. Quipe Duran
 NUTRICIONISTA
 C.N.P. 8148



míércoles, 11 de abril de 2018

ALIMENTO	gr/per (g)	comestible a %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Cebada con leche + 02 panes +aceituna									
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.00	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
Aceituna	30.00	86.0	0.21	8.28	1.88	1	74.54	7.53	82.90
Pan de labranza o fr	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.	590.93
								NDIST. DES.	23.41

ALMUERZO: Pollo broster, arroz, ensalada, fruta y refresco									
Arroz Filado o pulido	150.00	100.00	12.30	0.75	116.70	49	6.75	486.80	522.75
Carne de Pollo Entar	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Mandioca	25.00	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Aceite vegetal	30.0	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
Papa blanca	150.0	85.00	2.65	0.13	28.43	11	1.15	113.73	125.58
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.64	5.05
Cebolla de cabeza [2	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Lechuga redonda	70.00	30.00	0.46	0.07	0.74	2	0.63	2.94	5.30
Tomate	50.00	50.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM.	1568.76
								NDIST. ALM.	63.13

CENA: infusos + 01 pan + manjar									
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.31	2.13
Azúcar rubia	35.00	100.00	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 labranza o fr	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	90.49
								VC CEN.	365.34
								NDIST. CEN.	14.47
			75.92	62.22	415.94				
			301.27	559.95	1663.77				
			11.9	22.2	65.9				
					100.00				VCT 2524.99

GRUPO CONSULTORIOS & SERVICIOS

Hector Quipe Tito
 REPRESENTANTE


Lic. Gladys R. Quipe Duran
 NUTRICIONISTA
 C.N.P. 61489



Jueves, 12 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Cafe + 02 panes + comote frito								
Cafe 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
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.90	98.90
Pan de labranza o fr	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Comote morado (3)	100.0	92.00	1.29	0.18	23.64	5	2.48	94.58	102.21
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	578.11
								%DST. DES.	23.08

ALMUERZO:	Cau cau de pollo, arroz, fruta y refresco								
Arroz Pilado o pulido	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ayote	3.00	80.00	0.13	0.02	0.73	1	0.17	2.93	3.63
Carne de Pollo Entera	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
Sal	12.00	100.00	0.24	0.06	0.98	1	0.54	3.94	5.44
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cabeza (2)	60.00	82.00	0.69	0.10	5.56	3	0.89	22.24	25.88
Tomate	40.00	99.00	0.42	0.08	1.70	2	0.71	6.81	9.30
Arvejas frescas (4)	25.00	62.00	1.10	0.09	2.91	4	0.84	11.66	16.90
Zanahoria	30.00	82.00	0.15	0.11	2.26	1	1.11	9.05	10.75
Hierba buena	1.00	65.00	0.04	0.01	0.09	0	0.12	0.36	0.64
Glándro	1.80	57.00	0.05	0.01	0.11	0	0.19	0.45	0.64
pallito	1	100	0.01	0.00	0.15	0	0.01	0.59	0.53
Glutamato monosód	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	13	2.65	64.09	77.78
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.90	98.90
								VC ALM	1173.64
								% DIS ALM.	46.87

CENA:	Arroz con huevo frito + infusion								
Huevo de gallina, cn	60.00	99.00	8.01	4.99	1.07	31	44.91	4.28	81.26
Arroz Pilado o pulido	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	325.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato monosód	0.50	100.00	0.08	0.00	0.43	0	0.00	1.74	2.06
Cebolla de cabeza (2)	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	40.00	79.00	0.45	0.06	1.36	2	0.57	5.44	7.80
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.90	98.90
								VC CEN.	752.58
								%DST. CEN.	30.0
			62.65	70.87	404.05				
			250.61	637.79	1616.22				
			10.01	25.46	64.58				
					100.00			VC	2504.68

LIVRO CONSULTORIAS & SERVICIOS
Hector Quispe Tiro
 REPRESENTANTE

Dr. Gladys R. Quispe Durán
 NUTRICIONISTA
 C.N.P. 6149



viernes, 13 de abril 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: Siete cereales + 02 panes +manjar									
Avena, hojuelas crud	10.00	100.00	1.33	0.40	7.20	5	3.60	26.80	17.77
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.91
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harina de	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
Canela entera	0.50	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	137.00
Pan de labranza o fr	60.00	100.00	5.76	0.18	43.08	23	1.62	172.33	196.98
								VC DES.	572.17
								%DIST. DES.	22.39

Almuerzo: Pescado frito , ensalada , arroz , refresco y fruta									
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.68	2.59	264.54
Arroz Pilado o pulido	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.48	4.64	5.99
Pepinillo o Pezno de	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	27.00	100.00	1.73	0.11	20.82	7	0.97	83.27	91.15
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji colorado seco, pa	5.00	64.00	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 trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato monosód	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	0.43	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 ALM.	1593.26
								%DIST. ALM.	60.87

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	0.013122	0.55	0.57	
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.000972	0.05	0.05	
Pan de labranza o fr	80.00	100.00	3.88	0.09	21.54	11.52	0.81	86.16	98.49	
Leche evaporada	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58	
								VC CENA	427.71	
								%DIST. CEN.	16.74	
			87.83	60.20	415.50					
			251.32	541.80	1662.02					
			13.75	21.20	65.05					
					100.00				VCT MENU	2555.13

L. TO CONNECTIONS & SERVICES
 Titulo: Guispe Tito
 REPRESENTANTE

Dr. Gladys R. Arispe Zayas
 NUTRICIONISTA
 C.N.P. 8148



sábado, 14 de abril de 2018

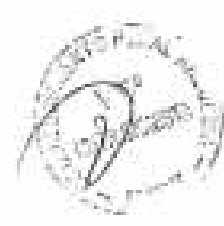
ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % FOR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Cacao + 02 panes + huevo sancochado									
Cacao	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.03	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gallina, cru	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de habraza o fru	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.	452.16
								%DIST. DES.	18.05

ALMUERZO: Chantafrita , arroz , refresco y fruta									
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	69.24
Arroz Pilado o pulido	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 cabeza (3	40.00	67.00	0.38	0.09	3.03	2	0.61	12.21	14.42
Tomate	20.00	99.00	0.16	0.04	0.65	1	0.36	3.41	4.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.00
Ajos	5.00	80.00	0.22	0.06	1.22	1	0.81	4.86	6.57
Aji colorado seco, pa	4.00	88.00	0.19	0.21	1.60	1	1.91	0.39	9.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Eliloo	5.00	100.00	0.57	0.43	0.05	2	4.32	0.20	6.78
Vinagre	6.00	100.00	0.00	0.06	0.20	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.28	3.36
Herba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.25	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.06	0.85	1.09
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
								VC Alm	1298.21
								% Dist	61.83

CENA: Pollo encebollado , arroz e infusion									
Carne de Pollo Enter	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o pulido	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.00
Tomate	40.00	90.00	0.29	0.07	1.35	1	0.65	6.29	7.99
Cebolla de cabeza (3	80.00	75.0	0.84	0.12	8.87	3	1.08	35.48	39.92
Glutamato monosodí	0.30	100.00	0.03	0.00	0.26	0	0.60	1.04	1.17
Aji colorado seco, pa	2.00	68.00	0.10	0.11	0.50	0	0.95	2.00	3.34
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
								VC CEN.	754.28
								%DIST. CEN.	30.12
			77.81	57.74	418.39				
			311.44	519.67	1673.55				
			12.43	20.75	66.82				
					100.00			VC MENU	2504.66

LAVO CONSEJEROS & SERVICIOS
 Doctor Quispe Tito
 REPRESENTANTE

[Handwritten signature]
 Dr. Quispe Tito
 Representante



domingo, 15 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL N FOR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuelas crud	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	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	14	81.00	3.96	118.56
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Pan de labranza o fr	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									687.75
									27.44
ALMUERZO: Asado de cerdo , arroz , ensalada, refresco y fruta									
Cerdo	150.00	82.00	19.87	20.84	0.00	79	187.54	0.00	257.03
Arroz Pilado o pulido	150.0	100.00	12.30	0.75	116.70	49	6.75	466.30	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Acetate vegetal	23.00	100.00	0.00	23.00	0.00	0	207.00	0.00	207.00
Vinagre	2.00	100.00	0.00	0.02	0.10	0	0.18	0.40	0.58
Glutamato monosod	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.70
Pimienta molida	0.3	100	0.03	0.03	0.19	0	0.22	0.76	1.08
Cominos	0.3	100	0.01	0.00	0.24	0	0.01	0.95	1.01
Mandioca	10.00	100.00	0.64	0.04	7.71	3	0.36	30.34	33.76
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Papa blanca	200.00	92.00	3.88	0.18	41.03	15	1.68	164.13	181.24
Penaji	3.00	90.00	0.07	0.01	0.10	0	0.09	0.39	0.77
Cebolla de cabeza (2	80.0	85.00	0.60	0.06	4.80	2	0.77	19.21	22.38
Tomate	40	99.00	0.32	0.03	1.70	1	0.71	6.81	8.79
Azúcar rubia	40.00	100.0	0.00	0.00	38.04	0	0.00	158.56	158.56
Naranja	190.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									VC ALM. 1488.97
									%DIST. ALM. 89.32
CENA: Infusion + 01 pan + mermelada									
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.99	1.21	3.13
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De fruta	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labranza o fr	30.00	100.00	3.88	0.09	21.54	12	0.81	86.16	98.49
									VC DES. 391.80
									%DIST. DES. 13.24
			65.88	61.93	422.09				
			263.54	554.70	1688.34				
			10.3	22.1	67.4				
					100.00				VC1 2906.18

1. VO CONSULTAS Y SERVICIOS
 Quispe Tito
 CONTACTE

Quispe Duran
 NUTRICIONISTA
 CIPF 8149



lunes, 16 de abril 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: Semola con vainilla , pan ,mortadela										
Sémola de Trigo	30.00	100.00	5.85	3.21	16.14	21	28.89	64.56	116.85	
Vainilla	0.35	100.00	0.00	0.00	0.03	0	0.00	0.11	0.17	
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57	
Clevo de olor	0.30	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	25.73	0	0.00	118.92	118.92	
Pan de labrasca o fri	80.00	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	
									VC DES	500.72
									% Dist	30.09

ALMUERZO: Hígado frito ,arroz , ensalada, refresco + fruta										
Hígado de res	120.0	97.00	23.28	5.35	1.18	63.12	48.1896	4.86	145.97	
Arroz Pilado o guiso	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	532.75	
Tomate	80.00	92.00	0.37	0.09	1.98	1	0.03	7.91	10.21	
Ajos	5.00	85.00	0.24	0.03	1.29	0.90	0.306	5.17	8.43	
Acolito vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	235.00	
Sal	12.00	100.00	0.14	0.05	0.98	0.58	0.54	3.94	5.06	
Glutamato monosód	0.20	100.00	0.02	0.00	0.17	0.09	0	0.99	0.79	
Pan seco molido	20.00	100.00	2.30	0.08	16.60	8.80	5.04	88.00	79.84	
Cebolla de cabeza (2	80.00	87.00	0.97	0.14	7.88	4	1.28	31.46	36.81	
Pimienta molida	0.3	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80	
Cominos	0.3	100	0.01	0.05	0.24	0.05	0.0054	0.95	1.01	
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	34.41	0.00	0	137.62	137.62	
									V.C. ALMUERZO	1246.86
									% DISTR. ALMUERZO	49.14

CENA: Guiso de fideos con pollo,arroz , infusión										
Carne de Pollo Entero	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10	
Arroz Pilado o guiso	80.0	100.00	7.38	0.45	70.02	30	4.05	280.06	313.69	
Fideos	80.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32	
Acolito vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00	
Arvejas frescas (4)	25.00	54.00	0.96	0.08	2.54	4	0.73	30.15	14.72	
Zanahoria	25.00	92.00	0.14	0.12	2.12	1	1.04	8.46	10.06	
Cebolla de cabeza (2	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05	
Tomate	30.00	99.00	0.24	0.08	1.28	1	0.93	5.11	6.59	
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53	
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0	58.98	58.98	
									VC CEN.	780.96
									%DS CEN.	30.78
			85.82	63.19	428.79					
			343.70	478.79	1715.17					
			13.6	18.9	67.6					
					100.00					
									VCT	1637.67

LUGO CONSULTORIOS & SERVICIOS

Dr. Quispe Tito
PRESIDENTE

Dr. Gladys R. Quispe Duran
NUTRICIONISTA
C.N.P. 6149



martes, 17 de abril de 2018

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ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU	
						PROT	GRASAS	CHO		
DESAYUNO: Avena con coco + 02 panes + margarina										
Avena, hojuelas crud	30.00	100.00	3.99	1.20	21.60	16	10.80	26.40	113.16	
Coco	1.50	100.00	0.29	0.26	0.72	1	2.31	2.37	6.32	
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	29.73	0	0.00	118.92	118.92	
Pan de libranza o fri	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98	
Margarina vegetal co	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08	
									VC DES.	584.68
									%DIS DES.	22.36

Almuerzo: Frejol a la chilena con chanco, 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 o blan	130.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96	
Arroz Pilado o pulido	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75	
sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.06	
Aceite vegetal	25.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00	
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 redonda	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16	
Fideos	30.00	100.00	2.82	0.06	23.46	11.28	0.54	93.84	105.66	
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.28	
Glutamato monosód	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	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62	
Cebolla de cabeza (2	80.00	67.00	2.80	0.11	6.00	11.20	0.96	24.23	36.39	
Ajl colorado seco, pa	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.13	
Plátano de seda	150.0	86.00	1.91	0.38	26.78	8	3.44	107.10	118.19	
									VC DES.	1424.91
									%DIST. DES.	62.21

CENA: Sopa de arroz con manudencia de pollo										
Manudencia de pollo	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97	
Arroz Pilado o pulido	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40	
Ajo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.15	2.68	
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79	
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08	
Papa blanca	100.0	81.00	1.72	0.08	18.29	7	0.74	73.14	80.77	
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06	
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39	
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.	409.38
									%DIST. DES.	15.43
			81.02	60.97	434.84					
			324.10	548.71	1739.35					
			12.4	21.6	68.6					
					100					
									VCT	2612.17

Handwritten signature: Ticio Quijpe Duran
Handwritten text: INGENIERO
 M.P. 5148



LICENCIADO EN SERVICIOS
Ticio Quijpe Duran
 REPRESENTANTE

miércoles, 18 de abril de 2018

ALIMENTO	gr/per (g)	comestibl # %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU	
						PROT	GRASAS	CHO		
DESAYUNO: Cebada con leche + 02 panes + jamonada										
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.85	
Leche evaporada	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 labranza o fra	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98	
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56	
									VC DES.	666.65
									%DIST. DES.	26.54

Almuerzo: Pollo al mani , arroz , fruta y refresco										
Carne de Pollo Enter	100.00	70.00	23.07	4.03	0.00	92	36.29	0.00	128.58	
Arroz Filado o pulido	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75	
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	1.28	4.21	
Agente vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00	
Mani crudo, con pel	18.00	85.00	3.49	7.17	2.71	15	66.37	10.83	91.95	
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59	
Glutamato monosod	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78	
Pimienta molida	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	
Cebolla de cabeza (2	40.00	67.00	0.18	0.06	3.03	2	0.48	12.11	14.30	
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	5.81	8.79	
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56	
Naranja	150.00	98.00	1.76	0.20	16.0	7	2.65	64.09	78.79	
									VC DES.	1361.23
									%DIST. DES.	54.21

CENA: Infusion + 03 pan + margarina										
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	3.86	5.04	
Azúcar rubia	40.00	100.00	0.00	0.00	39.62	0	0.00	157.28	157.28	
Margarina vegetal co	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	223.12	
Pan de labranza o fra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49	
									VC DES.	482.93
									%DIST. DES.	18.23
			68.97	78.00	381.23					
			275.90	702.00	1532.91					
			11.0	28	61.1					
					100					
									VCT	2510.81

LUJO CONSULTAS & SERVICIOS
 Luis Quipe Tito
 REPRESENTANTE

Dr. Gladys R. Quipe Duran
 NUTRICIONISTA
 CNP 6149



Jueves, 19 de abril de 2018

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ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU	
						PROT	GRASAS	CHO		
DESAYUNO: Cafe + 02 panes + camote frito										
Cafe 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	
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62	
Pan de lobranza o fr	60.00	100.0	5.76	0.18	43.08	23.04	1.63	172.32	196.98	
Camote morado (3)	100.0	92.00	1.29	0.38	23.64	5	2.48	94.58	103.21	
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00	
									VC DES.	617.43
									% DISTR. DES.	24.20

ALMUERZO: Cevu cau de mondongo, arroz, fruta y refresco										
Mondongo de res	120.0	60.00	13.17	2.52	0.72	49	22.68	2.88	74.23	
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24	
Arroz Pilado o pulido	150.00	100.00	11.30	0.75	116.70	49	6.75	466.80	522.75	
Sal	32.00	100.00	0.34	0.06	0.98	1	0.54	3.94	5.44	
Ajos	8.00	80.00	0.46	0.05	1.95	2	0.46	7.78	10.08	
Ají amarillo, molido	4.00	92.00	0.37	0.23	2.38	3	2.09	9.54	13.11	
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00	
Cebolla de cabeza (2)	60.00	87.00	0.87	0.10	5.90	3	0.94	23.39	28.01	
Arvejas frescas (4)	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66	
Zanahoria	30.00	79.00	0.23	0.12	2.18	1	1.07	8.72	10.79	
Naranja	150.00	98.00	2.76	0.29	16.0	11	2.65	64.09	77.78	
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138.74	138.74	
									V.C. ALMUERZO	1169.82
									% DISTR. ALMUERZO	45.86

CENA: Arroz chaufa con huevo y hot dog e infusion										
Huevo de gallina, cru	30.00	98.00	3.97	2.47	0.58	18	22.23	2.12	40.22	
Salchicha "hot dog"	25.00	100.00	4.10	8.58	0.25	16	77.18	1.00	94.38	
Arroz Pilado o pulido	100.00	100.00	8.50	0.50	77.80	34	4.50	311.20	350.10	
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	0.96	2.42	3.37	
Glutamato monosód	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96	
Cebolla china (2)	30.00	71.00	0.60	0.05	1.60	2	0.77	6.39	9.96	
Pimienta	20.00	83.00	0.40	0.03	1.26	2	0.73	5.21	7.46	
Silao	11.00	100.00	4.50	1.15	0.12	18	10.37	0.46	28.85	
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62	
									VC DES.	763.70
									% DISTR. DES.	29.94
			63.81	57.78	443.93					
			255.26	519.99	1775.70					
			10.000	20.38	69.61					
						100.00			VCT	2690.99

UNIVO CONSULTORIAS Y SERVICIOS
 Heidy Guispe Tito
 REPRESENTANTE

Guispe Ducan
 REPRESENTANTE



viernes, 30 de abril de 2016

ALIMENTO	gr/per (g)	comestible e %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO: Siete cereales + 02 panes + queso de chancho									
Avena, hojuelas crud	10.00	100.00	1.33	0.40	7.20	5	5.60	28.80	87.72
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.91
Harina de Habas	5.00	100.00	1.22	0.50	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harina de	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
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 chancho	30.00	100.00	6.03	5.19	0.30	34.12	46.71	1.10	73.01
Pan de labranza o fr	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	517.20
								%DIST. DES.	20.66

Almuerzo: Pescado frito , ensalada , arroz , refresco y fruta									
Pescado	280.00	77.00	46.57	0.41	0.65	186	75.68	3.99	264.54
Arroz Pilado o pulid	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomata	30.00	90.00	0.23	0.05	3.16	1	0.49	4.64	5.99
Pepinillo o Pepino de	80.00	72.00	0.29	0.06	3.50	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	27.00	100.00	1.73	0.31	20.62	7	0.97	81.27	91.13
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji colorado seco, pa	5.00	68.00	0.24	0.17	2.00	1	2.39	7.98	11.32
Ajos	3.50	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	30.00	100.00	3.15	0.60	23.44	13	5.40	89.76	107.76
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato monosód	0.30	100.00	0.03	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 ALM.	1555.26
								%DIST. ALM.	62.12

CENA: Mazamorra de harina con leche + 01 pan									
Harina de trigo	40.00	100.00	4.20	0.80	29.92	17	7.20	119.66	143.66
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	0.013122	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.000972	0.05	0.05
Pan de labranza o fr	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.15	98.49
Leche evaporada	35.00	100.00	3.45	2.84	3.82	10	25.52	15.26	50.58
								VC CENA	430.99
								%DIST. CEN.	17.22
			92.40	55.91	407.66				
			369.60	503.15	1630.66				
			14.76	20.16	65.14				
					100.00				VCT MENU 2593.44

LABOR CONSULTAS Y SERVICIOS
 Doctor Guispe Tito
 REPRESENTANTE

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 2016



sábado, 21 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
			Am (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO:	Cocca + 02 panes = atún								
Cocca	4.00	100.00	0.78	0.68	1.91	3	6.16	7.65	18.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0061	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0.00	0	157.25	157.28
Pan de habranza a fr	90.00	100.0	5.78	0.18	43.08	23.04	1.52	172.32	186.98
Cebolla de cabeza (2	60.00	67.00	0.56	0.08	4.84	2.25	0.72	19.17	21.15
Sal	18.00	100.00	0.22	0.06	1.48	1	0.81	5.90	7.58
Grated de Sardina co	30.00	100.00	6.72	2.70	6.30	27	24.30	1.20	52.38
Tomate	40.00	82.00	0.28	0.07	1.41	1	0.59	5.84	7.28
								VC DES.	459.89
								%DIST. DES.	18.00

ALMUERZO: Locro de papa, arroz, ensalada, fruta y refresco									
ALIMENTO	gr/por (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
			Am (g)	(g)	(g)	PROT	GRASAS	CHO	
Arroz Filado o pulido	150.0	100.00	12.30	0.75	115.70	49	6.75	465.80	522.75
Ajos	4.00	80.00	0.18	0.03	2.97	1	0.23	3.89	4.84
Carne de res pecho	90.00	62.00	8.73	0.60	0.00	34.93	5.90	0.00	40.84
Mondongo de res	100.0	80.00	10.14	2.10	0.60	41	18.90	2.40	61.88
Acetate 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	0.06	0.98	1	0.54	3.94	5.00
Ail verde (2)	5.00	67.00	0.08	0.03	0.42	0	0.24	1.56	2.24
Papa blanca	300.0	82.00	6.80	0.28	61.55	23	3.48	246.19	271.86
Cebolla de cabeza (2	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.67
hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Glutamato monosód	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.42	137.62
								VC ALM.	1313.71
								%DIS. ALM.	51.41

CENA: Pollo al sillao, arroz infusion									
ALIMENTO	gr/por (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
			Am (g)	(g)	(g)	PROT	GRASAS	CHO	
Arroz Filado o pulido	90.00	100.00	7.38	0.45	70.92	30	4.05	260.08	313.65
Carne de Pollo Entier	100.0	85.00	17.51	3.08	0.00	70	27.64	0.00	97.58
Sillao	7.00	100.00	0.76	0.87	0.07	3	6.05	0.38	9.49
Acetate vegetal	5.0	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	190.0	85.00	2.68	0.10	28.43	11	1.15	113.73	125.69
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.00
Cebolla de cabeza (2	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.67
Cebolla china (2)	30.00	71.00	0.48	0.09	1.60	3	0.77	6.39	9.12
Mandioca	10.00	100.00	0.64	0.04	7.71	3	0.36	30.84	33.76
Pimiento	25.00	90.00	0.34	0.11	1.73	1	1.01	6.93	9.29
Azúcar rubia	30.00	100.00	0.00	0.00	28.73	0	0.00	118.92	118.92
								VC ALMUERZO	781.66
									30.69
			84.19	37.72	469.74				
			338.77	339.50	1878.87	2555			
			13.2	13	74	100			
					100.00				2555.26

L. J. J. CONSEJEROS & SERVICIOS

Quispe Tito
LIMON - ANTE



domingo, 22 de abril de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Aviara con leche + 02 panes + queso								POR MENU
Aviara, hojuelas crus	30.00	100.00	3.99	1.20	21.60	15	10.80	86.40	113.18
Leche evaporada	80.00	100.00	5.80	6.48	8.72	23	88.32	34.88	118.60
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	8.00	0.89	34	81.00	3.96	118.56
Azucar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza o fri	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	882.64
								%DIST. DES.	27.27

ALMUERZO:	Pollo broster, ensalada, arroz, papa, refresco y fruta								
Carne de Pollo Entier	180.0	70.00	23.07	4.03	0.00	92	38.29	0.00	128.58
Arroz Pilado o pulido	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Cebolla de cabeza (2	60.00	67.00	0.96	0.08	4.54	2	0.72	18.17	21.15
Mandioca	25.00	100.00	1.60	0.10	19.36	6	0.90	77.10	84.40
Tomate	40.00	69.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Peperillo o Pepino de	60.00	72.00	0.22	0.04	1.12	1	0.39	4.49	5.75
Sal	0.00	100.00	0.11	0.05	0.74	0	0.41	3.95	3.79
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Papa blanca	150.0	82.00	3.58	0.12	27.43	10	1.11	109.72	121.16
Orégano seco	1.00	84.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.00	73.79
								VC Alm	1423.29
								% Diet	56.86

CENA:	Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	6.38	0.67	0.49	1.51	2.67	
Azucar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62	
Manjar blanco	25.00	100.00	8.78	12.75	4.23	27	114.75	16.90	158.75	
Pan de labranza o fri	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49	
								VC CEN	397.53	
								%DIST. CEN	15.88	
			76.11	70.21	391.54					
			304.46	632.76	1566.14					
			12.2	25.3	62.6					
					100.00				VGT MENU	2503.36

L. D. CONCEPCION & SERVICIOS
Concepcion
Concepcion Tito
 REPRESENTANTE

Gladys R. Quipe Duran
GLADYS R. QUIPE DURAN
 D.N.P. 6149



Lunes, 23 de abril de 2018

ALIMENTO	grises	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO:	Semola con vainilla, pan, mortadela								
Semola de Trigo	35.00	100.00	6.83	3.75	18.89	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	0.35	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	11.79	63.19	11.28	76.23
Pan de labranza o fr	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									VC DES.
									%DIST. DES.

ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia de pollo	80.00	82.00	14.07	3.48	0.00	58	31.13	0.00	89.42
Arroz Pilado o pulido	70.00	100.00	5.74	0.35	54.46	29	3.15	217.84	240.95
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	0.05	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.15	3.28	1	1.60	13.10	15.96
Papa blanca	300.0	88.00	5.42	0.25	57.53	22	2.32	230.14	254.13
Arvejas frescas (4)	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	1.50	3	3.60	6.23	11.77
Espinaca negra	35.00	97.00	0.89	0.31	1.68	4	2.75	6.65	13.21
Acete vegetal	60.00	100.00	0.00	50.00	0.00	0	450.00	0.00	450.00
Sal	16.00	100.00	0.22	0.09	1.40	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
Acete vegetal	80.00	100.00	0.00	10.00	0.00	0	80.00	0.00	80.00
									VC DES.
									%DIST. DES.

CENA: Cau cau de pollo, arroz + infusión									
Arroz Pilado o pulido	80.00	100.00	7.38	0.45	70.02	30	4.05	380.08	313.65
Carne de Pollo Enter	80.00	85.00	14.01	2.45	0.00	56	22.03	0.00	78.06
Acete vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Papa blanca	200.0	82.00	3.44	0.16	36.67	14	1.48	146.29	161.54
Cebolla de cabeza (3	40.00	67.00	0.38	0.05	3.83	1	0.48	12.11	14.10
Aji colorado seco, pe	2.00	100.00	0.14	0.16	1.17	0.56	1.40	4.70	6.66
Zanahoria	40.00	68.00	0.21	0.15	3.24	1	1.55	12.95	15.38
Azúcar rubia	20.00	105.0	0.00	0.00	19.68	0	0.00	78.64	78.64
Arvejas frescas (4)	35.00	54.00	1.34	0.11	3.55	1	1.02	14.21	20.60
									VC CEN.
									%DIST. CEN.
			72.71	86.62	364.92				
			288.82	778.60	1456.09				
			11.51	30.86	57.63		V.C.T. MENU		2526.51
					100.00				

LUIS CONCEPCION & SERVICIOS
 Quispe Tito
 CALLE SANTA TERESA

[Handwritten Signature]
 Quispe Duran
 CALLE SANTA TERESA
 CALLE SANTA TERESA



martes, 24 de abril 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: Avena con cocoa + 62 panes + mermelada						POR MENU			
Avena, hojuelas crud	30.00	100.00	3.99	1.20	21.60	18	10.80	86.40	113.16
Cocoa	1.50	100.00	0.28	0.20	0.72	1	2.31	2.87	6.32
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
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
Mermelada De frutas	30.00	100.00	0.12	0.08	21.83	0	0.54	87.72	88.74
Pan de lebranza o fr	60.00	100.00	8.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	544.58
								%DIST. DES	21.48

Almuerzo: Guiso de arve(j)ta partida con chanchito + ensalada + arroz + fruta y refresco									
Arroz Pilado o guido	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Arve(j)ta partida	120.00	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.00	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	5.06
Cebolla de cabeza (2	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	28.83
Aji colorado seco, pi	2.00	88.00	0.10	0.11	0.80	0	0.85	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.78	0	0.02	3.18	3.36
Herba 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
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Papino de	70.00	88.00	0.31	0.08	1.60	1	0.55	6.41	8.19
Ajos	2.00	80.00	0.09	0.01	0.40	0	0.12	1.95	2.42
Tomate	60.00	69.00	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	137.52	137.62
Plátano de seda	150.00	85.00	1.91	0.38	36.78	8	3.44	107.10	118.19
								VC ALM.	1913.29
								%DIS ALM.	59.62

CENA: Sopa de semola con menudencia									
Menudencia de pollo	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.67
Semola de Trigo	25.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	3.16	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	100.00	85.00	1.79	0.09	18.96	7	0.77	75.62	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano seco	1.50	70.00	0.01	0.00	0.03	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.87	1	0.23	3.69	4.84
Aceto vegetal	18.00	100.00	0.00	18.00	0.00	0	162.00	0.00	162.00
								VC CEN.	480.34
								%DIST. CEN	18.92
			78.81	54.52	435.08				
			307.24	490.72	1740.32				
			12.1	18.3	68.6				
								VC MENU	2538.29

LUCO CONSULTING & SERVICIOS
 Gladys Quispe Tito
 REPRESENTANTE

Gladys E. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6148



miércoles, 25 de abril 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: Harina de habas con leche + 02 panes + aceituna										
Harina de Habas	30.00	100.00	7.29	0.75	19.78	29	6.75	79.32	118.03	
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	61.03	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	
Aceituna	30.00	92.00	0.32	9.98	3.65	0.80	88.82	14.72	106.42	
Pan de lebranca o fr	60.00	100.00	5.78	0.21	43.08	23	1.89	172.32	197.25	
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28	
									VC DES.	676.76
									%DIST. DES.	27.61

Almuerzo: Pollo a la olla , arroz ,ensalada , + refresco y fruta										
Carne de Pollo Entera	160.00	85.00	38.02	0.50	0.00	112	64.00	0.00	170.50	
Arroz Pilado o pulido	160.0	100.00	13.12	0.60	124.48	52	7.65	497.92	558.05	
Sal	18.00	100.00	0.22	0.09	1.98	1	0.81	7.92	9.99	
Acidte vegetal	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	0.14	44.05	15	1.69	176.20	193.21	
Glutamato monosód	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78	
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08	
Aji colorado seco, pd	8.00	98.0	0.55	0.99	4.60	2	8.91	18.41	29.51	
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68	
Sitee	8.00	100.00	0.90	0.00	0.08	4	0.00	0.32	3.94	
Pepinito o Pepino de	60.00	82.00	0.25	0.69	1.28	1	8.01	5.32	14.11	
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42	
Cebolla de cabeza (3	60.00	82.00	1.03	0.15	8.86	4	1.32	35.44	40.89	
Tomate	60.00	99.00	0.40	0.17	3.45	2	1.53	13.80	18.91	
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	156.56	156.56	
Naranja	100.00	85.00	1.53	0.29	15.60	6.12	2.61	62.40	71.13	
									VC ALMUERZO	1482.53
									%DIST. ALM.	57.87

CENA: Infusion + 01 pan + mermelada										
Hierbas	10.00	54.00	0.17	0.09	0.38	0.67	0.81	1.01	2.99	
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 frutas	30.00	100.00	0.12	0.05	25.80	0	0.54	103.20	104.32	
Pan de lebranca o fr	30.00	100.00	2.89	0.09	24.30	12	0.61	97.20	109.53	
									VC CEN.	376.43
									%DIST. CEN.	15.02
			71.39	47.01	449.38					
			285.55	423.08	1797.11					
			11.40	16.88	71.72					
						100.00			VCT	2506.71

COMEDIONES & SERVICIOS
 Lic. Gladys Tir
 Representante

Lic. Gladys Tir
 Nutricionista
 C.N.P. 1178



jueves, 26 de abril de 2018

ALIMENTO	gr/per	comestibl	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %	
	(g)	%				PROT	GRASAS	CHO		
DESAYUNO:										
Cafe + 02 panes + camote frito										
Cafe sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.15	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	
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64	
Pan de labranza o fru	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98	
Camote morado (3)	100.0	92.00	1.29	0.24	23.64	5	2.48	94.58	102.21	
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00	
									VC DES.	558.45
									%DIST. DES.	21.32

ALMUERZO:										
Hilo de espallo , arroz , refresco y fruta										
Lacteo evaporado	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	39.13	
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.95	118.56	
Zapallo mace	300.00	72.00	1.51	0.42	13.82	6	3.69	55.30	65.23	
Papa blanca	250.0	82.50	4.31	0.21	45.72	17	1.85	162.66	201.90	
Arroz Piledo o pulido	150.00	100.00	12.35	0.75	116.70	49	6.75	466.80	522.75	
Sal	12.00	100.00	0.14	0.08	0.88	1	0.54	3.94	5.05	
Maiz Fresco, Choclo	40.00	57.00	0.75	0.18	6.34	3.01	1.6416	29.38	30.00	
Ajo	8.00	80.00	0.38	0.05	1.86	1	0.46	7.78	9.68	
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00	
Cebolla de cabeza (2)	10.00	67.00	0.09	0.01	0.76	0	0.12	3.03	3.52	
Hojas frescas	25.00	90.00	1.68	0.14	4.33	8	1.26	18.11	27.30	
Huacatay	8	100.00	0.40	0.06	0.64	2	0.58	3.56	4.74	
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.60	64.09	73.79	
Azúcar rubia	20.00	100.00	0.00	0.00	18.82	0	0.00	79.28	79.28	
									VC ALM.	1312.96
									%DIST. ALM.	50.12

CENA:										
Arroz amarillo con pollo + infusión										
Carne de Pollo Entera	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36	
Arroz Piledo o pulido	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50	
Acetate vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00	
Ajo	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63	
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21	
Cebolla de cabeza (2)	30.00	67.00	0.29	0.04	2.27	1	0.36	9.09	10.57	
Arvejas frescas (4)	20.00	54.00	1.15	0.10	3.05	1	0.87	12.19	17.88	
Zanahora	30.00	84.00	0.15	0.13	2.36	1	1.15	9.38	11.14	
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64	
Pollo	8.00	98.0	0.05	0.99	1.18	0	8.01	4.64	13.74	
									VC CEN.	748.45
									%DIST. CEN.	28.57
			65.33	73.02	425.34					
			261.30	657.20	1701.96					
			8.97	24	65					
					100.0					
									VCT MENU	2819.86

BRVA CONSULTING & SERVICIOS
 HECTOR GUISEP TITO
 REPRESENTANTE

IC. HECTOR GUISEP DURAN
 INGENIERO EN SISTEMAS
 C.R. 6149



viernes, 27 de abril de 2018

ALIMENTO	grupos	convertible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Siete cereales + 62 panes + manjar									
Avena, hojuelas crud	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de soya	5.00	100.00	0.44	0.33	3.58	2	2.93	14.34	18.81
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harina de	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
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
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.98	117.95
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.60
Pan de lebranca o fr	60.00	100.00	8.76	0.18	43.08	23	1.82	172.32	198.98
									VC DES.
									%DIST. DES.
Almuerzo: Pescado frito, ensalada, arroz, refresco y fruta									
Pescado	290.00	78.00	47.17	8.52	0.05	189	70.80	2.62	267.96
Arroz Pilado o pulido	150.00	100.00	12.30	0.75	118.70	49	6.75	466.90	522.75
Tomate	40.00	80.00	0.28	0.07	1.55	1	0.65	6.19	7.99
Papinito o Pepino de	80.00	82.00	0.33	0.07	1.71	1	0.69	6.82	8.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji comado seco, pe	3.00	68.00	0.14	0.16	1.20	1	1.43	4.75	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.83	0.50	18.70	11	4.50	74.80	89.80
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Maizena	25.00	100.00	0.18	0.05	21.88	0.60	0.45	88.70	87.75
Glutamato monosodi	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	96.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
									VC DES.
									%DIST. DES.
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
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
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
Pan de lebranca o fr	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	86.49
									VC GEN
									%DIST. GEN
			88.67	64.75	408.68				
			254.69	582.70	1834.78	2572			
			13.79	22.66	63.58	100			
					100.00				VCT MENU
									2572.21

UNIVERSIDAD COMERCIAL DEL SUR
Doctor Osipe Tito
 REPRESENTANTE

Jc. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 8149



sábado, 28 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cocos + 02 panes + huevo sancachado									
Cocos	4.00	100.00	0.75	0.08	1.91	3	6.16	7.65	16.84
Caneta 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	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de lebranza o fo	50.00	100.0	5.76	0.16	40.08	23.04	1.62	172.32	196.98
Huevo de gallina. cr.	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
								VC DES.	432.28
								%DIST. DES.	16.48
ALMUERZO: Guiso de fideos con pollo, arroz, fruta y refresco									
Carne de Pollo Entera	80.00	85.00	14.01	2.45	0.00	56	22.03	0.00	78.06
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	238.96	246.54
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.39	161.54
Arroz Pilado o pulido	180.00	100.00	12.30	0.75	118.70	49	6.75	466.80	622.75
Sal	8.00	100.00	0.10	0.04	0.86	0	0.38	2.62	3.57
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.06	5.26
Ajos	8.00	50.00	0.38	0.05	1.96	1	0.46	7.78	9.68
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabeza (2)	60.00	67.00	0.56	0.05	4.54	2	0.72	18.17	21.10
Arvejas frescas (4)	30.00	54.00	1.15	0.10	3.65	5	0.67	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.73	10.56
Naranja	150.00	98.00	1.76	0.25	15.0	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.	1488.25
								%DIST. DES.	66.99
CENA: Arroz con huevo frito + infusión									
Huevo de gallina. cr.	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Arroz Pilado o pulido	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Tomate	40.00	79.00	0.20	0.05	1.38	1	0.57	5.44	7.02
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Cebolla de cabeza (2)	60.00	67.00	0.56	0.05	4.54	2	0.72	18.17	21.16
Glutamato monosodí	0.30	100.00	0.03	0.00	0.25	0	0.00	1.04	1.17
Silao	12.00	100.00	1.36	1.15	0.12	1	16.97	0.48	18.27
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC CEN.	722.20
								%DIST. CEN.	27.53
			73.70	58.77	455.42				
			290.79	510.93	1821.66				
			11.1	19	69				
					100.00			VC T MENU	2623.38

LICENCIACIONES / SERVICIOS

Profr Equipos Tito
ES RESERVANTE

Dr. Gladys M. Parise Dávalos
MUTUALISTA
C.N.P. 8049



domingo, 29 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuelas crud	30.00	100.00	3.99	1.52	21.00	16	13.88	86.40	118.04
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	50.52	101.15
Queso entero	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	3.90	118.50
Pan de labranza o fra	60.00	100.00	5.78	0.18	43.08	23	1.02	172.32	106.88
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	678.87
								%DIST. DES.	28.73
Almuerzo: Saco de res, arroz, fruta y refresco									
Cama de res	150.00	88.00	24.48	3.70	0.00	97.92	33.28	0.00	131.20
Arroz Pilado o pulido	100.0	100.00	12.30	0.75	118.70	45	6.75	466.80	622.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.04	5.05
Aceite vegetal	88.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Glándro	25.00	57.00	0.47	0.19	1.00	2	1.87	3.99	7.54
Espinaca negra	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Cebolla de cabeza [2	40.00	67.00	0.38	0.06	3.03	2	0.48	12.11	14.10
Glutamato monosódic	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molida	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	0.28	4.86	6.00
Arvejas frescas (4)	40.00	82.00	1.76	0.15	4.86	7	1.34	18.65	27.03
Zanahora	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Plátano de seda	150.0	86.00	1.84	0.38	27.09	8	3.48	108.36	119.58
								VC DES.	1334.37
								%DIST. DES.	53.17
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	60.00	0.19	0.08	0.42	0.74	0.54	1.88	2.06
Azúcar rubia	40.00	100.00	0.00	0.00	45.20	0	0.00	180.80	180.80
Margarina vegetal co	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labranza o fra	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CEN.	604.37
								%DIST. CEN.	20.10
			89.05	81.89	374.14				
			278.13	736.97	1496.56				
			11.00	29.36	69.63				
					100.00			VGT	2509.72


 LUIS O. CORDERO & SERVICIOS
 11 Calle Guispe Tito
 REPUBLICA DOMINICANA


 Jhuan



lunes, 30 de abril 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: <i>Semola con vainilla + 02 panes + mortadela</i>									
Semola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	156.80
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela empu	0.30	54.00	0.00	0.00	0.14	0	0.01	0.53	0.57
Pan de habra o fr	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	567.37
								%DIST. DES.	32.58
Almuerzo: <i>Picante a la tacnola, arroz, refresco y fruta</i>									
Arroz Pilado o pulido	150.0	100.00	12.30	0.76	116.70	48.20	6.75	488.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Mondongo de res	120.0	85.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	18.00	100.00	0.22	0.09	1.48	0.88	0.81	5.90	7.68
Papa blanca	300.0	82.00	5.17	0.20	94.66	20.66	2.214	219.43	242.31
Aji colorado seco, pe	5.00	52.00	0.18	0.20	1.53	0.73	1.8252	6.10	8.66
Cebolla de cabeza (2	30.00	87.00	0.28	0.04	2.27	1.13	0.3618	9.09	10.57
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomate	20.00	80.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Cilantro	2.80	57.00	0.05	0.02	0.11	0.21	0.188732	0.45	0.84
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Naranja	155.00	80.00	1.48	0.26	13.52	5.95	2.232	54.06	62.25
								VC ALM	1307.65
								% DIST. ALM	82.06
CENA: <i>Asado de pollo, arroz e infusion</i>									
Carno de Pollo Entero	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o pulido	90.0	100.00	7.38	0.46	70.02	30	4.00	280.08	313.65
Aceto vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.68
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Cebolla de cabeza (2	30.00	87.00	0.28	0.04	2.27	1.13	0.3618	9.09	10.57
Glutamato monosódic	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado seco, pe	2.00	85.00	0.10	0.11	0.80	0	0.05	3.10	4.33
Azúcar rubia	20.00	100.00	0.00	0.00	18.66	0	0.00	78.64	78.64
								VC CEN.	637.42
								%DIST. GEN	38.37
			72.34	68.03	426.17				
			289.37	522.30	1706.68				
			11.52	26.78	67.68				
					100.00			VC7 MENU	3612.34



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LABORATORIO DE CONTROL DE CALIDAD Y SERVICIOS
[Handwritten signature]
 Ing. Tito
 LABORANTE

MENU DE PERSONAL -ABRIL 2018

FECHA	DESAYUNO	ALMUERZO	CENA
01-02-03 abril	Pebre +Café + pan	chaque, Almendrado de pollo + arroz + refresco + fruta	Pollo a la mostaza, arroz + infusion
04-05-06 abril	Arroz chaufa con pollo,Té y pan	Cazuela de verduras / Atomatada de res + arroz + refresco + fruta	sopa de pollo+ infusion
07-08-09 abril	Salpicon de pollo + Avena con manzana + pan	Sopa de quinua + aji de pollo ,arroz + refresco + fruta	Saltado de acelga con carne, arroz + infusion
10-11-12 abril	Mondonguito a la italiana con arroz + Café y 01 pan	Cazuela de fideos ,Frijoles con seco de res , arroz , refresco + fruta	Sopa a la minuta con res + infusion
13-14-15 abril	Adobo de cerdo, té y pan	Papa a la huancaina + Arroz con pollo,ensalada + refresco + fruta	Asado de res, arroz + infusión
16-17-18 abril	Guiso de fideos con res,arroz + té y pan	Sopa de trigo moron + Quinoa batida con asado de res,arroz,ensalada y refresco + fruta	Arroz a la jardiera con pollo +Ensalada+ Infusion
19-20-21 abril	Caldo de pata + Té y 01 pan	Sopa juliana + pescado frito,arroz,ensalada + refresco + fruta	Cau cau de pollo, arroz + infusion
22-23-24 abril	Estofado de pollo,arroz + café + pan	Menestron , Asado de pollo , arroz , refresco + fruta	Yuca arrebozada , arroz ,ensalada + infusión
25-26-27 abril	Caldo blanco con pollo, Café y pan	Mazamorra de chuño, Lomo saltado, arroz , refresco y fruta	Pastel de tallarin+ Infusion
28-29-30 abril	Saltado de atun+ té + pan	Cazuela de res, Pachamanca de pollo a la olla , arroz, refresco + fruta	Guiso de fideos con res,arroz + té


BRAND CONSULTING & SERVICES
Hector Quipe Tito
 REPRESENTANTE


Hector Quipe Tito
 REPRESENTANTE



01-02-13 ABRIL 2013

ALIMENTO	grapes (g)	comestible %	PROT An (g)	GRASA (g)	CARB (g)	ELEMENTOS EN GRAMOS			TOTAL Kcal
						PROT	GRASA	CARB	
DESAYUNO: Paltas, Café y pan									
Café sin azúcar	3.00	100.00	0.01	0.00	0.00	0.04	0.08	0.10	0.18
Polvorón rubio	35.00	100.00	0.00	0.00	34.4	0.00	0	137.60	137.60
Pan de azúcar	30.00	100.00	2.98	0.00	21.5	11.52	0.81	88.18	98.48
Carné de Pollo	100.00	70.00	14.42	2.52	0.00	57.68	22.88	0.00	80.38
Arroz Pilado c	40.00	100.00	3.28	0.00	31.52	13.12	1.80	124.08	139.40
Arroz vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Ajote	5.00	75.00	0.03	0.01	0.22	0.13	0.081	0.88	1.07
Perejil	5.00	60.00	0.11	0.00	0.30	0.43	0.28812	1.20	1.92
Maíz	5.00	88.00	0.02	0.01	0.14	0.18	0.07128	0.57	0.74
Garbanzo crú	15.00	80.00	2.50	0.82	8.11	10.37	7.4115	32.48	50.23
Papa blanca	100.00	82.00	1.72	0.08	18.28	8.88	0.728	73.14	80.77
Yuca blanca	50.00	70.00	0.28	0.07	13.78	1.12	0.63	85.02	86.77
Chuflo blanco	20.00	80.00	0.09	0.00	0.88	0.38	0	3.52	3.89
Pimentón crú	0.08	100	0.01	0.01	0.04	0.03	0.0076	0.20	0.28
Sal	4.40	100.00	0.00	0.00	0.00	0.21	0.168	1.44	1.65
Crocante de sal	10.00	87.00	0.09	0.01	0.78	0.38	0.1208	3.00	3.52
Ajote	2.00	80.00	0.00	0.01	0.48	0.38	0.1152	1.95	2.43
Verduras vari	5.00	80.00	0.18	0.00	0.28	0.77	0.280	1.04	2.00
V.C. DESAYUNO									761.64
% DIST. DESAYUNO									27.97
ALMUERZO: Chuques, Almorzón de pollo, arroz, refresco y fruta									
Trigo, molido	20.00	100.00	4.74	1.72	0.20	18.98	10.08	0.80	26.84
Carné de res	60.00	70.00	8.98	0.87	0.00	35.78	1.048	0.00	41.83
Perejil	5.00	88.00	0.11	0.00	0.30	0.43	0.28812	1.20	1.92
Ajote	3.00	75.00	0.02	0.00	0.11	0.08	0.0408	0.43	0.54
Trigo	40.00	100.00	3.44	0.80	20.48	13.78	5.4	117.02	137.89
Zapallo macrú	25.00	87.00	0.15	0.04	1.35	0.58	0.3807	0.41	0.59
Sal	11.00	100.00	0.13	0.00	0.00	0.52	0.408	3.81	4.83
Maíz Pilado c	40.00	97.00	0.75	0.18	8.34	3.01	1.8418	28.38	30.80
Hojas frescas	25.00	35.00	0.99	0.07	2.27	3.98	0.68	8.07	13.88
Zanahoria	10.00	78.00	0.05	0.04	0.73	0.18	0.3088	3.91	3.42
Carné de Pollo	180.0	70.00	27.83	3.78	0.00	88.52	34.00	0.00	120.94
Arroz Pilado c	190.0	100.00	12.00	0.75	118.70	49.20	8.75	488.80	520.74
Arroz vegetal	30.00	100.00	0.00	30.00	0.00	0.00	180.00	0.00	180.00
Ajote	4.00	80.00	0.18	0.00	0.87	0.72	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.00	0.00	0.58	0.54	3.84	5.00
Phenyl	10.80	89.00	0.05	0.04	0.34	1.00	0.88	1.38	2.73
Cebolla se ca	60.00	87.00	0.58	0.88	4.54	3.25	8.72	18.17	21.18
Crocante con c	5.88	100.00	0.48	0.12	0.08	1.82	1.07	20.22	23.11
Limon	4.00	100.00	0.02	0.01	0.28	0.08	0.07	1.95	1.70
Manzana	150.00	100.00	0.45	0.15	21.80	1.60	1.30	87.60	90.75
Miel amado c	5.00	71.00	0.88	1.71	0.83	3.42	15.3999	2.51	21.34
Cilantro	1.00	57.00	0.02	0.01	0.04	0.08	0.03680	0.19	0.30
Aj colonizado	1.00	52.00	0.04	0.04	0.31	0.15	0.38904	1.32	1.73
V.C. ALMUERZO									1265.32
% DIST. ALMUERZO									45.74
CENA: Pollo a la mostaza, arroz + infusion									
Carné de Pollo	100.00	70.00	14.42	2.52	0.00	57.68	22.88	0.00	80.38
Arroz Pilado c	80.00	100.00	7.38	0.48	70.00	28.02	4.00	280.00	310.88
Arroz vegetal	30.00	100.00	0.00	30.00	0.00	0.00	180.00	0.00	180.00
Ajote	4.00	80.00	0.18	0.00	0.87	0.72	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.00	0.00	0.58	0.54	3.84	5.00
Perejil	10.00	88.00	0.11	0.00	0.30	0.43	0.28812	1.20	1.92
Crocante de ca	50.00	87.00	0.58	0.08	4.54	3.25	8.72	18.17	21.18
Aj colonizado	1.00	58.00	0.04	0.04	0.40	0.19	0.48	1.88	2.28
Vino de	1.00	100.00	0.00	0.00	0.20	0.00	0.43	1.00	1.42
Hierbas	3.00	84.00	0.08	0.00	0.11	0.30	0.18	0.48	0.80
Polvorón rubio	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.60	137.60
Mostaza	4.0	100	0.38	0.78	0.38	1.57	7.09	1.50	10.10
V.C. CENA									748.78
% DIST. CENA									27.19
			305.50	87.58	482.20				
			472.88	888.20	1688.78				
			18.88	21.98	88.88				
VCT. MENU									3768.61

BRAND CONSULTING & SERVICIOS
 Heidy Quipe Tito
 REPRESENTANTE

Jc. Gladys E. Quipe Duran
 NUTRICIONISTA
 C.N.P. 8149



04-05-16 ABRIL 2016

ALIMENTO	grapar (g)	concentrable %	PROT An (g)	GRASA (g)	CHO (g)	% macromoléculas esenciales			Vitamina
						PROT	GRASAS	CHO	
DESAYUNO: Arroz chaufa con pollo, Té y pan									
Té sin azúcar	1.00	100.00	0.00	0.00	0.01	0.01	0.00	0.00	0.00
Pan de libras	30.0	100.00	2.88	0.09	21.54	11.53	0.21	99.18	99.48
Azulcar rubi	35.00	100.00	0.00	0.00	34.4	0.00	0.00	137.63	137.63
Carnes de Pollo	120.00	70.00	10.36	3.03	0.00	69.20	27.22	0.00	82.43
Huevo de gall	15.00	88.00	1.98	1.33	0.33	7.96	11.11	1.66	20.11
Salchicha Tiro	15.00	100.00	1.85	3.15	0.10	8.60	46.31	0.60	53.61
Arroz Pilado c	100	100.00	8.20	0.50	77.80	32.80	4.50	311.20	348.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Sal	12.00	100.00	0.14	0.06	0.04	0.00	0.04	3.84	5.00
Glutamato mo	0.50	100.00	0.02	0.00	0.42	0.22	0.00	1.74	1.98
Cebolla china	20.00	71.00	0.33	0.06	1.07	1.31	0.61	4.22	6.08
Pimiento	15.00	83.00	0.19	0.06	0.99	0.70	0.66	0.83	5.14
Siltes	15.00	100.00	1.70	1.44	0.10	6.70	13.90	0.80	20.34
V.C. DESAYUNO									879.27
% DISTR. DESAYUNO									31.14
ALMUERZO: Cazuela de verduras / Acompañada de arroz + arroz + refresco + fruta									
Zapallo cocido	30.00	47.00	0.10	0.00	0.00	0.09	0.05	3.81	4.36
ajo	5.00	75.00	0.03	0.01	0.22	0.13	0.08	0.84	1.07
Poro	5.00	88.00	0.11	0.03	0.20	0.40	0.29	1.20	1.92
Habas frescas	20.00	32.00	0.79	0.06	1.31	3.16	0.60	7.23	10.30
Zanahoria	20.00	70.00	0.39	0.08	1.45	0.38	0.71	5.81	6.95
Papa blanca	50.00	62.00	0.98	0.04	8.14	3.44	0.07	26.57	40.38
Carnes de Pollo	60.0	88.00	14.91	2.48	0.00	66.03	23.03	0.00	78.06
Nabo	2.00	88.00	0.01	0.00	0.00	0.00	0.02	0.18	0.20
Habas frescas	25.00	38.00	1.01	0.07	2.31	4.00	0.64	9.25	11.92
Maíz Fresco	40.00	67.00	0.77	0.19	8.43	3.07	1.87	25.88	30.60
Carnes de res	100.0	100.00	21.30	1.60	0.00	85.20	14.4	0.00	99.60
Cebolla de ca	30.0	80.00	0.25	0.04	2.00	1.01	0.324	6.14	8.47
Arroz Pilado c	150.0	100.0	12.30	0.75	110.70	48.20	6.75	400.80	522.75
Zanahoria	20.00	70.00	0.09	0.06	1.45	0.38	0.71	5.81	6.95
Cebolla de ca	30.00	67.00	0.09	0.04	2.27	1.13	0.36	8.69	10.90
Pimiento malé	0.1	100	0.00	0.00	0.10	0.01	0.144	0.01	0.73
Ajo	2.00	65.00	0.09	0.01	0.48	0.38	0.1162	1.85	2.42
Aceite vegetal	15.00	40.00	0.00	4.00	0.00	0.00	36	0.00	36.00
Peruñil	1.00	55.00	0.00	0.00	0.00	0.10	0.0315	0.12	0.28
Aj colorado a	2.00	65.00	0.10	0.11	0.50	0.36	0.0472	3.19	4.50
Sal	15.00	100.0	0.18	0.06	0.66	0.00	0.4728	3.44	4.42
Siltes	4.00	100.0	0.51	0.43	0.00	3.00	3.888	0.18	6.10
Beccito	6.00	60.00	0.06	0.00	0.44	0.28	0.24	1.77	2.27
Maíz cocido	18.00	100.00	1.10	0.07	11.43	4.38	4.99	40.72	64.69
Limón	18.00	100.00	0.09	0.00	0.87	0.30	0.18	0.88	4.26
Azulcar rubi	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.63	137.63
Papa	150.00	100.00	0.58	0.29	14.21	2.32	2.91	90.84	91.77
V.C. ALMUERZO									1182.68
% DISTR. ALMUERZO									48.82
CENA: Sopa de pollo + infusión									
Carnes de Pollo	100.00	70.00	14.42	2.52	0.00	67.88	22.88	0.00	80.36
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	100.00	0.00	120.00
Ajo	5.00	60.00	0.34	0.05	2.07	1.52	0.44	8.27	10.28
Ajo	12.00	68.00	0.08	0.01	0.33	0.19	0.12	1.30	1.65
Poro	12.00	100.00	0.22	0.06	0.81	0.89	0.54	2.43	3.67
Nabo	12.00	100.00	0.07	0.02	0.40	0.29	0.23	1.73	2.23
Sal	12.00	100.00	0.14	0.06	0.06	0.00	0.04	3.84	5.00
Papas	80.00	100.00	7.50	0.18	62.58	30.38	1.44	280.24	291.78
Orégano seco	5.00	89.00	0.10	0.03	0.67	0.38	0.27	2.66	3.33
Papa blanca	100.00	85.00	2.88	0.13	26.43	10.71	1.13	113.73	128.90
Cebolla china	18.00	71.00	0.30	0.06	0.73	0.80	0.281	2.00	4.17
Kiwi	0.20	101.00	0.00	0.00	0.00	0.0	0.00	0.00	0.21
Hierbas	5.00	54.00	0.06	0.02	0.12	0.21	0.10	0.48	0.84
Azulcar rubi	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.63	137.63
V.C. CENA									791.97
% DISTR. CENA									30.95
			113.93	56.46	476.93				
			455.73	455.85	1912.10				
			18.14	18.14	87.71				
VOT. MENU									2023.84



BRAMO CONSULTORES
 Heidy Gutierrez
 REVISOR

Lic. Gladys R. Quiroga Duran
 NUTRICIONISTA
 C.N.P. 6140

07-09-09 ABRIL 2009

ALIMENTO	grupos	convertible	PROT	GRASA	CHO	ANÁLISIS NUTRICIONAL			TOTAL
						PROT	GRASA	CHO	
DESAYUNO: Salpicón de pollo + Avena con mango + pan									
Avena, hojales	30.00	100.00	3.59	1.20	31.6	15.99	10.80	89.40	113.18
Manzana de g	80.00	80.00	0.07	0.02	2.50	0	0.23	34.00	14.02
Pan de salmón	30.0	100.00	2.88	0.09	21.54	11.52	0.81	85.18	26.40
Arroz rubio	25.00	100.00	0.00	0.00	34.4	0.00	0.00	137.62	137.02
Cama de Pato	100.00	100.00	20.80	3.60	0.00	62.40	32.40	0.00	114.80
Zorahora	30.00	70.00	0.14	0.12	2.10	0.57	1.07	8.73	10.36
Cebolla de ca	40.00	07.00	0.38	0.05	2.00	1.50	0.49	12.11	14.10
Tomate	30.00	89.00	0.34	0.06	1.30	0.95	0.83	5.11	6.59
Lechuga roja	80.00	50.00	0.22	0.08	0.69	2.09	0.72	3.34	8.19
Avejas frescas	30.00	64.00	1.15	0.10	3.05	4.60	0.87	12.13	17.68
Papa blanca	120.00	82.00	2.87	0.10	21.94	6.27	0.89	87.77	95.92
Sal	10.00	100.00	0.42	0.05	0.62	0.49	0.45	3.28	4.21
Limón	7.00	52.00	0.02	0.01	0.25	0.07	0.07	1.41	1.55
Pimenta rosa	6.00		0.20	0.00	0.00	0.00	0.00	0.08	0.00
Uvaigre	7.00	100.00	0.20	0.07	0.30	0.00	0.60	1.48	2.05
Meyones	15.00	100.00	0.48	0.00	14.07	1.92	0.00	50.23	58.20
V.C. DESAYUNO									488.37
% DISTR. DESAYUNO									22.23
ALMUERZO: Sopa de quinoa + Ají de pollo, arroz + refresco + fruta									
Cama de res	80.0	75.00	0.29	0.72	0.00	38.34	0.48	0.00	46.62
Zapallo macra	30.00	47.00	0.10	0.03	0.90	0.39	0.29	3.51	4.20
Ajo	6.00	70.00	0.08	0.01	0.23	0.13	0.08	0.88	1.07
Papa	6.00	86.00	0.11	0.03	0.30	0.40	0.29	1.29	1.73
Habo	6.00	86.00	0.00	0.01	0.14	0.10	0.07	0.57	0.74
Haba fresca	20.00	35.00	0.79	0.08	1.81	3.16	0.90	7.29	10.03
Zorahora	20.00	70.00	0.09	0.08	1.40	0.39	0.71	5.81	6.90
Quinoa Cruda	30.00	100.00	2.72	1.16	13.30	10.89	10.41	50.04	74.35
Papa blanca	80.0	82.00	1.28	0.07	14.00	5.51	0.59	55.52	64.62
Cama de Pato	180.00	70.00	23.07	4.03	0.00	100.29	36.29	0.00	128.58
Leche vapor	10.00	100.00	0.70	0.01	1.09	2.80	7.29	4.28	14.45
Queso paria	10.00	100.00	3.89	3.00	0.50	11.30	27.00	1.30	39.53
Mari crudo c	6.00	71.00	1.37	2.74	1.01	5.49	24.64	4.02	34.14
Arroz Pilado c	180.0	100.00	12.20	0.70	116.70	49.20	6.75	489.60	522.75
Papa blanca	150.0	82.30	2.28	0.12	27.40	10.33	1.11	169.73	171.16
Cebolla de ca	25.00	07.00	0.23	0.03	1.89	0.94	0.30	7.57	8.81
Ajo	3.00	80.00	0.09	0.01	0.49	0.30	0.12	1.06	1.40
Sal	10.00	100.00	0.12	0.06	0.82	0.49	0.45	3.28	4.21
Asado vegetal	20.00	100.00	0.20	20.00	0.00	0.00	600.00	0.00	180.00
Ají amarillo se	5.00	52.00	0.16	0.16	1.88	0.70	1.47	6.74	8.97
Guajaba de ad	3.00	100.00	0.20	0.44	2.04	1.21	3.87	8.18	13.34
Asulana	6.00	92.00	0.04	1.48	0.34	0.15	13.29	1.34	14.78
Huevo de gal	15.00	75.00	1.52	0.35	0.20	0.39	0.51	0.81	15.39
Tomate	30.00	100.00	0.34	0.06	1.29	0.89	0.84	5.18	6.66
Manacuyá	25.00	100.00	0.23	0.03	3.98	0.89	0.23	15.80	16.90
Arroz rubio	20.00	100.00	0.00	0.00	34.54	0.00	0.00	98.50	98.50
Harina	180.0	88.00	0.77	0.20	12.88	3.88	2.30	81.81	88.87
V.C. ALMUERZO									1448.71
% DISTR. ALMUERZO									48.38
CRNA : Battada de acelga con carne, arroz + infusion									
Cama de res	80.0	100.00	17.04	1.20	0.00	69.18	11.62	0.00	79.80
Cebolla de ca	80.00	85.00	0.90	0.14	7.86	3.81	1.23	30.74	35.77
Tomate	40.00	90.00	0.29	0.07	1.33	1.13	0.848	5.19	7.99
Papa blanca	200.0	82.00	3.06	0.18	41.03	15.48	1.858	164.13	181.24
Arroz Pilado c	80.0	100.00	7.28	0.49	70.00	29.52	4.00	280.08	318.88
Ajo	1.80	80.00	0.07	0.01	0.36	0.27	0.0664	1.40	1.81
Asado vegetal	20.00	100.00	0.00	20.00	0.00	0.00	160	0.00	180.00
Arrozillo hojar	100.00	88.00	3.18	0.29	5.19	8.62	3.68	20.78	32.03
Percei	1.00	50.00	0.03	0.00	0.20	0.10	0.0316	0.13	0.29
Sal	6.00	100.0	0.10	0.04	0.64	0.38	0.36	3.02	3.37
Arroz rubio	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.82	137.82
Harinas	6.00	87.00	0.17	0.05	0.24	0.55	0.46	1.50	2.89
V.C. CRNA									976.88
% DISTR. CRNA									31.25
V.C. TOTAL									384.37
% DISTR. TOTAL									12
VCT. MENU									3119.87

[Signature]
Hector Quipe Tiro
 REPRESENTANTE

[Signature]
Dr. Gladys A. Quipe Duran
 NUTRICIONISTA
 C.N.P. 01...



18-11-22 ABRIL 2018

ALIMENTO	gr(g)	energía %	PROT An (g)	GRASA (g)	CHO (g)	NUTRIENTES POR 100 GRAMOS			TOTAL ANÁL.
						PROT	GRASAS	CHO	
DESAYUNO: Mondongo a la italiana con arroz + Café y El pan									
Café sin azúcar	4.00	100.00	0.01	0.00	0.00	0.00	0.04	0.13	0.21
Pan de molde	30.00	100.00	3.88	0.08	21.84	11.92	0.01	86.18	99.49
Arroz rubio	21.00	100.00	0.03	0.00	34.58	0.00	0	98.30	98.30
Arroz blanco c	80.00	100.00	7.38	0.45	70.00	29.52	4.00	280.08	313.60
Ajón	1.00	100.00	0.09	0.01	0.20	0.234	0.07	1.22	1.51
Mondongo de	100.00	80.00	13.92	2.85	9.80	54.08	26.2	3.20	92.48
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Sal	5.00	100.00	0.08	0.00	0.00	0.00	0.20	2.13	2.74
Orégano seco	1.00	85.00	0.81	0.00	0.10	0.00	0.04	0.28	0.48
Papa blanca	100.00	83.00	1.73	0.08	18.28	8.69	0.70	70.14	90.77
Cebolla de ca	10.00	87.00	0.14	0.02	1.14	0.00	0.1009	4.54	5.29
Zanahoria	15.00	78.00	0.87	0.06	1.06	0.2844	0.03	4.36	5.18
Avocho fresco	20.00	84.00	0.77	0.06	2.00	3.07	0.5832	8.13	11.77
Aj colorado e	1.00	100.00	0.07	0.00	0.00	0.00	0.70	2.30	3.07
V.C. DESAYUNO									838.18
% DISTR. DESAYUNO									87.60
ALMUERZO: Cazuela de fideos, Frijoles con queso de res, arroz, refresco + fruta									
Carne de Res	80.00	75.00	9.27	1.00	0.00	17.00	14.58	0.00	31.65
Zapallo macre	20.00	47.00	0.10	0.00	0.00	0.00	0.25	0.81	4.26
Ajón	8.00	70.00	0.03	0.01	0.00	0.13	0.09	0.86	1.07
Papa	4.00	66.00	0.11	0.00	0.00	0.40	0.39	1.20	1.93
Nabo	8.00	60.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Habas frescas	20.00	30.00	0.78	0.00	1.81	3.18	0.50	7.25	10.90
Zanahoria	20.00	70.00	0.89	0.06	1.06	0.39	0.71	5.81	8.90
Fideos	80.00	100.00	7.52	0.10	62.00	20.00	1.44	250.24	281.70
Papa blanca	80.00	80.00	1.38	0.07	14.60	5.91	0.58	88.52	94.62
Frijol canazo	120.00	100.00	20.28	2.62	72.24	105.12	22.68	288.08	416.70
Cebolla de ca	30.00	80.00	0.38	0.00	3.00	1.44	0.48	11.68	13.57
Tomate	25.00	80.00	0.18	0.00	0.97	0.72	0.41	3.67	5.00
Aj colorado e	3.00	90.00	0.21	0.00	1.70	0.42	2.06	6.90	8.79
Carne de res	180.00	100.00	34.08	2.60	0.00	100.32	20.04	0.00	150.36
Arroz blanco c	150.00	100.00	12.90	0.75	115.70	49.00	0.75	498.00	522.75
Avocho fresco	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Espinaca neg	10.00	80.00	0.30	0.01	0.02	1.43	1.00	2.60	4.06
Cilantro	20.00	97.00	0.38	0.15	0.60	1.00	1.30	3.10	5.03
Zanahoria	20.00	78.00	0.89	0.06	1.06	0.39	0.71	5.81	8.90
Aj verde (2)	3.00	87.00	0.00	0.01	0.17	0.13	0.10	0.66	0.98
Sal	8.00	100.00	0.10	0.04	0.00	0.00	0.30	2.92	3.27
Ajón	1.00	80.00	0.04	0.01	0.24	0.18	0.00	0.87	1.21
Papa blanca	100.00	80.00	1.73	0.08	18.28	8.69	0.74	70.14	90.77
Avocho fresco	20.00	84.00	0.77	0.06	2.00	3.07	0.58	8.13	11.77
Arroz rubio	10.00	100.00	0.00	0.00	14.78	0.00	0.00	58.98	68.88
Patata de ca	150.00	88.00	1.60	0.31	21.40	8.10	2.70	80.00	94.58
V.C. ALMUERZO									2000.91
% DISTR. ALMUERZO									54.87
CENA: Sopa a la minuta con res + infusion									
Carne de res	80.00	100.00	13.88	1.04	0.00	00	0.30	0.00	64.74
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajón	5.00	85.00	0.24	0.00	1.20	1	0.31	5.17	6.43
Ajón	12.00	75.00	0.08	0.00	0.40	0	0.10	1.73	2.14
Papa	12.00	70.00	0.24	0.01	0.00	1	0.60	2.24	4.06
Nabo	17.00	70.00	0.09	0.00	0.32	0	0.18	1.30	1.67
Sal	18.00	100.00	0.22	0.09	1.40	1	0.81	3.90	7.28
Papa blanca	80.00	80.00	1.38	0.07	14.00	5.91	0.58	88.52	94.62
Fideos	80.00	100.00	7.52	0.10	62.00	20	1.44	250.24	281.70
Orégano seco	3.00	100.00	0.00	0.00	0.34	0	0.14	1.36	1.60
Papa blanca	120.00	80.00	2.01	0.10	21.84	8	0.89	87.17	90.22
Tomate	25.00	80.00	0.20	0.00	1.00	1	0.40	4.20	5.40
Cebolla de ca	50.00	84.00	0.71	0.10	5.70	3	0.91	22.76	28.51
Verduras sur	5.00	80.00	0.20	0.00	0.00	1	0.27	1.11	2.19
Habas	3.00	100.00	0.09	0.00	0.21	0	0.27	0.84	1.49
Arroz rubio	40.00	100.00	0.00	0.00	30.32	0	0.00	167.28	167.28
V.C. CENA									886.85
TOTAL CENA									23.24
			VCT GR.	181.32	94.88	628.28			
			VCT KCAL	668.30	501.21	2513.88			
			VCT %	16.38	10.71	67.93	VCT MENU	3020.28	

BRUNO CONSULTING & SERVICIOS
Hecho Quispe Tito
 REPRESENTANTE

Lic. Gladys R. Quiroga Duran
NUTRICIONISTA
 C.N.P. 67408



13-14-15 ABRIL 2018

ALIMENTO	papas kg	verduras %	PROT An (g)	GRASA (g)	CHO (g)	NUTRIENTES POR 100 GRAMOS			TOTAL (g)
						PROT	GRASA	CHO	
DESAYUNO (Arroz de cerdo, la yuca)									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0.00	5.00	0.03
Canela entera	0.05	54.00	0.00	0.00	0.01	0.00	0.00	0.11	0.11
Cavo de cer	0.05	54.00	0.00	0.00	0.01	0.00	0.00	0.03	0.03
Apioar rubia	35.00	100.00	0.00	0.00	34.4	0.00	0.00	137.60	137.60
Pez de labran	60.00	100.00	8.76	0.18	43.1	20.04	1.60	173.30	190.84
Cerdo de Cer	50	80.00	17.58	18.13	0.00	60.13	163.08	0.00	232.50
Peperón enta	0.5	100.00	0.04	0.04	0.30	0.17	0.35	1.07	1.06
Orégano seco	0.20	70.00	0.00	0.00	0.02	0.01	0.01	0.06	0.06
Cebolla de ca	80.00	67.00	0.75	0.11	0.08	3.00	0.88	24.23	26.19
Sal	15.00	100.0	0.14	0.00	1.21	0.73	0.68	4.00	5.32
Vinagro	3.00	100.00	0.00	0.00	0.13	0.00	0.37	0.60	0.87
Aj colorado o	2.00	68.00	0.10	0.11	0.80	0.38	0.26	3.19	4.23
Acacia vegetal	26.00	100.00	0.00	26.00	0.00	0.00	234.50	0.00	234.00
Cominos	0.1	100	0.00	0.00	0.00	0.00	0.00	0.00	0.04
Chicha jara	65.00	100.00	0.30	0.00	0.94	1.30	0.00	11.70	13.94
V.C. DESAYUNO									856.06
% DISTR. DESAYUNO									26.25
ALMUERZO: Pasa a la francesa Arroz con pollo, ensalada refresca + fruta									
Papa blanca	100.00	62.00	1.72	0.00	15.20	0.89	0.734	73.14	80.77
Coliflor de ca	10.00	100.00	1.01	1.47	0.80	4.04	10.23	27.20	44.47
Milari crudo o	5.00	71.00	0.88	1.71	0.60	3.40	10.80	2.01	21.34
Ladpa crudo o	10.00	95.0	0.87	0.77	1.04	3.80	6.80	4.14	13.75
Cerdo pora	10.00	100.00	2.89	3.00	0.30	11.20	27.00	1.30	39.32
Hierbas	3.00	54.00	0.05	0.01	0.09	0.23	0.09	0.36	0.64
Aj verde (2)	5.00	57.00	0.28	0.03	0.40	0.34	0.2412	1.68	2.22
Arroz Pilado o	150.0	100.00	12.30	0.75	115.70	49.20	0.73	463.60	520.70
Cerdo de Pasa	160.0	70.00	21.07	4.03	0.00	60.20	36.288	0.00	129.56
Arvejas fresco	35.00	54.00	0.88	0.08	0.54	0.81	0.729	10.19	14.72
Cilantro	30.00	57.00	0.38	0.15	0.80	1.30	1.3388	3.19	6.03
Vainitas (2)	15.00	91.00	0.30	0.04	1.11	1.31	0.36835	4.40	6.10
Espinaca roja	12.00	97.00	0.33	0.10	0.67	1.30	0.94284	2.28	4.03
Zanahoria	30.00	70.00	0.14	0.12	2.18	0.57	1.0660	6.72	10.36
Aj verde (2)	5.00	57.00	0.28	0.03	0.40	0.34	0.2412	1.68	2.24
Peperón	10.00	53.00	0.12	0.04	0.84	0.80	0.3730	2.00	3.43
Ajos	4.00	60.00	0.18	0.03	0.97	0.72	0.2304	3.68	4.94
Acacia vegetal	15.00	90.00	0.00	15.00	0.00	0.00	131.3	0.00	131.00
Glutamo mto	0.00	100.00	0.07	0.00	0.52	0.20	0	2.08	2.33
Sal	10.50	100.00	0.12	0.05	0.80	0.50	0.4733	3.44	4.62
Recao	6.00	60.00	0.26	0.03	0.44	0.36	0.84	1.77	2.27
Cabada con o	6.60	100.00	0.48	0.12	0.00	1.82	1.07	20.23	23.11
Limon	4.00	100.00	0.03	0.01	0.39	0.08	0.07	1.55	1.70
Acacia rubia	25.00	100.00	0.00	0.00	24.50	0.00	0.00	98.30	98.30
Morcena	100.00	65.00	0.34	0.10	16.00	1.53	1.15	74.46	77.14
V.C. ALMUERZO									1237.06
% DISTR. ALMUERZO									42
CENA: Asado de res, arroz, ensalada									
Cerdo de res	60.0	100.00	18.17	1.46	0.00	70.88	19.26	0.00	89.64
Arroz Pilado o	60.0	100.00	7.56	0.48	70.02	29.52	4.00	280.00	313.00
Acacia vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Ajos	4.00	60.00	0.18	0.03	0.97	0.72	0.23	3.60	4.94
Sal	10.00	100.00	0.12	0.05	0.80	0.48	0.40	3.28	4.21
Tomate	30.00	90.00	0.22	0.08	1.18	0.89	0.48	4.84	6.69
Paroel	10.80	90.00	0.25	0.04	0.34	1.63	0.33	1.36	2.73
Papa blanca	100.00	62.00	1.72	0.00	15.20	0.89	0.74	73.14	80.77
Cebolla de ca	80.00	67.00	0.75	0.11	0.08	3.00	0.88	24.23	26.19
Aj colorado o	1.00	68.00	0.05	0.05	0.40	0.19	0.48	1.60	2.29
Vinagro	5.00	100.00	0.00	0.00	0.20	0.00	0.45	1.00	1.45
Aj colorado o	0.60	68.00	0.03	0.03	0.24	0.11	0.20	0.80	1.30
Hierbas	3.00	54.00	0.05	0.01	0.09	0.23	0.10	0.30	0.63
Acacia rubia	30.00	100.00	0.00	0.00	29.40	0.00	0.00	117.96	117.96
V.C. CENA									833.59
% DISTR. CENA									28.49
			106.51	93.32	421.93				
			462.08	808.89	1684.71				
			13.74	26.70	57.64				
VGT. MENU									2926.71



BRWD CONEXIONES & SERVICIOS
 Hecctor Quirope Tito
 REPRESENTANT

Lic. Gladys R. Quirope Duran
 NUTRICIONISTA
 C.N.P. 6149

16-17-18 ABRIL 2018

ALIMENTO	grmas (g)	centésimo (%)	PROT As (g)	GRASA (g)	CHO (g)	VALORES NUTRICIONALES			TOTAL (Kcal)
						PROT	GRASA	CHO	
DESAYUNO: Guiso de fideos con requesón + la y pat									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0	50.99	50.99
Pan de libran	30.00	100.00	2.88	0.99	21.04	11.62	0.81	90.19	90.40
Fideos	80.00	100.00	7.22	0.18	82.58	29.00	1.44	290.74	291.79
Arroz Piletado	80.00	100.00	7.38	0.48	70.00	29.53	4.00	280.09	281.62
Ajón	0.50	80.00	0.02	0.00	0.12	0.00	0.03	0.40	0.60
Acolla vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Papa blanca	100.00	100.00	2.80	0.15	82.30	8.40	0.90	80.30	80.60
Carne de res	80.00	70.00	11.93	0.90	0.00	47.71	8.00	0.00	50.70
Cebada de ca	10.00	80.00	0.14	0.02	1.14	0.00	0.18	4.54	5.29
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	2.62	3.21
Perce	3.20	100.00	0.33	0.00	0.21	0.61	0.20	0.83	1.69
Arveja fresca	10.00	84.00	0.98	0.00	1.52	2.30	0.44	6.09	8.83
Zanahora	20.00	70.00	0.00	0.00	1.40	0.00	0.71	0.81	0.90
Ajón colorado	0.60	80.00	0.03	0.00	0.24	0.11	0.00	0.69	1.28
V.C. DESAYUNO									1870.18
% DISTR. DESAYUNO									34.18
ALMUERZO: Sopa de trigo macero + Quina batida con asado de res, arroz, ensalada y refresco + fruta									
Carne de Pol	60.00	70.00	8.93	1.21	0.00	24.61	13.900	0.00	49.22
Zapallo maco	40.00	40.00	0.10	0.04	1.20	0.00	0.04	4.81	5.09
Arroz Piletado	40.00	50.00	0.75	0.18	6.24	0.01	1.04	25.35	30.00
Ajón	10.00	70.00	0.05	0.00	0.36	0.21	0.100	1.44	1.79
Pat	10.00	80.00	0.18	0.00	0.50	0.71	0.4752	2.01	3.19
Col blanca	10.00	80.00	0.00	0.00	0.00	0.00	0.18	1.21	1.84
Morón partido	20.00	100.00	0.07	1.08	0.20	20.28	8.46	1.20	30.00
Huevo fresco	35.00	35.00	0.99	0.07	3.27	3.96	0.00	9.07	13.65
Quina Cruda	30.00	100.00	6.80	2.90	23.15	27.20	28.10	130.80	185.90
Papa blanca	50.00	82.00	0.99	0.04	8.14	3.44	0.07	20.57	40.30
Lecno evapor	10.00	100.00	0.70	0.81	1.09	3	7.20	4.31	14.48
Queso para	10.00	100.00	2.80	3.00	0.20	11	27.00	1.87	38.52
Margarina ve	5.00	100.00	0.00	4.10	0.00	0	36.00	0.00	37.00
Sal	4.00	100.00	0.00	0.00	0.00	0.10	0.18	1.21	1.68
Verduras surt	3.00	80.00	0.10	0.00	0.10	0.48	0.10	0.60	1.24
Carne de res	180	100.00	24.08	2.58	0.00	138.50	23.04	0.00	196.28
Arroz Piletado	150.00	100.00	12.20	0.70	118.70	49.20	6.75	490.80	622.70
Ajón	3.00	80.00	0.17	0.00	0.60	0.67	0.21	0.81	1.48
Ajón colorado	1.50	80.00	0.07	0.00	0.60	0.29	0.72	2.39	3.40
Comino	0.1	100	0.00	0.00	0.00	0.00	0.00	0.32	0.34
Vinagre	1.80	100.00	0.00	0.00	0.00	0.00	0.14	0.30	0.44
Cebolla de sal	10.00	80.00	0.08	0.01	0.04	0.20	0.10	2.04	3.00
Tomate	20.00	80.00	0.14	0.04	0.77	0.58	0.324	0.40	4.00
Peperoncillo	0.10	100	0.00	0.00	0.10	0.00	0.11	0.38	0.54
Cebada con c	4.80	100.00	0.48	0.12	5.08	1.82	1.67	20.22	23.11
Lecno	4.00	100.00	0.00	0.00	0.00	0.00	0.07	1.20	1.70
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0.00	50.99	50.99
Polvillo de ca	150.00	80.00	1.83	0.21	21.40	8.12	2.79	89.88	94.59
V.C. ALMUERZO									1878.20
% DISTR. ALMUERZO									34.08
CENA: Arroz a la jardinera con pollo + ensalada + refresco									
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0	50.99	50.99
Arroz Piletado	180.00	100.00	9.20	0.60	77.00	30.00	4.1	311.20	348.50
Acolla vegetal	15.00	100.00	0.00	15.00	0.00	0.00	0.00	0.00	135.00
Arveja fresca	25.00	84.00	0.98	0.00	2.94	3.83	0.729	10.16	14.72
Zanahora	20.00	80.00	0.18	0.10	2.74	0.71	1.38879	0.86	13.00
Fideos batidos	30.00	80.00	3.67	0.00	18.70	10.06	0.343	25.17	35.67
Verduras (S)	20.00	91.00	0.55	0.07	1.94	2.10	0.61423	7.07	10.17
carne de pollo	80.00	70.00	12.10	1.83	0.00	48.38	16.44	0.00	64.83
Tomate	20.00	80.00	0.18	0.00	0.97	0.72	0.408	3.80	5.00
Cebolla de ca	100.00	80.00	0.84	0.10	7.87	3.75	1.208	30.28	39.24
Sal	11.00	100.00	0.13	0.00	0.80	0.53	0.488	3.61	4.80
Lecno rojo	50.00	80.00	0.57	0.00	0.60	2.80	0.7088	3.71	6.01
V.C. CENA									782.54
% DISTR. CENA									14.09
			198.40	82.88	840.38				
			641.88	470.88	2188.2				
			10	10	88				
V.C. TOTAL									4530.98

BRAYO CONSEJEROS & C.A.
 Heitor Quispe TI
 REPRESENTANTE

Dr. Gladys A. Quispe Duran
 NUTRICIONISTA
 C.N.P. 8149



28-L7-18 ABRIL 2022

ALIMENTO	grupos kg	cantidad %	PRECIO \$/kg	GRAMA kg	CNO kg	DISTRIBUCION ALIMENTOS			TOTAL/US
						PRECIO	GRAMAS	CNO	
DESAYUNO: Gasto de fidecos con res, arroz + la y pan									
Té sin azúcar	3.00	54.00	0.05	0.00	0.01	0.01	0	0.03	0.03
Azúcar rubia	15.00	100.00	0.20	0.00	14.75	0.00	0	53.25	53.25
Pan de libran	30.0	100.00	2.88	0.00	21.54	11.52	0.81	55.15	55.40
Fidecos	80.00	100.00	7.52	0.18	52.35	30.00	1.44	151.24	281.76
Arroz Pilado c	80.00	100.00	7.38	0.48	75.02	28.52	4.25	200.28	313.65
Ajías	0.50	80.00	0.50	0.00	0.12	0.00	0.03	0.45	0.60
Aceite vegetal	15.00	100.00	0.20	15.00	0.00	0.00	135.00	0.60	135.00
Papa blanca	100.0	100.00	0.10	0.10	22.50	1.40	0.20	89.20	89.60
Carne de res	80.00	70.00	11.89	0.89	0.00	47.71	5.00	0.00	55.78
Cebolla de ca	15.00	87.00	0.14	0.03	1.14	0.58	0.18	4.54	6.29
Sal	8.00	100.0	0.10	0.04	0.08	0.30	0.20	2.82	3.27
Plátano	3.25	150.00	0.15	0.02	0.21	0.61	0.20	0.83	1.69
Avejas fresco	52.00	54.00	0.58	0.05	1.62	2.30	0.44	0.25	5.23
Zanahoria	20.00	70.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Aj colorado s	0.50	84.00	0.03	0.03	0.24	0.11	0.48	0.48	1.36
V.C. DESAYUNO									1079.18
% DISTR. DESAYUNO									34.18
ALMUERZO: Sopa de trigo moron + Quinoa bebida con asado de res, arroz, ensalada y refresco + fruta									
Carne de Pol	60.0	70.00	6.05	1.57	0.00	34.61	13.029	0.20	60.23
Zapallo maco	40.00	47.00	0.19	0.04	1.25	0.80	0.24	4.81	5.68
Mais Frecso.	40.00	57.00	0.75	0.18	8.34	3.01	1.04	25.35	30.00
Ajías	10.00	75.00	0.05	0.02	0.35	0.21	0.135	1.44	1.79
Papa	10.00	88.00	0.18	0.05	0.50	0.71	0.4752	2.01	3.19
Col blanco	10.00	85.00	0.00	0.02	0.25	0.25	0.15	1.21	1.84
Marón partido	30.00	100.00	5.07	1.05	0.35	20.28	8.45	1.20	30.33
Habas fresco	25.00	39.00	0.99	0.07	2.27	3.68	0.00	5.07	13.65
Quinoa Cruza	50.00	100.00	6.80	0.90	35.15	27.20	24.10	152.00	185.95
Papa blanca	20.00	82.00	0.65	0.04	9.14	3.44	0.27	26.57	40.39
Leche evapor	10.00	100.00	0.70	0.81	1.02	3	7.20	4.35	14.45
Queso pará	10.00	100.00	2.60	3.00	0.33	11	17.00	1.31	30.23
Margarina ve	5.00	100.00	0.00	4.10	0.00	0	28.00	0.00	27.23
Sal	4.00	100.00	0.05	0.02	0.23	0.18	0.18	1.21	1.68
Yerbitas pur	3.00	80.00	0.13	0.02	0.15	0.45	0.15	0.62	1.24
Carne de res	160	100.00	34.08	2.88	0.00	136.32	23.04	0.00	159.36
Arroz Pilado c	100.00	100.00	12.30	0.75	118.79	40.20	8.75	466.80	622.73
Ajías	3.00	80.00	0.17	0.02	0.80	0.67	0.21	3.61	4.29
Aj colorado s	1.50	88.00	0.07	0.05	0.50	0.29	0.73	2.30	3.40
Cominos	0.1	180	0.00	0.00	0.00	0.00	0.00	0.00	0.24
Vinagre	1.50	100.00	0.00	0.02	0.08	0.20	0.14	0.00	0.44
Cebolla de ca	10.00	97.00	0.08	0.01	0.64	0.32	0.10	2.26	3.00
Tomate	20.00	80.00	0.14	0.04	0.77	0.58	1.324	3.10	4.80
Plintosa mol	0.15	180	0.01	0.01	0.10	0.05	0.11	0.20	0.54
Cebada con c	5.00	100.00	0.46	0.12	5.08	1.83	1.07	30.20	38.11
Limon	4.00	100.00	0.02	0.01	0.29	0.28	0.07	1.25	1.70
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0.00	58.28	58.28
Plátano de ca	150.0	80.00	1.55	0.21	21.42	9.12	2.75	83.85	94.55
V.C. ALMUERZO									1279.25
% DISTR. ALMUERZO									41.91
CENA: Arroz a la pariente con pollo + Ensalada infusion									
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0	68.00	68.00
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	32.80	4.5	311.20	346.50
Aceite vegetal	15.0	100.00	0.00	15.0	0.00	0.00	135	0.00	135.00
Avejas fresco	25.00	54.00	0.66	0.06	2.94	3.83	0.728	10.15	14.72
Zanahoria	20.00	80.00	0.18	0.15	2.74	0.71	1.32878	10.65	13.00
Fidecos (tarifa)	30.0	80.00	1.57	0.03	18.72	10.28	0.243	75.17	65.47
Maní (C)	25.00	91.00	0.55	0.07	1.34	2.18	0.01425	7.27	10.17
carne de pollo	50.0	70.00	12.10	1.03	0.93	46.38	16.44	0.00	64.33
Tomate	25.00	80.00	0.18	0.05	0.87	0.72	0.405	3.07	5.00
Cebolla de ca	100.00	87.00	0.04	0.13	7.57	3.75	1.205	30.28	35.24
Sal	11.00	100.00	0.13	0.05	0.90	0.83	0.498	3.61	4.63
Luchuga reco	05.00	80.00	0.07	0.09	0.60	0.30	0.7668	3.71	6.87
V.C. CENA									762.54
% DISTR. CENA									24.98
			VCT (04)	136.40	62.88	840.28			
			VCT (total)	441.68	473.88	3168.2			
			VCT (%)	18	18	48			
V.C.T. MOVU									2120.98



BRAND *[Signature]*
Hector Quispe
 REPRESENTANTE

[Signature]
Lic. Gladys Quispe Duran
 NUTRICIONISTA
 C.N.P. 6300

19-20-21 ABRIL 2018

ALIMENTO	g/g	cantidad	PROT	GRASA	CHO	DESCRIPCION DE ALIMENTO			TOTAL
						g/g	g/g	g/g	
DESAYUNO: Café de gata + Té y QI pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Pan de lebrón	35.00	100.00	3.38	0.11	25.13	13.44	0.948	100.32	114.91
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Papas de res	1.00	80.00	20.15	4.70	0.83	80.38	60.84	3.40	136.30
Tomate	3.00	90.00	0.28	0.02	0.18	0.25	0.17	0.73	1.10
Apio	4.10	75.00	0.50	0.01	0.15	0.09	0.04	0.26	0.73
Wasa	3.00	85.00	0.22	0.01	0.06	0.06	0.06	0.37	0.47
Agua	1.00	100.00	0.00	0.01	0.30	0.32	0.070	1.33	1.51
Mantequilla	35.00	90.00	1.80	0.68	25.21	7.60	0.28	103.85	114.94
Aceite vegetal	12.00	100.00	0.00	13.00	0.00	0.00	198	0.00	108.00
Sal	12.00	100.00	0.14	0.00	0.98	0.50	0.34	3.94	5.05
Papa blanca	150.00	88.00	2.77	0.13	20.44	11.09	1.188	117.74	138.03
Cebolla de col	35.00	87.00	0.33	0.05	2.65	1.31	0.4221	10.60	12.33
Chufa blanca	40.00	80.00	0.18	0.00	1.01	0.66	0	6.43	7.08
Vinagre surt	5.00	54.00	0.13	0.02	0.18	0.52	0.1791	0.70	1.09
Aji colorado s	3.00	100.00	0.14	0.18	1.17	0.90	1.404	4.70	6.05
V.C. DESAYUNO									788.32
% DISTR. DESAYUNO									28.36
ALMUERZO: Sopa Juliana + pescado frito, arroz, ensalada + refresco + fruta									
Huevo de gall	10.00	64.00	1.89	1.23	0.26	0.40	0.29	1.20	1.60
Puro	0.00	88.00	0.11	0.00	0.30	0.00	0.04	0.43	0.54
Apio	0.00	75.00	0.02	0.00	0.11	0.00	14.58	8.79	29.90
Leche evapor	20.00	100.00	1.40	1.82	3.18	11.70	28.35	1.39	46.50
Queso paria	15.00	70.00	2.84	3.15	0.36	0.57	0.77	70.82	77.15
Papa blanca	100.00	88.00	1.79	0.08	18.96	0.57	0.97	6.20	6.13
Cajalote maiz	35.00	54.00	0.14	0.04	1.30	0.50	0.54	3.94	5.06
Sal	12.00	100.00	0.14	0.00	0.98	3.01	1.94	28.25	30.00
Mantequilla	40.00	87.00	0.78	0.18	6.24	1.06	0.66	9.87	11.10
Mantequilla	25.00	35.00	0.39	0.04	3.27	0.47	0.29	7.27	8.63
Zanahoria	25.00	78.00	0.12	0.10	1.82	0.43	0.16	0.80	1.28
Maizcillo	4.00	84.00	0.11	0.02	0.17	0.40	0.16	0.69	1.28
Pescado	180.00	100.00	34.80	0.34	0.48	138.24	54.10	1.80	196.32
Ajo	2.00	80.00	0.09	0.01	0.48	0.30	0.13	1.80	3.43
Sal	10.00	100.00	0.12	0.04	0.82	0.40	0.40	3.28	4.21
Arroz Pilado c	150.00	100.00	13.90	0.78	146.70	49.20	6.70	498.80	622.70
Cebolla de col	60.00	87.00	0.30	0.04	4.54	3.20	0.73	16.17	21.11
Aji colorado s	3.00	84.00	0.14	0.18	1.20	0.57	1.40	4.76	6.70
Aceite vegetal	2.00	100.00	0.00	2.00	0.00	0.00	18.00	0.00	36.00
Orégano seco	0.30	84.00	0.00	0.00	0.00	0.00	0.01	0.13	0.16
Vinagre	10.50	100.00	0.00	0.17	0.82	0.00	1.49	3.30	4.79
Mantequilla	20.00	100.00	2.10	0.40	14.60	8.40	3.60	59.84	71.84
Cebolla por s	0.80	100.00	0.46	0.12	0.08	1.82	1.07	20.22	23.11
Manzana	150.00	100.00	0.45	0.18	21.80	1.80	1.30	97.60	99.78
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.63	137.63
V.C. ALMUERZO									1313.47
% DISTR. ALMUERZO									48.07
CENA: Casa casa de pollo, arroz + infusion									
Arroz Pilado c	90.00	100.00	1.35	0.40	70.00	29.50	4.00	200.58	310.85
Ajo	0.80	86.00	0.02	0.00	0.12	0.00	0.03	0.48	0.60
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Papa blanca	100.00	100.00	2.10	0.10	22.30	8.40	0.90	90.30	94.50
Carnes de Pollo	100.00	70.00	14.42	2.52	0.00	57.60	23.00	0.00	80.30
Cebolla de col	60.00	87.00	0.30	0.04	2.27	1.10	0.30	6.69	10.67
Sal	7.70	100.00	0.09	0.04	0.63	0.37	0.30	3.60	3.24
Wasa	3.30	100.00	0.10	0.02	0.24	0.61	0.20	0.83	1.05
Mantequilla	25.00	54.00	0.39	0.08	2.54	3.85	0.70	10.19	14.72
Zanahoria	25.00	78.00	0.12	0.10	1.82	0.47	0.29	7.27	8.63
Aji colorado s	1.00	88.00	0.05	0.00	0.40	0.10	0.40	1.60	2.20
Mantequilla	3.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.50
Azúcar rubia	30.00	100.00	0.00	0.00	29.41	0.00	0.00	117.66	117.66
V.C. CENA									832.68
% DISTR. CENA									28.57
VCT (Gr.)			115.83	88.13	488.67				
VCT (kcal)			460.50	823.13	1884.66				
VCT (%)			18	18	67				
V.C.T. MENU									2194.40



H. Gladys A. Quijse Duran
NUTRICIONISTA
C.N.P. 0149

BRVD CONSULTORES & CO.
Hector Quijse Tia
REPRESENTANTE

22-23-24 ABRIL 2022

ALIMENTO	gajar kg	cantidad %	PROT Ar (g)	GRASA g	CHO g	Componentes nutricionales			Total kcal
						PROT	GRASAS	CHO	
DESAYUNO: Estofado de pollo, arroz + café + pan									
Café en azúcar	4.00	100.00	0.01	0.00	0.00	0.00	0.00	0.12	0.21
Café ordena	0.00	04.00	0.00	0.00	0.00	0.00	0.00	0.11	0.11
Café de olor	0.00	04.00	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	131.67	101.87
Pan de haban	30.00	100.00	2.88	0.09	21.0	11.50	0.01	88.90	88.88
Carne de Pori	100.00	80.00	16.88	3.88	0.00	87.07	26.07	0.00	84.14
Ajón	5.00	80.00	0.22	0.03	1.20	0.90	0.78	4.90	0.00
Sal	3.00	100.00	0.10	0.04	0.00	0.00	0.00	2.90	0.00
Arveja frecci	30.00	80.00	1.38	0.12	0.07	5.94	1.00	14.00	21.00
Zanahora	45.00	80.00	0.22	0.18	3.00	0.88	1.00	10.00	10.10
Perceñ	2.00	80.00	0.08	0.01	0.07	0.00	0.00	0.00	0.00
Acidita vegetal	25.00	100.00	0.00	20.00	0.00	0.00	320.00	0.00	200.00
Tomate	35.00	80.00	0.00	0.00	1.00	0.70	0.40	4.00	0.40
Papa blanca	150.00	80.00	2.58	0.12	27.40	10.00	1.11	109.70	121.10
V.C. DESAYUNO									729.41
% DISTR. DESAYUNO									#(DISTR)
ALMUERZO: Meneastron, Asado de pollo, arroz, refresco + fruta									
Carne de res	80.00	70.00	0.50	2.40	0.00	0.00	21.67	0.00	80.00
Espinaca neg	10.00	80.00	0.00	0.11	0.00	1	1.00	2.00	4.00
Albahaca (4)	10.00	80.00	0.00	0.10	0.00	1	1.00	2.00	0.00
Fideos	40.00	100.00	3.70	0.00	30.00	10	0.70	100.10	140.00
Zapato maro	10.00	80.00	0.00	0.00	0.00	0	0.10	2.00	0.40
Ajón	0	70.00	0.00	0.01	0.00	0	0.00	0.00	1.00
Poro	0.00	70.00	0.10	0.04	0.04	0	0.00	1.00	0.10
Nabo	0.00	70.00	0.00	0.01	0.10	0	0.00	0.00	0.00
Hojas fresca	30.00	40.00	1.00	0.10	0.11	0	0.00	10.40	10.70
Zanahoria	30.00	80.00	0.10	0.10	2.40	1	1.10	0.00	11.41
Papa blanca	150.00	80.00	2.58	0.10	27.40	10	1.11	109.70	121.10
Sal	4.00	100.00	0.00	0.00	0.00	0	0.10	1.00	1.00
Cozido de ca	0.10	84.00	0.10	0.00	0.00	0	0.10	1.00	0.10
Ajón	0.00	80.00	0.10	0.01	0.00	0	0.10	2.00	0.00
Papa blanca	100.00	80.00	1.70	0.00	10.00	0.00	0.70	70.10	80.10
Acidita vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Perceñ	3.00	80.00	0.00	0.01	0.07	0.10	0.00	0.00	0.00
Cozido de ca	30.00	80.00	0.00	0.04	2.00	1.10	0.00	0.00	10.00
Tomate	20.00	80.00	0.10	0.04	0.00	0.00	0.00	3.41	4.40
Limon	0.00	80.00	0.01	0.01	0.00	0.00	0.00	1.00	1.10
Sal	0.00	100.00	0.10	0.04	0.00	0.00	0.00	0.00	0.00
Carne de Pori	100.00	70.00	16.00	4.00	0.00	80.00	26.00	0.00	100.00
Arroz frito c	150.00	100.00	12.00	0.70	110.00	40.00	0.70	400.00	520.00
Cozido de ca	80.00	80.00	0.40	0.00	0.70	1.00	0.00	10.10	10.00
Ajón colorado c	0.00	80.00	0.10	0.11	0.00	0.00	0.00	0.00	0.00
Morcuyoñ	20.00	100.00	0.00	0.00	0.00	0.00	0.00	10.00	10.00
Azúcar rubia	20.00	100.00	0.00	0.00	10.00	0.00	0.00	70.00	70.00
Naranja	100.00	80.00	0.70	0.04	10.10	2.00	2.10	40.40	50.00
V.C. ALMUERZO									1100.00
% ALMUERZO									37.80
CENA: Yuca arrebosada, arroz, ensalada + infusion									
Yuca blanca	100.00	80.00	0.80	0.10	31.40	2.00	1.40	100.70	120.70
Queso para	20.00	100.00	7.00	7.00	0.00	20.00	60.00	0.00	80.00
Huevo de gal	10.00	80.00	1.00	1.00	0.00	7.00	11.11	1.00	20.11
Harina de trig	30.00	100.00	0.10	0.00	22.40	10.00	0.40	80.70	107.70
Arroz frito c	80.00	100.00	7.00	0.40	70.00	20.00	4.00	200.00	300.00
Tomate	40.00	80.00	0.00	0.00	1.00	1.10	0.00	0.10	7.00
Peperón s Pa	80.00	70.00	0.00	0.00	1.00	1	0.00	0.00	7.00
Leche evapor	10.00	100.00	1.00	1.00	1.00	0	10.00	0.00	21.00
Sal	0.40	100.00	0.10	0.04	0.00	0.40	0.00	0.00	0.00
Acidita vegetal	20.00	80.00	0.00	20.00	0.00	0.00	200.00	0.00	200.00
Hortals	0.00	84.00	0.00	0.01	0.00	0.10	0.10	0.00	0.00
Azúcar rubia	30.00	100.00	0.00	0.00	34.41	0.00	0.00	107.00	107.00
V.C. CENA									1101.10
% DISTR. CENA									37.80
			104.32	90.80	880.00				
			417.00	880.00	2000.00				
			14	20.00	80.00				
VCT. MENU									2104.00



BRAYD CONSULTING & SERVICIOS
 HECTOR QUISPE THOR
 REPRESENTANT

Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 8140

25-26-27 ABRIL 2018

ALIMENTO	gr/m	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALORES POR GRAMOS			TOTAL (g)
						PROT	GRASA	CHO	
DESAYUNO: Cereal blanco con pollo, Café y pan									
Café sin azúcar	3.00	100.0	0.01	0.00	0.50	0.04	0.00	0.10	0.18
Arroz mola	30.00	100.00	0.00	0.00	20.0	0.00	0	117.96	117.96
Pan de melen	30.00	100.00	3.80	0.09	21.0	11.52	0.01	85.16	86.49
Carne de Pollo	100.00	70.00	14.42	2.52	0.20	57.56	22.60	0.00	80.38
Arroz Blanco c	40.00	100.00	3.28	0.30	31.12	13.12	1.60	124.48	139.40
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0.00	130.00	0.00	135.00
Ajo	0.00	70.00	0.04	0.01	0.28	0.17	0.108	1.10	1.43
Papa	0.00	80.00	0.14	0.04	0.40	0.57	0.38016	1.01	2.51
Nabo	0.00	80.00	0.03	0.01	0.18	0.13	0.00004	0.70	0.93
Garbanzo cru	15.00	80.00	2.50	0.82	0.10	10.27	7.4118	30.40	50.23
Papa Blanca	100.00	80.00	1.72	0.08	18.20	0.88	0.738	73.14	80.77
Yuca Blanca	60.00	70.00	0.45	0.11	20.01	1.79	1.008	88.00	90.83
Cebolla blanca	30.00	80.00	0.14	0.00	1.32	0.54	0	5.28	5.93
Polvora azul	0.00	800	0.01	0.01	0.05	0.03	0.0018	0.20	0.29
Sal	12.00	100.00	0.14	0.08	0.88	0.58	0.54	3.04	5.05
Cebolla de ca	20.00	87.00	0.16	0.03	1.51	0.70	0.2412	8.05	7.05
Ajo	2.00	80.00	0.08	0.01	0.40	0.38	0.1182	1.60	2.42
Vendimia azul	2.00	80.00	0.18	0.03	0.20	0.77	0.332	1.04	2.00
V.C. DESAYUNO								820.87	
% DIST. DESAYUNO								28.49	
ALMUERZO: Mazonera de chaflo, Lomo atado, arroz, natvaco y fruta									
Carne de res	80.00	70.00	8.88	0.67	0.00	28.75	0.00	0.00	41.63
Cebolla moída	25.00	100.00	0.13	0.00	1.20	0.50	0.00	4.00	5.40
Zapallo moído	40.00	47.00	0.13	0.04	1.20	0.53	0.34	4.91	6.06
Ajo	4.10	70.00	0.02	0.01	0.15	0.09	0.08	0.59	0.73
Papa	2.00	80.00	0.04	0.01	0.10	0.14	0.10	0.40	0.64
Papa Blanca	170.00	80.00	2.90	0.14	31.00	11.71	1.35	124.24	157.31
Zanahoria	20.00	70.00	0.08	0.08	1.40	0.30	0.71	3.61	5.00
Nabos frescos	25.00	80.00	0.09	0.01	2.21	3.25	0.00	0.07	43.05
Carne de res	180.00	70.00	17.89	1.34	0.00	71.67	12.10	0.00	83.00
Arroz Blanco c	150.0	100.00	12.30	0.70	114.70	48.00	6.75	499.65	675.70
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Ajo	4.00	80.00	0.18	0.03	0.97	0.72	0.23	3.60	4.84
Sal	12.00	100.00	0.14	0.08	0.88	0.58	0.54	3.04	5.05
Tomate	30.00	80.00	0.22	0.02	1.16	0.80	0.40	4.84	6.90
Perce	10.00	80.00	0.25	0.04	0.24	1.00	0.30	1.38	2.75
Cebolla de ca	80.00	87.00	0.50	0.08	4.64	2.20	0.72	18.17	21.15
Aji colorado a	5.00	88.00	0.24	0.27	3.00	0.60	0.30	7.88	11.30
Cebolla con c	6.00	100.00	0.40	0.12	1.00	0.00	0.07	1.50	1.70
Limon	4.00	100.00	0.02	0.01	0.20	0.00	0.00	117.90	117.90
Arroz mola	30.00	100.00	0.00	0.00	20.40	0.00	0.00	120.60	130.40
Polvora de az	100.0	80.00	0.21	0.44	30.01	0	0.00	0.80	6.63
V.C. ALMUERZO								1314.55	
% DIST. ALMUERZO								43.53	
CENA: Pañol de tallarin+ natvaco									
Pavos tallarin	200	40.0	7.90	0.08	80.68	30.40	0.70	302.73	393.84
Huevo de gall	20.00	80.00	2.05	1.60	0.20	7.00	18.20	10.90	30.13
Leche aspor	20.00	100.00	1.75	0.00	2.70	43.40	7.34	0.00	50.80
Carne de res c	80.00	80.00	10.80	0.82	0.00	43.40	7.34	0.00	60.80
Cebolla de ca	40.00	87.00	0.30	0.05	3.00	1.00	0.40	12.11	14.10
Ajo	5.00	80.00	0.22	0.03	1.20	0.60	0.20	4.80	6.50
Acetate vegetal	20.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Aji colorado a	5.00	84.00	0.24	0.27	3.00	0.60	0.30	7.88	11.30
Sal	12.00	100.00	0.14	0.08	0.88	0.58	0.54	3.04	5.05
Arroz mola	30.00	100.00	0.00	0.00	34.41	0.00	0.00	137.57	137.57
V.C. CENA								746.76	
% DIST. CENA								25.88	
			87.90	88.21	486.48				
			381.61	613.88	1889.88	2871.46			
			14	21	65	100			
VCT. MENU								2881.10	



BRYAN CONSULTING & SERVICIOS
 HECTOR GUISPE TIR
 REPRESENTANTE

Lic. Gladys E. Guispe Duran
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 C.N.P. 8748

28-29-30 ABRIL 2018

ALIMENTO	g/gar	cantidad	PROT	GRASA	CHO				
	g/g	%				g/g	g/g	g/g	g/g
DESAYUNO: Saldado de arroz, arroz + te y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Azúcar rubio	20.00	100.00	0.00	0.00	10.00	0.00	0	70.04	70.04
Pan de latón	30.0	100.00	2.88	0.09	21.54	11.52	0.01	80.16	80.49
Avejas fresco	20.00	54.00	1.15	0.10	3.00	4.0	0.07	12.18	17.43
Manitas (C)	60.00	91.00	1.00	0.14	3.60	4.17	1.33	14.74	20.34
Zanahoria	40.00	70.00	0.10	0.10	2.91	0.70	1.43	11.60	13.91
Grasas de Sal	20.00	100.00	0.70	3.70	0.00	0.27	24.30	3.20	50.30
Cebolla de ca	50.00	67.00	0.47	0.07	3.70	1.80	0.60	10.14	17.00
Papa blanca	100.0	80.00	1.72	0.08	10.20	0.00	0.74	70.14	80.77
Arroz Pilado c	90.0	100.00	7.30	0.40	70.00	20.50	4.00	290.00	310.00
Ajca	3.00	80.00	0.22	0.00	1.20	0.00	0.20	4.00	0.00
Acidita vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Perce	4.00	50.00	0.10	0.01	0.10	0.00	0.10	0.00	1.00
Tomate	20.00	84.00	0.00	0.00	0.40	0.00	0.10	1.00	3.00
Sal	12.00	100.00	0.14	0.00	0.00	0.00	0.04	0.04	0.00
V.C. DESAYUNO									842.00
% DIST. DESAYUNO									28.70
ALMUERZO: Cazuela de res Pechameasa de pollo a la olla, arroz, refresco y fruta									
Carné de res	80.00	70.00	0.90	0.67	0.00	20.70	0.00	0.00	41.00
Zapallo maced	30.00	47.00	0.10	0.00	0.00	0.00	0.00	0.00	4.20
Ajca	0.00	70.00	0.00	0.01	0.00	0.10	0.00	0.00	1.07
Papa	0.00	80.00	0.11	0.00	0.00	0.40	0.00	1.00	1.00
Habas fresco	20.00	30.00	0.70	0.00	1.01	3.10	0.00	7.20	30.00
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.71	0.00	0.00
Papa blanca	90.00	80.00	0.80	0.04	0.14	3.44	0.37	30.37	40.30
Carné de Pollo	100.0	70.00	20.07	4.00	0.00	80.20	0.00	0.00	100.00
Canela mora	100.0	84.00	1.10	0.00	0.00	4.70	0.00	80.00	80.00
Wafel Fresco	80.0	07.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00
Habas fresco	30.0	30.00	1.10	0.00	0.00	2.70	0.00	10.00	30.00
Plumcay	1.00	04.00	0.00	0.00	0.00	0.11	0.00	0.17	0.30
Cilantro	10.00	07.00	0.10	0.07	0.40	0.70	0.07	1.00	3.00
Ajca	0.00	00.00	0.00	0.01	0.40	0.00	0.10	1.00	1.40
Acidita vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Arroz Pilado c	100.0	100.00	10.00	0.10	100.00	40.00	0.70	400.00	500.00
Silbo	0.00	100.00	0.00	0.10	0.00	0.00	1.70	0.00	3.70
Vinagre	0.00	100.00	0.00	0.00	0.00	0.00	0.00	1.00	1.40
Glucosado m	0.10	100.00	0.00	0.00	0.10	0.07	0.00	0.00	0.00
Manzana roja	0.10	100.00	0.01	0.01	0.10	0.00	0.11	0.00	0.00
Cornitos	0.10	100.00	0.01	0.00	0.10	0.00	0.00	0.00	0.00
Aji colorado c	1.00	00.00	0.07	0.00	0.00	0.00	0.70	0.00	0.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla mor	10.00	100.00	0.00	0.00	0.10	0.00	1.00	0.00	0.00
Limon	0.00	100.00	0.00	0.01	0.40	0.10	0.00	1.00	0.00
Azúcar rubio	80.00	100.00	0.00	0.00	20.40	0.00	0.00	117.00	117.00
Plátano de ca	100.0	00.00	0.00	0.40	0.00	0.00	4.00	100.00	100.00
V.C. ALMUERZO									1300.37
% DIST. ALMUERZO									41.00
CENA: GUISO DE FIDEOS CON RES, ARROZ + INFUSIÓN									
Carné de res	80.00	70.00	11.00	0.00	0.00	47.71	0.00	0.00	60.70
Fideos	80.00	100.00	7.00	0.10	0.00	0.00	1.44	200.00	30.70
Ajca	1.00	00.00	0.00	0.01	0.00	0.00	0.00	1.00	1.00
Arroz pilado c	90.00	100.00	0.10	0.00	0.00	0.00	0.01	0.00	0.00
Papa blanca	100.00	80.00	1.70	0.00	0.00	0.00	0.74	70.14	80.77
Perce	1.00	100.00	0.00	0.00	0.00	0.00	0.70	0.00	0.00
Cebolla de ca	40.00	84.00	0.47	0.07	0.00	0.00	0.00	10.10	17.00
Sal	10.00	100.00	0.00	0.00	1.40	0.00	0.01	0.00	0.00
Acidita vegetal	20.00	100.00	0.00	20.00	0.00	0.00	200.00	0.00	200.00
Perce	0.00	00.00	0.10	0.00	0.17	0.00	0.10	0.00	0.00
Avejas fresco	30.00	47.00	1.00	0.00	0.00	0.00	0.00	10.00	10.00
Zanahoria	20.00	07.00	0.10	0.10	0.00	0.00	1.00	11.00	10.00
Aji colorado c	0.00	00.00	0.04	0.00	0.14	0.00	0.10	0.00	0.00
Habas	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubio	80.00	100.00	0.00	0.00	20.40	0.00	0.00	107.00	107.00
Tomate	30.00	70.00	0.10	0.00	1.00	0.00	0.00	0.00	0.00
Haban	0.00	04.00	0.00	0.00	0.10	0.00	0.00	0.00	0.00
Azúcar rubio	80.00	100.00	0.00	0.00	20.40	0.00	0.00	117.00	117.00
V.C. CENA									1000.00
% DIST. CENA									32.00
			100.00	80.10	507.04				
			400.10	507.04	1271.4				
			10.00	17.00	00.00				
VCT. MENU									1367.10





BRAND CONSULTORIA S.R.L.
 HECTOR GUAYE TIR
 REPRESENTANTE

Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 01409

DIETA:DIABETES MELLITUS - POBLACION PENAL - MES DE ABRIL 2018

domingo, 1 de abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	GUISO DE VAINITAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
lunes, 2 de abril de 2018	HARINA DE CEBADA + 02 PANES + MARGAR	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 3 de abril de 2018	TE + 02 PANES + ATUN	IRRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
miércoles, 4 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 5 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACELGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 6 de abril de 2018	SOYA CON PIÑA + 02 PANES + HUEVO SANCOCHADO	CANGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
sábado, 7 de abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 8 de abril de 2018	CAFE + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
lunes, 9 de abril de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 10 de abril de 2018	TE + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON POLLO, ARROZ + INFUSION
miércoles, 11 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO BORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
jueves, 12 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ, ENSALADA + INFUSION
viernes, 13 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CANGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENDENCIA DE POLLO
sábado, 14 de abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 15 de abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	CHAMFANITA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 16 de abril de 2018	HARINA DE CEBADA + 02 PANES + FRUTA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 17 de abril de 2018	TE + 02 PANES + ATUN	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
miércoles, 18 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACNEÑA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	AQUADITO CON MENDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 20 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CANGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
sábado, 21 de abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ESCABECHE DE POLLO A LA LIMENA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 22 de abril de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
lunes, 23 de abril de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 24 de abril de 2018	TE + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
miércoles, 25 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
jueves, 26 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
viernes, 27 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CANGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENDENCIA DE POLLO
sábado, 28 de abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN
domingo, 29 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
lunes, 30 de abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CANGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN


 NUTRICIONISTAS A C
 Victor Quijpe
 N.P. 6149


 Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 6149



DIETA: DIABETES MELLITUS

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domingo, 01 de abril 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: 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	0.28	24.67	5	2.59	98.69	106.66
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0001	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 labrao	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	304.30
								%DIST. D	16.97
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	120.0	100.00	9.84	0.60	93.36	39	6.40	373.44	418.20
Tomate	40.00	92.00	0.29	0.07	1.58	1	0.66	6.33	8.17
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acolla vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4396	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.28
Papa blanca	100.0	92.00	1.83	0.09	20.52	8	0.83	82.06	90.82
Cebolla de ca	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.68	64.09	73.79
								V.C. ALMUERZO	922.30
								% DISTR. ALMUERZO	51.43
GENA: 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	89.19
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.65	280.08	313.85
Acolla vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
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	16.43
Silao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
								VC DES.	566.78
								%DIST. D	31.60
			58.02	42.46	294.80				
			232.07	382.14	1179.18				
			12.94	21.31	65.75				
					100.00			VCT	1793.39

ESTABLECIMIENTO
NUTRICION
1/10/18


JE. Gladys R. Quispe Duran
NUTRICIONISTA
C.N.P. 6148

BRavo CONSEJOS Y SERVICIOS

Hector Quispe Tito
REPRESENTANTE

lunes, 02 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	le				%	An (g)	(g)	(g)
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	27.03
Almuerzo: Pescado al horno , ensalada , arroz , refresco y fruta									
Pescado	200.00	89.00	41.13	7.43	0.57	165	68.83	2.28	233.62
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Papinito o Pa	80.00	72.00	0.29	0.06	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	0.06	0.98	1	0.54	3.94	5.05
Lechuga redo	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Aji colorado s	5.00	88.00	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	3.83
Cebolla de ca	80.00	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	89.00	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.	821.33
								%DIST. D	53.57
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	0.08	21.54	11.52	0.81	86.16	98.49
Leche evapora	40.00	100.00	2.80	3.24	4.36	11	29.16	17.44	57.80
									297.31
									19.30
			77.31	20.61	269.60				
			309.26	185.47	1038.38				
			20.2	12.1	67.7				
					100.00				1533.11



Lic. Gladys R. Quijse Duran
 NUTRICIONISTA
 C.N.P. 6149

UNIV. CONEJOS & SERVICIOS
Hector Quijse Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

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martes, 03 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			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	0.84	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
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	10.23	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 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	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
									353.73
									18.41
ALMUERZO: Héro de zapallo , arroz , fruta y refresco									
Leche evaporada	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	120.0	100.00	9.84	0.60	93.38	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
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	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	0.58	0	0.13	2.34	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	6.84	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.
									972.45
									% DIS ALM.
									50.62
CENA Guiso de fideos con pollo , infusion									
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	106.66
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0.00	45	0.00	45.00
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
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	40.00	89.00	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.
									594.00
									%DIST. D
									30.96
			70.15	37.51	325.69				
			280.61	337.61	1302.76				
			14.6	17.6	67.8				
					100.00				V.C.T. MENU
									1920.98



Jc. Gladys E. Quijpe Duran
NUTRICIONISTA
C.N.P. 6149

.....
Hector Quijpe Tit.
REPRESENTANTE

DIETA: DIABETES MELLITUS

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miércoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
			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	7.83	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
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.33
									30.53
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.00	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresca	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 d	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	60.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
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
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 fresca	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	5.10	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
Cabolla 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	16.0	7	2.65	64.09	73.79
									VC Alm
									926.77
									% Dist
									51.50
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
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
									17.97
			75.45	55.23	250.14				
			301.79	497.04	1000.55				
			16.8	27.8	55.6				
					100.00				VCT
									1799.38



Jc. Guispe R. Guispe Duran
NUTRICIONISTA
 C.N.P. 6100

Hector Guispe Tito
REPRESENTANTE

jueves, 05 de abril de 2018

2-

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				PROT	GRASAS	CHO	
		%	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
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	63.19	11.28	76.23
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	23.43
Almuerzo: Guiso de acelga, arroz, fruta y refresco									
Carne de Pol	100.00	85.00	17.61	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	120.0	100.00	9.84	0.60	93.36	39.38	5.40	373.44	418.20
Aceite vegeta	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	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	80.0	88.00	1.48	0.07	15.70	6	0.63	62.80	69.34
Cebolla de ca	80.00	67.00	2.60	0.11	6.06	11.20	0.96	24.23	38.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	889.59
								%DIST. D	50.80
CENA: Tallarines rojos con carne molida + infusion									
Carne de res	80.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
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	0.83	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	2.68	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
Aceite 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
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
									451.44
								%DIST. D	25.78
			70.51	40.68	275.78				
			282.06	366.12	1103.14				
			16.11	20.91	62.99				
					100.00				
								VGT	1751.31



Lc. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

Hector Quispe T...
 BRAVO CONSULTING & SERVICES
 NUTRICIONISTA
 REPRESENTANTE

viernes, 06 de abril 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 + huevo sancochado									
Harina de soya	25.00	100.00	2.18	1.83	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 gal	60.00	88.00	7.94	4.94	1.06	32	44.45	4.23	60.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									375.29
								%DIST. D	24.14
ALMUERZO: Caigua rellena, arroz , refresco y fruta									
Carne de res	80.00	85.00	14.48	1.09	0.00	58	9.79	0.00	67.73
Arroz Pilado c	120.0	100.00	9.84	0.60	83.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.96
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	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	46.98
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 vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Vsinitas (2)	40.00	91.00	0.67	0.11	2.95	3.49	0.9828	11.79	18.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano secc	2.00	94.00	0.03	0.01	0.21	0	0.09	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									923.97
									% DISTR. ALMUERZO
									53.49
CENA: Sopa de fideos con cabeza									
Cabeza de re	80.00	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	0.25	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 secc	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	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	428.04
									%DIST. D
			67.88	32.10	291.72				
			271.51	288.90	1166.90				
			15.72	16.73	67.56				
					100.00			VCT	1727.30



A. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P 8149

Hector Quijpe Tito
 REPRESENTANTE

sábado, 07 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
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	7.83	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
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	198.98
								VC DES.	489.82
								%DIST. D	30.37
Almuerzo: Arroz con pollo, ensalada + fruta y refresco									
Cama de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Filado d	130.0	100.00	10.68	0.65	101.14	43	5.85	404.56	453.05
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cilantro	20.00	57.00	0.36	0.15	0.80	2	1.33	3.19	6.03
Espinaca negr	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
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
Arvejas fresc	30.00	82.00	1.32	0.11	3.50	5	1.00	13.99	20.27
Zanahoria	30.00	82.00	0.15	0.12	2.26	1	1.11	9.05	10.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Lchupa redo	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Tomate	80.00	98.00	0.83	0.16	3.41	3	1.43	13.62	17.58
Plátano de se	150.0	88.00	1.94	0.39	27.09	8	3.48	108.36	119.58
								VC DES.	915.17
								%DIST. D	56.75
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	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	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	207.72
								%DIST. D	12.88
			76.69	36.97	243.41				
			306.34	332.73	973.63				
			19.0	20.6	60.4				
					100.00			VCT	1612.71



Dr. Gladys E. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

Héctor Quispe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

domingo, 08 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL KCAL
			An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO:	Café+ 02 panes + camote sancochado								
Café sin azúca	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	82.00	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	1.62	172.32	196.98
									299.97
									18.30
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	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
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	82.00	0.26	0.29	2.16	1	2.68	8.64	12.25
Azote 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
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.86
Zanahoria	30.00	82.00	0.15	0.12	2.28	1	1.11	9.05	10.75
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
									V.C. ALMUERZO
									804.36
									% DISTR. ALMUERZO
									49.07
CENA	Arroz a la jardinera con salchicha + infusion								
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
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	0.86	0.38	0.36	2.62	3.37
Fideos	20.00	100.00	1.88	0.04	15.64	8	0.36	62.56	70.44
Cebolla de cal	18.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	30.00	78.00	0.14	0.12	2.18	1	1.07	8.72	10.36
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									534.97
									32.63
			54.49	26.40	295.94				
			217.97	237.57	1183.76				
			13	14	72				
					100.00			VCT MEN	1639.30



Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

BAWU COMERCIO Y SERVICIOS
Hector Quispe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

lunes, 09 de abril de 2018

ALIMENTO	gr/per (g)	convertib le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			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	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Queso de cha	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	23	1.62	172.32	196.98
								VC DES.	375.44
								%DIST. D	25.12
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	68.83	2.28	233.62
Arroz Pilado c	120.00	100.00	9.84	0.80	93.36	39	5.40	373.44	418.20
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Papinito 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
Lechuga reda	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	60.00	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Aji colorado s	3.00	88.00	0.14	0.18	1.20	1	1.43	4.79	8.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.81
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
Vinagra	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.70	0.29	16.00	7	2.65	64.09	73.79
								VC DES.	836.02
								%DIST. D	55.95
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	139.72	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
									282.86
									18.93
			80.79	17.93	252.46				
			323.18	161.34	1009.80				
			21.63	10.80	67.58				
					100.00			VCT MEN	1494.32



Jc. Gladys R. Quijpe Duran
NUTRICIONISTA
C.N.P. 6140

BRAMU COMERCIO Y SERVICIOS
Hector Quijpe Tito
REPRESENTANTE

DIETA: DIABETES MELLITUS

martes, 10 de abril 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: 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 lebrón	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
									15.00
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	30.00	100.00	2.82	0.08	23.48	11	0.54	93.84	105.66
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	68.98
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
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	16.54
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
									VC DES.
									936.74
									%DIST. D
									59.53
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	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
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	0.67	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	3.86	6	1.98	15.52	23.94
Papa blanca	80.0	85.00	1.07	0.05	11.37	4	0.46	45.49	50.24
Aceite vegetal	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	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									V.C. CENA
									634.92
									% DIST. CENA
									34.47
	VCT (Gr.)		79.33	33.53	305.69				
	VCT (kcal.)		317.31	301.80	1222.75				
	VCT (%)		17	16	66				V.C.T. MENU
					100.00				1841.87



El Guiso de Pollo
NUTRICIONISTA
C.N.P. 6143

INPE
Hector Guispe Tito
REPRESENTANTE

miércoles, 11 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
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 evapora	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.18	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
Queso paria	30.00	100.00	8.40	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	199.98
									549.45
									32.93
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegeta	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	80.0	96.00	1.61	0.08	17.13	6	0.69	68.51	75.65
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga rido	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
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	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC ALMU	932.05
									55.86
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	0.85	0.89
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
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	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	186.99
								%DIST. D	11.21
			74.68	43.77	243.97				
			298.73	393.89	976.87				
			17.9	23.6	58.5				
					100.00			VCT	1668.49



R. Gladys E. Quispe Duran
 NUTRICIONISTA
 C.N.P 6148

BRAND CONSULTING & SERVICES
Hector Quispe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

jueves, 12 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			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	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	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	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.18	11.28	76.23

410.28
22.71



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	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	0.86	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	0.38	0.05	1.95	1	0.48	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	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
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	0.20	16.0	7	2.65	64.08	73.79
								VC DES.	952.16
								%DIST. D	52.72

CENA: Pollo sancochado, arroz, ensalada + 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
Papinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.68
Zanahoria	40.00	78.00	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
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
								VC DES.	443.80
								% DIS ALM.	24.57
			77.86	28.44	309.70				
			311.45	255.98	1238.80				
			17.2	14.2	68.6				
					100.00				
								VCT	1806.23

Lucelys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 8140

Héctor Quispe Tito
 REPRESENTANTE

viernes, 13 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DEBAYUNO: 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	84.00	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
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
									447.02
									25.29
ALMUERZO: Caigua rellena, arroz , refresco y fruta									
Carno de res	80.00	85.00	10.96	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado d	120.0	100.00	9.84	0.80	93.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.88
Cebolla de ca	80.00	89.00	1.00	0.14	6.05	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	6.06
Aji colorado s	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	9.06
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.08	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	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
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
									V.C. ALMUERZO
									872.37
									% DISTR. ALMUERZO
									49.36
CENA: Sopa de arroz con menudencia de pollo									
Menudencia d	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado d	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
Porro	15.00	68.00	0.27	0.06	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	40.0	82.00	0.69	0.03	7.31	3	0.30	29.26	32.31
Sal	15.00	100.00	0.19	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.
									448.10
									%DISTR. D
									25.35
			52.63	58.85	256.82				
			210.53	529.69	1027.27				
			11.91	29.97	58.12				
					100.00			VCT	1767.49



J.C. Gladys R. Quispe Duran
NUTRICIONISTA
 C.N.P. 8149

Hector Quispe Tito
Hector Quispe Tito
 REPRESENTANTE

sábado, 14 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chanchó									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	8.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.87	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 chanchó	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labrao	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	480.56
								%DIST. D	30.70
ALMUERZO: Arroz chaufa con pollo , refresco y fruta									
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha tipo	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado cocido	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
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	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	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
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
									900.65
								% DIS ALM.	57.53
CENA: Infusion + 01 pan + huevo sancocado									
Hierbas	10.00	82.00	0.28	0.09	0.84	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
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labrao	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	88.48
								VC DES.	104.22
								%DIST. D	11.77
			79.12	44.41	212.31				
			316.49	399.70	849.24				
			20.22	25.53	54.25	100			
					100.00			VCT	1565.44



Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 8148

Hector Quispe Tiño
 BRAVO CONEXIONES SERVICIOS
 REPRESENTANTE

DIETA: DIABETES MELLITUS

domingo, 15 de abril 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: 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
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	306.48
								%DIST. D	18.51
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	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.81	60.66	66.98
Cebolla de ca	30.00	89.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
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
Ajl colorado s	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Silao	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	0.64	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	1.06
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								V.C. ALMUERZO	802.98
								% DISTR. ALMUERZO	48.50
CENA Arroz amarillo con pollo + infusion									
Arroz Pilado c	80.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
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	97.68
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	20.00	67.00	0.19	0.03	1.51	0.75	0.24	6.06	7.05
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	10.38
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									546.22
									32.99
			68.52	27.83	281.79				
			278.08	250.44	1127.16				
			16.80	15.13	68.08				
					100.00			VCT MEN	1655.68



Lic. Gladys R. Quijpe Duran
NUTRICIONISTA
 C.N.P. 81-08

BRVA CONSULTORAS & SERVICIOS
Hector Quijpe Tito
REPRESENTANTE

Lunes, 16 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				%	Am (g)	(g)	(g)
DESAYUNO: Harina de cebada + 02 panes + fruta									
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
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									VC DES. 381.05
									%DIST. D 26.01
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	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
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 reda	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Ajl colorado e	3.00	66.00	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	36.81
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	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									VC DES. 836.02
									%DIST. D 57.07
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	30.00	100.00	0.18	0.06	26.01	0.72	0.54	104.04	105.30
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	0.06
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. 247.76
									%DIST. D 16.91
			74.82	13.13	261.84				
			289.27	118.18	1047.38				
			20.43	8.07	71.50				VCT MEN 1464.83
					100.00				



Lic. Gladys R. Quiroz Duran
 NUTRICIONISTA
 C.N.P. 6149

BRAND CONSULTING & SERVICES
Hector Quiroz Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

109

martes, 17 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				Am (g)	(g)	(g)	
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	0.08	4.54	2	0.72	18.17	21.15
Pan de labora	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
									16.78
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 d	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
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.	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 frescas	40.00	68.00	3.07	0.22	7.04	12	1.86	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
Ácete 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	0.38	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	934.91
								% DIS ALM.	53.58
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	80.0	100.00	6.58	0.40	62.24	26	3.60	248.96	278.80
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	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	70.0	85.00	1.25	0.06	13.27	5.00	0.5365	53.07	68.81
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	30.00	99.00	0.24	0.08	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.	517.08
								%DIST. D	29.64
			69.02	27.17	306.04				
			276.08	244.50	1224.16				
			15.8	14.0	70.2				
					100.00			V.C.T. MENU	1744.73



Lic. Gladys R. Quiroga Duran
 NUTRICIONISTA
 C.N.P. 8149

Hector Quiroga Tito
 REPRESENTANTE

miércoles, 18 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				An (g)	(g)	(g)	
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
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
Queso paria	30.00	100.00	8.40	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
									518.84
									31.81
ALMUERZO: Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta									
Carne de Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	265.42
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	0.05	0.74	0	0.41	2.95	3.79
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado g	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado c	120.0	100.00	9.84	0.60	83.36	39	5.40	373.44	418.20
Pepinillo o Pe	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Tomate	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	80.0	92.00	1.55	0.07	16.41	6	0.66	65.65	72.50
Aji 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	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
									860.38
								% DIS ALM.	52.76
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 veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	251.61
								%DIST. D	15.43
			59.52	54.06	228.55				
			238.08	486.55	906.21				
			14.6	29.8	55.6				
					100.00			VCT	1630.84



Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 6140

[Signature]
 Hilda Quijpe Tito
 REPRESENTANTE

jueves, 19 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tri	25.00	100.00	4.88	2.88	13.45	20	24.08	53.80	97.38
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
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	198.88
								VC DES.	371.33
								%DIST. D	27.23
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia d	80.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Arroz Pilado d	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
Porro	15.00	86.00	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	80.0	86.00	1.44	0.07	15.34	6	0.62	61.37	67.77
Arvejas fresca	40.00	65.00	1.65	0.16	4.89	7	1.40	19.55	28.34
Cilandro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.33	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
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Acete vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	505.86
								%DIST. D	37.10
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.68	8.80	0.00	43	7.20	0.00	49.80
Fideos talarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	68.00	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	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.89
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acete vegetal	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
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
									486.49
								%DIST. D	35.67
			60.69	27.48	218.41				
			242.75	247.29	873.62				
			17.80	18.13	64.66	100			
					100.00			VCT	1363.67



J.C. Gloria R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 8149

Hector Quijpe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

viernes, 20 de abril de 2018

ALIMENTO	gr/per (g)	comestib 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	1.63	17.80	9	14.83	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
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de lebran	60.00	100.00	5.76	0.18	43.88	23	1.62	172.32	196.98
									487.58
									30.22
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	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	60.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
Cebolla de ca	60.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	89.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua 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
Acnite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
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	4.06	6	1.17	16.34	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	0.15	0.27
Orégano secc	2.00	84.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Plátano	160.00	92.00	0.69	0.29	14.43	2	2.65	57.70	62.71
									V.C. ALMUERZO
									807.23
									% DISTR. ALMUERZO
									50.04
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	30.00	100.0	2.82	0.06	23.46	11	0.54	93.84	105.66
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	60.0	92.00	1.55	0.07	16.41	6	0.68	65.65	72.60
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano secc	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	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
									VC DES.
									318.47
									%DISTR. D
									19.74
			51.56	42.12	257.00				
			206.23	379.04	1028.01				
			12.78	23.49	63.72				
					100.00			VCT	1613.28



[Signature]
Dr. Hector Orlispe Duran
 NUTRICIONISTA
 C.N.P. 61-89

[Signature]
BRUNO CONSULTORES & SERVICIOS
Hector Orlispe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

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sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	(%)				Prot (g)	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 evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	39.52	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
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	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	489.82
								%DIST. D	28.07
ALMUERZO: Escabeche de pollo a la limeña, arroz , refresco y fruta									
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	166.13
Aceitunas de	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.66
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	0.48	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	80.00	92.00	1.03	0.22	18.92	4	1.99	75.66	81.77
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Plátano de se	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
									1072.88
								% DIS ALM.	61.49
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.81	3.20
Huevo de gal	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.68	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	162.13
								%DIST. D	10.44
			73.26	54.26	240.85				
			203.06	488.38	963.39				
			16.8	28.0	55.2				
					100.00			VCT	1744.83



Lia Gladys R. Quijpe Durán
 NUTRICIONISTA
 C.N.P. 61-03

BRAND CONSULTING & SERVICES
Hector Quijpe Tri.
 REPRESENTANTE

domingo, 22 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PRÓT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PRÓT	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
Canola 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 morado	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	1.62	172.32	196.98
								VC DES.	299.81
								%DIST. D	17.17
ALMUERZO: Guiso de vainitas , arroz + refresco y fruta									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	120.0	100.00	9.84	0.60	83.36	39	5.40	373.44	418.20
Tomate	15.00	92.00	0.11	0.03	0.59	0	0.25	2.37	3.06
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
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	66.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	80.0	92.00	1.55	0.07	16.41	6	0.66	55.65	72.50
Cebolla de ca	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
								Y.C. ALMUERZO	884.07
								% DISTR. ALMUERZO	50.64
CENA: Arroz chaufa con huevo y hot dog + infusion									
Huevo de gal	25.00	98.00	3.31	2.06	0.44	13	18.52	1.75	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	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	1.60	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
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	581.95
								%DIST. D	32.19
			56.27	42.62	284.28				
			225.08	383.62	1137.13				
			12.89	21.97	65.13				
					100.00			VCT	1745.83



Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6109

BRWA CONSEJO DE SERVICIOS
Hector Quispe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

101

lunes, 23 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR 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	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	375.44
								%DIST. D	25.60
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	120.00	100.00	9.84	0.50	83.36	39	5.40	373.44	418.20
Tomate	50.00	80.00	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	7.68
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	1.68	7.73	14.17
Zanahoria	80.0	68.00	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	6.79
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	1.75	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	842.05
								%DIST. D	57.19
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	30.00	100.00	0.18	0.00	28.01	0.72	0.54	104.04	105.30
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
Lache evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									254.99
									17.32
			81.17	18.38	245.60				
			324.67	165.43	982.38				
			22.05	11.23	66.72				
					100.00			VCT MEN	1472.48




Lic. Gladys R. Quispe Durán
 NUTRICIONISTA
 C.N.P. 6149


 BIVIO CONSULTOR EN SERVICIOS
Hector Quispe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

martes, 24 de abril 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: 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 habra	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	60.44
									282.92
									15.28
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	150.0	93.00	2.93	0.14	31.11	12	1.26	124.43	137.41
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
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	0.64	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	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
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	160.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									V.C. ALMUERZO
									911.62
									% DISTR. ALMUERZO
									49.23
CENA: Guiso de pollo con verduras ,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	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.66
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	100.00	81.00	1.34	0.18	3.23	5	1.65	12.93	18.95
Cebolla de ca	60.00	67.00	0.55	0.08	4.64	2	0.72	18.17	21.15
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.99
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	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
									657.23
									% DIST.CENA
									35.49
	VCT (Gr.)		79.47	34.37	306.14				
	VCT (kcal)		317.88	309.33	1224.56				
	VCT (%)		17	17	66			V.C.T. MENU	1851.78
					100.00				



[Signature]
Dr. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 8149

[Signature]
Hector Quijpe Tito
 REPRESENTANTE

miércoles, 25 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	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	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapora	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	118.58
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									511.61
									36.06
Almuerzo: Carne almendrada, arroz , ensalada + refresco y fruta									
Carne de res	150.00	85.00	27.16	2.04	0.00	108.83	18.36	0.00	126.99
Arroz Pilado d	120.0	100.00	9.84	0.80	93.36	39	5.40	373.44	418.20
Tomate	20.00	80.00	0.13	0.03	0.69	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	2	68.00	0.10	0.11	0.80	0	0.66	3.19	4.53
Lechuga reda	80.00	50.00	0.52	0.08	0.84	2	0.72	3.36	6.16
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
Tomate	60.00	99.00	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 crudo. o	8.00	95.00	1.63	3.66	1.35	7	32.87	5.38	45.88
Plátano	150.00	69.00	0.41	0.21	10.14	2	1.86	40.57	44.09
									VC Alm
									% Dist
									687.74
									48.46
CENA: Infusion + 01 pan + jamonada									
Hierbas	10.00	92.00	0.28	0.09	0.84	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
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.
									%DIST. D
			72.00	31.90	211.04				219.88
			287.98	287.09	844.15				15.49
			20.29	20.23	59.48				
					100.00				VCT
									1419.23



Jos. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

Hector Quispe Tito
 BRAVO CONSULTOR EN SERVICIOS
 REPRESENTANTE

jueves, 26 de abril 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	6.63	3.75	16.63	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
Caneta 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	2.62	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	19.94
ALMUERZO: Guiso de fideos con 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
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	60.0	82.00	1.38	0.07	14.63	6	0.59	58.52	64.62
Arroz Pilado d	120.00	100.00	9.84	0.60	83.36	39	5.40	373.44	418.20
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
Ajua	8.00	80.00	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	60.00	67.00	0.58	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	5.69
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
								VC DES.	1076.47
								%DIST. D	52.33
CENA: Arroz con huevo sancochado; ensalada + infusion									
Huevo de gal	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
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
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Lechuga redo	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Cebolla de ca	60.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
								VC DES.	570.42
								%DIST. D	27.73
			71.67	44.63	342.20				
			286.69	401.68	1368.79				
			13.94	19.53	66.54				
					100.00			VCT	2057.16



Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 6103

BRAYD CONSULTORES & SERVICIOS
Hector Quijpe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

viernes, 27 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENUJ
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
Margarina ve	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.19	43.08	23	1.62	172.32	196.98
									448.39
									28.20
ALMUERZO: Calgua rellena, arroz, refresco y fruta									
Cama de res	60.00	85.00	10.86	0.62	0.00	43	7.34	0.00	50.80
Arroz Pilado d	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.00	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
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
Calgua Soma	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	0.28	4.86	6.05
Aji colorado e	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvojas fresco	40.00	54.00	1.53	0.13	4.06	5	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
Naranja	150.00	98.00	1.76	0.29	16.00	7	2.65	64.09	73.79
									827.37
									52.03
CENA: Sopa de semola con menudencia de pollo									
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Semola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.80	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	10.36
Papa blanca	80.00	82.00	1.38	0.07	14.63	6	0.59	58.52	64.62
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	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
									VC DES. 314.49
									%DIST. D 19.78
			65.70	41.82	247.76				
			222.78	376.41	991.06				
			14.0	23.7	62.3				
					100.00			VCT	1590.25



Lic. Gladys R. Quipe Duran
NUTRICIONISTA
C.N.P. 6179

BRASO CONSULTOR EN SERVICIOS
Hector Quipe Tito
REPRESENTANTE

sábado, 28 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Cebada con leche + 02 panes + queso de choncho									
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	30	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	5.78	0.18	43.88	23	1.82	172.32	198.98
								VC DES.	480.56
								%DIST. D	29.92
Almuerzo: Tallarines rojos con pollo, refresco y fruta									
Fideos tallarin	120.0	100.00	11.40	0.12	83.52	46	1.08	334.08	380.76
Carne de Pollo	180.00	85.00	29.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.83	0.18	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	60.00	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
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Aji colorado s	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Sal	20.00	100.00	0.24	0.10	1.84	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 sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
								VC DES.	908.47
								%DIST. D	56.56
CENA Mazamorra de frutas + 01 pan									
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
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	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
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.	217.29
								%DIST. D	13.53
			71.36	33.86	254.72				
			285.44	302.01	1018.86				
			18	19	63				
					100.00				
									1606.31



Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

Hector Quispe Tito
 REPRESENTANTE

DIETA: DIABETES MELLITUS

domingo, 29 de abril 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: Semola con vainilla + 02 panes + margarina									
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	20,00	100,00	0,00	0,00	19,66	0	0,00	78,64	78,64
Margarina ve	20,00	100,00	0,18	24,60	0,00	1	221,40	0,00	222,12
Pan de labran	60,00	100,00	5,76	0,18	43,08	23	1,62	172,32	196,98
									VC DES. 634,81
									%DIST. D 35,65
Almuerzo: Pollo al horno , arroz ,ensalada. + fruta y refresco									
Carne de Poli	160,00	85,00	29,02	4,90	0,00	112	44,06	0,00	156,13
Arroz Pilado c	100,0	100,00	8,20	0,60	77,80	33	4,60	311,20	348,50
Sal	18,00	100,00	0,22	0,00	1,48	1	0,81	5,90	7,58
Aceite vegetal	20,00	100,00	0,00	20,00	0,00	0	180,00	0,00	180,00
Papa blanca	100,0	92,00	1,93	0,09	20,62	8	0,83	82,06	90,62
Pimienta mol	0,3	100	0,03	0,02	0,19	0	0,22	0,76	1,08
Aji colorado s	8,00	98,0	0,55	0,61	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
Aceite vegetal	0,00	100,00	0,00	0,00	0,00	0	0,00	0,00	0,00
Lchuga redon	100,00	92,00	1,20	0,18	1,93	5	1,68	7,73	14,17
Sillao	5,00	100,00	0,57	0,48	0,05	3	4,32	0,20	6,78
Pepinillo o Pe	60,00	82,00	0,26	0,06	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	89,00	0,83	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 ALMU 981,80
									54,02
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
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	0,60
Huevo de gall	60,00	98,00	7,94	4,94	1,08	32	44,45	4,23	60,44
Pan de labran	30,00	100,00	2,88	0,09	21,54	12	0,81	85,16	98,49
									VC DES. 184,00
									%DIST. D 10,33
			68,02	61,12	239,64				
			272,08	550,05	958,67				
			15,28	30,89	63,83				
					100,00				VCT 1780,71



BRANO CONSEJEROS Y SERVIDORES
Pfeccor Quiroz Tito
 REPRESENTANTE

[Handwritten signature]
 Dr. C. ...

lunes, 30 de abril 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: 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	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
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	5.78	0.16	43.08	23	1.62	172.32	198.98
								VC DES.	481.86
								%DIST. D	27.75
ALMUERZO: Calgua 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 Filado d	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
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	0.05	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	8.79
Calgua Soma	160.00	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
Acolite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
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	4.06	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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Plátano	160.00	82.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								V.C. ALMUERZO	938.23
								% DISTR. ALMUERZO	54.04
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	25.00	100.00	0.15	0.05	21.88	0.60	0.45	86.70	87.75
azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0158	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	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	90.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									316.19
									18.21
			51.24	29.89	315.57				
			204.97	269.03	1262.27				
			11.81	15.49	72.70				
					100.00			VCT MEN	1736.28



Lia Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 8149

BRAYO CONSEJOS & SERVICIOS
Hector Calupe Ti
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL. PARA POBLACION PENAL - MES DE ABRIL 2018

domingo, 1 de abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 2 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 3 de abril de 2018	INFUSION + 02 PANES + FRUTA	HERO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA.	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
miércoles, 4 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 5 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOCRO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 6 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE FREJOL. CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CARREZA
sábado, 7 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 8 de abril de 2018	INFUSION + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
lunes, 9 de abril de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 10 de abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	CAMOTE ARROZOZADO, ARROZ + INFUSION
miércoles, 11 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
jueves, 12 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO DORADO, ARROZ + INFUSION
viernes, 13 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON POLLO
sábado, 14 de abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO DORADO,ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
domingo, 15 de abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAIGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 16 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 17 de abril de 2018	INFUSION + 02 PANES + 02 FRUTAS	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
miércoles, 18 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACNEÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de abril de 2018	SEMOLA CON VAINILLA + 02 PANES + MARGARINA	AGUADITO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 20 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FRIJOL A LA CHILEÑA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CARREZA
sábado, 21 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMÓN, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
domingo, 22 de abril de 2018	CAFÉ + 02 PANES + CAMOTE FRITO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
lunes, 23 de abril de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 24 de abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	CAMOTE ARROZOZADO, ARROZ + INFUSION
miércoles, 25 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
jueves, 26 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
viernes, 27 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON POLLO
sábado, 28 de abril de 2018	CIBADA CON LECHE+ 02 PANES + MANJAR	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN
domingo, 29 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
lunes, 30 de abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CAIGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN

GRUPO CONSULTORES Y SERVICIOS

Hector Quijipe Tito
REPRESENTANTE

Lic. Gladys R. Quijipe Duran
NUTRICIONISTA
C.N.P. 6140



domingo, 01 de abril de 2018

ALIMENTO	griper (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 morat	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.90
Canola 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	185.68	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 d	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	3.15	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	0.38	10.32	12.23	3.4398	41.28	56.96
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	135.90
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 d	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	89.00	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 cal	30.00	67.00	0.25	0.04	2.27	1.13	0.38	9.09	10.57
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
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
salillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									29.48
			75.82	47.73	451.81				
			303.28	429.54	1807.25				
			11.94	16.91	71.15				
					100.00			VCT MEN	2546.07



Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 0149

BRAND CONSULTING & SERVICIOS
Hector Quispe Tito
 REPRESENTANTE

lunes, 02 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST: CAL %
	(g)	la				PROT	GRASAS	CHO	
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	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
								VC DES.	663.66
								%DIST. D	25.77
Almuerzo: Sudadado 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 d	150.00	100.00	12.30	0.75	116.70	49	6.78	466.80	622.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Acolla vegeta	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Ajl 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	7.86	4	1.25	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	26.16	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	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Naranja	150.00	98.00	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	122.65
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	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00087	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 evapon	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	440.26				
			360.07	414.94	1761.12				
			14.2	16.4	69.4				
					100.00				2536.12



JG. Carlos E. Quiroga Duran
 NUTRICIONISTA
 C.A.P. 6129

Hector Quiroga Tih.
 BRWD CONSULTING & SERVICIOS
 REPRESENTANTE

martes, 03 de abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALDR CALORICO (KCAL)			DIST.CAL %
	(g)	la				PROT	GRASAS	CHO	
DESAYUNO: Infusion + 02 panes + fruta									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.87
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 labran	65.00	100.0	6.24	0.20	46.67	25	1.70	186.68	213.40
Plátano	160.00	92.00	0.59	0.29	14.43	3	2.65	57.70	62.71
									441.78
									16.97
ALMUERZO: Hino 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	96.80
Arroz Piledo o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	532.75
Papa blanca	280.0	85.00	4.46	0.21	47.39	18	1.91	189.53	209.31
Zapallo madre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.43
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	7.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.80
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1318.74
								% DIS ALM.	50.66
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	60.00	100.00	6.64	0.12	48.92	23	1.08	187.68	211.32
Arroz Piledo o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.55
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresca	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	8.83
Cebolla de ca	20.0	87.00	0.19	0.03	1.91	1	0.24	6.06	7.06
Tomate	30.00	99.00	0.24	0.06	1.26	1	0.53	5.11	6.58
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	842.57
								%DIST. D	32.37
			70.74	45.99	476.58				
			282.98	413.89	1906.23				
			10.9	15.9	73.2				
					100.00			V.C.T. MENU	2603.09



Lc. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

BRAMO COMERCIO Y SERVICIOS
 HECTOR QUISPE TH.
 REPRESENTANTE

miércoles, 04 de abril de 2018

ALIMENTO	grper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	la				PROT	GRASAS	CHO	
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	118.58
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
									684.18
									27.55
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	67.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Anvejas fresca	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	2.58	2	1.07	10.22	13.18
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado d	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	587.60
Papa blanca	200.0	65.00	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
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Anvejas fresca	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
Áceta vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de col	60.00	67.00	2.80	0.11	6.06	11	0.86	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	88.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1385.27
								% Diet	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 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.	440.29
								%DIST. D	17.47
			81.42	61.73	409.61				
			325.70	556.61	1638.43				
			12.9	22.1	65.0				
					100.00			VCT	2519.74



Dr. Gladys R. Quiroga Duran
 NUTRICIONISTA
 C.N.P. 6149

BRAN CONSEJOS & SERVICIOS
Hector Quiroga Tito
 REPRESENTANTE

jueves, 05 de abril de 2018

ALIMENTO	griper	comestib	PROT	GRASA	CHO	VALDR CALORICO (KCALI)			DIST.CAL %
	(g)	la				PROT	GRASAS	CHO	
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
Vanilla	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
Ciavo 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	137.82
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	43.06	23	1.62	172.32	196.88
								VC DES.	619.75
								%DIST. D	24.04
ALMUERZO: Locro de res, arroz , fruta y refresco									
Arroz Pilado d	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	1.38	0.00	72.42	12.24	0.00	84.88
Acete 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 cal	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	1.26	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.64
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	137.62
								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	9.06
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	0.06	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
Acete 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	18.66	0.00	0	78.64	78.64
									632.20
								%DIST. D	24.52
			72.75	64.38	426.85				
			291.62	579.38	1707.39				
			11.29	22.48	66.23				
					100.00				
								VCT	2577.79



Lia Gladys R. Quispe Dorcas
 NUTRICIONISTA
 C.N.P. 6439

BRVA CONSULTORAS Y SERVICIOS
Hector Quispe Tito
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

viernes, 06 de abril 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	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 D	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.18
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									491.63
								%DIST. D	24.14
Almuerzo: Guiso de frejol con chancho + ensalada + arroz + fruta y refresco									
Arroz Pilado c	160.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballero	120.0	100.00	27.46	1.80	69.96	109.92	16.20	279.84	405.96
Carne de Cerdo	60.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Cebolla de cas	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	0.83
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Pa	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.43
Tomate	60.00	98.00	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
									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	5.04	0.12	48.92	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	0.06	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	10.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.06	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.	512.98
								%DIST. D	20.38
			74.90	48.83	444.66				
			289.61	439.46	1778.64				
			11.90	17.45	79.65				
					100.00			VCT	2517.70




Héctor Quijse Durán
 NUTRICIONISTA
 C.N.P. 6149


Héctor Quijse Tito
 REPRESENTANTE

sábado, 07 de abril de 2018

ALIMENTO	gr/per	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR 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
Clevo 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	43.06	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	156.13
Arroz Pilado d	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
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	0.60	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.91	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	62.00	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 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	34.68	0	0.00	138.74	138.74
Plátano de so	160.0	88.00	2.06	0.41	28.90	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	55.00	88.00	7.28	4.53	0.97	29	40.75	3.68	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	311.98
								%DIST. D	12.35
			84.88	68.69	302.35				
			339.44	618.17	1569.39				
			13.4	24.5	62.1				
					100.00			VCT	2526.99



Lia Gladys R. Quijpe Durán
 NUTRICIONISTA
 C.N.P. 6149

Hector Quijpe Tito
 SERVIDOR PÚBLICO
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

domingo, 08 de abril de 2018

ALIMENTO	gr/por	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL KCAL
	(g)	la				An (g)	(g)	(g)	
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	0.30	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	29.48	0	0.00	117.96	117.96
Camote moro	100.0	92.00	1.29	0.28	23.84	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	43.06	23	1.62	172.32	196.88
									565.44
									21.40
ALMUERZO: Cau cau de pollo, arroz, fruta y refresco									
Carne de Pollo	100.00	88.00	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	118.70	49	6.75	466.30	522.75
Tomate	48.00	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	8.88
Ajl colorado si	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	36.81
Arvejas fresca	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
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
GENA 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	2.82	3.63
Fideos	60.00	100.00	5.64	0.12	48.92	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	87.58
Cebolla de cel	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	1.08	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
pañillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.66
									28.88
			78.37	49.48	459.06				
			313.49	445.29	1838.25				
			12	17	71				
					100.00				VCT MEN
									2595.03



[Signature]
 NUTRICIONISTA
 C.A.P. 6149

[Signature]
 BRAMO CONSULTORES SERVICIOS
 Hector Quirope Tn.
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

lunes, 09 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO: Harina de habas + 02 panes + fruta									
Harina de Hab	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
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
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.08	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	5.78	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	68.83	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	11.99
Aceita 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	1.26	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	7.05	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	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Leche evapori	15.00	100.00	1.05	1.22	1.84	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	34.68	0	0.00	138.74	138.74
								VC DES.	1828.03
								%DIST. D	61.02
GENA: 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	0.01555	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.06
Pan de labran	35.00	100.00	3.38	0.11	25.13	13.44	0.945	100.52	114.81
Leche evapori	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				
			13.28	17.71	69.04				
					100.00			VCT MEN	2504.17



Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

BRUVU C.A. SERVIDOR
[Signature]
 Héctor Odiel Tito
 REPRESENTANTE

martes, 10 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				Prot (g)	(g)	(g)	
DESAYUNO: Infusion + 02 panes + huevo sancocado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola 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	36.38	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	198.88
Huevo de gall	60.00	98.00	7.94	4.94	1.05	32	44.45	4.23	80.44
									538.82
									20.55
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	248.54
Pape 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
Tomata	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
Acelta vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.13
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	1.75	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	59.53
CENA: Camote arrebocado, arroz, infusion									
Camote morat	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.50	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
Acelite 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	1.66	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	0.60
								V.C . CENA	758.39
								% DIST.CENA	28.92
	VCT (Gr.)		82.16	52.27	455.73				
	VCT (kcal)		328.63	478.46	1822.94				
	VCT (%)		13	18	70		V.C.T. MENU		2622.03
					100.00				



Handwritten signature
 Lic. Gladys R. O.
 Nutricionista
 C.M.P. 6140

Handwritten signature
 BANCO COMERCIALES & SERVICIOS
 Hector Quispe Tib.
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

miércoles, 11 de abril de 2018

ALIMENTO	g/por (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, hoquek	35.00	100.00	4.68	1.40	28.20	19	12.80	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	0.88
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	1.82	172.32	198.88
									687.07
									27.04
ALMUERZO: Pollo al horno, arroz, ensalada, fruta y refresco									
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	196.13
Aceta vegetal	30.00	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	250.00	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de ca	80.00	89.00	1.00	0.14	8.06	4	1.28	32.18	37.46
Lechuga roja	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	80.00	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	16.00	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 ALMU	1472.64
									57.96
CENA: Infusion + 81 pan + mermelada									
Hierbas	10.00	89.00	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 D	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	53.26	437.79				
			310.65	479.24	1751.16				
			12.2	18.9	68.9				
					100.00			VCT	3541.05

Lic. Gladys R. Quispe Duran
NUTRICIONISTA
 C.N.P. 81-09

BRVA CONSEJOS Y SERVICIOS
Hector Quispe Tito
REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

Jueves, 12 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				Am (g)	(g)	(g)	
DESAYUNO:	Sémola con vainilla , pan ,mermelada								
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.39
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	54.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.96
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.05
									546.74
									21.23

ALMUERZO:	Matequita 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	200.00	82.00	3.44	0.16	38.57	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	0.48	7.78	9.88
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	6.05	3	0.96	24.23	28.19
Anejas fresco	30.00	54.00	1.19	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	16.00	7	2.65	64.00	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1294.00
								%DIST. D	50.25

CENA:	Pollo dorado, 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	80.00	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 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	8.60	3.78	49.50	59.88
Cominos	0.30	300	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0.00	0	78.64	78.64
								VC DES.	734.39
								% DIS ALM.	28.52
			77.83	57.88	437.02				
			308.13	618.90	1748.09				
			12.0	20.2	67.9				
					100.00				
								VCT	2575.12



Lic. Gladys R. Quispe Duran
NUTRICIONISTA
 C.N.P. 6119

BRAYD CONSULTING Y SERVICIOS
[Signature]
Hector Quispe Tito
 REPRESENTANTE

viernes, 13 de abril 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	14.63	71.20	84.53
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	0.06
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 arvejeta 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
Arvejeta 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	86.00	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
Pepinito o Pe	80.00	88.00	0.36	0.07	1.83	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.09	0.01	0.40	0	0.12	1.95	2.42
Tomata	50.00	89.00	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 so	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	1.80	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	68.00	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	20.59
			78.63	70.04	421.99				
			314.52	630.35	1887.95				
			11.95	23.94	64.11				
					100.00			VCT	2632.81



Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

BRAYO CONSULTORES & SERVICIOS
Hector Quispe Titu
 REPRESENTANTE

sábado, 14 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			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	5.87	7.63	20	91.03	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 lebran	60.00	100.00	5.76	0.18	43.08	23	1.82	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	24.69
ALMUERZO: Pollo dorado , arroz,papa, ensalada, refresco y fruta									
Carne de Polk	160.00	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado d	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 rojo	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	1.05	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	0.53	2.56	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	17.14
			84.45	63.18	403.31				
			337.83	568.56	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	3519.68



Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 8149

BRAND CONSULTING & SERVICES
 Heitor Quijpe Tit.
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

domingo, 15 de abril 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+ 02 panes + camote al horno									
Hierbas	10.00	92.00	0.29	0.09	0.54	1.14	0.83	2.58	4.54
Canola 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 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	5.78	0.18	43.05	23	1.62	172.32	196.98
								VC DES.	449.56
								%DIST. D	16.29
ALMUERZO: Calgua rellena, arroz , refresco y fruta									
Carna de res	80.00	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
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Sennar	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	4.85	6.05
Ají colorado s	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	8.08
Acete 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	4.06	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	1.76	0.29	16.0	7	2.65	64.09	73.79
								V.C. ALMUERZO	1285.36
								% DISTR. ALMUERZO	52.30
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
Carna de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Acete 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	17.68
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
									29.41
			68.93	47.27	439.15				
			275.73	425.42	1756.60				
			11.22	17.31	71.47				
					100.00			VGT MEN	2467.75



Jc. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.F. 8149

BRVA COMISIONES ASesorIAS
Hector Quijpe Tito
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

78

Lunes, 16 de abril de 2013



ALIMENTO	gr/per	comestib	PROT	GRASA	CHD	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	le				PROT	GRASAS	CHD	
DESAYUNO: Harina de cebada + 02 panes + manjar									
Cebada harina	30.00	100.00	5.84	0.69	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	5.76	0.18	43.08	23	1.62	172.32	196.88
								VC DES.	571.87
								%DIST. D	21.50
Almuerzo: Sudado de pescado, papa , arroz , refresco y fruta									
Pescado	280.00	66.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Plado d	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
Acetate vegeta	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	8.06
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ajce	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de caf	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Leche evapora	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.66
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1651.45
								%DIST. D	62.06
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.66	0.86	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	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	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
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	436.90
								%DIST. D	16.42
			64.32	66.01	432.22				
			337.28	594.07	1728.87				
			12.68	22.33	64.99			VCT MEN	2660.22
					100.00				


Lic. Gladys R. Quispe Diaz
 NUTRICIONISTA
 C.N.P. 6149


 BRWO CONSULTORIAS & SERVICIOS
 Hector Quispe Tito
 REPRESENTANTE

martes, 17 de abril de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO: Infusion + 02 panes + 02 frutas									
Hierbas	10.00	98.00	0.30	0.10	0.68	1.22	0.88	2.74	4.84
Canola 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	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de lebran	60.00	100.0	5.78	0.18	43.06	23.04	1.62	172.32	196.98
Platano	240.00	97.00	0.93	0.47	22.81	4	4.18	91.26	99.17
									419.37
									18.03
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	0.68	22	54.00	2.64	79.04
Arroz Pilado d	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	0.26	56.87	21	2.30	227.46	251.18
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maíz Fresco.	30.00	80.00	0.79	0.19	6.67	3	1.73	26.69	31.58
Huacotay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas 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
Acaila 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	1.78	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.		1223.94
							% DIS ALM.		52.61
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 d	90.0	100.00	7.38	0.45	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	2.65	0.13	28.10	10.68	1.134	112.39	124.11
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	8.00	80.00	0.38	0.06	1.95	1.43	0.4608	7.79	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	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	0.38	1.21	2.13
							VC DES.		683.03
							%DIST. D		29.36
			69.53	20.01	467.04				
			278.11	180.05	1808.17				
			12.0	7.7	80.3				
					100.00		V.C.T. MENU		2326.33



Lic. Gladys R. Quirope Díez
NUTRICIONISTA
C.N.P. 6143

BRANCO CONSULTORÍA & SERVICIOS
Hector Quirope Tiza
REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

miércoles, 18 de abril de 2018

ALIMENTO	grapar (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, hojalat	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapori	75.00	100.00	5.25	6.00	8.18	21	54.88	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	3.98	118.58
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	196.98
									656.46
									26.11
ALMUERZO: Adobo a la tacaña de cerdo , arroz, papa + refresco y fruta									
Carne de Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.38	0.00	258.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado si	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
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	3.86	0.18	41.03	15	1.68	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	0.28	16.0	7	2.85	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,	58.28
CENA: Infusion + 01 pan + margarina									
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.82	2.88	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	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	442.68
								%DIST. D	17.61
			64.06	83.25	377.17				
			256.23	749.22	1508.70				
			10.2	29.8	60.0				
					100.00			VCT	2514.15



Lic. Gladys E. Quijano Duran
 NUTRICIONISTA
 C.N.P. 6403

BRUNO CONSOLACION SERRANO
[Signature]
 HECTOR QUIJANO TIRADO
 REPRESENTANTE

juves, 19 de abril de 2018

ALIMENTO	griper (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
			An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	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	0.67
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
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									VC DES. 561.14
									%DIST. D 33.13
ALMUERZO: Aguadito con pollo, refresco y fruta									
Cama de Pollo	100.00	88.00	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
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.06	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	15.66
Papa blanca	300.0	87.00	6.48	0.26	58.20	22	2.35	232.81	257.09
Anejas 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
Espineca 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	80.00	0.22	0.03	1.22	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. 749.28
									%DIST. D 44.23
CENA Tallarines rojos con carne molida + infusion									
Cama de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	60.0	100.00	7.60	0.08	55.68	30	0.72	222.72	253.84
Zanahoria	40.0	69.00	0.17	0.14	2.54	1	1.24	10.16	12.06
Tomate	40.00	80.00	0.28	0.06	1.38	1	0.58	5.50	7.10
Cebolla de cal	60.00	57.00	0.48	0.07	3.86	2	0.62	15.46	17.99
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	0.05	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



Dr. Guisela Quiroga Duran
NUTRICIONISTA
 C.N.P. 8149

Hector Quiroga Tito
REPRESENTANTE

viernes, 20 de abril de 2018

ALIMENTO	graber (g)	comestib le %	PROT Am (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	1.83	17.80	9	14.83	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canola entera	0.30	85.00	0.00	0.00	0.15	0	0.02	0.56	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	5.78	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	6.42	0.00	24	57.75	0.00	82.24
Frijol caballer	120.0	100.00	27.48	1.80	89.96	109.92	18.20	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
Acete vegetal	22.00	80.00	0.00	17.80	0.00	0.00	158.40	0.00	158.40
Tomata	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 redol	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.15
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapato macre	30.00	47.00	0.10	0.03	0.80	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	0.98	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. 1507.93
									%DIST. D 89.97
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	0.80	156.40	176.10
Apio	15.00	75.00	0.98	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	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	180.0	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	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acete vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
									VC DES. 482.29
									%DIST. D 19.58
			80.57	41.67	454.25				
			322.28	375.00	1818.99				
			12.82	14.91	72.27				
					100.00			VCT	2514.27



[Signature]
Dr. Carlos E. Quispe Duran
 NEFROLOGISTA
 C.M.P. 6149

[Signature]
BRAYD CONSULTORES & SERVICIOS
Hector Quispe Tito
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	la				PROT	GRASAS	CHO	
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harin	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	7.83	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
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	198.98
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	28.44
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	85.00	26.02	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
Aji verde (2)	10.00	87.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Acetia 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
Aji colorado s	5.00	82.00	0.18	0.20	1.83	1	1.83	6.10	8.66
Camote morat	200.00	82.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de cal	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 sol	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1424.17
								% DIS ALM.	54.99
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.	420.28
								%DIST. D	16.67
			82.90	69.31	499.54				
			328.01	623.80	1638.17				
			12.7	24.1	63.3				
					100.00			VCT	2588.97



Dr. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 0149

Hector Quijpe Tito
 BRAVO CONSULTORES & SERVICIOS
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

domingo, 22 de abril de 2018

ALIMENTO	graber	comestible	PROT	GRASA	CHO	VALOR CALDRICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
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	0.38
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	23.64	5	2.48	94.58	102.21
Acetia vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de lebrant	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	527.26
								%DIST. D	26.03
ALMUERZO: Revuelto de zanahoria ,papa + refresco + fruta									
Zanahoria	80.0	88.00	0.41	0.34	6.26	2	3.06	25.02	29.72
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.99	1	0.83	7.91	10.21
Ajoe	5.00	85.00	0.24	0.03	1.29	0.95	0.308	5.17	6.43
Acetia 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	1.82	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	7.05	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	3.86	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	1.98	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	137.62	137.62
								V.C. ALMUERZO	1328.26
								% DISTR. ALMUERZO	50.47
CENA Arroz a la jardinera con pollo+ infusion									
Arroz Pilado d	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 ca	15.00	87.00	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	0.08	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
									79.50
			66.58	62.51	450.73				
			266.33	562.96	1802.93				
			10	21	69				
					100.00			VCT MEN	2631.82



Carla Gladys R. Quiroz Duran
NUTRICIONISTA
 C.N.P. 8143

BRAND CONEXIONES SERVICIOS
Hector Guispe Tito
REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

lunes, 23 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Hab	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 se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Pan de lebrán	80.00	100.00	5.76	0.18	43.06	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	0.57	165	88.83	2.28	233.62
Arroz Filado o	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	11.99
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	0.00	0.85	1.05
Aceite vegetal	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	10.84	6.54	21.68
Aji colorado e	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	0.35	0	0.63	1.40	2.03
Naranja	180.00	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.	1565.99
								%DIST. D	59.34
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	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00087	0.05	0.05
Pan de lebrán	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
									436.96
									17.21
			84.17	44.05	451.23				
			336.67	386.43	1804.91				
			13.27	15.62	71.12				
					100.00			VCT MEN	2538.01



Jc. Gladys R. Quispe Durán
NUTRICIONISTA
 C.N.P. 81-29

BRUNO CONSULTORIOS & SERVICIOS
BRUNO QUISEPÉ TILLO
REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

martes, 24 de abril de 2018

ALIMENTO	gr/por		comestible		PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)				PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + huevo sancochado										
Hierbas	10.00	54.00	0.17	0.05	0.38	0.05	0.67	0.49	1.51	2.67	
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35	0.35	
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06	0.06	
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62	137.62	
Pan de lebran	80.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	186.88	186.88	
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74	73.74	
										411.42	
										16.48	
ALMUERZO:	Matasquita de pollo, arroz, fruta y refresco										
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58	97.58	
Papa blanca	300.0	93.00	5.96	0.20	62.22	23	2.51	248.87	274.82	274.82	
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75	522.75	
Tomate	90.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77	8.77	
Ajos	12.00	80.00	0.54	0.08	2.02	2	0.69	11.67	14.52	14.52	
Aji colorado s	8.00	92.00	0.32	0.36	2.70	1	3.23	10.80	16.32	16.32	
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00	90.00	
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61	36.61	
Anejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60	20.60	
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81	13.81	
Naranja	190.00	98.00	1.78	0.29	16.0	7	2.65	64.00	73.79	73.79	
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74	138.74	
										V.C. ALMUERZO	
										1307.30	
										% DISTR. ALMUERZO	
										52.36	
CENA:	Camote arrebozado, arroz, infusion										
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32	93.32	
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88	53.88	
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65	313.65	
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00	135.00	
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04	79.04	
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68	21.68	
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11	20.11	
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46	59.46	
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13	2.13	
										V.C. CENA	
										778.27	
										% DISTR. CENA	
										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						



Hector Eclipe Tito
NUTRICIONISTA
 C.N.P. 9143

Hector Eclipe Tito
REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

miércoles, 25 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DEBAYUNO: 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 para	30.00	100.00	8.40	9.00	0.99	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 labran	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	108.83	18.36	0.00	128.99
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomata	20.00	80.00	0.13	0.03	0.69	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	10.67
Aji colorado e	1	68.00	0.05	0.05	0.40	0	0.48	1.60	2.28
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.00	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
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	160.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, c	3.00	85.00	0.69	1.37	0.50	3	12.36	2.02	17.13
Azúcar rubia	30.00	100.00	0.00	0.00	28.48	0	0.00	117.96	117.96
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
									VC Alm 1394.51
									% Diet 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	0.88
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	28.48	0	0.00	117.96	117.96
Mermelada de	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
									VC DES. 296.68
									%DIST. D 12.75
			76.15	41.94	409.22				
			304.61	377.48	1636.88				
			13.14	16.28	70.68				
					100.00				VCT 2318.97



Heider Giuspe Tito
Heider Giuspe Tito
 NUTRICIONISTA
 C.N.P. 8149

BVWD COMERCIO Y SERVICIOS
Heider Giuspe Tito
Heider Giuspe Tito
 REPRESENTANTE

Jueves, 26 de abril de 2018

ALIMENTO	gr/per (g)	comestible la %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla, pan , mermelada									
Semola de Tri	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	0.37
Ciavo 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 libran	60.00	100.00	5.76	0.18	43.06	23	1.82	172.32	196.68
								VC DES.	530.83
								%DIST. D	20.28
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	80.00	100.00	7.52	0.16	62.58	30	1.44	250.24	281.78
Papa blanca	200.0	82.00	3.44	0.16	38.57	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	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	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	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.68	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.	1369.21
								%DIST. D	51.94
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 vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cal	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	27.78
			73.00	48.82	471.40				
			292.01	439.39	1885.58				
			11.16	16.79	72.05				
					100.00			VCT	2616.98



[Signature]
Hector Quijpe Duran
 NUTRICIONISTA
 C.N.P. 6139

[Signature]
 BRANU CONSULTORIOS Y SERVICIOS
Hector Quijpe Tih
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

viernes, 27 de abril 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	14.63	71.20	94.53
Piña	30.00	84.00	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	0.06
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	18.40	0.00	0	147.80	0.00	148.00
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									23.03
Almuerzo: Gulso de arvejita partida con chancho + ensalada + arroz + fruta y refresco									
Arroz Pilado a	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
Came de Cerdo	50.0	70.00	5.04	5.28	0.00	20	47.57	0.00	67.73
Cebolla de cat	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	28.83
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	84.00	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	0.83	7.32	9.38
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 co	150.0	85.00	1.91	0.38	28.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM	59.20
GENA: Sopa de semola con pollo									
Carno de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.80	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Papa	15.00	88.00	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	0.38
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



H. Quispe E. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6103

Hector Quispe Tito
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

sábado, 28 de abril de 2018

ALIMENTO	gruper	comestible	PROT	GRASA	CHO	VALDR CALORICO (KCAL)			DIST. CAL %
	(g)	lo				PROT	GRASAS	CHO	
	(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
Lache evapora	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	6.78	12.75	4.23	27	114.75	16.50	158.75
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	166.96
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 tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Tomate	80.00	99.00	0.63	0.18	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
Aji colorado s	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de es	180.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1450.67
								%DIST. D	56.28
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	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	4.73
Manzana de a	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de lebran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.01
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	16.37
			80.84	56.26	426.95				
			323.38	506.34	1747.81				
			13	20	68				
					100.00				
									2577.53



H. Luis A. Quijpe Durán
 NUTRICIONISTA
 C.N.P. 8149

Hector Quijpe Tito
 DIRECTOR DE SERVICIOS
 HECTOR QUIJPE TITO
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

domingo, 29 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO: Semola con vainilla + 02 panes + margarina									
Semola de Tri	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 rubio	35,00	100,00	0,03	0,00	34,41	0	0,00	137,62	137,62
Margarina veg	30,00	100,00	0,18	24,50	0,00	1	221,40	0,00	222,12
Pan de libran	60,00	100,00	5,76	0,18	43,08	23	1,82	172,32	199,96
								VC DES.	693,79
								%DIST. D	33,45
Almuerzo: Pollo al horno , arroz ,ensalada, + fruta y refresco									
Carne de Pollo	180,00	85,00	28,02	4,50	0,00	112	44,08	0,00	156,13
Arroz Pilado d	180,0	100,00	13,12	0,80	124,48	52	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	100,0	82,00	1,93	0,09	20,82	8	0,83	82,06	90,82
Pimienta mol	0,3	100	0,03	0,02	0,19	0	0,22	0,76	1,05
Aji colorado s	8,00	98,0	0,55	0,81	4,80	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
Aceite vegetal	0,00	100,00	0,00	0,00	0,00	0	0,00	0,00	0,00
Lechuga roja	100,00	92,00	1,20	0,18	1,93	5	1,66	7,73	14,17
Sillao	5,00	100,00	0,57	0,48	0,05	2	4,32	0,20	6,78
Papinillo o Pe	80,00	82,00	0,25	0,05	1,25	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	0,83	0,16	3,41	3	1,43	13,62	17,58
Naranja	150,00	85,00	1,53	0,28	13,90	6,12	2,295	55,59	64,01
								VC ALMU	1183,42
									56,08
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10,00	54,00	0,17	0,05	0,38	0,57	0,49	1,51	2,57
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	80,00	98,00	7,94	4,54	1,06	32	44,45	4,23	80,44
Pan de libran	40,00	100,00	3,84	0,12	28,72	15	1,08	114,88	131,32
								VC DES.	216,83
								%DIST. D	10,45
			73,68	81,36	306,77				
			294,74	552,21	1237,09				
			14,21	26,62	59,16				
								VCT	2074,04



SERVICIOS
Hector Quijpe Tr.
 REPRESENTANTE

Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 6149

DIETA: HIPERTENSION ARTERIAL

lunes, 30 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				An (g)	(g)	(g)	
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	106.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.85	1.20	99.89
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	1.82	172.32	196.98
								VC DES.	521.18
								%DIST. D	25.89
ALMUERZO: Caigua rellena, arroz , refresco y fruta									
Carna de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado o	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	89.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Sernar	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
Acaite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Anvejas fresca	40.00	54.00	1.53	0.13	4.05	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	0.06	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								V.C. ALMUERZO	1151.80
								% DISTR. ALMUERZO	56.78
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	25.00	100.00	0.15	0.05	21.88	0.80	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	28.48	0.00	0	117.96	117.96
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.01555	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.06
Pan de labran	50.00	100.00	2.88	0.09	21.54	11.52	0.61	86.16	98.49
Leche evapori	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									388.61
									17.53
			55.34	30.14	383.96				
			221.37	271.28	1535.83				
			18.91	13.37	75.71				
					100.00			VCT MEN	2028.49



Dr. Gloria R. Quispe Duran
ALIMENTACIONISTA
 C.N.P. 8143

Hector Quispe Tito
COMITÉ DE SERVICIOS
Hector Quispe Tito
 REPRESENTANTE

DIETA: VIH Y TBC - POBLACION PENAL - MES DE ABRIL 2018

FECHA	COMIDA	CANTIDAD	DESCRIPCION	RECIPIENTE	USO
domingo, 1 de abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	10000000	HIGADO ENROLLADO,ARROZ PAPA + REFRESCO Y FRUTA	10000000	ARROZ CHALIFA CON HUEVO Y HOT DOG + INFUSION
lunes, 2 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	10000000	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	10000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 3 de abril de 2018	TE + 02 PANES + JAMONADA	10000000	HINO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	10000000	GALLO DE FIDEOS CON POLLO , ARROZ + INFUSION
miércoles, 4 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	10000000	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	10000000	INFUSION + 01 PAN CON MARGARINA
jueves, 5 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	10000000	LOCO DE PAGA, ARROZ + REFRESCO Y FRUTA	10000000	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 6 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	10000000	QUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	10000000	SOPA DE FIDEOS CON CARBA
sábado, 7 de abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	10000000	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	10000000	INFUSION + 01 PAN CON MANJAR
domingo, 8 de abril de 2018	CAFE + 02 PANES + CAMOTE FRITO	10000000	CALICAU DE POLLO, ARROZ + REFRESCO Y FRUTA	10000000	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
lunes, 9 de abril de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	10000000	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	10000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 10 de abril de 2018	TE + 02 PANES + HUEVO SANCOCHADO	10000000	QUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	10000000	CAMOTE A FRECCADO, ARROZ + INFUSION
miércoles, 11 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	10000000	POLLO DORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	10000000	INFUSION + 01 PAN CON MERMELADA
jueves, 12 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	10000000	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	10000000	HIGADO FRITO, ARROZ + INFUSION
viernes, 13 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	10000000	QUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	10000000	SOPA DE ARROZ CON MENUDENCIA DE POLLO
sábado, 14 de abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	10000000	ARROZ CHALIFA CON POLLO + REFRESCO Y FRUTA	10000000	INFUSION + 01 PAN CON MANJAR
domingo, 15 de abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	10000000	CHAMPANITA,ARROZ + REFRESCO Y FRUTA	10000000	ARROZ AMARELLO CON POLLO + INFUSION
lunes, 16 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	10000000	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	10000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 17 de abril de 2018	TE + 02 PANES + JAMONADA	10000000	ALI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	10000000	MATASQUITA DE POLLO, ARROZ + INFUSION
miércoles, 18 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	10000000	ACCORDO A LA TACNOÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	10000000	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	10000000	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	10000000	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 20 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	10000000	FRUJOL A LA CREMA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	10000000	SOPA DE FIDEOS CON CARBA
sábado, 21 de abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	10000000	ESCALOPE DE POLLO A LA LIMONÁ, ARROZ + REFRESCO Y FRUTA	10000000	INFUSION + 01 PAN CON MANJAR
domingo, 22 de abril de 2018	CAFE + 02 PANES + CAMOTE FRITO	10000000	HIGADO ENROLLADO,ARROZ,PAPA + REFRESCO Y FRUTA	10000000	ARROZ CHALIFA CON HUEVO Y HOT DOG + INFUSION
lunes, 23 de abril de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	10000000	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	10000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 24 de abril de 2018	TE + 02 PANES + HUEVO SANCOCHADO	10000000	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	10000000	CAMOTE A FRECCADO, ARROZ + INFUSION
miércoles, 25 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	10000000	CARNE DE RES ALIMENTADA,ARROZ, PAPA + REFRESCO Y FRUTA	10000000	INFUSION + 01 PAN CON MERMELADA
jueves, 26 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	10000000	QUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	10000000	ARROZ CON HUEVO FRITO + INFUSION
viernes, 27 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	10000000	QUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	10000000	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
sábado, 28 de abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	10000000	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	10000000	MAZAMORRA DE FRUTAS + 01 PAN
domingo, 29 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	10000000	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	10000000	INFUSION + 01 PAN + HUEVO SANCOCHADO
lunes, 30 de abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	10000000	CANTINA RELLENA, ARROZ + REFRESCO Y FRUTA	10000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN

BRavo CONDICIONES A SERVICIO: 1

Hector Quijpe Tit
REPRESENTANTE

ke Gladys R. Quijpe Duran
NUTRICIONISTA
C.N.P 8148



domingo, 01 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Café + 02 panes + camote al horno									
Café sin azúca	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	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
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.	488.59
								%DIST. D	19.77
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: Hígado ancabollado , arroz ,papa + refresco y fruta									
Hígado de res	120.0	98.00	23.52	5.41	1.18	94.08	48.686	4.70	147.47
Arroz Pilado c	150.0	100.00	12.50	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.08	1.86	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
Acete vegetal	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
Pan seco 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	14	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	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								V.C. ALMUERZO	1297.28
								% DISTR. ALMUERZO	51.43
REFRIGERIO: Vaso de leche									
Leche evapor	60.00	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	2.68	1.65	0.35	11	14.82	1.41	26.81
Salchicha 'hot	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.16
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	90	4.05	280.08	313.85
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	4.66
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	10.65
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	637.34
								%DIST. D	21.30
			79.92	50.78	436.46				
			319.68	457.03	1746.83				
			12.67	18.12	69.21				
					100.00			VCT	2522.54



Jc. Gladys R. Quiroga Duran
NUTRICIONISTA
C.N.P. 8140

BRVA CONSEJEROS Y SERVICIOS
Hector Quiroga Tito
REPRESENTANTE

lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			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	3.36	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	198.98
								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	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Papinito 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	0.96	1	0.54	3.94	5.05
Mandioca	40.00	100.00	2.56	0.16	30.64	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	3.63
Harina de trigo	40.00	100.00	4.20	0.60	29.92	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.06	0.96	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	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1484.19
								%DIST. D	56.04
REFRIGERIO: Vaso de leche									
Leche evapora	60.00	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	121.38	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	66.18	98.49
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.36
									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



Jc. George R. Quispe Duran
NUTRICIONISTA
 C.N.P. 8149

BRAMO CONSEJOS Y SERVICIOS
Hector Quispe Tito
REPRESENTANTE

martes, 03 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				An (g)	(g)	(g)	
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
Clevo 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	117.96	117.96
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.82	172.32	196.98
Jamonada	30.00	100.00	4.71	8.85	0.30	27	24.30	1.20	52.38
									371.81
									14.75
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	90.00	6.68	4.18	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	30.90	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	118.70	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	0.08	0.98	1	0.54	3.94	5.05
Zapallo macr	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	0.18	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	0.82	5.96	7.69
Ácete 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	2.65	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.	1189.99
								% DIS ALM.	47.62
REFRIGERIO: Vaso de leche									
Leche evapor	75.00	100.00	5.26	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	31.28	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
Arvejas frescas	25.00	54.00	0.96	0.09	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	6.58
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Ácete vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	772.13
								%DIST. D	30.64
			82.54	59.58	425.23				
			338.21	480.89	1700.92				
			13.4	19.1	67.5				
					100.00			V.C.T. MENU	2520.02



[Signature]
 NUTRICIONISTA
 C.N.P. 6109

[Signature]
 SERVICIOS
 Hector Guispe Tito

miércoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALDRICO (KCAL)			DIST. CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + 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	101.16
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
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	116.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.08
									629.57
									26.64
REFRIGERIO: Huevo sancochado									
Huevo de gall	65.00	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 fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	30.00	89.00	0.24	0.06	1.26	1	0.53	5.11	6.69
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
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	3.67	0.17	37.91	14	1.53	151.64	167.48
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
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Arvejas fresco	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Acolite 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	2.80	0.04	2.27	11	0.36	9.09	20.65
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									VC Alm 1271.55
									% Diet 60.57
REFRIGERIO: Vaso de leche									
Leche evapor	60.00	100.00	5.60	6.48	8.72	22	58.32	34.88	116.60
									VC DES. 116.60
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 veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	30.00	100.00	2.86	0.09	21.54	12	0.81	86.16	98.46
									VC DES. 423.80
									%DIST. D 16.86
			90.76	66.49	388.23				
			363.04	598.38	1552.92				
			14.4	23.8	61.8				
					100.00				VCT 2514.33



Dr. Carlos R. Quiroz Delros
MATRICULADO
 C.N.P. 6143

BRVA COMITÉ DESENVOLUPADO
Hector Quique Tir
 REPRESENTANTE

Jueves, 05 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			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	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
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	43.06	23	1.62	172.32	196.98
								VC DES.	528.35
								%DIST. D	20.97
REFRIGERIO: Huevo sancochado									
Huevo de gall	65.00	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	0.18	0.03	0.97	1	0.23	3.89	4.84
Mondongo de	120.0	75.00	15.21	3.15	0.80	61	28.35	3.60	92.79
Aceite 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	89.00	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
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1232.49
								% DIS ALM	48.92
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 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 talarin	100.0	90.00	8.55	0.09	62.64	34	0.81	250.56	295.57
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.63	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
Aceite vegetal	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	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
									569.31
								%DIST. D	22.60
			83.56	51.58	430.26				
			334.23	464.23	1721.04				
			13.27	18.43	68.31				
					100.00				
								VCT	2519.49

Lic. Gladys R. Quiroga Duran
NUTRICIONISTA
C.N.P. 6149

BRWID CONSULTORÍA Y SERVICIOS
Héctor Quiroga Tito
REPRESENTANTE



VIH Y TBC

viernes, 06 de abril 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	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
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	88.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Guiso de frejol con chanchito + ensalada + arroz + fruta y refresco									
Arroz Pilado d	150.00	100.00	12.30	0.75	118.70	49	8.75	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	80.0	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	0.82	23.05	26.83
Aji colorado s	2.00	88.00	0.10	0.11	0.80	0	0.86	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.38
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
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinillo o Pa	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	98.00	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
								% DIS ALM.	55.82
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 res	80.00	78.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	80.00	100.0	5.64	0.12	48.92	23	1.00	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	1.78	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.08	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	0.38
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetite 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	539.89	1822.73				
			12.96	19.88	67.16				
					100.00			VCT	2714.68



[Signature]
Dr. Quirce Duran
 NUTRICIONISTA
 C.N.P. 81-21

[Signature]
 UNIVERSIDAD DE CUENCA
 SERVICIO DE
 NUTRICION Y DIETETICA

VIH Y TBC

sábado, 07 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
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	61.03	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	79.85	1.20	99.89
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.	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 Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.80	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 vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Espinaca neg	35.00	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	0.88	0.09	5.30	3	0.84	21.20	24.67
Lechuga redo	60.00	60.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	60.00	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	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1355.11
								%DIST. D	53.57
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 + 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. D	15.69
			93.58	61.38	400.71				
			374.33	552.39	1602.83				
			14.8	21.8	63.4				
					100.00			VCT	2528.55



Dr. Gladys E. Quispe Duran
NUTRICIONISTA
 C.N.P. 8139

Hector Quispe Tito
REPRESENTANTE

VIH Y TBC

domingo, 08 de abril de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL KCAL
	(g)	%				An (g)	(g)	(g)	
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 moro	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 labra	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									807.93
									18.63
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: 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	68.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.86	164.13	181.24
Arroz Pilado d	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	48.00	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 fresco	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	73.78
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 d	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	0.1720	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	0.66	0.38	0.36	2.62	3.37
Fideos	80.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.58	0.18	4.54	5.29
Arvejas fresco	10.00	54.00	0.36	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	16	72				
					100.00			VCT MEN	2587.09



Lic. Gladys E. Quispe DNFAR
NUTRICIONISTA
C.N.P. 0109


BRAVO CONSULTORES & SERVICIOS
Gladys Quispe Titu
Nutricionista

VIH Y TBC

lunes, 09 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO:	Harina de habas + 02 panes + queso de chancho								
Harina de Hab	30.00	100.00	7.28	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 cha	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	23	1.62	172.32	196.98
									VC DES.
									%DIST. D
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 d	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
Aceite vegeta	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	1.70	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.89	0	0.00	138.74	138.74
									VC DES.
									%DIST. D
REFRIGERIO:	Vaso de leche								
Leche evapor	60.00	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	0.06
Pan de labran	30.00	100.00	2.89	0.09	21.54	11.52	0.81	96.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.79
			100.02	59.23	432.33				
			400.08	533.10	1729.33				
			15.03	20.02	64.95				
					100.00				VCT MEN
									2662.51


 HECTOR QUISPE TITO
 REPRESENTANTE

BRAVO CONSULTORES & SERVICIOS

 HECTOR QUISPE TITO
 REPRESENTANTE

VIH Y TBC

martes, 10 de abril 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: 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 labran	60.00	100.0	8.76	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	44.48	4.23	80.44
									539.38
									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									
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	5.64	0.12	46.92	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	0.38	0.05	1.95	1	0.46	7.78	9.69
Aceite vegeta	15.00	100.00	0.00	16.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	0.29	0.04	2.27	1	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	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.61
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.	1367.81
								%DIST. D	46.84
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: 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	0.46	70.02	30	4.05	280.08	313.65
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Queso perla	25.00	100.00	7.00	7.50	0.83	28	87.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	16.23	10.90	36.13
Huevo de gall	15.00	98.00	1.98	1.23	0.28	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	1807.40				
	VCT (%)		19	22	65			V.C.T. MENU	2920.24
					100.00				



Lic. Gladys R. Quijse Durán
NUTRICIONISTA
C.N.P. 61-9

BRUNO CONCEPCION VIZCARRA
Hector Quijse (Tio)
REPRESENTANTE

miércoles, 11 de abril 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	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapora	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso panela	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	43.09	23	1.62	172.32	196.88
									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 d	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	44.06	0.00	156.13
Aceite vegetal	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	46.72	17	1.85	182.86	201.93
Sal	12.00	100.00	0.14	0.06	0.99	1	0.64	3.94	5.05
Cebolla de ca	60.00	89.00	0.75	0.11	6.03	3	0.96	24.14	28.09
Lchuga roja	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Tomate	60.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Ajl colorado s	0.50	87.00	0.03	0.03	0.28	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
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1379.42
									53.40
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: Infusion + 01 pan + mermelada									
Hierbas	10.00	99.00	0.31	0.10	0.89	1.23	0.89	2.77	4.89
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	84.00	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 D	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. D	14.13
			87.41	58.73	426.19				
			349.65	528.61	1704.78				
			13.5	20.5	66.0				
					100.00			VCT	2583.03




 Dra. Gloria R. Quijpe Duran
 NUTRICIONISTA
 C.N.F. 0103

INSTITUTO COLOMBIANO DE NUTRICION Y SALUD

 Hector Quijpe Tito
 REPRESENTANTE

Jueves, 12 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				An (g)	(g)	(g)	PROT
DESAYUNO: Semola con vainilla , pan ,mortadela									
Sémola de Tri	30.00	100.00	5.85	3.21	18.14	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	29.73	0	0.00	118.92	118.92
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	11.78	53.19	11.28	76.23
									509.72
									19.63
REFRIGERIO: Huevo sancochado									
Huevo de gal	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	3.08	0.00	70	27.54	0.00	97.68
Papa blanca	200.0	82.00	3.44	0.18	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomata	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
Acetite 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	0.38	9.09	10.67
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	99.00	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
									VC DES. 1144.68
									%DIST. D 44.08
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	116.60
									VC DES. 116.60
CENA: Hígado frito , arroz + infusion									
Hígado 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	7.98	0.45	70.02	30	4.05	280.08	313.85
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Acetite vegetal	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	12.38	6.00	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	63.51	421.20				
			340.49	571.55	1684.82				
			13.1	22.0	64.9				
					100.00				
									VCT 2596.86




 Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149


 BRAVO CONSULTING & SERVICES
 Healy Quispe Tito
 REPRESENTATIVE

viernes, 13 de abril 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	6.92
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	0.16	43.08	23	1.62	172.32	198.98
									584.64
									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 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
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.32	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
Pepinillo o Pe	80.00	88.00	0.36	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	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 se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1504.48
								% DIS ALM	55.76
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	6.60	6.48	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
Porro	15.00	88.00	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. D	15.65
			84.24	70.39	432.67				
			336.97	633.53	1730.67				
			12.48	23.45	64.07				
					100.00			YCT	2701.17



Lic. Gladys R. Quispe Durán
 NUTRICIONISTA
 C.M.P. 6140

BRANCO CONSULTORIAS & SERVICIOS

viernes, 13 de abril de 2018

ALIMENTO	griper (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	1.63	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	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.09	23	1.62	172.32	198.98
									584.64
									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 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
Sal	12.00	100.00	0.14	0.05	0.86	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	26.63
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 vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Pa	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	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 se	150.0	85.00	1.91	0.38	28.76	8	3.44	107.10	118.19
									1504.48
								% DIS ALM	55.70
REFRIGERIO:	Vaso de leche								
Leche evapoc	80.00	100.00	5.60	6.48	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	1.60	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
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 vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	422.72
								%DIST. D	15.65
			84.24	70.39	432.67				
			336.97	633.53	1730.67				
			12.48	23.45	64.07				
					100.00			VCT	3701.17

Lic. Gladys E. Quispe Dávalos
 NUTRICIONISTA
 C.N.P. 6143

BRAND CONSULTING & SERVICES

sábado, 14 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				PROT	GRASAS	CHO	
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	24.22
REFRIGERIO: Huevo sancocado									
Huevo de gal	55.00	96.00	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									
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
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
Acuita 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	0.66	0	0.30	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	0.16	2.24	2	1.31	8.95	12.00
Silao	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
									1312.85
								% DIS ALM.	51.44
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	6.60	6.48	8.72	22	68.32	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 blanc	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.	431.90
								%DIST. D	16.92
			97.67	71.16	380.29				
			390.67	640.44	1521.16				
			15.31	25.09	59.60				
					100.00			VCT	2552.27



Dr. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6143

IRAWO CONSULTORAS & SERVICIOS
Hector Quispe Tito
 REPRESENTANTE

VIH Y TBC

domingo, 15 de abril 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: 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
Canola 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	34.60	0	0.00	138.74	138.74
Camote moro	100.0	90.00	1.26	0.27	23.13	5	2.43	92.52	99.99
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	634.82
								%DIST. D	21.30
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 res	120.0	100.00	20.64	1.32	1.20	63	11.88	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	65.00	3.57	0.17	37.91	14	1.53	151.64	167.46
Cebolla de cal	30.00	89.00	0.37	0.05	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	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	0.50	68.00	0.02	0.03	0.20	0	0.24	0.80	1.13
Acolla vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	8.00	100.00	0.80	0.77	0.08	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	0.29	16.0	7	2.65	64.09	73.79
								V.C. ALMUERZO	1138.00
								% DISTR. ALMUERZO	45.33
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	66.32	34.88	116.60
								VC DES.	116.60
CENA Arroz amarillo con pollo + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.70	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.83
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.56
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Acolla vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	30.00	64.00	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
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									648.69
									25.83
			90.72	37.06	453.64				
			362.88	333.51	1814.55				
			14.45	13.28	72.27				
					100.00			VCT MEN	2510.94



E. Gloria R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6149

BRUNO CONDORCER & CERRADA
Hector Quispe Tito
 REPRESENTANTE

VIH Y TBC

lunes, 16 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				An (g)	(g)	(g)	
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	109.60
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	6.42	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	198.98
								VC DES.	671.87
								%DIST. D	21.60
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	160	64.88	2.22	228.75
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Pepinito 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	0.06	0.98	1	0.54	3.94	5.05
Acollte vegeta	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 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	101.26
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.	1486.28
								%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	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. D	15.88
			95.99	64.66	421.86				
			383.97	576.54	1687.45				
			14.50	21.77	63.73			VCT MEN	2647.97
					100.00				



Hector Quirope Duran
Hector Quirope Duran
 NUTRICIONISTA
 C.N.P. 6623

Hector Quirope Duran
Hector Quirope Titir
 REPRESENTANTE

martes, 17 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
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	28.49	0.00	0	117.96	117.96
Pan de lebran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	190.96
Jamonada	20.00	100.00	3.14	5.80	0.20	27	24.30	1.20	52.38
									367.76
									14.84
REFRIGERIO: Huevo sancocado									
Huevo de gall	58.00	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									
Lleche 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	0.96	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	92.00	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	0.00	0.16	9.21	4	1.48	36.85	42.26
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	0.08	0.84	2	0.68	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.18	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
								% DIS ALM.	51.63
REFRIGERIO: Vaso de leche									
Lleche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.80
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	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Ancejas 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
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. D	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



Lic. Gladys R. Quiroga Duran
NUTRICIONISTA
C.N.P. 6149

BRAYD CONSULTORAS S.A.S. (C) 2018
Hector Quiroga Tito
NUTRICIONISTA

domingo, 18 de febrero de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Avena con leche , pan , queso									
Avena, hojua	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
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
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	196.96
									556.46
									25.90
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: Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta									
Carna de Cerdo	150.00	88.00	18.01	19.93	0.00	76	179.39	0.00	286.42
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	0.05	0.74	0	0.41	2.95	3.79
Acetate 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
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	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.88	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	160.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									1283.14
								% DIS ALM.	50.63
REFRIGERIO: Vaso de leche									
Leche evapora	60.00	100.00	5.60	6.48	8.72	22	58.32	34.88	116.60
								VC DES.	116.60
CENA: Infusion + 01 pan + margarina									
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.89	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	147.60	0.00	148.06
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	406.64
								%DIST. D	16.00
			77.00	75.20	387.44				
			308.02	676.79	1549.77				
			12.2	26.7	61.1				
					100.00			YCT	2534.56



Ja-Gloria R. Quijpe Duran
NUTRICIONISTA
 C.N.P. 6103

BRAVO COMSECCIONALES SERVICIOS
Hector Quijpe Tiv
REPRESENTANTE

jueves, 19 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				PRÓT	GRASAS	CHO	
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tri	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	11.28	76.23
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. D	20.87
REFRIGERIO: Huevo sancochado									
Huevo de gal	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 d	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	243.95
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	4.78
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
Arvejas fresca	40.00	65.00	1.85	0.18	4.89	7	1.40	19.55	28.34
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	5.65	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
Acetite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	1206.21
								%DIST. D	45.95
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 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	100.0	100.00	9.50	0.10	69.80	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	3.85	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
Acetite 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
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									681.78
								%DIST. D	25.97
			79.37	101.87	349.53				
			317.46	909.61	1398.12				
			12.09	34.65	53.26	100			
					100.00			VCT	2625.22



Lic. Gladys R. Quiroga Duran
 NUTRICIONISTA
 C.N.P. 6109

BRAND CONSULTING SERVICES
 Hector Cospe Tito
 REPRESENTANTE

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Soya con piña + 02 panes + mermelada									
Harina de soya	25.00	100.00	2.10	1.63	17.60	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 Dv	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.96
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									19.20
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: Frejol a la chilena con chancho, arroz, ensalada, fruta y refresco									
Carne de Cerdo	50.0	85.00	8.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballer	120.0	100.00	27.48	1.80	69.90	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 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	0.85	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
Lchuga roja	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.36	0.05	19.55	9.40	0.45	78.20	98.05
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	0.38	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	87.00	2.80	0.11	6.06	11.20	0.86	24.23	38.39
Aji colorado s	3.00	52.00	0.11	0.12	0.82	0.44	1.10	3.68	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.68	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 res	60.00	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	4.78
Zanahoria	50.00	65.00	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 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	88.41				
					100.00			VCT	2677.65



Dr. Gladys R. Quiroga Duran
NUTRICIONISTA
C.N.S. 6-23

PROYECTO DE INVESTIGACIONES SERVICIOS

Revisor Gladys Tito
REPRESENTANTE

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%				Am (g)	(g)	(g)	PROT
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	61.03	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	78.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	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.	645.71
								%DIST. D	25.14
REFRIGERIO: Huevo sancocado									
Huevo de gal	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 d	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	44.08	0.00	158.13
Aceitunas de	8.00	92.00	0.06	2.36	0.54	0	21.28	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Sal	8.00	100.00	0.11	0.05	0.74	0	0.41	3.95	3.79
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
Ajil colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	6.66
Camote mora	200.00	92.00	2.88	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	60.00	67.00	0.56	0.09	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 sa	150.0	92.00	2.07	0.41	28.98	8	3.73	135.92	127.93
									1304.61
								% DIS ALM.	50.78
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	6.60	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 blanc	30.00	100.00	8.13	15.30	5.07	33	137.79	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.	429.26
								%DIST. D	16.71
			91.26	61.19	413.30				
			365.03	550.72	1653.19				
			14.2	21.4	64.4				
					100.00			VCT	2568.93


E. Quispe Duran
NUTRICIONISTA
C.N.P. 6149


E. Quispe Duran
REPRESENTANTE

domingo, 22 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				An (g)	(g)	(g)	PROT
DESAYUNO: Café+ 02 panes + camote frito									
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 morsa	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 habra	60.00	100.00	5.76	0.18	43.06	23	1.82	172.32	196.98
								VC DES.	434.81
								%DIST. D	16.51
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: Higado encabollado , arroz , papa + refresco + fruta									
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.19	4.88	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.90	522.75
Tomate	50.00	92.00	0.37	0.09	1.96	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
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	0.84	23.59	27.48
Papa blanca	180.0	92.00	3.48	0.17	38.93	14	1.49	147.72	183.12
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	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	6.72	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	28.00	100.00	2.75	6.58	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	5.00	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	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	19.66	0	0.00	78.64	78.64
								VC DES.	682.15
								%DIST. D	25.90
			82.10	71.93	414.43				
			328.41	647.35	1657.73				
			12.47	24.58	62.95				
					100.00			VCT	2633.48



Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 6143

BRVD COORDINADOR (SERVICIO)
Fredy Quijpe Tr.
 REPRESENTANTE

lunes, 23 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Habas	30.00	100.00	7.28	0.57	17.86	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
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	8.03	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	196.98
								VC DES.	513.06
								%DIST. D	19.33
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:	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	0.85	6.19	7.99
Pepinillo o Pe	80.00	72.00	0.29	0.08	1.50	1	0.52	5.99	7.68
Sal	12.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.05
Aceite vegetal	25.00	95.00	0.00	21.25	0.00	0	191.25	0.00	191.25
Mandioca	35.00	100.00	2.24	0.14	26.90	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	27.40
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	26.16	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.00	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.	1531.08
								%DIST. D	57.69
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:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.69	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 MEN	2653.96


 Lic. Quijse Tito
 NUTRICIONISTA
 C.N.P. 8149


 BRIGADA DE MEDICINA Y SERVICIO
 Hector Quijse Tito
 REPRESENTANTE

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (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	0.08
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.82	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									
Cama 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
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aceite vegetal	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 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	10.18	12.08
Naranja	150.00	96.00	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	1286.16
								% DISTR. ALMUERZO	45.91
REFRIGERIO: Vaso de leche									
Leche evapor	60.00	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	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	20.00	100.00	5.80	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	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
	VCT (Gr.)		89.54	55.38	486.22				
	VCT (kcal.)		358.17	498.38	1944.90				
	VCT (%)		13	18	69		V.C.T. MENU		2801.45
					100.00				



Lic. Gladys R. Quiroga Duran
 NUTRICIONISTA
 C.A.P. E.V.O.

BRUNO CONSULTORES & SERVICIOS
Hector Quiroga Tiz
 REPRESENTANTE

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				An (g)	(g)	(g)	PROT
DESAYUNO: Té + 02 panes + huevo sancocado									
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	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	43.06	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 gal	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									547.69
									19.55
REFRIGERIO: Huevo sancocado									
Huevo de gal	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	3.08	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	118.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.08	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	34.69	0	0.00	138.74	138.74
								V.C. ALMUERZO	1288.16
								% DISTR. ALMUERZO	45.91
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	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.68
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso parte	20.00	100.00	5.60	6.00	0.66	22	54.00	2.84	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gal	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	59.45	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
	VCT (Gr.)		89.54	55.38	486.22				
	VCT (kcal.)		358.17	498.38	1944.90				
	VCT (%)		13	18	69		V.C.T. MENU		2801.45
					100.00				



Elic Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6163

Hector Quispe Tibi
 REPRESENTANTE

miércoles, 25 de abril de 2018

ALIMENTO	gr/per (g)	comeslib le %	PROT Am (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	5.87	7.63	20	51.03	30.62	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 labran	60.00	100.00	5.76	0.18	43.00	23	1.62	172.32	198.98
									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 almandrada, arroz , papa + refresco y fruta									
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.38	0.00	126.99
Arroz Pilado d	180.0	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	8.68
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Ajil colorado s	1	68.00	0.05	0.05	0.40	0	0.48	1.60	2.26
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	1.85	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.08	0.86	1	0.54	3.94	5.05
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
Maní crudo, o	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	6.60	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	0.63	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	73.85
Pan de labran	35.00	100.00	3.36	0.11	26.13	13	0.95	100.52	114.91
								VC DES.	390.74
								%DIST. D	15.16
			89.62	42.61	458.75				
			358.46	383.53	1835.02				
			13.91	14.88	71.21				
					100.00			VCT	2577.01



Lic. Gladys E. Quijse Durán
NUTRICIONISTA
C.N.P. SNU

SECRETARÍA DE ASISTENCIA Y SERVICIOS
Rector Gladys Tito
REPRESENTANTE

VIH Y TBC

jueves, 26 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
			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	138.33
Vainilla	0.15	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	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.96
									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									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Fideos	80.00	100.00	7.52	0.15	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.15	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
Áceite 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	0.25	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	16.9	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. D 48.85
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: 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
Áceite 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	0.38	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	24.58	0	0.00	98.30	98.30
									VC DES. 678.26
									%DIST. D 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



ic. Gladys R. Quispe Duran
NUTRICIONISTA
C.N.P. 8120

UNIDAD CORRECCIONAL Y SERVICIOS
Núcleo Gladys R. Quispe Duran
REPRESENTANTE

ALIMENTO	gr/per (g)	comensid la %	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	1.63	17.80	9	14.63	71.20	94.63
Piña	30.00	64.00	0.08	0.04	1.88	0	0.36	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	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									22.75
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	95.00	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	424.88
Carne de Cerc	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 caf	80.00	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
Herba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano secc	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	0.55	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
									1514.66
								% DIS ALM.	58.81
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Sopa de semola con menudencia de pollo									
Menudencia d	80.00	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	118.85
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porc	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	78.00	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
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano secc	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. D	11.09
			86.49	63.44	414.66				
			345.95	570.96	1858.64				
			13.4	22.2	84.4				
					100.00			VCT	2575.55

Le Gladys R. Quiroz Duran
NUTRICIONISTA
 C.N.P. 81-0

COMUNICACIONES Y SERVICIOS
Guisepe Tito
Guisepe Tito
 REPRESENTANTE

sábado, 28 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (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	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	0.05	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	23.24
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: 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	0.18	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	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 vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	1.00	88.00	0.05	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 sa	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	6.72	22	56.32	34.88	115.60
								VC DES.	115.60
CENA Mazamorra de frutas + 01 pan									
Mandioca	45.00	100.00	2.88	0.18	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 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	0.95	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	15.86
			92.55	59.39	438.85				
			370.19	534.50	1755.40				
			14	20	66				
					100.00				
									2660.09

Lic. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.S. 6149

BRANCO CONSULTORIA E SERVIÇOS
 Nector Quijpe Tito
 REPRESENTANTE

domingo, 29 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL 5 POR MENL
			An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO:	Semola con vainilla + 02 panes + margarina								
Semola de Trigo	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 vegetal	30,00	100,00	0,18	24,60	0,00	1	221,40	0,00	222,12
Pan de labranza o f	60,00	100,00	5,78	0,18	43,08	23	1,62	172,32	186,98
								VC DES.	693,79
								%DIST. C	30,56
REFRIGERIO: Huevo sancochado									
Huevo de gallina. c	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 Pollo Ent	160,00	85,00	28,02	4,90	0,00	112	44,08	0,00	156,13
Aroz Pilado o pulc	160,0	100,00	13,12	0,80	124,48	52	7,20	497,92	567,60
Sal	18,00	100,00	0,22	0,09	1,48	1	0,81	5,90	7,58
Aceite vegetal	20,00	100,00	0,00	20,00	0,00	0	180,00	0,00	180,00
Papa blanca	100,0	92,00	1,93	0,09	20,52	8	0,83	82,06	90,62
Pimienta molida	0,3	100	0,03	0,02	0,19	0	0,22	0,76	1,08
Aji colorado seco, p	8,00	98,0	0,55	0,61	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
Aceite vegetal	0,00	100,00	0,00	0,00	0,00	0	0,00	0,00	0,00
Lechuga redonda	100,00	92,00	1,20	0,18	1,93	5	1,66	7,73	14,17
Silao	5,00	100,00	0,57	0,48	0,05	2	4,32	0,20	6,78
Pepinillo o Pepino c	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 cabeza	80,00	92,00	1,03	0,15	8,32	4	1,32	39,27	38,71
Tomate	80,00	99,00	0,63	0,18	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 ALMU	1171,00
									51,56
REFRIGERIO: Vaso de leche									
Leche evaporada	80,00	100,00	5,60	6,48	8,72	22	58,32	34,88	115,60
								VC DES.	115,60
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	0,60
Huevo de gallina. c	60,00	98,00	7,94	4,94	1,06	32	44,45	4,23	80,44
Pan de labranza o f	40,00	100,00	3,84	0,12	28,72	15	1,08	114,88	131,32
								VC DES.	216,83
								%DIST. E	9,55
			86,78	72,48	317,94				
			347,11	652,09	1271,75				
			15,28	28,71	56,00				
					100,00			VGT	2270,95

VIH Y TBC

lunes, 30 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			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	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.85	1.20	99.69
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	521.18
								%DIST. D	23.50
REFRIGERIO: Huevo sancocado									
Huevo de gal	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
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 Piledo 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	30.00	89.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomata	40.00	89.00	0.32	0.08	1.70	1	0.71	5.81	6.79
Caigua Sema	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	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Anejas fresca	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	0.06	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
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
								V.C. ALMUERZO	1151.80
								% DISTR. ALMUERZO	51.93
REFRIGERIO: Vaso de leche									
Leche evapora	80.00	100.00	6.60	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.80
CENA: Mazamorra de maizena con leche + 01 pan									
Maizana	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela entera	0.30	84.00	0.00	0.00	0.16	0.02	0.0158	0.65	0.68
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapora	35.00	100.00	2.45	2.64	3.82	10	25.52	15.26	50.68
									355.51
									16.03
			68.22	41.15	393.65				
			272.88	370.35	1574.59				
			12.30	16.70	71.00				
					100.00			VCT MEN	2217.83





 Héctor Quirope Titto
 NUTRICIONISTA
 C.N.P. 6113


 Héctor Quirope Titto
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER PARA POBLACION PENAL - MES DE ABRIL 2018

domingo, 1 de abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 2 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 3 de abril de 2018	INFUSION + 02 PANES + JAMONADA	HINO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
miércoles, 4 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 5 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 6 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
sábado, 7 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 8 de abril de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
lunes, 9 de abril de 2018	HARINA DE HABAS + 02 PANES + FRUTA	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 10 de abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO, ARROZ + INFUSION
miércoles, 11 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO ,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
jueves, 12 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO , ARROZ + INFUSION
viernes, 13 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON POLLO
sábado, 14 de abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO SANCOCHADO,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
domingo, 15 de abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAIUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 16 de abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 17 de abril de 2018	INFUSION + 02 PANES + MORTADELA	AJE DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
miércoles, 18 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ASADO DE POLLO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	CALDO BLANCO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 20 de abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
sábado, 21 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMONERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
domingo, 22 de abril de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
lunes, 23 de abril de 2018	HARINA DE HABAS + 02 PANES + MORTADELA	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 24 de abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO, ARROZ + INFUSION
miércoles, 25 de abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
jueves, 26 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
viernes, 27 de abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON POLLO
sábado, 28 de abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN
domingo, 29 de abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
lunes, 30 de abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CAIUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN


Hector Quijpe Tito
 REPRESENTANTE


Lic. Gladys R. Quijpe Duran
 NUTROCIIONISTA
 C.N.P. 6148



DIETA: GASTRITIS CRONICA Y CANCER

domingo, 01 de abril de 2018

ALIMENTO	griper (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 mora	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canola entero	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	8.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.44
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 d	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	0.96	0.300	5.17	6.43
Aceite vegeta	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	3.4388	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	123.30	135.93
Cebolla de ca	15.00	87.00	0.18	0.03	1.47	1	0.23	5.90	6.88
Plátano	160.00	92.00	0.59	0.28	14.43	2	2.66	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	1228.11
								% DISTR. ALMUERZO	48.96
CENA Arroz amarillo con pollo + infusion									
Arroz Pilado d	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	0.64	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.00	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 ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.15	2.91	1	1.42	11.63	13.81
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
									767.31
									30.59
			73.60	47.58	448.39				
			294.40	428.18	1785.57				
			11.74	17.07	71.19				
					100.00			VCT MEN	2508.15



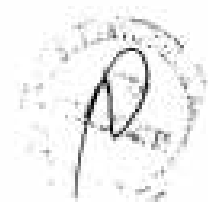
Jc. Gladys R. Quirope Duran
 NUTRICIONISTA
 C.N.F. 0129

BRAYO CONSULTORES NUTRICIONALES
Hector Quirope Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestible la %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	40.00	100.00	7.52	0.92	28.96	30	8.28	107.84	146.20
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	35.00	100.00	9.49	17.85	5.92	38	180.65	23.66	222.25
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	282.64
								VC DES.	769.33
								%DIST. D	30.76
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	557.60
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	41.46	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	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.05	0.86	1	0.54	3.94	5.05
Orégano	5.0	96.00	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	2.68	57.70	62.71
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1270.86
								%DIST. D	50.82
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.98	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
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.05	0.06
Pan de labran	40.00	100.00	3.84	0.12	28.72	19.36	1.06	114.88	131.32
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									480.65
									18.42
			77.61	43.64	449.20				
			311.25	392.78	1796.81				
			12.4	15.7	71.5				
					100.00				2500.84



Ac. Gladys E. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6143

UNIVERSIDAD NACIONAL DE SAN CARLOS
 HÉCTOR QUISPE TILO
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

martes, 03 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + jamonada									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.09	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	39.54	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
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
									478.77
									18.37
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 paña	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 maon	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	0.28	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	88.00	2.31	0.18	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	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	15.00	96.00	0.21	0.03	1.66	1	0.26	6.64	7.73
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.	1284.45
								% DIS ALM.	49.29
CENA: Guiso de fideos con pollo, arroz , infusion									
Cama 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 vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresca	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	1.26	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	32.33
			73.07	54.46	455.85				
			292.29	490.10	1823.40				
			11.2	18.8	79.0				
					100.00		V.C.T. MENU		2605.79



Jc. Guispe E. Quijpe Dávalos
NUTRICIONISTA
 C.N.P. 6149

Guillermo Quijpe
Director de SERVICIOS
Doctor Guispe Tito
APRESENTANTE

miércoles, 04 de abril de 2018

ALIMENTO	gr/per	comesbb	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST.CAL %
	(g)	le				An (g)	(g)	(g)	PROT
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.88	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	8.08	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	3.98	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.82	137.62
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.32
Almuerzo: Estofado de pollo , arroz , refresco y fruta									
Carno de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	36.24	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	160.0	100.00	13.12	0.80	124.48	52	7.20	497.91	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
Arvejas fresca	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	1.66	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	30.00	87.00	2.80	0.04	2.27	11	0.36	9.09	20.65
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
									VC Alm
									1369.13
									% Diet
									53.89
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 veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
									VC DES
									477.31
									%DIST, D
			80.15	68.24	401.47				
			320.80	614.18	1605.87				
			12.6	24.2	63.2				
					100.00				VCT
									2640.62



Dr. Carlos E. Quiroz Durán
 NUTRICIONISTA
 C.R.P. 6149

BRVA CONSULTORIOS & SERVICIOS
Director Quiroz Tito
 REPRESENTANTE

jueves, 05 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	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	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	693.79
								%DIST. D	27.47
ALMUERZO: Cau cau de pollo, arroz , fruta y refresco									
Arroz Pilado c	160.0	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 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
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arvejas fresca	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Cebolla de ca	20.00	57.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Tomate	30.00	89.00	0.24	0.06	1.29	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.06	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.	1160.17
								% DIS ALM	45.94
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	11.89
Ajos	1.11	80.00	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
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
									671.43
								%DIST. D	26.59
			70.34	64.16	416.65				
			281.37	577.40	1666.61				
			11.14	22.86	65.99				
					100.00				
								VCT	2525.39



[Signature]
 Lic. Gladys E. Quiroz Escobar
 NUTRIERA
 C.N.P. 1111

[Signature]
 BRUNO CORRAL ESPINOSA
 HECTOR CRISTO TITO
 NUTRIERA

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 06 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Soya con piña + 02 panes + mermelada									
Harina de soya	30.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	30.00	84.00	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	30.00	100.00	0.12	0.08	21.83	0	0.54	87.72	88.74
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
									521.21
								%DIST. D	24.14
Almuerzo: Guiso de verduras con pollo + arroz + fruta y refresco									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Acelgas. hojas	120.00	81.00	1.61	0.22	3.86	6.44	1.98	15.52	23.94
Carno de Pol	100.00	85.00	17.51	3.08	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
Vanitas (2)	30.00	85.00	0.61	0.08	2.07	2	0.69	8.26	11.40
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	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
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	160.00	92.00	0.69	0.29	14.43	2	2.88	57.70	62.71
									1021.99
								% DIS ALM.	49.68
CENA: Sopa de fideos con pollo									
Carno de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.0	5.84	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
Porro	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	18.98	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 vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	513.90
								%DIST. D	24.90
			67.24	35.20	367.84				
			268.97	316.79	1471.34				
			13.08	15.40	71.52				
					100.00			VCT	2057.10

Dr. Gladys R. Quispe Duran
NUTRICIONISTA
C.N.P. 6119

BRAYO CONSULTORES Y SERVICIOS
Hector Quispe Tito
REPRESENTANTE

sábado, 07 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	le				PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
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	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	43.06	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	28.95
Almuerzo: Arroz con pollo + fruta y refresco									
Cama de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Filado c	200.0	100.00	16.40	1.00	155.60	66	8.00	622.40	697.00
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	0.28	1.43	3	2.38	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	30.00	67.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Lechuga roja	80.00	50.00	0.52	0.08	0.84	2	0.72	3.36	6.16
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.69	8.51	10.89
Azúcar rubia	35.00	100.0	0.00	0.00	34.89	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	127.66
								VC DES.	1337.50
								%DIST. D	57.04
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	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	328.38
								%DIST. D	14.01
			84.72	48.52	392.32				
			338.87	436.67	1560.28				
			14.5	18.6	66.9				
					100.00			VCT	2344.82



Jc. Gladys R. Quiroga Díaz
 NUTRICIONISTA
 C.N.P. 8119

BRANO CONSEJEROS Y SERVICIOS
Hector Quiroga Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL KCAL
	(g)	le				An (g)	(g)	(g)	
DESAYUNO: Infusion + 02 panes + camote sancochado									
Hierbas	10.00	54.00	0.17	0.08	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	0.88
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 labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									547.32
									23.45
ALMUERZO: Matasquita 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	200.0	82.00	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	9.68
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.85	4	1.28	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
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	38.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1229.49
						% DISTR. ALMUERZO			52.60
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	20.00	100.00	1.88	0.04	15.64	8	0.36	62.56	70.44
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	87.00	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	5.16
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
pepillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									556.78
									23.86
			75.90	24.34	452.72				
			303.62	219.09	1810.89				
			13	9	78				
					100.00			VCT MEN	2333.60


 Lic. Gladys R. Quipe D.N.C.P.
 NUTRICIONISTA
 C.N.P. 6103


 SERVIDOR PÚBLICO
 Hector Quipe Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 09 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR 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	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
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	196.98
								VC DES.	521.18
								%DIST. D	24.57
Almuerzo: Pollo sancochado ,papa , arroz , refresco y fruta									
Carne de Pol	160.00	85.00	28.02	4.80	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
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	94.00	2.95	0.14	31.44	12	1.27	125.77	138.89
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
Sal	12.00	100.00	0.14	0.05	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	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1244.26
								%DIST. D	58.67
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela 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	30.00	100.00	2.89	0.09	21.54	11.52	0.81	86.15	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									365.51
									16.76
			73.68	19.18	413.41				
			294.70	172.62	1653.63				
			13.89	8.14	77.97				
					100.00			VCT MEN	2120.95



José Carlos R. Quijpe Duran
 NUTRICIONISTA
 C.R.P. 6143

BRVA CONSEJEROS Y SERVIDOS
Rector Quijpe Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

martes, 10 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + huevo sañcochado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.63	2.58	4.54
Carola 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 labran	60.00	100.0	5.75	0.18	43.06	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
									20.83
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Came 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	1.28	218.96	246.84
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.69
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	5.75	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
Acito vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Arvejas fresca	67.00	54.00	2.57	0.22	6.80	10	1.95	27.21	39.44
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Plátano	160.00	82.00	0.59	0.29	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. 1319.64
									%DIST. D 51.02
CENA: Guiso 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 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
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Acito 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 727.84
									% DIST.CENA 28.14
	VCT (Gr.)		90.64	39.08	468.01				
	VCT (kcal.)		362.55	351.72	1872.03				
	VCT (%)		14	14	72				V.C.T. MENU 2588.31
					100.00				


 Gladys R. Quijpe Duran
 NUTRICIONISTA
 D.N.P 6143


 BRAVO CONSEJEROS
 Hector Quijpe Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 11 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuel	35.00	100.00	4.68	1.40	25.20	19	12.80	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	81.03	30.82	101.15
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.85	0.68
Clavo de olor	0.10	84.00	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	5.78	0.18	43.08	23	1.82	172.32	196.98
									687.07
									30.32
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 Pol	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Acelta 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	6.04	0.24	53.52	20	2.16	214.08	238.40
Cebolla do ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redol	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Tomate	80.00	98.00	0.83	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
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	34.89	0	0.00	138.74	138.74
								VC ALMU	1281.55
									56.55
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	98.00	0.31	0.10	0.89	1.20	0.89	2.77	4.89
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.85	0.88
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	58.16
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	297.65
								%DIST. D	13.13
			76.43	33.22	415.40				
			305.71	298.97	1661.59				
			13.5	13.2	73.3				
					100.00			VCT	2266.27




 Dra. Guadalupe Tico
 Dietista

DR. GUADALUPE TICO
 Hospital General de Guayaquil
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Semola con vainilla , pan ,mermelada								
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
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	136.74	136.74
Pan de labran	60.00	100.00	5.76	0.18	43.06	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
									23.63



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	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	5.28
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Acoñe vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
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	13.61
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	136.74	136.74
									VC DES. 1192.92
									%DIST. D 61.57

CENA: Pollo sancochado, 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
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.82	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	2.68
Porro	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. 24.80
			74.73	27.50	441.76				
			298.92	247.46	1767.03				
			12.9	10.7	76.4				
					100.00				
								VCT	2313.41

[Signature]
 Dr. Víctor Guispe Daroch
 MEDICO NUTRISTA
 C.M.P. 6143

[Signature]
 BRANCO CONSEJO DE SERVICIOS
 Víctor Guispe Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 13 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Soya con piña + 02 panes + margarina									
Harina de soy	25.00	100.00	2.18	1.83	17.80	9	14.83	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 veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	7.88	0.24	57.44	31	2.18	229.76	262.64
									651.67
									28.38
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	3.68	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	487.82	557.60
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomato	16.00	99.00	0.12	0.03	0.64	0.48	0.27	2.55	3.30
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	20.00	87.00	2.80	0.03	1.51	11.20	0.24	6.08	17.50
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1237.45
								%DIST. D	53.89
CENA: Sopa de arroz con pollo									
Carne de Pol	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
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	6.06
Aceite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	407.02
								%DIST. D	17.73
			73.84	46.82	394.85				
			295.35	421.38	1579.41				
			12.86	18.35	68.79				
					100.00			VCT	2286.13



Dr. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.M.P. C.O.P.

BRavo Colombia
Dr. Gladys Quijpe Duran
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 14 de abril de 2018

ALIMENTO	gr/per (g)	comestible (%)	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	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	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de lebrán	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	27.53
ALMUERZO: Pollo sancochado , arroz,papa, refresco y fruta									
Cama de Pelli	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Papa blanca	180.00	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Perejil	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	60.00	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	0.58	0.29	14.43	2	2.65	57.70	62.71
									1200.18
								%DIS ALM.	53.29
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	190.60
Pan de lebrán	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	18.18
			81.95	38.11	395.31				
			327.79	342.96	1581.23				
			14.56	15.23	70.22				
					100.00			VCT	2251.97



Lc. Gladys E. Quispe Duran
 NUTRICIONISTA
 C.M.P. S.M.S.

BRVA DOMESTICOS Y SERVICIOS
 Rector Gladys Tito
 REPRESENTANTE

domingo, 15 de abril 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: 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	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote mora	100.0	98.00	1.37	0.29	25.19	5	2.88	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	22.62
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	622.75
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	0.05	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	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
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
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	4.06	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
Plátano.	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
								V.C. ALMUERZO	1151.80
								% DISTR. ALMUERZO	47.54
CENA Arroz amarillo con pollo + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.60	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 ca	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	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
salillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									722.85
									29.84
			68.82	37.06	452.47				
			279.30	333.52	1809.87				
			11.53	13.77	74.71				
					100.00			VCT MEN	2422.69




J.C. Gladys R. Quispe Durat
 NUTRICIONISTA
 C.N.P. 6149

INMVO COMERCIO Y SERVICIOS
Factor Quispe Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 16 de abril 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:	Harina de cebada + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
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
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
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	198.98
								VC DES.	533.94
								%DIST. D	27.65
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pol	160.00	85.00	26.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Filado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Zanahoria	50.00	86.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	93.00	2.93	0.14	31.11	12	1.26	124.43	137.41
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
Sal	12.00	100.00	0.14	0.06	0.99	1	0.54	3.94	5.05
Orégano	5.0	96.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	82.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1031.46
								%DIST. D	53.41
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	30.00	100.00	0.18	0.06	26.01	0.72	0.54	104.04	105.30
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
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 evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	365.72
								%DIST. D	18.94
			66.80	20.02	371.94				
			263.21	180.16	1487.75				
			13.63	9.33	77.04			VCT MEN	1931.12
					100.00				



Lic. Gladys R. Quijpe Duraz
 NUTRICIONISTA
 C.N.P. 6143


 BRUNO CONEJONES & SERVICIOS
 Heidy Quijpe Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

martes, 17 de abril 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 + 02 panes + mortadela									
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	0.06	0.01	0.0081	0.34	0.35
Clave de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.66	0.06
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de labran	80.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
									409.13
									17.73
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 paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	91.00	3.82	0.18	40.59	15	1.64	162.34	179.27
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco. v	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	38.85
Huacatay	6.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	88.00	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	2.76
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acolite vegetal	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Plátano	150.00	82.00	0.55	0.28	13.52	2	2.48	54.10	68.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
									VC DES. 1161.86
									% DIS ALM. 50.36
CENA Matasquita de pollo , arroz , infusion									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Arroz Pilado d	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 fresca	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	2.85	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	6.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	6.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
									VC DES. 736.35
									%DIST. D 31.91
			68.64	27.32	445.83				
			278.17	245.84	1783.32				
			12.1	10.7	77.3				
					100.00				V.C.T. MENU 2307.34


Lic. Gladys R. Quiroga Dávalos
 NUTRICIONISTA
 C.N.P. 6143


 BRVU
 REPRESENTANTE



DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 18 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	le				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	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	3.98	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	7.66	0.24	57.44	31	2.18	229.78	262.64
									722.12
									30.24
ALMUERZO: Asado de pollo , arroz, papa + refresco y fruta									
Carne de Pol	180.00	85.00	28.02	4.90	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	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Arroz Pilado e	150.0	100.00	12.30	0.75	116.70	49	8.75	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	3.88	0.18	41.03	15	1.66	164.13	181.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
									1206.89
								% DIS ALM.	50.64
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 vej	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	19.22
			74.16	58.21	391.91				
			296.64	523.90	1567.65				
			12.4	21.9	65.6				
					100.00			VCT	2388.19



Jc. Gladys R. Quespe Duran
NUTRICIONISTA
 C.M.P. 0343

Hector Quespe Tito
BRVAO CONSULTORIOS Y SERVICIOS
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 19 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	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	18.40	0.00	0	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	619.75
								%DIST. D	24.10
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Aroz Pilado d	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	88.00	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	16.58
Papa blanca	300.0	86.00	5.42	0.28	57.53	22	2.32	230.14	254.13
Chuflo blanco	23.00	80.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	62.00	80.00	0.52	0.13	25.75	2	1.18	103.12	106.40
Orégano seco	1.00	80.00	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
Plátano	160.00	82.00	0.58	0.29	14.43	2	2.65	57.70	62.71
Acetite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	1293.82
								%DIST. D	50.31
CENA Tallarines rojos con carne molida + infusion									
Carne de res	80.0	100.00	17.04	1.28	0.00	68	11.62	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	68.00	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	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetite 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	20.00	100.0	0.00	0.00	19.68	0.00	0	78.64	78.64
									658.01
								%DIST. D	25.58
			71.28	95.75	356.18				
			285.14	861.73	1424.79				
			11.09	33.51	55.40				
					100.00			VCT	2571.57



Glady R. Quiroz Duran
 NUTRICIONISTA
 C.N.P. 6123

BRAWO CONCEPCIONES SERVICIOS
Hector Quiroz Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 20 de abril 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	1.83	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
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	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	89.74
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									594.50
									25.57
Almuerzo: Guiso de verduras con pollo + arroz + fruta y refresco									
Arroz Filado d	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
Carne de Pollo	100.00	85.00	17.51	3.08	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 vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	20.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.50	0.29	14.43	2	2.65	57.70	62.71
									1047.59
								% DIS ALM.	45.06
CENA: Sopa de fideos con pollo									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	7.52	0.18	62.56	30	1.44	250.24	281.78
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	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	1.16
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.	682.64
								%DIST. D	29.36
			73.65	35.41	427.85				
			294.62	318.72	1711.39				
			12.67	13.71	73.62				
					100.00			VCT	2324.73



Dr. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.M.F. 6100

BRAND CONSULTOR & SERVICIOS
 (Hector Quispe Tito)
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				An (g)	(g)	(g)	PROT
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
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	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.52
								%DIST. D	29.70
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	44.06	0.00	156.13
Ajos	7	60.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
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 sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.83
									1313.99
								% DIS ALM.	52.99
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.36	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	17.31
			81.46	59.03	405.67				
			325.86	531.25	1622.68				
			13.1	21.4	85.4				
					100.00			VCT	2479.79



[Handwritten Signature]
Dr. Gladys R. Quispe Doraz
 NUTRICIONISTA
 C.M.F. C.O.D

[Handwritten Signature]
BRWA CONSEJOS & SERVICIOS
 Director Gladys Tibi
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 22 de abril de 2018

ALIMENTO	grper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
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	0.10	100.0	0.00	0.00	0.08	0.01	0.0091	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	23.64	5	2.48	94.58	102.21
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.66
								VC DES.	302.26
								%DIST. D	14.09
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 d	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	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
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	50.00	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	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.82
						V.C. ALMUERZO			1173.02
						% DISTR. ALMUERZO			54.66
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	30.00	100.00	2.82	0.08	23.46	11	0.54	93.84	105.66
Carne de Poli	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	87.00	0.14	0.02	1.14	0.58	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	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
									670.64
									31.25
			61.47	27.36	413.45				
			245.87	246.26	1653.79				
			11	11	77				
					100.00			VCT MEN	2145.93



Jc. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 6100

[Signature]
 SERVICIOS DE NUTRICION Y SERVICIOS
 Hector Quispe Tri
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 23 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + mortadela								
Harina de Hab	25.00	100.00	6.08	0.48	14.90	24	4.28	59.60	88.18
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	100.0	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	13.18	88.94
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.88
								VC DES.	512.33
								%DIST. D	26.45
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Cama de Pol	160.00	85.00	28.02	4.80	0.00	112	44.06	0.00	156.13
Arroz Filado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Zanahoria	50.00	86.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	85.00	2.88	0.19	28.43	11	1.15	113.73	125.58
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
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	150.00	82.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.60	0	0.00	138.74	138.74
								VC DES.	1039.46
								%DIST. D	53.66
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	30.00	100.00	0.18	0.06	26.01	0.72	0.54	104.04	105.30
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	88.16	98.49
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									385.38
									19.89
			64.94	16.60	382.01				
			259.74	149.40	1528.03				
			13.41	7.71	78.88				
					100.00			VCT MEN	1937.16



Dr. Gladys R. Quijpe Duran
NUTRICIONISTA
C.N.P. 6113

Hector Quijpe Tr.
REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DISTR. CAL %
	(g)	%				PROT	GRASAS	CHO	
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	0.06	0.01	0.0081	0.34	0.36
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
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									549.44
									26.76
ALMUERZO: Matesquita de pollo, arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	8.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	180.00	100.00	12.50	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
Acetite 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 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
Plátano	180.00	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	34.68	0	0.00	138.74	138.74
									V.C. ALMUERZO
									1369.17
									% DISTR. ALMUERZO
									51.74
CENA: Guiso de pollo, arroz, infusion									
Carné de Pollo	100.00	85.00	17.51	3.08	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	21.16
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Acetite 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	1.38	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	0.06	0.02	0.11	0	0.15	0.45	0.60
									V.C. CENA
									727.84
									% DISTR. CENA
									27.50
	VCT (Gr.)		87.54	44.16	474.71				
	VCT (Kcal.)		350.15	397.45	1898.85				
	VCT (%)		13	15	72				V.C.T. MENU
					100.00				2646.45

Dr. Gladys R. Quispe Dávalos
 NUTRICIONISTA
 C.N.P. 6-1-2

BRavo CONSULTORIA & SERVICIOS
Héctor Quispe Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 25 de abril 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	3.89	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	61.03	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 parta	30.00	100.00	8.40	8.00	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	43.06	23	1.82	172.32	198.96
									668.09
									27.31
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	160.00	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	6.88
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.00	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.96	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
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, o	5.00	95.00	1.14	2.29	0.84	5	20.61	3.36	28.55
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 1387.16
									% Dist 56.71
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	82.00	0.20	0.08	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	18.26	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 15.97
			77.33	37.88	448.94				
			309.31	340.93	1795.77				
			12.65	13.94	73.42				
					100.00				VCT 2446.01



J. Quispe Daval
J. Quispe Daval
 NUTRICIONISTA
 C.N.P. 6173

J. Quispe Daval
J. Quispe Daval
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 26 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO:	Semola con vainilla, pan , mermelada								
Semola de Tri	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
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	530.83
								%DIST. D	20.99
ALMUERZO:	Guiso de fideos con 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
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	8.75	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 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	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1287.03
								%DIST. D	50.90
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 d	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
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
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	710.69
								%DIST. D	28.11
			69.41	28.79	454.20				
			277.65	259.10	1856.78				
			10.98	10.25	73.43				
					100.00			VCT	2528.54


Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.R.P. 0142


 Lic. Guispe Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 27 de abril de 2018

ALIMENTO	griper (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	1.83	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
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	147.60	0.00	148.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.86
									586.01
									25.64
Almuerzo: Guiso de acelga, arroz, fruta y refresco									
Carna 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 vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	30.00	99.00	0.24	0.00	1.28	0.95	0.53	5.11	6.58
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	40.00	67.00	2.80	0.05	3.03	11.20	0.48	12.11	23.80
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1247.04
								%DIST. D	54.57
CENA: Sopa de semola con pollo									
Carna de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sémola de Tri	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	0.09	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
Orégano seco	1.00	70.00	0.01	0.00	0.06	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.	452.05
								%DIST. D	19.78
			74.11	59.75	362.72				
			296.45	537.79	1450.86				
			13.6	23.5	63.5				
					100.00			VCT	2288.10



Lc. Gladys R. Quirós Durán
 NUTRICIONISTA
 C.M.P. 610

Pector Crispin
 PECTOR CRISPIN
 PECTOR CRISPIN

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 28 de abril de 2018

ALIMENTO	gr/per	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				An (g)	(g)	(g)	
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
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	8.78	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	1.82	172.32	186.98
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	29.46
Almuerzo: Tallarines rojos con pollo, refresco y fruta									
Fideos tallarin	180.0	100.00	17.10	0.18	126.28	68	1.62	501.12	571.14
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cebolla de ca	60.0	60.00	0.42	0.06	3.39	2	0.54	13.56	15.78
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	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
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.	1270.78
								%DIST. D	53.11
CENA Mazamorra de frutas + 01 pan									
Mandioca	45.00	100.00	2.88	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 labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.81
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	0.06
								VC DES.	417.17
								%DIST. D	17.43
			79.60	40.65	427.14				
			318.41	365.89	1708.55				
			13	15	71				
					100.00				
									2382.85



Jc. Gladys R. Quijse Duran
 NUTRICIONISTA
 C.R.P.C.O

BRAND CONSULTING & SERVICES
Heidi Quijse Tito
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 29 de abril de 2018

ALIMENTO	g/por	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla + 02 panes + margarina									
Sémola de Tri	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	30,00	100,00	0,18	24,60	0,00	1	221,40	0,00	222,12
Pan de labran	80,00	100,00	5,76	0,18	43,08	23	1,62	172,32	196,98
								VC DES.	693,79
								%DIST. D	33,33
Almuerzo: Pollo al horno , arroz ,ensalada, + fruta y refresco									
Cama de Pollo	180,00	85,00	28,02	4,90	0,00	112	44,06	0,00	156,13
Arroz Pilado d	180,0	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	100,0	92,00	1,93	0,09	20,52	8	0,83	82,06	90,62
Pimienta molli	0,3	100	0,03	0,02	0,19	0	0,22	0,76	1,08
Aji colorado s	8,00	98,0	0,55	0,61	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	1,88
Aceite vegeta	0,00	100,00	0,00	0,00	0,00	0	0,00	0,00	0,00
Lechuga redo	100,00	92,00	1,20	0,18	1,03	5	1,66	7,73	14,17
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 cas	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	17,59
Naranja	150,00	85,00	1,53	0,26	13,90	6,12	2,295	55,59	64,01
								VC ALMU	1171,00
									66,25
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
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 gal	60,00	98,00	7,94	4,94	1,06	32	44,45	4,23	80,44
Pan de labran	40,00	100,00	3,84	0,12	28,72	15	1,08	114,88	131,32
								VC DES.	216,83
								%DIST. D	10,42
			73,90	61,45	308,25				
			295,60	553,02	1232,99				
			14,20	26,87	89,23				
					100,00			VCT	2081,62



BRWCO...
Hector Duran
 REPRESENTANTE

Dr. Gladys R. Quijpe Duran
 NUTRICIONISTA
 C.N.P. 6168

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 30 de abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL N.
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de habas + 02 panes + jamonada									
Harina de Habas	30.00	100.00	7.28	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	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	18	78.65	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	1.82	172.32	196.98
									VC DES. 521.18
									%DIST. D 25.69
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	60.60
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.67	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.05	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	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
Acelga vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
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	4.06	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	0.83	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pistano	160.00	92.00	0.59	0.28	14.43	2	2.65	57.70	62.71
									V.C. ALMUERZO 1151.80
									% DISTR. ALMUERZO 56.78
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela 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	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	60.68
									356.51
									17.53
			55.34	30.14	383.96				
			221.37	271.28	1535.83				
			10.91	13.37	75.71				
					100.00				VCT MEN 2028.49



Jc. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.M.P. 6143

BRANCO CONEJOS Y SERVICIOS
 Hecho a la medida
 Hecho a la medida