


E.P.CAMANA

PROGRAMACION DE MENUS

ABRIL 2018



MENUS PROPUESTOS PARA POBLACION PENAL CAMANA

FECHA	DESAYUNO	ALMUERZO	CENA
Domingo, 01 de Abril de 2018	Avena con leche + 02 panes + queso	Estofado de res , arroz , refresco + fruta	Infusion + 01 pan + manjar
Lunes, 02 de Abril de 2018	Semola con vainilla + 02 pan + mortadela	Caldo blanco + refresco + fruta	Pollo a la mostaza, arroz + infusion
Martes, 03 de Abril de 2018	Maca con cocoa + 02 panes + margarina	Guiso de frijol con chanchó, arroz ,ensalada, refresco y fruta	Caldillo de haberos
Miércoles, 04 de Abril de 2018	Cebada con leche + 02 panes + jamonada	Pollo al ajillo, arroz,refresco y fruta	Infusion + 01 pan + mermelada
Jueves, 05 de Abril de 2018	Cafe + 02 panes + camote frito	Cau cau de mondongo , arroz , refresco + fruta	Pollo encobollado , arroz + infusion
Viernes, 06 de Abril de 2018	Siete cereales + 02 panes + manjar	Peinado frito , arroz , ensalada, refresco y fruta	Mazamorra de harina con leche + 01 pan
Sábado, 07 de Abril de 2018	Cocoa+ 02 panes + atun	Guiso de fideos con pollo , arroz, refresco + fruta	Papa arrebolada, arroz + infusion
Domingo, 08 de Abril de 2018	Avena con leche + 02 panes + queso	Arroz con pollo, ensalada + refresco + fruta	Infusion + 01 pan + manjar
Lunes, 09 de Abril de 2018	Semola con vainilla ,02 panes + mortadela	hino de zapallo, arroz, refresco y fruta	Tallarín rojos con carne molida + infusion
Martes, 10 de Abril de 2018	Maca con cocoa + 02 panes + mermelada	Guiso de arveja partida con chanchó, ensalada , arroz, refresco + fruta	Sopa de fideos de cabeza
Miércoles, 11 de Abril de 2018	Cebada con leche + 02 panes + aceituna	Pollo broster, arroz, ensalada , refresco y fruta	Infusion + 01 pan + manjar
Jueves, 12 de Abril de 2018	Cafe + 02 panes + camote frito	Cau cau de pollo, arroz , refresco y fruta	Arroz con huevo + infusion
Viernes, 13 de Abril de 2018	Siete cereales + 02 panes + jamonada	Peinado frito , arroz , ensalada , refresco y fruta	Mazamorra de mazona con leche + 01 pan
Sábado, 14 de Abril de 2018	Cocoa+ 02 panes + huevo sancochado	Palta con maiz , arroz, refresco , fruta	Cau cau de mondongo , arroz + infusion
Domingo, 15 de Abril de 2018	Avena con leche + 02 panes + queso	Seco de res ,arroz, refresco y fruta	Infusion + 01 pan + mermelada
Lunes, 16 de Abril de 2018	Semola con vainilla ,02 pan + mortadela	Locho de pasca , arroz, refresco +fruta	Matasguita de pollo, arroz + infusion
Martes, 17 de Abril de 2018	Maca con cocoa + 02 panes + margarina	Frijol a la chilena con chanchó, arroz, ensalada, refresco y fruta	Sopa de arroz con menudencia de pollo
Miércoles, 18 de Abril de 2018	Cebada con leche + 02 panes + jamonada	Pollo al marí, arroz , refresco y fruta	Infusion + 01 pan + margarina
Jueves, 19 de Abril de 2018	Cafe + 02 panes + camote frito	Cau cau de parras, arroz , refresco y fruta	Arroz chofa con huevo y hot dog + infusion
Viernes, 20 de Abril de 2018	Siete cereales + 02 panes + manjar	Peinado frito , arroz , ensalada + refresco y fruta	Mazamorra de malvosa con leche + 01 pan
Sábado, 21 de Abril de 2018	Cocoa+ 02 panes + atun	Lecro con res ,pecho, arroz, refresco y fruta	Guiso de fideos con pollo , arroz + infusion
Domingo, 22 de Abril de 2018	Avena con leche + 02 panes + queso	Asado de cerdo, arroz, ensalada, refresco y fruta	Infusion + 01 pan + manjar
Lunes, 23 de Abril de 2018	Semola con vainilla + 02 panes + mortadela	Sopa de trigo + refresco + fruta	Cuaczo de pollo, arroz + infusion
Martes, 24 de Abril de 2018	Maca con cocoa + 02 panes + mermelada	Guiso de arveja partida con chanchó, arroz , ensalada +refresco y fruta	Sopa de semola con menudencia
Miércoles, 25 de Abril de 2018	Cebada con leche + 02 panes + aceituna	Pollo al ajillo, 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 + jamonada	Peinado frito , ensalada, refresco y fruta	Mazamorra maizena con leche + 01 pan
Sábado, 28 de Abril de 2018	Cocoa + 02 panes + huevo sancochado	Guiso de fideos con pollo , arroz, refresco + fruta	Arroz con huevo frito + infusion
Domingo, 29 de Abril de 2018	Avena con leche + 02 panes + queso	Tallarines rojos con pollo, refresco y fruta	Infusion + 01 pan + margarina
Lunes, 30 de Abril de 2018	Semola con vainilla ,02 panes + mortadela	Picante a la tacuella , arroz, refresco y fruta	Asado de pollo , arroz + infusion


Paola Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5790

CONSORCIO CAMARA CUACA S.P.

M. CRISTINA CITURATA G.
 D.E.P.H.




Paola Barrios

domingo, 01 de abril de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 02 panes + queso								
Avena, hojuelas	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	34	81.00	3.96	118.58
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	648.43
								%DIST. DE	25.84
Almuerzo:	Estofado de res , arroz , refresco y fruta								
Carne de res pe	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas frescas	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	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Óregano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta 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	4.48
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado sec	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	50.00	82.00	0.25	0.21	3.77	1	1.85	15.09	17.92
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC ALM.	1522.56
								% DIST. A	60.67
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	68.00	0.16	0.05	0.37	0.65	0.48	1.48	2.61
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.39
								VC CEN.	338.49
								%DIST. C	13.49
			84.59	63.57	399.74				
			338.35	572.16	1598.96				
			13.48	22.80	63.72				
					100.00			VCT MENU	2509.48




 Paola Yofana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5796

CONSEJO DELEGADO Y BRANDEJAL

 13/04/2018

lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla+ 02 panes + mortadela									
Sémola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
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 labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES	567.37
								%DIST. DE	22.64
Almuerzo: Caldo blanco + refresco y fruta									
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Arroz Pilado o p	80.00	100.00	6.56	0.40	62.24	26.24	3.60	248.96	278.80
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Agio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Porro	18.00	66.00	0.32	0.10	0.90	1.28	0.85536	3.61	5.75
Garbanzo crudo	30.00	90.00	5.18	1.65	16.23	20.74	14.823	64.91	100.47
Papa blanca	200.00	82.00	3.44	0.16	36.57	13.78	1.478	146.29	161.54
Yuca blanca	110.00	70.00	0.62	0.15	30.26	2.46	1.386	121.04	124.89
Chuflo blanco	60.00	90.00	0.36	0.00	3.53	1.44	0	14.11	15.55
Cebolla china (2	10.00	71.00	0.16	0.03	0.53	1	0.26	2.13	3.04
Nabo	18.00	66.00	0.07	0.02	0.43	0.29	0.21364	1.71	2.21
Pimienta entera	0.08	100	0.01	0.01	0.05	0.03	0.0576	0.20	0.29
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla de cabe	40.00	67.00	0.38	0.05	3.03	1.50	0.4824	12.11	14.10
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0.00	0.00	157.28	157.28
Verduras surtid	5.00	80.00	0.19	0.03	0.26	0.77	0.252	1.04	2.06
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC ALM.	1231.18
								% DIST. A	49.13
Cena: Pollo a la mostaza, arroz + infusión									
Arroz Pilado o p	80.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.288	4.86	6.05
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabe	40.00	67.00	0.38	0.05	3.03	1.50	0.4824	12.11	14.10
Mostaza	8.00	100	0.78	1.58	0.75	3.14	14.18	3.01	20.33
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
								V.C . CEN	707.38
								% DIST.CEN	28.23
			76.29	61.11	412.69				
			305.16	550.01	1650.75				
			12	22	66				
					100.00			VCT. MENU	2505.92

Paola Yolanda Barrios Santa
NUTRICIONISTA
C.M.P. 0796

CONSORCIO COMUNITARIO EL RURAL

M. CRISTINA CHURRUARIN

martes, 03 de abril de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Maca con cocoa + 02 panes + margarina								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
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	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
								VC DES.	554.07
								% DIST. D	21.92
Almuerzo:	Guiso de frejol con chanchito, arroz, ensalada, refresco y fruta								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado o p	150.0	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	5.90	7.58
Acete vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Lechuga redond	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.59
Glutamato mon	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Pepinillo o Pep	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0.00	117.96	117.96
Cebolla de cabi	60.00	67.00	2.80	0.08	4.54	11.20	0.72	18.17	30.00
Aji colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
								VC ALM.	1504.20
								%DIST. AL	59.50
CENA:	Caldillo de huevos								
Huevo de gallin	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evaporad	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Zapallo macre	80.00	47.00	0.26	0.08	2.41	1	0.68	9.63	11.36
Apio	4.08	4.00	0.00	0.00	0.01	0	0.00	0.03	0.04
Porro	2.00	66.00	0.04	0.01	0.10	0.14	3.00504	0.40	0.64
Acete vegetal	3.00	100.00	0.00	3.00	0.00	0.00	27.00	0.00	27.00
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.107	109.72	121.16
Zanahoria	35.00	82.00	0.17	0.14	2.64	1	1.29	10.56	12.54
Sal	4.40	100.00	0.05	0.02	0.36	0.21	0.20	1.44	1.85
								VC CEN.	469.61
								% DIST. C	18.58
			71.39	55.02	396.15				
			285.57	495.14	1584.62				
			11.3	20	63				
					100.00			VCT. MEN	2527.88

Paola Yohane Barrios Soria
NUTRICIONISTA
C.N.P. 5796


02/04/18

AL CRISTO



miércoles, 04 de abril de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	POR MENU
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evaporad	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	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	34.69	0	0.00	138.74	138.74
								VC DES.	628.56
								%DIST. DI	25.04
ALMUERZO:	Pollo al sillao, arroz, fruta y refresco								
Arroz Pilado o p	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
Sillao	9.00	100.00	1.02	0.86	0.09	4	7.78	0.36	12.20
Acete vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Cebolla china (2	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Pimiento	35.00	90.00	0.47	0.16	2.43	2	1.42	9.70	13.01
Plátano de seda	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1511.12
								%DIST. AL	60.20
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	38.00	100.00	0.00	0.00	37.35	0	0.00	149.42	149.42
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC CEN	370.52
								%DIST. CI	14.76
			75.48	43.19	454.88				
			301.93	388.74	1819.53				
			12.03	15.49	72.49				
					100.00			VCT. MENU	2510.18


 Paola Yohanc Barrios Suria
 NUTRICIONISTA
 C.N.P. 5799

CONSEJO ESTADISTICO NACIONAL


 CONSEJO ESTADISTICO NACIONAL
 SECRETARÍA EJECUTIVA
 AV. BOLÍVAR 100, Q.

jueves, 05 de abril de 2018

ALIMENTO	gr/per	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(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	0.18
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	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	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 labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES	507.93
								%DIST. C	19.90
ALMUERZO:	Cau cau de mondongo , arroz, fruta y refresco								
Mondongo de n	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aji colorado sec	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 cabe	45.00	87.00	0.55	0.08	4.42	2	0.70	17.70	20.59
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	96.00	1.76	0.29	18.0	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 ALM	1315.17
								%DIST. Al	51.52
CENA	Pollo encebollado, arroz + infusion								
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o p	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
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Cebolla de cabe	40.00	67.00	0.38	0.05	3.03	1.50	0.48	12.11	14.10
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	40.00	82.00	0.26	0.07	1.41	1	0.59	5.64	7.28
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
								VC CEN	729.46
								%DIST. CE	28.58
			64.32	63.51	430.92				
			257.29	671.60	1723.68				
			10	22	68				
					100.00			VCT. MEN	2552.57

Paola Yohani Barrios Soria
 NUTRICIONISTA
 C.N.P. 5783

CONSEJO
 NUTRICIONISTA



viernes, 06 de abril de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + manjar								
Avena, hojuelas	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	3.56	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
Quinua Harina	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
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	603.92
								%DIST. DI	23.49
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	78.00	47.17	8.52	0.66	189	76.68	2.62	267.98
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	45.00	90.00	0.32	0.08	1.74	1	0.73	6.97	8.99
Pepinilo o Pepi	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pepinilo o Pepi	60.00	88.00	0.28	0.05	1.37	1	0.48	5.49	7.02
Acete vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji colorado sec	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Sal	8.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
Glutamato mon	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	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 ALM	1542.62
								%DIST. DI	59.99
CENA:	Mazamorra de harina con leche + 01 pan								
Harina de trigo	40.00	100.00	4.20	0.80	29.92	17	7.20	119.68	143.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC CEN.	424.88
								%DIST. CI	16.62
			91.58	62.98	409.57				
			366.31	566.84	1638.27				
			14.25	22.04	63.71				
					100.00			VGT MENU	2571.42

[Firma]
Pueta Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 9760

[Firma]
 M. CRISTINA GONZALEZ
 REPRESENTANTE



ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa + 02 panes + atún								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
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	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Tomate	30.00	82.00	0.20	0.05	1.06	1	0.44	4.23	5.46
Grated de Sard	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
								VC DES.	411.17
								%DIST. DI	15.38
ALMUERZO:	Guiso de fideos con pollo , arroz, refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC ALM.	1328.18
								%DIST. AL	49.68
CENA:	Papa arrebozada ,arroz,infusion								
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Harina de trigo	25.00	100.00	2.63	0.50	18.70	10.50	4.5	74.80	69.80
Arroz Pilado o p	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	225.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evaporac	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gallin	20.00	96.00	2.65	1.66	0.35	11	14.82	1.41	26.81
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								VCT CEN	934.17
								%DIST. CE	34.94
			80.57	60.72	451.18				
			322.28	548.51	1804.74				
			12	20	68		VCT MENU		2673.52
					100.00				

[Firma]
 Paola Tahan Barrios Sorio
 NUTRICIONISTA
 C.N.P. 6798

[Firma]
 A. CRISTINA GARCIA
 REPRESENTANTE

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 02 panes + queso								
Avena, hojuelas	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	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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	668.09
								%DIST. DE	25.78
Almuerzo:	Arroz con pollo , 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 o p	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca negra	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Glutamato mon	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
Arvejas frescas	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 cabe	35.00	67.00	0.33	0.05	2.65	1	0.42	10.60	12.33
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de seda	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1526.05
								%DIST. DE	58.89
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 labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	396.99
								%DIST. DE	15.32
			83.39	71.21	404.17				
			333.56	640.89	1616.68				
			12.9	24.7	62.4				
					100.00			VCT	2591.13


 Paola Yolani Barrios Sorio
 NUTRICIONISTA
 C.N.P. EPSB


 [Illegible text and stamp]



ALIMENTO	gr/per (g)	comesti ble %	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	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 labranza	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. DE	21.03
ALMUERZO:	Hiro de zapallo , arroz , refresco y fruta								
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 p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de cabe	65.00	67.00	0.61	0.09	4.92	2	0.78	19.58	22.91
Huacatay	8.00	54.00	0.22	0.03	0.35	0.86	0.31	1.38	2.56
Habas frescas	35.00	35.00	1.38	0.10	3.17	5.54	0.882	12.69	19.11
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Zapallo macre	300.00	47.00	0.99	0.28	9.02	4	2.54	36.10	42.58
Maiz Fresco. C	35.00	57.00	0.66	0.16	5.55	2.63	1.4364	22.18	26.25
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC ALM.	1466.25
								% DIS ALM.	56.29
CENA	Tallarines rojos con carne molida + infusion								
Carne de res m	50.0	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	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cabe	35.00	57.00	0.28	0.04	2.25	1	0.36	9.02	10.49
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	9.00	100.0	0.00	9.00	0.00	0	81.00	0.00	81.00
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 ses	8.00	69.0	0.38	0.42	3.19	2	3.82	12.77	18.12
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
								VC CEN	590.68
								%DIST. CE	22.68
			68.35	57.10	454.38				
			273.42	513.89	1817.52				
			10.50	19.73	69.78				
					100.00				
								VCT. MENU	2604.83

Paola Yohane Barrios Sorio
NUTRICIONISTA
C.N.P. 5799

CONSORCIO CIVIL SAN CARLOS

M. CELIA JANA CRUZ
RESPONSABLE



martes, 10 de abril de 2018

ALIMENTO	griper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)		DIST.CAL %		
DESAYUNO:	Maca con cocoa + 02 panes + mermelada								POR MENU	
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15	
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	34.69	0	0.00	138.74	138.74	
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16	
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98	
								VC DES	484.97	
								%DIST. DI	18.90	
Almuerzo:	Guiso de arvejita partida con chanchó + ensalada + arroz + fruta y refresco									
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75	
Arvejita 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	0.14	0.06	0.98	1	0.54	3.94	5.05	
Cebolla de cabe	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77	
Ajl colorado ses	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53	
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35	
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53	
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53	
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00	
Pepinillo o Pepi	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36	
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42	
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99	
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62	
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	116.19	
								VC ALM	1568.50	
								%DIS ALM	61.13	
CENA:	Sopa de fideos con cabeza									
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	61.67	
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32	
Apio	15.00	4.00	0.00	0.00	0.03	0	0.01	0.12	0.14	
Poro	15.00	66.00	0.27	0.08	0.75	1,07	0.7128	3.01	4.79	
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.88	15.24	18.09	
Papa blanca	100.0	92.00	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	5.05	
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53	
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 CEN	512.20	
								%DIST CEN	19.96	
			72.73	51.16	453.58					
			290.92	460.43	1814.32					
			11.34	17.95	70.72					
					100.00			VCT MENU	2565.67	

Paula Yolanda Barrios Sorio
Paula Yolanda Barrios Sorio
 NUTRICIONISTA
 C.N.P. 6708

CONSORCIO UNION FERRAZ E.A.R.L.
M. CRISTINA...
 M. CRISTINA...
 NUTRICIONISTA



ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	40.00	100.00	7.52	0.92	26.96	30	8.28	107.84	146.20
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
Aceituna	30.00	92.00	0.22	8.86	2.01	0.88	79.74	8.06	88.68
Pan de labranza	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.	671.25
								%DIST. DE	26.21
ALMUERZO:	Pollo broster, arroz, ensalada, fruta y refresco								
Arroz Pilado o p	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
Mandioca	25.00	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Acete 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	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Lechuga redone	70.00	50.00	0.46	0.07	0.74	2	0.63	2.94	5.39
Tomate	50.00	90.00	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
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 ALM	1524.37
								%DIST. AL	59.53
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	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	365.24
								%DIST. DE	14.26
			78.00	63.05	420.35				
			312.01	567.46	1681.39				
			12.2	22.2	65.7				
					100.00			VCT MENU	2560.86



Paola Yolanda Barrios Soria
 NUTRICIONISTA
 C.N.P. 8768

CONSORCIO DE ALIMENTOS DE BARRILES

M. CRISTINA G. ROSA G.
 RESPONSABLE

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL%
	(g)	ble				PROT	GRASAS	CHO	
	(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 morado	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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	552.93
								%DIST AL	21.44
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o p	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	1.46	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
Ajil colorado sec	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 cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	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
								VC ALM	1349.50
								%DIST AL	52.33
CENA	Arroz con huevo frito + infusion								
Huevo de gallin	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Arroz Pilado o p	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
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Tomate	40.00	82.00	0.28	0.07	1.41	1	0.59	5.64	7.28
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
									676.63
									26.24
			63.97	67.43	429.07				
			255.89	606.87	1716.29				
			10	24	67				
					100.00			VCT MEN	2579.06


INSTITUCIÓN EDUCATIVA
 "LA ESPERANZA"
 CANTÓN SAN CARLOS
 PASTAZA
 2018


 Paulo Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

CONSEJO LOCAL DE SAN CARLOS

 VAL CRISTINA
 REPRESENTANTE

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Siete cereales + 02 panes + jamonada								
Avena, hojuelas	5.00	100.00	0.67	0.20	3.60	3	1.80	14.40	18.85
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.91
Harina de Habe	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	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	34.69	0	0.00	138.74	138.74
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	527.12
								%DIST. DE	20.71
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	220.00	66.00	31.36	5.66	0.44	125	50.97	1.74	178.16
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Pepinillo o Pepi	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
Aceite vegetal	40.00	100.00	0.00	40.00	0.00	0	360.00	0.00	360.00
Aji colorado sec	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cabe	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	101.28
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Maizena	20.00	100.00	0.12	0.04	17.34	0.46	0.36	69.36	70.20
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.	1590.34
								%DIST. DE	62.48
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	0.00097	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporas	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
								VC DES.	427.71
								%DIST. DE	16.80
			72.61	61.08	426.25				
			290.42	549.72	1705.02				
			11.41	21.60	66.99			VCT MEN	2545.16
					100.00				


 Paola Yohana Barrios Sorio
 NUTRICIONISTA
 C.R.P. 5708

CONSEJO DE NUTRICIONISTAS

13/04/18

11

sábado, 14 de abril de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cocoa + 02 panes + huevo sancochado									
Cocoa	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	0.01	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	38.00	100.00	0.00	0.00	37.66	0	0.00	150.63	150.63
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labranza	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	445.52
								%DIST. DE	17.59
Almuerzo: Patita con mani, arroz + refresco y fruta									
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.1152	1.95	2.42
Patas de cerdo	120.0	56.00	13.44	14.78	0.00	53.76	133.066	0.00	186.82
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	15.00	100.00	0.18	0.08	1.23	0.72	0.675	4.92	6.32
Mani crudo, con	10.00	71.00	1.71	3.42	1.26	6.84	30.7998	5.03	42.67
Papa blanca	250.0	82.00	4.31	0.21	45.72	17.22	1.845	182.86	201.93
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabe	10.00	67.00	0.09	0.01	0.76	0.38	0.1206	3.03	3.52
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cochayuyo	8.00	100.00	0.00	0.00	0.84	0.00	0	3.36	3.36
Cilandro	1.00	57.00	0.02	0.01	0.04	0.08	0.06669	0.16	0.30
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC ALM	1345.42
								% DIST. A	53.13
CENA Cau cau de mondongo , arroz e infusion									
Mondongo de r	100.0	65.00	10.99	2.28	0.65	44	20.48	2.60	67.02
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Papa blanca	200.0	82.00	3.44	0.16	36.57	13.78	1.476	146.29	161.54
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabe	25.00	67.00	0.23	0.03	1.89	0.94	0.3015	7.57	8.81
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilandro	1.00	57.00	0.02	0.01	0.04	0.08	0.06669	0.16	0.30
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0	98.30	98.30
Aceite vegetal	2.00	100.00	0.00	2.00	0.00	0.00	18	0.00	18.00
								VC DES.	741.58
								%DIST. DE	29.28
			73.08	43.89	431.98				
			292.31	394.97	1727.92				
			11.5	15.6	68.2				
					100.00			VCT MENU	2532.52



Paula Yohane Barrios Sorio
Paula Yohane Barrios Sorio
 NUTRICIONISTA
 CNP 579

M. CRISTINA GUERRA
M. CRISTINA GUERRA
 REPRESENTANTE

domingo, 15 de abril de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALDRICO (KCAL)			TOTAL KCAL
	(g)	bia				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche + 02 panes + queso								
Avena, hojuelas	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
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	34	81.00	3.96	118.56
Azúcar rubia	38.00	100.00	0.00	0.00	37.35	0	0.00	149.42	149.42
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	698.75
								%DIST. DE	27.95
Almuerzo:	Seco de res , arroz , refresco y fruta								
Carne de res pe	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	220.0	85.00	3.93	0.19	41.70	16	1.68	166.80	184.20
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ají verde (2)	12.00	67.00	0.20	0.06	1.00	1	0.58	3.99	5.37
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Cilantro	35.00	57.00	0.66	0.26	1.40	2.63	2.33	5.59	10.55
Ají colorado sec	3.00	52.00	0.11	0.12	0.92	0	1.10	3.66	5.19
Arvejas frescas	40.00	54.00	1.53	0.13	4.05	6	1.17	16.24	23.54
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Espinaca negra	35.00	85.00	0.83	0.27	1.46	3.33	2.41	6.83	11.57
Cebolla de cabe	80.00	67.00	2.80	0.11	6.05	11	0.98	24.23	36.39
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0	0.00	149.42	149.42
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALM	1451.85
								% Dist	58.08
CENA:	Infusion + 01 pan + mermelada								
Hierbas	12.00	66.00	0.25	0.08	0.55	0.98	0.71	2.22	3.91
Azúcar rubia	36.00	100.00	0.00	0.00	35.39	0	0.00	141.55	141.55
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC CEN	349.11
								%DIST. C	13.97
			81.06	46.26	439.77				
			324.26	416.38	1759.08				
			12.97	16.66	70.37				
					100.00			VCT	2498.71




[Signature]
Paola Yáñez S.
 nutricionista
 T. 02 222 1111

CONSORCIO EDUCATIVO BARRIO ESCUELA

[Signature]
M. CRISTINA CHURRUARIN
 DIRECTORA GENERAL

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				
DESAYUNO:	Semola con vainilla , 02 panes , mortadela								
Sémola de Tripl	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
								VC DES.	510.68
								%DIST. DI	19.37
Almuerzo:	Locro con panza, arroz , +refresco y fruta								
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Mondongo de r	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Aceite 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
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.565	254.22	280.73
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabe	80.00	85.00	0.95	0.14	7.68	3.81	1.224	30.74	35.77
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0.13	0	1.04	1.17
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.494	60.17	69.28
								VC ALM	1338.00
								% DIST AI	50.74
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 o p	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de cabe	60.0	67.00	0.56	0.06	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4808	7.78	9.68
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	788.35
								%DIST. DI	28.90
			79.60	47.41	472.98				
			318.40	426.70	1891.94				
			12.1	16.2	71.7				
					100.00			V.C.T. MENU	2637.04


 Paola Yolanda Barrios Soria
 NUTRICIONISTA
 CNP 5799

COORDINADORA

 M. CRISTINA CRUZADA G.
 REPRESENTANTE



ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				An (g)	(g)	(g)	PROT
DESAYUNO:	Maca con cocoa + 02 panes + margarina								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
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	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
								VC DES	554.07
								%DIST. D	21.12
Almuerzo:	Frejol a la chilena con chancho, arroz ,ensalada, refresco y fruta								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado o p	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	5.05
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	0.49
Lechuga redond	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	4.26
Glutamato mon	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	6.06	7.56
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de cabe	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC ALM.	1575.99
								%DIST. AL	60.08
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado o p	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
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	0.08	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	82.00	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	5.05
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	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC CEN	493.18
								%DIST. CEI	18.80
			79.05	69.91	419.45				
			316.21	629.21	1677.82				
			12.05	23.99	63.96				
					100.00			VCT MENU	2623.24

Paula Yohane Barriles Sorio
NUTRICIONISTA
C.N.P. 5799

LA CRISTINA CILINDRO
REPUBLICANA 1700



ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				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 evaporad	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	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. DE	23.52
Almuerzo:	Pollo al mani , arroz , refresco y fruta								
Carne de Pollo	160.00	75.00	24.72	4.32	0.00	99	38.98	0.00	137.76
Arroz Pilado o p	150.0	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
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Mani crudo, cor	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molid	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ají colorado sec	1.00	68.0	0.05	0.05	0.40	0	0.48	1.50	2.26
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.69
Zanahoria	35.00	92.00	0.19	0.16	2.96	1	1.45	11.85	14.07
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cabe	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	26.19
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC ALM	1471.46
								%DIST. AL	58.85
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.81	3.20
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	164.50	0.00	165.10
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC CEN	440.83
								%DIST. CE	17.63
			70.90	76.60	381.85				
			283.60	689.42	1527.38				
			11.34	27.57	61.09				
					100.00			VCT MENU	2500.40

Paola Yohane Barrios Sorio
 NUTRICIONISTA
 C.R.P. 6708

COMITÉ DE ALIMENTACIÓN

[Firma]



ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				
DESAYUNO: Cafe + 02 panes + camote frito									
Café sin azúcar	3.00	100.00	0.01	0.00	0.02	0	0.03	0.10	0.16
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	98.30	98.30
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Camote morado	100.0	92.00	1.29	0.28	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	578.05
								%DIST. D	23.08
ALMUERZO: Cau cau de panza, arroz ,refresco y fruta									
Mondongo de res	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Arroz Pilado o p	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	99.00	0.36	0.09	1.92	1	0.80	7.66	9.89
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ají colorado sec	4.00	68.0	0.19	0.21	1.60	1	1.91	6.39	9.06
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	20.00	92.00	0.11	0.09	1.69	0	0.83	6.77	8.04
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Cebolla de cabe	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALM	1312.10
								% DIS ALI	52.39
CENA: Arroz chaufa con huevo y hotdog + infusión									
Huevo de gallin	35.00	98.00	4.63	2.88	0.62	19	25.93	2.47	46.92
Salchicha *hot d	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado o p	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
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Glutamato mon	0.50	100.00	0.06	0.00	0.43	0.22	0	1.74	1.96
Cebolla china (2	35.00	71.00	0.57	0.10	1.86	2	0.89	7.46	10.64
Pimiento	25.00	83.00	0.31	0.10	1.60	1	0.93	6.39	8.57
Sillao	12.00	100.00	1.38	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC CEN,	614.19
								%DIS CEN	24.52
			62.87	53.76	442.27				
			251.46	483.80	1769.08				
			10.0	19.3	70.6				
					100.00				
								VCT	2504.34

Paula Yohani B...
 Paula Yohani B...
 11-4-2018

[Signature]
 L. CRISTINA...
 11-4-2018



ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	POR MENU
	(g)	%	An (g)	(g)	(g)				
DESAYUNO:	Siete cereales + 02 panes + manjar								
Avena, hojuelas	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	3.56	2	2.93	14.24	18.91
Harina de Haba	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	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
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	572.17
								%DIST. DI	22.63
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	78.00	47.17	8.52	0.66	189	76.66	2.62	267.98
Arroz Pilado o p	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 Pepi	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji colorado sec	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	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	2.63	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	0.15	0.05	21.68	0.60	0.45	86.70	87.75
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.59	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES	1834.60
								%DIST. DI	60.70
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	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC CEN	421.60
								%DIST. CE	16.67
			85.96	59.65	411.92				
			343.85	536.86	1647.66				
			13.60	21.23	65.17				
					100.00			VCT MENU	2528.37

Paola Yohana Buitrago Soria
 NUTRICIONISTA
 C.N.P. 5799

COORDINADOR EJECUTIVO DEL
 EL CENTRO DE INVESTIGACIONES Y
 REPOSICIONAMIENTO

ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa + 02 panes + atún								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Canela entera	0.10	100.0	0.00	0.00	0.06	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	40.00	100.0	0.00	0.00	39.32	0.00	0	157.28	157.28
Pan de labranza	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Sal	18.00	100.00	0.22	0.09	1.46	1	0.81	5.90	7.58
Grated de Sard	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
Tomate	40.00	82.00	0.26	0.07	1.41	1	0.59	5.64	7.28
								VC DES.	459.89
								%DIST. DI	17.61
ALMUERZO:	Locro con res pecho, arroz , fruta y refresco								
Aroz Pilado o p	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 pe	80.00	70.00	11.93	0.90	0.00	47.71	8.06	0.00	55.78
Mondongo de r	100.0	60.00	10.14	2.10	0.60	41	18.90	2.40	61.86
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0	0.24	1.66	2.24
Papa blanca	300.0	92.00	6.80	0.28	61.55	23	2.48	246.19	271.86
Cebolla de cabe	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
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 mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Naranja	150.00	98.00	1.78	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	137.62	137.62
								VC ALM.	1335.24
								%DIS ALM	51.12
CENA:	Guiso de fideos con pollo,arroz , infusión								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Aroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108	0.00	108.00
Arvejas frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	92.00	0.14	0.12	2.12	1	1.04	8.46	10.05
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0	58.98	58.98
								VC CEN.	816.99
								%DIS CEM	31.28
			87.27	43.92	466.95				
			349.06	395.26	1867.80				
			13.4	15.1	71.5				
					100.00				
								VCT	2612.12

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
DESAYUNO:	Avena con leche + 02 panes + queso								POR MENU
Avena, hojuelas	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
Clevo 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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	668.09
								%DIST. DI	25.98
ALMUERZO:	Asado de cerdo , arroz ,refresco y fruta								
Carne de Cerdo	150.00	92.00	19.87	20.84	0.00	79	187.54	0.00	287.03
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.50	100.00	0.15	0.06	1.03	1	0.56	4.10	5.26
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Vinagre	1.60	100.00	0.00	0.02	0.08	0	0.14	0.32	0.46
Glutamato mon	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	1.09
Cominos	0.3	100	0.01	0.00	0.24	0	0.01	0.95	1.01
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Papa blanca	200.00	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Perejil	2.80	50.00	0.07	0.01	0.09	0	0.09	0.36	0.72
Cebolla de cabe	80.0	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Tomate	40	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALM.	1538.01
								%DIST. AL	59.80
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	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CEN.	365.78
								%DIST. CI	14.22
			73.20	68.94	414.65				
			292.78	620.48	1658.61				
			11.4	24.1	64.5				
					100.00			VCT MENU	2571.88



 Paola Patricia Barrios Soria
 NUTRICIONISTA
 C.M.P. S.M.S.

CONSEJO ESCOLAR Y COMITÉ ESCOLAR


 [Illegible text]





ALIMENTO	gr/per (g)	comesti ble %	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 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	0.38	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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. D	21.74
ALMUERZO: Sopa de trigo + refresco y fruta									
Carne de Pollo E	80.00	85.00	14.01	2.45	0.00	56	22.03	0.00	78.06
Zapallo macre	45.00	72.00	0.23	0.06	2.07	1	0.58	8.29	9.76
Habas frescas	35.00	50.00	1.98	0.14	4.53	8	1.26	18.13	27.30
Apio	18.00	75.00	0.09	0.03	0.65	0	0.24	2.59	3.21
Poro	18.00	82.00	0.40	0.12	1.12	2	1.06	4.49	7.14
Nabo	18.00	82.00	0.09	0.03	0.53	0	0.27	2.13	2.75
Trigo	90.00	100.00	7.74	1.35	66.33	31	12.15	265.32	308.43
Zanahoria	40.00	88.00	0.21	0.18	3.24	1	1.58	12.95	15.38
Chuflo negro	20	100.00	0.10	0.00	0.98	0	0.00	3.92	4.32
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado sec	0.50	68.00	0.02	0.03	0.20	0	0.24	0.80	1.13
Papa blanca	200.00	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	0.15	70.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Cebolla de cabr	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Verduras surtida	8.00	92.00	0.35	0.05	0.48	1	0.45	1.91	3.79
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALM.	1035.34
								% DIST. A	41.08
CENA: Cau cau de pollo, arroz + infusión									
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
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
Cebolla de cabr	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Aji colorado set	2.00	100.00	0.14	0.16	1.17	0.56	1.40	4.70	6.66
Zanahoria	40.00	88.00	0.21	0.18	3.24	1	1.58	12.95	15.38
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
								VC CEN.	936.98
								%DIST. C	37.18
			78.46	49.18	440.94				
			313.86	442.62	1763.74				
			12.45	17.56	69.96			V.C.T. MENU	2520.22
					100.00				


 Roberto Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5759



ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)		DIST.CAL %	
DESAYUNO:	Maca con cocoa + 02 panes + mermelada								POR MENU
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
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	34.69	0	0.00	138.74	138.74
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	514.55
								%DIST. DI	20.51
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita 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	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabe	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	84.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pepi	70.00	88.00	0.31	0.06	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	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sedi	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC ALM.	1513.39
								%DIS ALM	60.34
CENA:	Sopa de semola con menudencia								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Semola de Trig	35.00	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	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	16.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetite vegetal	18.00	100.00	0.00	18.00	0.00	0	162.00	0.00	162.00
								VC CEN.	480.34
								%DIST. CEN	19.15
			75.10	53.57	431.43				
			300.38	482.17	1725.72				
			12.0	19.2	68.8				
					100.00			VCT MENU	2508.28


 Paola Yvonne Barrios Soria
 NUTRICIONISTA
 C.N.P. 5769


CONSORCIO

 C.N.P.

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
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
Aceituna	30.00	92.00	0.22	8.86	2.01	0.88	79.74	8.06	88.68
Pan de labranza	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.	654.36
								%DIST. DI	25.90
Almuerzo:	Pollo a la olla , arroz ,ensalada, + 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 o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molid	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado sec	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	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Pepinillo o Pepi	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 cabe	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMU	1490.20
								%DIST. AL	58.97
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC CEN.	382.41
								%DIST. CI	15.13
			70.36	53.29	441.48				
			281.43	479.62	1765.93				
			11.14	18.98	69.88				
					100.00			VCT	2526.98

[Firma]
Paola Fabian Barrios Sorio
 NUTRICIONISTA
 CNP 8788

CONSORCIO EDUCATIVO
 M. CRISTINA CHILGATA O.
 REPRESENTANTE

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	POR MENU
	(g)	%	An (g)	(g)	(g)				
DESAYUNO: Cafe + 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
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labranza	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
Camote morado	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
								VC DES.	527.43
								%DIST. DE	20.21
ALMUERZO: Hino de zapallo , arroz , refresco y fruta									
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Zapallo macre	200.00	72.00	1.51	0.43	13.82	6	3.89	55.30	65.23
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Arroz Pilado o p	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
Maíz Fresco, C	40.00	57.00	0.75	0.18	6.34	3.01	1.6416	25.35	30.00
Tomato	35.00	79.00	0.22	0.06	1.19	1	0.50	4.76	6.14
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Habas frescas	35.00	60.00	1.88	0.14	4.53	8	1.26	18.13	27.30
Huacatay	8	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC ALM.	1406.90
								%DIST. AL	53.90
CENA: Arroz amarillo con pollo + infusión									
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	3.10	80.00	0.14	0.02	0.75	1	0.18	3.02	3.75
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Cebolla de cabe	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Anejas frescas (30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	85.00	0.15	0.13	2.35	1	1.15	9.38	11.14
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC CEN.	675.85
								%DIST. CE	25.89
			65.97	72.16	424.22				
			263.89	649.40	1696.89				
			10.1	25	65				
					100.00			VCT MEN	2610.18


 Paola Yvonne Burrios Sorio
 COORDINADORA
 TNP SPED

COORDINADOR:

 M. CRISTINA
 REPRO...

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%				Am (g)	(g)	(g)	
DESAYUNO:	Siete cereales + 02 panes + jamonada								
Avena, hojuela	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	14.24	18.91
Harina de Haba	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	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	30.00	100.0	0.00	0.00	28.48	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	89.69
Pan de labranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	625.20
								%DIST. DI	20.36
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	76.00	47.17	6.52	0.68	189	76.66	2.62	267.98
Arroz Pilado o p	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	7.89
Pepinillo o Pepi	80.00	62.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.64	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji colorado ses	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	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	2.63	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	0.15	0.05	21.68	0.60	0.45	86.70	87.75
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1534.60
								%DIST. DI	59.48
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
Leche evaporat	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC CEN	520.09
								%DIST. CE	20.16
			88.13	58.39	425.46				
			362.53	525.52	1701.84				
			13.66	20.37	65.97				
					100.00			VCT MENU	2579.89


 Paola Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 6790

CONSEJO ELABORADO E.I.R.L.

 M. CRISTINA GUERRA D.
 REPRESENTANTE




 Director

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Cocoa + 02 panes + huevo sancochado								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	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 labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gallin	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
								VC DES.	432.29
								%DIST. DI	16.99
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.97
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	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1389.31
								%DIST. DI	54.62
CENA:	Arroz con huevo frito + infusión								
Huevo de gallin	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Arroz Pilado o p	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	0.25	0.08	1.36	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 cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Sillas	12.00	100.00	1.38	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC CEN.	722.20
								%DIST. CEI	28.39
			76.20	57.38	430.64				
			304.80	516.44	1722.56				
			12.0	20	68				
					100.00			VCT MEN	2643.80

Paola Yohane Barrios Soria
 NUTRICIONISTA
 CNP 5115

Dr. Cristóbal Cruz
 MEDICO GENERALISTA

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche + 02 panes + queso								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporad	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	118.56
Pan de labranza	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.	668.09
								%DIST. DE	25.95
ALMUERZO:	Tallarines rojos con pollo, refresco y fruta								
Fideos	160.00	100.00	15.04	0.32	125.12	60	2.88	500.48	563.52
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Hongos	0.30	54.00	0.01	0.00	0.02	0	0.01	0.06	0.10
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabe	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	26.83
Laurel	0.50	54.00	0.01	0.02	0.06	0	0.17	0.24	0.47
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Ajil colorado sec	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Plátano de seda	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMUI	1482.23
								%DIST. AL	57.57
CENA:	Infusion + 01 pan + margarina								
Hierbas	10.00	60.00	0.19	0.06	0.42	0.74	0.54	1.68	2.96
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	85.16	98.49
								VC CEN.	424.17
								%DIST. CEN	16.48
			76.35	73.52	401.86				
			305.38	661.66	1607.45				
			11.86	25.70	62.44				
					100.00			VCT	2674.50

[Signature]
 Patole Nelson Barrios Garcia
 10/2/18
 21

[Signature]
 2

ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla + 02 panes + mortadela									
Sémola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
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 entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Pan de labranza	60.00	100.00	5.78	0.18	43.00	23	1.62	172.32	196.98
								VC DES.	567.37
								%DIST. D	22.45
Almuerzo: Picante a la tacneña, arroz , refresco y fruta									
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Mondongo de r	150.0	65.00	16.48	3.41	0.98	66	30.71	3.90	100.52
Aceite 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	0.86	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.86	20.68	2.214	219.43	242.31
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabe	30.00	67.00	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	90.00	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	0.18673	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	0.25	13.52	5.85	2.232	54.06	62.25
								VC ALM	1322.46
								%DIST. A	52.33
CENA: Asado de pollo , arroz e infusion									
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.88	0.00	80.36
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Aceite 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	7.58
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Cebolla de cabe	30.00	67.00	0.28	0.04	2.27	1.13	0.3618	9.09	10.57
Glutamato mon	0.30	100.00	0.03	0.00	0.28	0	0.00	1.04	1.17
Aji colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
								VC CEN.	637.42
								%DIST. C	25.22
			75.53	58.69	424.45				
			302.12	527.34	1697.79				
			11.95	20.87	67.18				
					100.00			VCT MENI	2527.25

Dra. Johanna Barrios Soria
 Nutricionista
 C.N.P. 5199





 Dra. Johanna Barrios Soria
 NUTRICIONISTA
 C.N.P. 5199

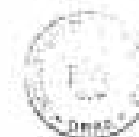
COMED...


MENU DE PERSONAL - E .P. CAMANA - ABRIL 2018

FECHA	DESAYUNO	ALMUERZO	CENA
01-02- 03 abril	Pebre +Café + pan	Chaque, Almendrado de pollo + arroz + refresco + fruta	Lomo Saltado , arroz + infusion
04-05-06 abril	Dilluquito con carne, 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	Pollo a la naranja , arroz + infusion
10-11-12 abril	Mondonguito a la italiana con arroz + Café y 01 pan	Cazuela de fideos ,Frijoles con seco de pollo , arroz , refresco + fruta	Sopa a la minuta con res + infusion
13-14-15 abril	Arroz a la cubana, te y pan	Papa a la huancaína + Arroz con pollo,ensalada + refresco + fruta	Asado de res, arroz + infusion
16-17-18 abril	Guiso de fideos con res,arroz + te y pan	Sopa de trigo moron + Quinua batida con bisteck,arroz,ensalada y refresco + fruta	Arroz a la jardiera con pollo +Ensalada+ Infusion
19-20-21 abril	Escabeche de pollo limeño,arroz,te y pan	Sopa juliana + pescado frito,arroz,ensalada + refresco + fruta	Saltado de acelga con carne, arroz + infusion
22-23-24 abril	Ajiaco de habas + arroz + café + pan	Ensalada mixta, Estofado de res , arroz , refresco + fruta	Arroz chaufa + infusion
25-26-27 abril	Caldo blanco con pollo, Café y pan	Soltero arequipeno, Pollo broster, arroz,ensalada , refresco y fruta	Yuca arrebozada , arroz ,ensalada + infusion
28-29-30 abril	Revuelto de verduras,arroz + te y pan	Cazuela de res, Pachamanca de pollo a la olla , arroz, refresco + fruta	Aguadito de pollo + infusion


 Paulo Augusto
 Representante

COMERCIO EXTERNO EJRL

 M. CESAR
 REPRESENTANTE




 Representante

ALIMENTO	g/por 100	cantidad %	PROTEIN	GRASA	CARB	VALOR NUTRITIVO POR 100g (Kcal)			Total kcal
						PROTE	GRASA	CARB	
DESAYUNO: Pasto, Café y pan									
Café en polvo	5.00	100.00	0.01	0.00	0.02	0.04	0.22	0.10	0.18
Azúcar rubia	35.00	100.00	0.00	0.00	29.5	0.00	0	117.50	117.50
Pan de levadura o francés	35.00	100.00	3.85	0.09	21.5	11.52	0.81	88.18	88.49
Carne de Pollo Sazonada cruda	100.00	70.00	14.00	2.80	0.00	57.60	22.80	0.00	30.30
Arroz Piletto o pulido crudo (1)	40.00	100.00	3.20	0.20	31.12	13.12	1.86	124.40	139.40
Aceite vegetal	15.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Ajón	5.00	75.00	0.00	0.01	0.02	0.13	0.081	0.56	1.67
Polvo	4.00	80.00	0.11	0.03	0.20	0.40	0.26512	1.20	1.81
Miso	5.00	80.00	0.02	0.01	0.14	0.10	0.07128	0.07	0.74
Guajonzo crudo	15.00	80.00	2.50	0.50	0.11	10.30	7.4195	32.40	50.33
Papa blanca	100.00	80.00	1.70	0.08	18.20	0.80	0.738	73.14	80.77
Yuca blanca	80.00	70.00	0.28	0.07	13.78	1.10	0.61	85.00	58.77
Chufas blancas	30.00	80.00	0.06	0.00	0.88	0.36	0	0.20	0.88
Fermenta extra	0.08	100	0.01	0.01	0.05	0.00	0.0070	0.28	0.29
Sal	3.48	100.00	0.00	0.00	0.04	0.21	0.198	1.44	1.88
Cacahote de salada (2)	10.00	67.00	0.09	0.01	0.78	0.20	0.1200	3.00	3.82
Ajón	3.00	80.00	0.06	0.01	0.48	0.26	0.1160	1.58	2.42
Verduras variadas	5.00	80.00	0.19	0.03	0.28	0.77	0.250	1.84	2.30
V.C. DESAYUNO									235.80
% DIST. DESAYUNO									24.88
ALMUERZO: Chazas, Almuerzo de pollo, arroz, refresco y fruta									
Papas, hervido	30.00	100.00	4.70	1.10	2.20	18.00	10.00	0.60	20.84
Carne de res asada	60.00	70.00	8.90	0.87	0.00	35.70	0.940	0.00	41.83
Pan	5.00	80.00	0.11	0.03	0.20	0.40	0.26512	1.20	1.82
Ajón	3.00	75.00	0.00	0.00	0.11	0.16	0.0400	0.43	0.54
Trigo	40.00	100.00	3.40	0.00	29.48	13.78	1.4	117.80	137.08
Queso mozzarella	40.00	47.00	0.15	0.04	1.20	0.20	0.3807	0.41	0.29
Sal	15.00	100.00	0.13	0.08	0.80	0.50	0.490	3.61	4.63
Miso Piletto - Croco	40.00	87.00	0.70	0.10	4.34	3.04	1.6416	35.26	30.00
Arroz Piletto	25.00	38.00	0.38	0.07	2.77	3.08	0.83	0.97	13.88
Zanahoria	10.00	70.00	0.08	0.04	0.73	0.18	0.3800	2.91	3.44
Carne de Pollo Estroada	160.0	70.00	21.80	3.70	0.00	86.50	34.00	0.00	120.84
Arroz Piletto o pulido crudo (1)	120.0	100.00	12.20	0.70	118.70	49.20	0.70	480.80	523.70
Aceite vegetal	12.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Ajón	4.00	80.00	0.12	0.03	0.27	0.72	0.23	3.88	4.84
Sal	12.00	100.00	0.14	0.08	0.88	0.58	0.64	3.84	5.08
Persej	10.00	80.00	0.20	0.04	0.24	1.00	0.30	1.28	2.70
Cacahote de salada (2)	60.00	67.00	0.58	0.08	4.34	2.20	0.72	18.17	21.10
Diabolo con salsas (8)	0.00	100.00	0.48	0.12	0.08	1.80	1.07	20.20	23.11
Uchón	4.00	100.00	0.02	0.01	0.28	0.08	0.07	1.54	1.70
Misocoma	120.00	100.00	0.40	0.10	21.60	1.80	1.30	87.60	90.70
Miel cruda, con polvora	5.00	71.00	0.08	1.71	0.40	3.40	10.2000	2.51	21.34
Glándula	1.00	67.00	0.02	0.01	0.04	0.08	0.06669	0.16	0.20
Ajón comado seco, palma (2)	1.00	80.00	0.04	0.04	0.21	0.10	0.26004	1.22	1.73
V.C. ALMUERZO									1278.37
% DIST. ALMUERZO									46.12
CENA: Lasaña Salsas, arroz + refresco									
Carne de res picada	60.00	100.00	17.04	1.28	0.00	88.10	11.52	0.00	70.88
Arroz Piletto o pulido crudo (1)	90.0	100.00	7.20	0.40	70.00	29.20	4.80	280.00	310.80
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Salada	2.00	100.00	0.20	0.20	0.00	1.10	0.20	0.10	3.50
Ajón	4.00	80.00	0.10	0.03	0.07	0.70	0.20	0.80	4.84
Sal	12.00	100.00	0.14	0.08	0.88	0.58	0.64	3.84	5.08
Persej	10.00	80.00	0.20	0.04	0.24	0.90	0.30	1.20	2.68
Cacahote de salada (2)	60.00	67.00	0.58	0.08	4.34	2.20	0.72	18.17	21.10
Arroz lavado seco, arroz (2)	1.00	80.00	0.06	0.06	0.48	0.10	0.48	1.80	2.28
Papa blanca	150.00	80.00	2.50	0.10	27.40	10.00	1.107	108.70	121.10
Hechizo	3.00	50.00	0.00	0.00	0.11	0.00	0.10	0.40	0.80
Azúcar rubia	25.00	100.00	0.00	0.00	24.41	0.00	0.00	130.00	137.81
Tomate	30.00	80.00	0.24	0.06	1.20	0.80	0.50	0.11	0.58
V.C. CENA									872.31
% DIST. CENA									39.38
			170.88	77.84	430.30				
			443.37	791.42	1721.21				
			74.89	23.88	87.81				
VCT. MENU									2007.52



[Signature]
Paola Yshana Barrios Sorio
 M. CT
 CNEP 9710

CONSORCIO EDUCATIVO BRAMO EURL
[Signature]
 M. CT
 CNEP 9710

04-05-2018

ALIMENTO	gr/por (g)	convertible %	PROTE gr (g)	GRASA (g)	CHO (g)	nutricionales por 100 gramos			TOTAL
						PROTE	GRASA	CHO	
DESAYUNO: Omelette con carne, Te y pan									
Telamascón	3.28	100.00	0.00	0.00	0.01	0.01	0.00	0.00	5.64
Polvo salado + harina	32.1	100.00	2.36	0.00	21.54	11.00	0.01	0.10	60.49
Polvo rubia	10.00	100.00	0.00	0.00	0.0	0.00	0.00	0.00	10.00
Carne de res paleta	30.00	100.00	6.30	0.00	0.00	20.00	4.30	0.00	30.60
Huevo blanco	100.0	80.00	1.70	0.00	10.20	0.00	0.70	0.14	60.77
Cebolla de cabeza (2)	20.00	67.00	0.10	0.00	1.01	0.70	0.34	0.00	7.00
Ajo	4.00	60.00	0.10	0.00	0.07	0.70	0.70	0.00	4.00
Aj colorado seco, puerco (2)	3.00	60.00	0.10	0.11	0.00	0.30	0.30	0.10	4.00
Sal	100.00	01.00	1.00	0.00	13.04	4.00	0.00	0.00	60.00
Arroz Pilado o guiso crudo (1)	100	100.00	8.00	0.00	17.00	10.00	4.00	0.00	340.00
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	0.00	0.00	10.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	6.00
Polvos de Maicena	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	1.74
V.C. DESAYUNO									607.00
% DISTR. DESAYUNO									27.00
ALMUERZO: Casado de verduras / Arrozado de res + arroz + rebollo + fruta									
Zapallo mero	30.00	47.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Ajo	0.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Papa	0.00	60.00	0.11	0.00	0.00	0.00	0.00	0.00	1.00
Cebollitas frescas	20.00	30.00	0.70	0.00	1.01	0.70	0.00	0.00	10.00
Zanahoria	20.00	70.00	0.00	0.00	1.00	0.00	0.71	0.00	6.00
Papa blanca	100.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	40.00
Carne de Pollo Entero a la	0.00	60.00	14.00	2.00	0.00	0.00	0.00	0.00	70.00
Pollo	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Habas frescas	20.00	30.00	1.01	0.00	2.01	4.00	0.00	0.00	10.00
Mari Fresco, Chorro	40.00	07.00	0.70	0.00	0.00	0.00	0.00	0.00	30.00
Carne de res paleta	100.0	100.00	21.00	1.00	0.00	0.00	0.00	0.00	60.00
Cebolla de cabeza (2)	20.0	60.00	0.00	0.00	2.00	1.01	0.30	0.14	6.00
Arroz Pilado o guiso crudo (1)	100.0	100.00	12.00	0.00	100.00	40.00	4.00	0.00	600.00
Zanahoria	20.00	70.00	0.00	0.00	1.00	0.00	0.71	0.00	6.00
Cebolla de cabeza (2)	20.00	67.00	0.00	0.00	2.01	1.00	0.30	0.00	10.00
Finosita molida	0.0	100	0.00	0.00	0.10	0.01	0.00	0.00	0.00
Ajo	2.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00
Aceite vegetal	10.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Harina	1.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aj colorado seco, puerco (2)	3.00	60.00	0.10	0.11	0.00	0.30	0.30	0.10	4.00
Sal	10.00	100.0	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Sal	4.00	100.0	0.01	0.00	0.00	0.00	0.00	0.00	6.00
Reollo	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00
Miel rosado	10.00	100.00	1.10	0.00	11.40	4.00	0.00	0.00	60.00
Limon	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	4.00
Arroz rubia	30.00	100.00	0.00	0.00	34.41	0.00	0.00	0.00	100.00
Fruta	100.00	100.00	0.00	0.00	14.70	2.40	2.70	0.00	60.00
V.C. ALMUERZO									1170.00
% DISTR. ALMUERZO									40.00
CENA: Sopa de pollo + ensalada									
Carne de Pollo Entero a la	100.00	70.00	14.00	2.00	0.00	0.00	0.00	0.00	60.00
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	0.00	0.00	100.00
Ajo	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ajo	10.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Papa	10.00	100.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
Harina	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	0.00
Fideos	60.00	100.00	7.00	0.10	62.00	30.00	1.40	0.00	200.00
Queso seco	4.00	60.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Papa blanca	100.00	60.00	2.00	0.10	10.40	10.71	1.10	0.00	100.00
Cebolla china (2)	10.00	71.00	0.20	0.00	0.00	0.00	0.00	0.00	4.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Herbas	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Salina rubia	40.00	100.00	0.00	0.00	30.00	0.00	0.00	0.00	100.00
V.C. CENA									670.00
% DISTR. CENA									20.00
			66.00	42.47	488.01				
			304.75	260.20	1070.04				
			14.30	13.87	60.21				
VOT. MENU									2700.00

Paulo Yáñez Barrera
Paulo Yáñez Barrera
 NUTRICIONISTA
 C.M.P. 5000

COMANDO EN JEFE ERIC OJEDA
[Signature]
 ERIC OJEDA

ALIMENTO	grpes (g)	densidade %	PROT An (g)	GRASA lg	CHO (g)	VALOR NUTRICIONAL			TOTAL
						PROT	GRASA	CHO	
DESAYUNO: Salpicón de pollo + Avena con manzana + pan									
Avena, hojuelas cruda	30.00	100.00	3.99	1.28	21.2	13.98	-10.80	86.49	113.36
Manzana de agua	30.00	86.00	0.07	0.00	3.58	0	0.27	34.83	14.92
Pan de molde o francés	30.0	100.00	3.88	0.08	21.24	11.32	0.81	86.16	88.45
Azúcar rubia	35.00	100.00	0.00	0.00	34.4	0.00	0.00	137.82	137.82
Carne de Pollo Entero sin piel	100.00	100.00	20.00	3.00	0.00	32.44	32.40	0.00	114.80
Zanahoria	30.00	79.00	0.14	0.10	2.18	0.27	1.07	8.72	10.36
Cebolla de cabeza (2)	40.00	87.00	0.26	0.00	3.59	1.65	0.00	12.11	14.10
Tomate	30.00	88.00	0.24	0.00	1.28	0.91	0.53	5.11	6.69
Luchuga cocinada	80.00	83.00	0.52	0.58	8.84	3.88	0.72	3.98	6.16
Ají dulce (ají)	30.00	54.00	1.15	0.10	3.05	4.80	0.87	12.58	17.60
Papa blanca	100.00	81.00	2.07	1.10	21.94	8.27	0.89	87.77	88.00
Sal	10.00	100.00	0.12	0.00	0.00	0.48	0.48	0.00	4.21
Lente	7.00	83.00	0.52	0.07	0.38	0.07	0.07	1.41	1.88
Frijoles rojos	0.80		0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vinagre	7.00	100.00	0.00	0.07	0.38	0.00	1.83	1.40	2.00
Mayonesa	10.00	100.00	0.44	0.80	14.97	1.92	1.00	66.28	68.20
V.C. DESAYUNO									686.37
% DIETA DESAYUNO									26.48
ALMUERZO: Sopa de verduras + Ají de pollo arroz + refresco + fruta									
Carne de res picada	60.00	75.00	9.89	0.79	0.00	36.90	4.48	0.00	44.82
Zapallo mero	30.00	47.00	0.10	0.00	0.90	0.39	0.25	3.01	4.16
Apio	6.00	75.00	0.83	0.09	0.27	0.10	0.08	0.86	1.07
Papa	0.00	86.00	0.16	0.00	0.30	0.40	0.20	1.20	1.60
Arroz	6.00	66.00	0.00	0.00	0.14	0.10	0.87	0.57	0.74
Huevo fresco	20.00	76.00	0.70	0.00	1.81	3.10	0.00	7.20	8.90
Zanahoria	20.00	79.00	0.09	0.08	1.48	0.28	0.71	5.81	6.68
Queso Crema	30.00	100.00	2.72	1.76	13.26	10.88	12.44	60.04	81.36
Papa blanca	60.00	80.00	1.28	0.67	14.60	5.81	0.58	58.52	64.80
Carne de Pollo Entero sin piel	100.00	70.00	20.00	4.00	0.00	32.40	32.40	0.00	128.80
Lente empacada	10.00	100.00	0.70	0.07	1.09	2.60	7.20	4.38	84.45
Queso parmesano	10.00	100.00	2.80	0.00	0.30	11.20	21.90	1.20	39.57
Mantequilla, por pasteurizada	6.00	71.00	1.37	2.74	1.01	0.48	24.64	4.00	34.14
Arroz Pilado o pulido cocido	180.0	100.00	10.00	0.75	118.70	46.20	0.78	498.80	522.15
Papa blanca	150.0	82.00	2.90	0.18	27.40	10.30	1.19	109.72	121.16
Cebolla de cabeza (2)	40.00	87.00	0.26	0.00	3.59	1.65	0.00	7.91	8.80
Ajón	2.00	60.00	0.09	0.01	0.46	0.34	0.13	1.90	2.49
Sal	15.00	100.00	0.12	0.00	0.00	0.48	0.48	0.00	4.21
Aceite vegetal	5.00	100.00	0.00	0.00	0.00	0.00	48.90	0.00	45.00
Ajón seco	5.00	80.00	0.10	0.10	1.88	0.70	1.47	8.74	8.97
Quesos de queso	3.00	100.00	0.30	0.44	2.04	1.01	0.89	8.18	10.14
Ajón	5.00	92.00	0.04	1.82	0.24	0.10	12.28	1.24	34.38
Huevo de gallina, crudo	15.00	70.00	1.80	0.90	0.00	8.00	8.81	8.81	31.99
Tomate	30.00	100.00	0.24	0.00	1.28	0.91	0.54	5.16	6.69
Marscapé	35.00	100.00	0.29	0.00	3.96	0.60	0.20	15.80	18.05
Azúcar rubia	20.00	100.00	0.00	0.00	19.00	0.00	0.00	78.64	78.64
Naranja	180.0	86.00	0.77	0.28	12.88	3.06	2.30	81.81	88.17
V.C. ALMUERZO									1283.66
% DIETA ALMUERZO									47.30
CENA: Pollo a la naranja, arroz + refresco									
Carne de Pollo Entero sin piel	100.00	70.00	14.40	2.52	0.00	37.68	21.88	0.00	80.16
Cebolla de cabeza (2)	60.00	80.00	0.71	0.10	6.76	2.98	0.80	23.08	26.83
Tomate	40.00	90.00	0.29	0.07	1.20	1.15	0.54	8.19	7.99
Arroz Pilado o pulido cocido	60.0	100.00	7.50	0.45	70.00	26.60	4.88	280.08	373.63
Ajón	1.50	80.00	0.07	0.01	0.36	0.27	0.0864	1.46	1.87
Aceite vegetal	15.00	100.00	0.00	0.00	0.00	0.00	135	0.00	135.00
Ajón	100.0	80.00	0.51	0.17	8.59	3.04	1.83	24.34	37.51
Parosil	10.00	80.00	0.24	0.04	0.33	0.08	0.218	1.30	2.58
Ajón colorado seco, marca (2)	5.00	88.00	0.24	0.37	2.00	0.90	2.3868	7.68	11.35
Sal	12.00	100.0	0.14	0.00	0.00	0.00	0.54	3.74	3.88
Azúcar rubia	30.00	100.00	0.00	0.00	29.40	0.00	0.00	117.66	117.66
Hojitas	0.00	87.00	0.17	0.00	0.30	0.00	0.48	1.20	2.25
V.C. CENA									743.11
% DIETA CENA									27.28
			89.23	41.84	281.80				
			352.81	389.32	1526.0				
			13	14	61				
V.C.T. MENU									2721.63



Paula Johana Barríos Sorio
Paula Johana Barríos Sorio
 NUTRICIONISTA
 CNP 5088

CONSORCIO EDUCATIVO BARRIOS SORIO
[Handwritten signature]

ALIMENTO	grupos	cantidad	PROTE	GRASA	CARB	NUTRIENTES/ENERGIA			ENERGIA
						g	%	g	
DESAYUNO: Muesli integral a la italiana con arroz + Café y 01 pan									
Café sin azúcar	4.00	100.00	0.01	0.00	0.20	0.20	0.04	0.13	0.20
Pan de mermelada a Francia	28.0	100.00	2.89	0.29	21.54	11.92	5.81	66.15	85.49
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0	98.00	85.30
Arroz Pardo o Julito crudo	80.00	100.00	7.26	0.45	70.00	29.50	4.08	280.00	213.83
Aceite	1.00	100.00	0.00	0.00	0.00	0.00	0.00	1.20	1.20
Morongo de res	100.0	50.00	10.00	2.80	0.00	64.00	25.0	3.20	82.40
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	99.00	0.00	90.00
Sal	4.00	100.00	0.00	0.00	0.00	0.00	0.00	2.13	2.74
Orizón seco	1.00	85.00	0.01	0.00	0.00	0.00	0.00	0.04	0.40
Papa blanca	100.00	83.00	1.73	0.00	18.20	0.80	0.74	73.14	80.72
Cebolla de cabeza (2)	15.00	87.00	0.44	0.00	1.10	0.00	0.00	4.04	0.20
Zanahoria	15.00	79.00	0.07	0.00	1.00	0.00	0.00	4.28	0.40
Arvejas frescas (1)	20.00	84.00	0.71	0.00	0.00	0.00	0.00	8.12	11.77
Aj colorado seco, jarra (2)	1.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
V.C. DESAYUNO									794.00
% DISTR. DESAYUNO									82.50
ALMUERZO: Cazuela de fideos, Frijoles con poco de pollo, arroz, refresco + fruta									
Carne de Pollo Entero sin piel	60.0	75.00	9.27	1.60	0.00	27.00	14.50	0.00	81.00
Zapato macho	30.00	47.00	0.10	0.00	0.00	0.00	0.25	3.60	4.20
Aceite	6.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Papa	6.00	60.00	0.11	0.00	0.00	0.40	0.20	1.20	1.00
Nabo	6.00	60.00	0.00	0.00	0.14	0.00	0.00	0.00	0.74
Hojas frescas	20.00	80.00	0.70	0.00	1.00	0.00	0.00	7.00	10.00
Zanahoria	20.00	70.00	0.09	0.00	1.40	0.00	0.00	0.00	6.00
Frijoles	30.00	100.00	7.50	0.10	0.00	0.00	1.44	20.00	20.00
Papa blanca	60.0	60.00	1.00	0.00	14.00	0.00	0.00	60.00	64.00
Frijol de arvejo crudo	120.0	100.00	20.00	0.00	0.00	100.00	20.00	200.00	40.00
Cebolla de cabeza (2)	30.00	60.00	0.88	0.00	2.00	1.44	0.00	11.00	13.00
Tomate	20.00	60.00	0.10	0.00	0.00	0.00	0.41	3.00	5.00
Aj colorado seco, jarra (2)	0.00	60.00	0.00	0.00	1.70	0.00	0.00	0.00	0.70
Carne de Pollo Entero sin piel	160.0	70.00	20.00	4.00	0.00	0.00	0.00	120.00	120.00
Arroz Pardo o Julito crudo	180.00	100.00	12.00	0.70	110.00	40.00	0.00	400.00	220.00
Aceite vegetal	6.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	40.00
Especias negra	15.00	60.00	0.00	0.00	0.00	1.40	1.00	2.00	4.00
Cilantro	20.00	60.00	0.00	0.00	0.00	1.00	1.00	3.00	5.00
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.00	0.00	6.00
Aj verde (2)	2.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sal	6.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00
Aceite	1.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Papa blanca	100.0	60.00	1.00	0.00	14.00	0.00	0.00	70.00	80.00
Arvejas frescas (1)	20.00	64.00	0.70	0.00	0.00	0.00	0.00	8.12	11.77
Azúcar rubia	15.00	100.00	0.00	0.00	14.00	0.00	0.00	60.00	60.00
Morongo de res	100.0	60.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00
V.C. ALMUERZO									1604.73
% DISTR. ALMUERZO									62.48
CENA: Sopa a la rusa con res + refresco									
Carne de res, res	60.0	100.00	17.04	1.20	0.00	00	11.00	0.00	70.00
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	220.00	0.00	200.00
Aceite	6.00	60.00	0.00	0.00	0.00	0	0.00	0.00	6.00
Aceite	12.00	70.00	0.00	0.00	0.00	0	0.00	0.00	12.00
Papa	12.00	70.00	0.00	0.00	0.00	0	0.00	0.00	12.00
Morongo	12.00	70.00	0.00	0.00	0.00	0	0.00	0.00	12.00
Sal	18.00	100.00	0.00	0.00	0.00	0	0.00	0.00	18.00
Papa blanca	60.0	60.00	1.00	0.00	14.00	0.00	0.00	60.00	64.00
Frijoles	80.00	100.00	7.50	0.10	0.00	00	1.44	20.00	20.00
Orizón seco	6.00	100.00	0.00	0.00	0.00	0	0.00	0.00	6.00
Papa blanca	120.00	60.00	0.00	0.00	0.00	0	0.00	0.00	120.00
Tomate	20.00	60.00	0.00	0.00	0.00	0	0.00	0.00	20.00
Cebolla de cabeza (2)	30.00	64.00	0.70	0.00	0.00	0	0.00	0.00	30.00
Morongo de res	6.00	60.00	0.00	0.00	0.00	0	0.00	0.00	6.00
Refresco	6.00	100.00	0.00	0.00	0.00	0	0.00	0.00	6.00
Azúcar rubia	40.00	100.00	0.00	0.00	0.00	0	0.00	0.00	40.00
V.C. CENA									864.70
TOTAL DEL MENU									2001.44
			140.82	00.20	582.12				
			882.48	882.77	2000.46				
			20.88	18.00	83.12				

Paola
Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 9769

CONSEJO DE DESAYUNO, ALMUERZO Y CENA
 AL CRISTO...
 NUTRICIONISTA

13-14-25 April 2020

ALIMENTO	g/por 10g	convertible %	PROT Am (g)	GRASA lg)	CHO lg)	NUTRIENTES (en kcal/100g)			TOTAL Kcal
						PROT	GRASA	CHO	
DESAYUNO: Arroz a la cubana, No y pan									
Té sin azúcar	0.00	94.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Arroz blanco	95.00	100.00	2.00	0.00	24.4	0.00	0.00	107.00	107.00
Pan de molde o francés	30.00	100.00	2.68	0.00	21.5	11.00	0.00	80.10	80.10
PMIano de leche	100.00	85.00	1.00	0.00	14.00	4.00	0.00	57.10	60.00
Harina de palmita cruda	10.00	90.00	2.94	4.04	1.00	31.70	44.40	4.20	20.40
Tomate	20.00	90.00	1.10	0.00	0.00	0.70	0.00	3.60	5.00
Debilidad de cubana (2)	80.00	87.00	0.70	0.11	0.00	0.00	0.00	24.30	24.10
Sal	10.00	100.0	0.10	0.00	1.00	0.70	0.00	4.00	6.00
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	9.00	100.00
Arroz Pilado o palmito crudo	90.0	100.00	7.38	0.40	19.00	20.00	0.00	200.00	210.00
V.C. DESAYUNO									467.77
% DISTR. DESAYUNO									34.60
ALMUERZO: Pasa a la freidora, Arroz con pollo, ensalada, y queso + fruta									
Pasa blanca	100.00	90.00	1.70	0.00	18.20	0.00	0.700	73.14	80.77
Salada de pollo	10.00	100.00	1.00	4.40	0.00	4.00	10.00	27.00	44.40
Mari crudo, con perfume	0.00	71.00	0.00	1.71	0.00	0.40	10.40	2.00	20.00
Leche evaporada	30.00	90.0	0.30	0.00	0.10	0.00	0.00	10.00	10.00
Queso parmesano	20.00	100.00	0.40	0.00	0.00	0.00	0.00	0.00	10.00
Mozzarella	0.00	94.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aj verde (2)	0.00	67.00	0.00	0.00	0.40	0.00	0.00	1.00	2.00
Arroz Pilado o palmito crudo	100.0	100.00	10.00	0.70	19.00	40.00	0.70	100.00	100.00
Carne de Pollo Entera a la parrilla	100.0	70.00	20.00	4.00	0.00	0.00	0.00	0.00	100.00
Arvejas frescas (4)	30.00	94.00	0.00	0.00	2.00	0.00	0.00	10.00	14.00
Cilantro	20.00	57.00	0.00	0.10	0.00	0.00	1.00	1.00	0.00
Vegetal (2)	10.00	91.00	0.00	0.00	1.10	1.00	0.00	4.00	6.00
Escondido negro	10.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Zoratero	20.00	70.00	0.10	0.10	2.10	0.00	1.00	0.00	10.00
Aj verde (2)	0.00	67.00	0.00	0.00	0.40	0.00	0.00	1.00	2.00
Pollo	10.00	90.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Ajo	4.00	90.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Aceite vegetal	10.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Champiñón rebanado	0.00	100.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Queso	0.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cebada con cebolla (8)	0.00	100.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00
Limon	4.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubio	20.00	100.00	0.00	0.00	10.00	0.00	0.00	70.00	70.00
Mintero	100.00	80.00	0.00	0.00	10.00	1.00	1.00	10.00	20.00
V.C. ALMUERZO									1200.00
% DISTR. ALMUERZO									46.00
CENA: Asado de res, arroz, ensalada									
Carne de res pecho	100.0	100.00	21.00	1.00	0.00	0.00	14.4	0.00	90.00
Arroz Pilado o palmito crudo	90.0	100.00	7.38	0.40	19.00	20.00	0.00	200.00	210.00
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	100.00	0.00	100.00
Ajo	4.00	90.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Tomate	30.00	90.00	0.20	0.00	1.10	0.00	0.00	4.00	5.00
Parrot	10.00	90.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa blanca	100.00	80.00	1.70	0.00	18.20	0.00	0.70	73.14	80.77
Debilidad de cubana (2)	80.00	87.00	0.70	0.11	0.00	0.00	0.00	24.30	24.10
Aj verde (2) y queso parmesano (2)	1.00	60.00	0.00	0.00	0.40	0.00	0.00	1.00	2.00
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	100.00	0.00	100.00
Vinagre	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aj colorado, queso parmesano (2)	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Parrot	0.00	94.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubio	20.00	100.00	0.00	0.00	10.00	0.00	0.00	70.00	70.00
V.C. CENA									1000.00
% DISTR. CENA									38.00
			100.00	02.77	479.40				
			421.90	824.90	1817.80				
			10.00	01.00	01.10				
VCT. MENU									2020.00



PA
Paola Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 6790

CONDICIONISTA
M. CRISTINA CHURATA Q. P.
 REPRESENTANTE

del 17 al 23 ABRIL 2018

ALIMENTO	precio (col)	cantidad (%)	PROT Am (g)	GRASA (g)	DHC (g)	energía (kcal)			energía
						PROT	GRASA	DHC	
DESAYUNO: Baked de fibra con res arroz + té y pan									
Té sin azúcar	3.00	54.00	0.28	0.28	0.01	0.01	0	0.03	0.03
Azúcar rubia	6.00	100.00	0.20	0.20	4.62	0.00	0	10.00	10.00
Pan de molde o francés	30.00	100.00	2.88	0.28	21.54	31.82	0.81	80.10	30.40
Fibers	60.00	100.00	1.52	0.18	62.50	30.00	1.44	200.04	201.70
Arroz Piletto o pulito crudo	60.00	100.00	7.38	0.45	70.02	29.02	4.05	280.00	312.00
Ajón	0.90	80.00	0.02	0.00	0.10	0.00	0.00	0.49	0.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Leche blanca	100.00	100.00	2.10	0.40	20.20	0.40	0.40	50.00	50.50
Carné de res picado	60.00	70.00	11.00	0.90	0.00	40.71	0.00	0.00	55.70
Cebolla de cabeza (2)	15.00	87.00	0.18	0.02	1.18	0.00	0.18	4.54	0.20
Sal	0.00	100.00	0.00	0.04	0.00	0.00	0.00	0.00	0.04
Perce	3.20	100.00	0.10	0.00	0.01	0.01	0.00	0.00	1.00
Arroz fresco (4)	10.00	54.00	0.50	0.00	1.00	0.00	0.44	6.00	6.00
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.70	0.00	0.00
Aj colorado seco, perma (2)	0.60	88.00	0.00	0.00	0.04	0.11	0.00	0.00	1.00
V.C. DESAYUNO									888.67
% DIST. DESAYUNO									88.41
ALMUERZO: Sopa de trigo macero + Crema batida con bistec, arroz, ensalada y refresco + fruta									
Carné de Pollo Bistec a la brasa	60.00	70.00	8.60	1.01	0.00	24.61	0.00	0.00	40.20
Zapallo macero	40.00	47.00	0.10	0.04	1.20	0.00	0.04	4.00	5.00
Milanesa, Choclo	40.00	57.00	0.70	0.10	0.04	0.01	1.00	20.00	30.00
Pollo	10.00	70.00	0.00	0.00	0.00	0.01	0.00	1.44	1.70
Papa	10.00	88.00	0.10	0.00	0.00	0.01	0.40	2.00	0.70
Col blanco	10.00	88.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Morón partido	30.00	100.00	0.01	1.00	0.00	20.00	0.00	1.00	30.00
Habas frescas	20.00	20.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Queso Crema	30.00	100.00	0.00	0.00	50.00	20.00	20.00	100.00	100.00
Papa blanca	30.00	80.00	0.00	0.04	0.10	0.44	0.00	0.00	40.00
Leche evaporada	10.00	100.00	1.00	1.00	1.00	4	10.00	0.00	21.00
Queso parmesano	10.00	100.00	0.00	0.00	0.00	0.00	20.00	1.00	30.00
Margarina vegetal con sal	10.00	100.00	0.00	0.00	0.00	0	70.00	0.00	10.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Verduras cortadas	0.00	80.00	0.10	0.00	0.10	0.40	0.10	0.00	1.00
Carne de res picada	100	100.00	31.00	2.40	0.00	120.00	0.00	0.00	100.00
Arroz Piletto o pulito crudo	180.00	180.00	12.00	0.70	110.00	40.00	0.70	480.00	320.00
Ajón	0.00	80.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Aj colorado seco, perma (2)	1.00	80.00	0.00	0.00	0.00	0.00	0.70	0.00	0.00
Cominos	0.1	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vinagre	1.00	100.00	0.00	0.00	0.00	0.00	0.10	0.00	0.00
Cebolla de cabeza (2)	10.00	87.00	0.00	0.00	0.04	0.00	0.10	0.00	0.00
Tomate	20.00	80.00	0.10	0.04	0.70	0.00	0.00	0.00	0.00
Parmesano mozzarella	0.10	100	0.00	0.00	0.10	0.00	0.11	0.00	0.00
Cabada con cebolla (5)	0.00	100.00	0.40	0.10	0.00	0.00	1.00	0.00	0.11
Limón	0.00	100.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Azúcar rubia	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Filtado de café	100.00	88.00	1.00	0.00	21.00	0.10	2.70	80.00	80.00
V.C. ALMUERZO									1327.11
% DIST. ALMUERZO									81.70
CENA: Arroz a la jardinera con pollo + Ensalada + refresco									
Azúcar rubia	20.00	100.00	0.00	0.00	34.41	0.00	0	137.00	137.00
Arroz Piletto o pulito crudo	100.00	180.00	0.00	0.00	77.00	32.00	4.00	311.00	340.00
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	0.00	0.00	20.00
Arroz Piletto (2)	20.00	54.00	0.00	0.00	2.00	0.00	0.00	10.00	14.00
Zanahoria	20.00	80.00	0.10	0.10	0.70	0.00	1.00	0.00	10.00
Fideos de lente	30.00	90.00	2.00	0.00	10.00	0.00	0.00	70.00	80.00
Yamón (2)	20.00	91.00	0.00	0.00	1.00	0.10	0.00	0.00	10.00
Carné de pollo pedregoso	100.00	70.00	10.00	0.00	0.00	50.00	10.00	0.00	70.00
Tomate	20.00	80.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla de cabeza (2)	100.00	87.00	0.00	0.10	0.70	0.00	1.00	0.00	0.00
Sal	1.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Lichuga redonda	00.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
V.C. CENA									990.00
% DIST. CENA									37.33
			VCT (col)	130.10	63.00	200.00			
			VCT (kg)	600.00	600.00	1000.00			
			VCT (%)	21	22	38			
V.C.T. MENS									2067.60

Paula Johana Barreras Soria
Paula Johana Barreras Soria
 NUTRICIONISTA
 C.N.P. 8700

CONSORCIO EDUCATIVO UNO E.U.R.L.
M. CRISTINA COTRERA C.
 REPRESENTANTE

29-10-21 ABRIL 2022

ALIMENTO	gramos 100	consistencia %	PROY An. 100	GRASA 100	CHO 100	Componentes Energéticos			Energía
						PROY	GRASAS	CHO	
DESAYUNO: Cacahuetos de pollo hervido, arroz y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.50	54.00	0.00	0.00	0.03	0.00	0.00	0.11	0.11
Carro de color	0.20	54.00	0.00	0.00	0.01	0.00	0.00	0.03	0.03
Arroz rubio	20.50	100.00	0.00	0.00	10.7	0.00	0.00	70.94	70.94
Plan de labranza o francés	30.30	100.00	3.68	0.05	21.3	11.52	0.01	85.10	78.43
Carne de Pecho Entero cruda	100.00	70.00	14.43	2.50	0.00	57.88	20.68	0.00	40.58
Ajón	5.00	88.00	0.23	0.00	1.22	0.00	0.00	4.00	0.00
Sal	0.50	100.00	0.10	0.04	0.00	0.00	0.00	0.00	0.00
Aj. verde (2)	5.00	87.00	0.15	0.00	0.70	0.00	0.00	2.00	4.00
Arroz (Huevo o pulido crudo)	80.50	100.00	7.38	0.40	70.00	20.82	4.00	280.00	210.00
Cebolla de cabeza (2)	30.30	87.00	0.68	0.00	4.94	3.20	0.00	18.11	21.10
Aj. colorado seco, panca (2)	1.00	88.00	0.00	0.00	0.40	0.00	0.00	1.00	0.00
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0.00	10.00	0.00	117.00
Delgado seco	0.50	84.00	0.01	0.00	0.00	0.00	0.00	0.01	0.00
Glutamato monosódico	0.20	100.00	0.00	0.00	0.20	0.00	0.00	1.00	1.17
Vinagre	0.50	100.00	0.00	0.00	0.00	0.00	0.00	1.00	2.00
Comida morada (2)	100.00	84.00	1.10	0.00	21.00	4.70	0.00	80.50	80.50
V.C. DESAYUNO									622.25
% DISTR. DESAYUNO									31.70
ALMUERZO: Soja Juliana - picada, arroz, papada - refresco + fruta									
Huevo de gallina, crudo	10.00	80.00	1.50	1.00	0.20	0.00	0.00	1.00	1.00
Papa	0.50	80.00	0.11	0.00	0.00	0.00	0.04	0.40	0.54
Arroz	3.00	70.00	0.00	0.00	0.11	0.00	10.00	0.70	20.00
Leche evaporada	20.00	100.00	1.40	1.60	2.10	11.70	20.00	1.20	41.00
Queso panca	10.00	70.00	3.04	3.10	0.00	0.00	0.77	70.00	77.00
Papa blanca	100.00	80.00	1.70	0.00	10.00	0.00	0.30	0.00	0.00
Zapallo italiano	30.00	30.00	0.14	0.04	1.00	0.00	0.04	3.00	0.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	1.04	0.00	0.00
Maíz Fresco, Choclo	40.00	37.00	0.70	0.10	8.04	1.00	0.00	0.00	11.00
Harina blanca	20.00	20.00	0.30	0.00	2.27	0.00	0.00	7.00	0.00
Zanahoria	20.00	70.00	0.10	0.10	1.00	0.00	0.00	0.00	1.00
Harina de trigo	4.00	54.00	0.11	0.00	0.17	0.00	0.00	0.00	1.00
Papada	100.00	100.00	0.04	1.10	21.00	2.00	10.00	0.00	0.00
Ajón	2.00	80.00	0.00	0.00	0.40	0.00	0.00	1.00	2.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Arroz (Huevo o pulido crudo)	100.00	100.00	12.30	0.70	110.70	40.00	0.70	400.00	320.00
Cebolla de cabeza (2)	30.00	87.00	0.20	0.04	2.27	1.10	0.00	0.00	10.00
Aj. colorado seco, panca (2)	0.00	80.00	0.14	0.10	1.00	0.00	1.00	4.00	0.00
Acido vegetal	2.00	100.00	0.00	2.00	0.00	0.00	10.00	0.00	50.00
Delgado seco	0.50	84.00	0.00	0.00	0.00	0.00	0.00	0.10	0.00
Vinagre	0.50	100.00	0.00	0.00	0.00	0.00	1.00	0.00	4.00
Harina de trigo	20.00	100.00	2.10	0.40	14.00	0.40	3.00	0.00	71.00
Cebolla con cilantro (2)	0.00	100.00	0.40	0.10	0.00	1.00	1.00	0.00	0.00
Morcilla	100.00	100.00	0.40	0.10	21.00	1.00	1.00	0.00	0.00
Arroz rubio	30.00	100.00	0.00	0.00	30.00	0.00	0	100.00	100.00
V.C. ALMUERZO									1204.04
% DISTR. ALMUERZO									40.00
CENA: Saldado de res, arroz + infusion									
Carne de res pecho	80.0	100.00	17.04	1.00	0.00	60.10	11.50	0.00	30.00
Ajón	0.50	80.00	0.00	0.00	0.10	0.00	0.00	0.40	0.00
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0.00	0.00	0.00	80.00
Papa blanca	200.0	100.00	4.00	0.00	44.00	10.00	1.00	170.00	100.00
Cebolla de cabeza (2)	30.00	87.00	0.70	0.11	0.00	0.00	0.00	24.00	20.00
Sal	0.50	100.0	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Arroz (Huevo o pulido crudo)	80.0	100.00	7.38	0.40	70.00	20.82	4.00	280.00	370.00
Panela	2.00	100.00	0.10	0.01	0.10	0.00	0.10	0.00	1.00
Toruja	40.00	50.00	0.20	0.07	1.00	1.00	0.00	0.00	0.00
Arroz, fujito de	100.00	80.00	2.10	0.00	0.70	0.00	2.00	0.00	0.00
Aj. colorado seco, panca (2)	1.00	80.00	0.00	0.00	0.40	0.00	0.00	1.00	0.00
Harina	2.00	54.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz rubio	30.00	100.00	0.00	0.00	30.00	0.00	0.00	117.00	117.00
V.C. CENA									874.00
% DISTR. CENA									28.00
VCT (gr.)			80.90	40.70	854.30				
VCT (kcal)			342.90	360.54	2317.50				
VCT (%)			10	14	80				
V.C.T. MENU									2000.00



PA
Paola Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5709

COMITÉ DE REPRESENTANTES
M. CRISTINA CHURATA Q.
 REPRESENTANTE

03-05-24 ABRIL 2023

ALIMENTO	g/por (g)	composici %	PROT An (g)	GRASA g	CHO g	VALOR NUTRITIVO			ENERGIA
						PROT	GRASA	CHO	
DESAYUNO: Arroz de habas, arroz + café + pan									
Café con azúcar	3.00	100.00	0.01	0.00	0.00	0.34	0.00	0.10	0.18
Arroz rubio	30.00	100.00	0.00	0.00	29.5	0.00	0.00	117.90	107.00
Pan de azúcar o francés	30.00	100.00	2.68	0.00	21.5	11.50	0.00	80.10	30.40
Café con leche	20.00	70.00	0.60	4.20	0.40	0.30	0.20	4.00	0.54
Agua	0.00	88.00	0.00	0.00	1.00	0.00	0.00	4.00	0.00
Café con leche (2)	40.00	67.00	0.70	0.00	1.50	0.70	0.20	4.00	7.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	2.00	0.00
Habas (peso)	60.00	90.00	1.00	0.10	4.00	7.00	0.20	10.00	17.00
Leche evaporada	20.00	100.00	1.40	1.00	2.00	0.00	4.00	200.00	110.00
Arroz Pilado o pulido (crudo)	90.0	100.00	7.30	0.40	70.00	0.00	4.00	280.00	110.00
Acidulante vegetal	10.00	100.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Huacaya	2.00	94.00	0.20	0.00	0.00	0.00	0.00	0.00	0.00
Papa blanca	100.00	81.00	2.00	0.10	71.00	0.00	0.00	87.00	90.00
V.C. DESAYUNO									1170.77
% DIETA DESAYUNO									30.77



ALMUERZO: Empanada dulce, estofado de res, arroz, refresco + fruta

Tomate	40.00	90.00	0.30	0.00	1.00	1.00	0.70	0.00	0.00
Brocoli (1)	40	90.0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa frita o Papas de masa	30.00	80.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00
Cebolla de cabeza (2)	60.00	67.00	0.00	0.00	4.00	0.00	0.00	10.00	20.00
Papa	3.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Lechuga	0.00	60.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Majonesa	4.00	100.00	0.00	0.00	0.00	0.00	7.00	1.00	10.00
Lechuga picada	30.00	90.00	0.00	0.00	0.00	0.00	0.00	1.00	2.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Acidulante vegetal	10.00	100.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Cebolla de cabeza (2)	60.00	67.00	0.00	0.00	4.00	0.00	0.00	10.00	20.00
Zanahoria	60.00	70.00	0.00	0.00	1.40	0.00	0.00	0.00	0.00
Carne de res	100.0	100.00	30.00	4.00	0.00	120.00	40.00	0.00	100.00
Arroz Pilado o pulido (crudo)	150.00	100.00	12.00	0.70	110.00	0.00	0.00	400.00	100.00
Tomate	30.00	90.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Arroz blanco (4)	20.00	94.00	0.00	0.00	2.00	0.00	0.00	10.00	10.00
Al colorado (res, papa) (2)	2.00	68.00	0.10	0.00	1.00	0.00	1.00	0.00	0.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomate	30.00	90.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Zanahoria	30.00	70.00	0.00	0.00	1.40	0.00	0.00	0.00	0.00
Agua	4.00	90.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Refresco	0.00	90.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00
Lechuga	0.00	100.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Majonesa	20.00	100.00	0.00	0.00	0.00	0.00	0.00	10.00	10.00
Arroz rubio	20.00	100.00	0.00	0.00	19.00	0.00	0.00	70.00	70.00
Harina	100.0	80.00	0.00	0.00	10.00	0.00	0.00	40.00	50.00
V.C. ALMUERZO									1000.10
% DIETA ALMUERZO									25.87

CENA: Arroz blanco con pollo + infusion

Carne de Pecho Pavo sin piel	100.00	70.00	14.00	2.00	0.00	57.00	20.00	0.00	0.00
Huevo de gallina, crudo	10.00	80.00	1.00	0.70	0.00	4.00	0.00	0.00	0.00
Arroz Pilado o pulido (crudo)	100.0	100.00	8.00	0.00	77.00	0.00	4.00	210.00	100.00
Cebolla china (2)	0.00	71.00	0.10	0.00	0.00	0.00	0.00	1.00	2.00
Pollo	0.00	80.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Agua	0.00	80.00	0.00	0.00	1.00	0.00	0.00	4.00	0.00
Acidulante vegetal	20.00	90.00	0.00	0.00	0.00	0.00	100.00	0.00	100.00
Riz	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Al colorado (res, papa) (2)	0.00	68.00	0.00	0.00	2.00	0.00	0.00	0.00	0.00
Sal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Harina	1.00	94.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz rubio	30.00	100.00	0.00	0.00	24.00	0.00	0.00	100.00	100.00
V.C. CENA									780.10
% DIETA CENA									20.10
			93.00	66.00	480.10				
			374.94	816.97	1762.43				
			12.40	20.43	50.25				
VCT. MENU									3000.47

[Signature]
Paola Johana Barrios Soria
 NUTRICIONISTA
 C.M.P. 6799

CONSORCIO EDINSA Y BRASO EL TIL
[Signature]
M. CRISTINA CHURRUARIN
 RECIETAS

ALIMENTO	prepar kg	consumible %	PROT An 100	GRASA 100	CHO (g)	calorias (kcal/100g)			energía
						PROT	GRASA	CHO	
DESAYUNO: Cereal blanco con polv. Café y pan									
Café sin azúcar	3.90	100.00	0.01	0.00	0.00	0.04	0.00	0.00	0.16
Azúcar rubia	30.00	100.00	0.00	0.00	29.5	0.00	0	117.30	17.00
Pan de salmón o francés	30.00	100.00	2.68	0.00	21.5	11.50	0.01	80.10	88.40
Cereal de Polv. Estante cereal	100.00	70.00	14.40	2.00	1.00	87.80	22.00	0.00	80.00
Aceite Pizado a pulv. crudo	40.00	100.00	0.00	0.00	36.10	0.00	1.00	104.40	130.40
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	130.00	0.00	130.00
Ajón	0.00	70.00	0.04	0.04	0.00	0.17	0.100	1.10	1.40
Panela	0.00	80.00	0.10	0.04	0.40	0.07	0.30011	1.01	0.04
Polv.	0.00	80.00	0.00	0.01	0.00	0.00	0.00004	0.70	0.00
Garbanzo crudo	10.00	80.00	2.80	0.00	0.10	10.00	7.4110	30.40	40.00
Pasta blanca	100.00	80.00	1.10	0.40	10.00	0.00	1.700	70.10	80.70
Yuca blanca	80.00	70.00	0.40	0.10	22.00	1.70	1.000	80.00	40.00
Café blanco	30.00	80.00	0.10	0.00	1.00	0.04	0	0.00	0.00
Polviento estero	0.00	100	0.01	0.01	0.00	0.00	1.0000	0.00	0.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.04	0.04	0.00
Cebolla de cabaza (2)	20.00	80.00	0.10	0.00	1.00	0.70	0.0410	0.00	0.00
Ajón	7.00	80.00	0.00	0.01	0.40	0.00	0.1100	1.00	0.00
Yerba mate	0.00	80.00	0.10	0.00	0.00	0.77	0.000	1.00	0.00
V.C. DESAYUNO									800.00
% DISTR. DESAYUNO									31.00
ALMUERZO: Sopa de arropado, Polv. linaza, arroz arropado, ensalada y fruta									
Queso crema	30.00	100.00	0.40	0.00	0.00	10.00	0.00	3.00	110.00
Huevo fresco	40.00	20.00	1.00	0.10	3.00	0.00	1.01	14.00	21.00
Tomate	30.00	70.00	0.00	0.00	0.00	0.00	1.70	14.00	17.00
Milg. fresco, Chile	80.00	20.00	1.00	0.00	10.00	1.00	0.00	30.10	14.10
Cebolla de cabaza (2)	40.00	60.00	0.00	0.00	0.00	1.00	0.40	10.10	14.10
Aceite vegetal	0.00	100.00	0.00	0.00	0.00	0.00	40.00	0.00	40.00
Linaza	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Panela	1.00	80.00	0.00	0.00	0.00	0.10	0.00	0.10	0.00
Cereal de Polv. Estante cereal	100.00	70.00	14.40	2.00	1.00	87.80	22.00	0.00	120.00
Arroz Pizado a pulv. crudo	180.00	100.00	12.00	0.70	100.00	40.00	0.70	400.00	100.00
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	130.00	0.00	130.00
Ajón	4.00	80.00	0.10	0.00	0.00	0.70	1.00	0.00	4.00
Lechuga cocinada	40.00	80.00	0.40	0.00	0.00	1.00	1.00	0.10	0.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.04	0.04	0.00
Tomate	30.00	80.00	0.00	0.00	1.00	0.00	1.40	4.00	0.00
Panela	10.00	80.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Cebolla de cabaza (2)	80.00	80.00	0.00	0.00	4.00	0.00	0.70	10.10	20.10
Arroz cocinado seco, perca (2)	0.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	11.00
Cebolla con cilantro (8)	0.00	100.00	0.40	0.10	0.00	0.00	0.00	1.00	1.00
Lechuga	4.00	100.00	0.00	0.00	0.00	0.00	0.00	11.00	11.00
Azúcar rubia	30.00	100.00	0.00	0.00	29.40	0.00	0.00	120.00	130.40
Plátano de seda	100.00	80.00	1.00	0.40	80.00	0	0.00	0.00	0.00
V.C. ALMUERZO									1040.00
% DISTR. ALMUERZO									50.00
CEMA: Yuca paripogada, arroz arropado y ensalada									
Yuca blanca	100.00	80.00	0.40	0.10	10.00	0.00	1.40	120.00	120.00
Queso crema	20.00	100.00	0.00	0.00	0.00	20.00	0.00	0.00	80.00
Huevo de gallina, cocido	10.00	80.00	1.00	0.00	0.00	7.00	11.10	1.00	20.10
Harina de trigo	30.00	100.00	1.10	0.40	10.00	0.00	1.40	80.00	100.00
Arroz Pizado a pulv. crudo	80.00	100.00	7.00	0.40	100.00	20.00	0.00	200.00	210.00
Tomate	40.00	80.00	0.00	0.00	1.00	1.10	0.00	0.10	0.00
Panela o Pizado de leche	10.00	70.00	0.00	0.00	1.00	1	0.00	0.00	0.00
Leche evaporada	10.00	100.00	1.00	1.00	1.00	4	10.00	0.00	20.00
Sal	0.40	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Aceite vegetal	30.00	80.00	0.00	10.00	0.00	0.00	130.00	0.00	130.00
Harina	0.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	80.00	100.00	0.00	0.00	84.40	0.00	0.00	130.00	130.00
V.C. CEMA									1100.00
% DISTR. CEMA									40.00
			70.00	70.00	400.00				
			200.00	070.17	1600.00				
			10	20	80				
VOT. MENSU									2000.00



Paula Yobane Barrios Soria
Paula Yobane Barrios Soria
 NUTRICIONISTA
 C.N.P. 5700

CONSORCIO ESCUELA CENTRO EJRAL
M. CRISTINA...
 M. CRISTINA...
 M. CRISTINA...



ALIMENTO	grapes (g)	carbohidrato %	PROTEIN (g)	GRASA (g)	CHOL (g)	PROTEIN (g)	GRASA (g)	CHOL (g)	
DESAYUNO: Resuelto de verduras, arroz + la y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Aguar rubia	20.00	100.00	0.00	0.00	19.48	0.00	0	78.64	78.64
Pan de molde o francés	90.0	100.00	2.90	0.00	21.54	11.50	0.81	80.16	83.49
Arroz blanco (4)	30.00	54.00	1.15	0.10	3.00	4.8	0.87	12.18	17.42
Verduras (2)	60.00	91.00	1.00	0.14	3.00	4.37	1.23	14.74	20.24
Zanahora	40.00	78.00	0.15	0.10	2.91	0.76	1.02	11.82	13.21
Queso crema	30.00	100.00	1.40	0.00	6.68	33.80	81.00	3.85	118.90
Lácteos magra	30.00	100.00	0.70	0.01	1.00	2.80	1.20	4.30	14.40
Huevo de gallina, crudo	30.00	58.00	3.01	2.47	6.00	18.88	37.00	0.10	40.00
Embutido de cerdo (2)	30.00	67.00	8.20	0.04	3.07	1.13	0.30	0.00	19.57
Papa blanca	100.0	82.00	1.70	0.00	18.20	3.80	6.78	71.14	80.77
Arroz Pardo o pollo crudo	90.0	100.00	7.20	0.40	70.00	28.80	4.00	200.00	315.00
Agua	0.00	80.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Aceite vegetal	10.00	180.00	0.00	10.00	0.00	0.00	130.00	0.00	180.00
Sal	4.00	30.00	0.10	0.01	0.10	0.00	0.10	0.00	1.00
Tomate	30.00	54.00	0.00	0.00	0.40	0.30	0.10	1.00	2.40
Sal	12.00	120.00	0.14	0.00	0.00	0.00	0.04	0.00	0.00
V.C. DESAYUNO									904.00
% DISTR. DESAYUNO									20.00
ALMUERZO: Cazuela de res, Pachamanca de pollo a la olla, arroz, verduras y fruta									
Carnes de res por kg	100.00	70.00	8.80	0.07	0.00	39.70	0.00	0.00	41.00
Sacabe resaca	30.00	47.00	0.10	0.00	0.00	0.30	0.20	0.01	4.70
Agua	0.00	70.00	0.00	0.01	0.00	0.00	0.00	0.00	1.00
Papa	6.00	60.00	0.11	0.00	0.00	0.40	0.20	1.00	1.00
Verduras frescas	20.00	30.00	0.70	0.00	1.81	3.10	0.50	1.00	10.00
Zanahora	20.00	70.00	0.00	0.00	1.40	0.00	0.71	0.00	0.00
Papa blanca	10.00	82.00	0.00	0.04	0.14	0.44	0.00	0.00	40.00
Carnes de Pollo Entero a/m	100.0	70.00	29.07	0.00	0.00	92.00	30.00	0.00	130.00
Carnes mero (2)	100.0	84.00	1.10	0.00	21.80	4.70	0.00	80.00	80.00
Maíz Fresco, Croch	60.0	57.00	1.00	0.00	12.00	8.00	0.00	80.71	60.00
Verduras frescas	30.0	30.00	1.10	0.00	2.70	4.70	0.70	10.00	10.00
Huacaya	1.00	50.00	0.00	0.00	0.00	0.10	0.04	0.10	0.00
Cilantro	0.00	87.00	0.10	0.00	0.40	0.00	0.00	1.00	1.00
Agua	2.00	80.00	0.00	0.01	0.40	0.00	0.10	1.00	2.40
Aceite vegetal	12.00	180.00	0.00	12.00	0.00	0.00	180.00	0.00	180.00
Arroz Pardo o pollo crudo	100.0	100.00	12.20	0.70	110.70	40.00	0.70	400.00	532.70
Silbo	2.00	100.00	0.00	0.10	0.00	0.00	1.70	0.00	2.70
Yuca	0.00	100.00	0.00	0.00	0.00	0.00	0.40	1.00	1.40
Quilambos mero	0.10	100.00	0.00	0.00	0.10	0.00	0.00	0.00	0.00
Periaguero mero	0.10	100.00	0.01	0.01	0.00	0.00	0.10	0.00	0.00
Comino	0.10	100.00	0.01	0.00	0.10	0.00	0.00	0.40	0.40
Aj colorado seco, panca (2)	1.00	80.00	0.00	0.00	0.00	0.00	0.70	0.00	1.00
Sal	12.00	100.00	0.14	0.00	0.00	0.00	0.04	0.00	0.00
Cebada con cilantro (1)	12.00	100.00	0.00	0.00	0.10	0.00	1.00	0.00	12.00
Limon	0.00	100.00	0.00	0.01	0.40	0.10	0.00	1.00	2.10
Azucares	30.00	100.00	0.00	0.00	30.00	0.00	0.00	117.00	117.00
México de pollo	100.0	70.00	2.20	0.40	31.00	0.00	4.00	124.00	137.00
V.C. ALMUERZO									1000.00
% DISTR. ALMUERZO									40.00
CENA: Aguadito de pollo + saladas									
Carnes de Pollo Entero a/m	100.00	80.00	17.01	0.00	0.00	70.04	27.04	0.00	87.00
Agua	0.00	80.00	0.00	0.04	1.00	1.00	0.00	0.40	0.00
Aceite	12.00	80.00	0.00	0.00	0.00	0.00	1.14	1.00	1.00
Papa	6.00	100.00	0.20	0.00	0.00	0.00	0.00	2.40	0.00
Verduras	0.00	100.00	0.00	0.00	0.00	0.00	0.14	1.10	1.00
Sal	12.00	100.00	0.14	0.00	0.00	0.00	0.04	0.00	0.00
Arroz Pardo o pollo crudo	80.00	100.00	0.00	0.40	82.00	30.00	0.00	200.00	270.00
Papa blanca	100.00	80.00	0.00	0.10	20.00	11.00	1.00	110.00	131.00
Aceite vegetal	30.00	180.00	0.00	10.00	0.00	0.00	180.00	0.00	180.00
Cebolla china (2)	10.00	71.00	0.04	0.04	0.00	0.00	0.00	3.00	4.00
Sal	0.30	181.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Zanahora	40.00	80.00	0.20	0.10	3.10	0.00	1.00	12.00	14.00
Arroz blanco (4)	30.00	54.00	1.10	0.10	3.00	4.80	0.87	12.18	17.40
Periaguero	10.00	83.00	0.10	0.00	0.00	0.00	0.00	0.00	0.10
Espejuelo negro	20.00	87.00	0.04	0.10	0.00	0.10	1.00	0.00	0.00
Cilantro	30.00	57.00	0.00	0.10	0.00	1.00	1.00	0.00	0.00
Tomate	30.00	70.00	0.10	0.00	1.00	0	0.00	4.00	0.00
Verduras	0.00	54.00	0.00	0.00	0.14	0.00	0.04	0.00	1.00
Azucares	30.00	100.00	0.00	0.00	30.00	0.00	0.00	117.00	117.00
V.C. CENA									887.00
% DISTR. CENA									27.70
V.C. TOTAL									2698.00
% DISTR. TOTAL									100.00

Paula Yohane Barrios Soria
NUTRICIONISTA
C.N.P. 5790

CONSORCIO EDIFICAR BRAND S.R.L.
[Signature]
M. CT. 10110
REPUBLICA DOMINICANA

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

Domingo, 01 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, 02 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MORTADELA	PESCADO AL HORNO,ARROZ, ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 03 de Abril de 2018	TÉ + 02 PANES + ATUN	BIRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
Miércoles, 04 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 05 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACELGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Viernes, 06 de Abril de 2018	SOYA CON PIÑA + 02 PANES + HUEVO SANCOCHADO	CAJUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
Sábado, 07 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Domingo, 08 de Abril de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
Lunes, 09 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	TÉ + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
Miércoles, 11 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO COCADO,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	CAJUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA 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	CHAMFAINTA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARELO 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	TÉ + 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 TACHERA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 19 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	ADUADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Viernes, 20 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAJUA 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 LIMERA, 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	TÉ + 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 JAMONADA
Jueves, 26 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
Viernes, 27 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAJUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA 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	CAJUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN

AP
Araceli Roberto Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDUCATIVO SURCO E.I.E.

[Signature]
 M. CRISTINA GARCIA G.



[Signature]
 M. CRISTINA GARCIA G.

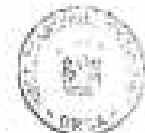
DIETA: DIABETES MELLITUS

Domingo, 01 de Abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT As (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	5.00	100.00	0.02	0.01	0.04	0	0.08	0.16	0.27
Camote moro	100.0	96.00	1.34	0.29	24.87	5	2.58	98.69	106.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.78	0.18	43.00	23	1.62	172.32	186.89
								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	5.40	373.44	418.20
Tomate	40.00	92.00	0.29	0.07	1.58	1	0.68	6.33	8.17
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
Vainitas (2)	140.00	91.00	3.08	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	100.0	92.00	1.93	0.68	20.52	8	0.83	82.06	90.62
Cebolla de ca	40.00	87.00	0.48	0.07	3.93	2	0.63	15.73	18.30
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.85	84.09	73.79
								VC ALM	922.30
								%DIST. A	51.43
CENA: Arroz chaufa con huevo y hot dog + infusion									
Huevo de gall	25.00	98.00	3.31	2.08	0.44	13	18.52	1.76	33.52
Salchicha hot	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	313.66
Aceite 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	15.43
Silao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
								VC CEN.	666.78
								%DIST. C	31.60
			58.93	42.46	294.80				
			232.97	382.14	1179.18				
			12.94	21.31	65.75				
					100.00			VC T	1793.39

Paula Yolanda Barrios Soto
Paula Yolanda Barrios Soto
 NUTRICIONISTA
 C.N.P. S.P.S

CONSEJO EDICION Y EPIVIO E.L.L.L
M. CRISTINA CHUMAYA G.
M. CRISTINA CHUMAYA G.
 REPRESENTANTE



[Signature]
 [Illegible text]

DIETA: DIABETES MELLITUS

lunes, 02 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: Harina de cebada + 02 panes + mortadela									
Cebada harina	35.00	100.00	6.58	0.81	23.59	25	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	198.98
								VC DES.	414.46
								%DIST. D	27.03
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	93.38	39	5.40	373.44	418.20
Tomate	80.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Peperino o Pe	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	0.86	1	0.54	3.94	5.05
Lechuga rojo	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Aji colorado s	5.00	66.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de ca	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	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Naranja	150.00	66.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	821.33
								%DIST. D	53.57
CENA: Mazamorra de maizana con leche + 01 pan									
Maizana	40.00	100.00	0.24	0.08	34.66	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.18	98.49
Leche evapor	40.00	100.00	2.80	3.24	4.38	11	29.18	17.44	57.80
									297.31
									19.39
			77.31	20.61	259.60				
			309.26	185.47	1038.38				
			20.2	12.1	67.7				
					100.00				1533.11


 Paola Robant Barrios Soria
 NUTRICIONISTA
 C.M.P. 5700

CONSORCIO EDINSY BRAVO E.L.R.L.


 M. CRISTINA CHUJATÁ Q.
 REPRESENTANTE




 Lic. Jessica M. Vique Bonales
 NUTRICIONISTA
 C.M.P. 5700

DIETA: DIABETES MELLITUS

martes, 03 de abril de 2018

ALIMENTO	griper	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: 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	6.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.06	0.25	0	0.45	1.00	1.45
Pimienta molli	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labran	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: Hilo de zapallo , arroz , fruta y refresco									
Lecha evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado 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	66.98
Sal	12.0	100.00	0.14	0.06	0.96	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
Malz Fresco	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacotay	8.00	100.00	0.40	0.06	0.84	2	0.58	1.56	4.74
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	0.62	5.96	7.69
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	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.	972.49
								% DIS ALM.	50.62
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	30.00	100.00	2.62	0.06	23.46	11	0.54	93.84	105.68
Arroz Pilado d	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
Anejas 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
Cebolla de ca	20.0	67.00	0.10	0.03	1.51	1	0.24	6.06	7.05
Tomate	40.00	98.00	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.	584.80
								%DIST. D	30.96
			70.15	37.51	325.89				
			200.61	337.61	1302.76				
			14.6	17.6	67.8				
					100.00			V.C.T. MENU	1920.98

Paula Johana Barrios Sorio
Paula Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 4798

CONSORCIO EDINSA Y BRAVO EJURL
M. CRISTINA CHURATA D.
 NUTRICIONISTA




Lic. Jessica Ylica Santos
Lic. Jessica Ylica Santos
 NUTRICIONISTA
 C.N.P. 5000

DIETA: DIABETES MELLITUS

miércoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	comestible la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Avena con leche + 02 panes + queso									
Avena hojuel	35.00	100.00	4.00	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.90
									549.33
									30.53
Almuerzo: Estofado de res , arroz , refresco y fruta									
Cama de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Tomate	60.00	98.00	0.48	0.12	2.55	3	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	80.0	85.00	1.43	0.07	15.18	6	0.61	60.65	68.98
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	0.75	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	6.10	8.88
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	2.80	0.11	8.06	11	0.96	24.23	36.39
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.00	73.79
									VC Alm
									926.77
									% Diet
									51.50
GENA: infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.51	2.67
Margarina ve	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	27.6	55.6				
					100.00				VCT
									1799.38


 Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.N.P. 3709

CONSORCIO EDINSY BRAVO EURL




 Lic. Jovely M. Vico Benítez
 NUTRICIONISTA
 C.N.P. 3709

FACULTAD DE CIENCIAS Q.
 U.P.M.

DIETA: DIABETES MELLITUS

jueves, 05 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: Semola con vainilla, pan , mortadela									
Sémola de Tri	35.00	100.00	6.83	3.75	14.83	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
Mortadela	30.00	100.00	2.94	5.91	2.82	11.74	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	198.96
									VC DES. 410.28
									%DIST. D 23.43
Almuerzo: Guiso de acelga, arroz , fruta y refresco									
Carne de Pollo	100.00	65.00	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	120.0	100.00	9.84	0.80	93.36	39.36	5.40	373.44	418.20
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.83	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 cal	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Plátano	180.00	94.00	0.80	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	50.0	100.00	10.85	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	90.00	8.55	0.09	62.84	34	0.81	250.56	285.57
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	3.58
Cebolla de cal	40.00	57.00	0.32	0.05	2.59	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
Ajl colorado s	0.04	66.0	0.00	0.00	0.02	0	0.02	0.06	0.09
									451.44
									%DIST. D 25.70
			70.51	40.68	275.78				
			282.06	366.12	1103.14				
			16.11	20.91	62.99				
					100.00				
									VCT 1751.31

Paula Johane Barrios Sorio
Paula Johane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDINSA - BRAVO EJRL

M. CRISTINA CHIRRITA Q.
 REPOSICIONANTE



Paula Johane Barrios Sorio
Paula Johane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

DIETA: DIABETES MELLITUS

viernes, 06 de abril de 2018

ALIMENTO	g/per (g)	comestible la %	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	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.08	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	199.98
									375.29
								%DIST. D	24.14
ALMUERZO: Caigua rellena, arroz , refresco y frutas									
Carne de res	80.00	85.00	14.48	1.09	0.00	58	9.79	0.00	67.73
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
Cebolla de ca	60.00	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	45.98
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 vegetal	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 fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Vainitas (2)	40.00	91.00	0.87	0.11	2.95	3.49	0.9828	11.79	16.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									V.C. ALMUERZO
									923.97
									% DISTR. ALMUERZO
									53.49
CENA: Sopa de fideos con cabeza									
Cabeza de ref	60.00	79.00	0.82	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	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	16.96	7	0.77	75.82	83.73
Sel	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.38
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
									VC DES.
									428.04
									%DIST. D
									24.78
			67.88	32.10	291.72				
			271.51	288.90	1166.90				
			15.72	16.73	67.56				
					100.00			VCT	1727.30

Paola Yvonne Barrios Sorio
Paola Yvonne Barrios Sorio
 NUTRICIONISTA
 C.R.P. 2010

CONSORCIO EDINAY BRAVO E.I.R.L.
M. CR
 R.C.T.
 I.O.

Lic. Jessica W. Vico Barrios
Lic. Jessica W. Vico Barrios
 NUTRICIONISTA
 C.R.P. 2010

DIETA: DIABETES MELLITUS

sábado, 07 de abril de 2018

ALIMENTO	griper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	la				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				
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
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	78.65	1.20	99.69
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	489.82
								%DIST. D	38.37
Almuerzo: Arroz con pollo, ensalada + fruta y refresco									
Carne de Pol	180.00	85.00	28.02	4.80	0.00	112	44.06	0.00	156.13
Arroz Pilado d	130.0	100.00	10.88	0.85	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
Aceita vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cilantro	20.00	57.00	0.38	0.18	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
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 fresca	30.00	62.00	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
Lechuga redo	100.00	50.00	0.85	0.10	1.05	3	0.90	4.20	7.70
Tomate	80.00	99.00	0.63	0.18	3.41	3	1.43	13.62	17.58
Plátano de se	150.0	86.00	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	2.87
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
			76.59	36.97	243.41				
			308.34	332.73	973.63				
			19.0	20.6	60.4				
					100.00			VCT	1612.71

Paula Yohane Barrios Santa
Paula Yohane Barrios Santa
 NUTRICIONISTA
 C.N.P. 8708

CONSORCIO EDISA Y BAWO E.I.R.L.

M. CRISTINA C. JURATA G.
M. CRISTINA C. JURATA G.
 REPRESENTANTE



Lic. Jeannette Vico Baez
Lic. Jeannette Vico Baez
 NUTRICIONISTA
 C.N.P. 8708


DIETA: DIABETES MELLITUS

domingo, 08 de abril de 2018

ALIMENTO	griper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: Café+ 02 panes + camote sancochado									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.18
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
Camote morao	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de lebrán	60.00	100.00	5.76	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	66.00	17.72	3.10	0.00	71	27.66	0.00	98.73
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.82
Arroz Pilado d	100.00	100.00	8.20	0.80	77.80	33	4.50	311.20	348.50
Sal	18.00	100.00	0.22	0.09	1.48	1	0.01	5.90	7.68
Tomate	45.00	62.00	0.30	0.07	1.59	1	0.68	6.35	8.19
Ajos	8.00	60.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aj colorado s	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.81
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	62.00	0.15	0.12	2.26	1	1.11	9.05	10.78
Naranja	150.00	98.00	1.76	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 d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	60.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.68	0.38	0.38	2.62	3.37
Fideos	20.00	100.00	1.88	0.04	15.84	8	0.38	62.56	70.44
Cebolla de cal	15.00	67.00	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	79.00	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	237.87	1183.76				
			13	14	72				
					100.00			VCT MEN	1638.30


 Paolo Yohani Barrios Soria
 NUTRICIONISTA
 D.N.P. 5789

CONSORCIO EDICIA Y BRAVO E.I.R.L.


 M. CRISTINA CHURATA Q.
 REPRESENTANTE




 Lic. Susana Y. Yliza Baskin
 NUTRICIONISTA
 D.N.P. 5789

DIETA: DIABETES MELLITUS

lunes, 09 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 habas + 02 panes + queso de choncho									
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	66.83	2.28	233.62
Arroz Pilado d	120.00	100.00	9.84	0.80	93.36	39	5.40	373.44	418.20
Tomate	50.00	50.00	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	0.62	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga redó	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
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	0.87	0.14	7.66	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	98.00	1.76	0.29	16.0	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	0.06	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									202.86
									18.93
			80.79	17.93	252.45				
			323.18	161.34	1009.80				
			21.63	10.80	67.58				
					100.00			VCT MEN	1494.32


 Paola Yolanda Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5700

CONSORCIO EDISA BRAVO EJRL

M. CRISTINA DURAYA C.
 REPRESENTANTE




 Lic. Jessica M. Vilca Bonifaz
 NUTRICIONISTA
 C.N.P. 5700

DIETA: DIABETES MELLITUS

martes, 10 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				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	0.06	0.98	1	0.54	3.94	5.05
Pan de lebrán	60.00	100.0	5.76	0.18	43.08	23.04	1.82	172.32	186.96
Huevo de gall	55.00	96.00	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	0.06	23.46	11	0.54	93.84	105.66
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
Arroz Pilado c	120.00	100.00	9.64	0.60	83.36	39	5.40	373.44	418.20
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	8.68
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 fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	96.00	1.78	0.29	16.0	7	2.65	64.09	73.79
									VC DES.
									930.74
									%DIST. D
									50.53
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 fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Papa blanca	60.0	85.00	1.07	0.05	11.37	4	0.46	45.49	50.24
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	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

Paolo
Paolo Enrique Barrios Soria
 NUTRICIONISTA
 C.N.P. 8789

CONSORCIO EDUCATIVO Y GRAVO E.L.R.L

M. Cristina
M. CRISTINA L. URATA Q.
 REPRESENTANTE




Josefa B. Vico
Josefa B. Vico Bontier
 NUTRICIONISTA
 C.N.P. 3289

DIETA: DIABETES MELLITUS

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	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									549.45
									32.93
ALMUERZO: Pollo dorado, arroz, ensalada, fruta y refresco									
Arroz Pilado c	120.00	100.00	9.84	0.80	83.36	39	5.40	373.44	418.20
Carne de Pollo	160.0	85.00	28.02	4.80	0.00	112	44.06	0.00	156.13
Aceite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	92.00	0.15	0.02	0.64	1	0.20	3.36	4.17
Papa blanca	60.0	98.00	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	6.05
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redo	100.00	92.00	1.20	0.16	1.93	5	1.66	7.73	14.17
Tomate	50.00	98.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									VC ALML
									932.05
									55.86
CENA: Infusion + 01 pan + jamonada									
Hierbas	10.00	99.00	0.31	0.10	0.89	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
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.
									186.98
									%DIST. D
									11.21
			74.68	43.77	243.97				
			298.73	393.89	975.07				
			17.9	23.6	58.6				
					100.00				VCT
									1668.48


 Paola Yohane Barrios Soria
 NUTRICIONISTA
 C.N.P. 5798

CONSORCIO EDISA Y ERMO E.L.R.L.


 M. CRISTINA CHURATA Q.
 REPRESENTANTE




 Lic. Jose Carlos Vera Barrios
 NUTRICIONISTA
 C.N.P. 5798

DIETA: DIABETES MELLITUS

Jueves, 12 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: Semola con vainilla , pan ,mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.86
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	78.23

410.28
22.71

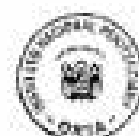
ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	100.0	82.00	1.72	0.06	18.29	7	0.74	73.14	80.77
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Aceto vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresco	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	1.80	13.08	15.54
Naranja	150.00	90.00	1.78	0.29	18.0	7	2.65	64.09	73.79
								VC DES.	952.16
								%DIST. D	52.72

CENA: Pollo sancochado, arroz, ensalada + infusion									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	80.0	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
Pepinito o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
								VC DES.	443.80
								%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

Paola Fabiane Barrios Soria
NUTRICIONISTA
C.N.P. 5799

CONSEJO EDUCATIVO GRANDE EJA

MA. E. G. B. S. C. - S. 2
RECTOR: DR. GUSTAVO



Lis Jassie P. Vique Barrios
NUTRICIONISTA
C.N.P. 3000

DIETA: DIABETES MELLITUS

viernes, 13 de abril de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Soya con piña + 02 panes + margarina									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.30	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	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	148.09
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									447.02
									25.29
ALMUERZO: Calgua rellena, arroz , refresco y fruta									
Cama de res	60.00	86.00	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	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
Cebolla de ca	80.00	88.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	88.00	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	6.06
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Acetate 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
Arvejas fresca	40.00	64.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	64.00	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	18.0	7	2.85	64.09	73.79
									V.C. ALMUERZO
									872.37
									% DISTR. ALMUERZO
									49.36
CENA: Sopa de arroz con menudencia de pollo									
Menudencia c	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
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	2.15	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	40.0	62.00	0.69	0.03	7.31	3	0.30	29.26	32.31
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	0.18	0	0.08	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Acetate 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

Poolo Yonano Barríos Soria
NUTRICIONISTA
C.N.P. 5759

CONSORCIO EDUSA Y BRAVO ELRL

M. CRISTINA CHURATA Q.
REPRESENTANTE



M. CRISTINA CHURATA Q.
NUTRICIONISTA
C.N.P. 5759

DIETA: DIABETES MELLITUS

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 + queso de choncho									
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	8.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	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	199.86
								VC DES.	480.56
								%DIST. D	30.70
ALMUERZO: Arroz chaufa con pollo , refresco y fruta									
Carne de Pollo	160.00	88.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha Tro	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado c	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	1.60	2	0.77	6.39	8.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silifan	12.00	100.00	1.38	1.15	0.12	5	10.37	0.48	18.27
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Naranja	150.00	88.00	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 sancochado									
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
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	96.16	98.49
								VC DES.	184.22
								%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

Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.N.P. 8799

CONSORCIO EMILY BRAVO E.I.R.L.
 M. CRISTINA P. MARTI N. Q.
 REFRIGERACIONISTA




Lt. Jessica Y. Alva Benites
 NUTRICIONISTA
 C.N.P. 8799

DIETA: DIABETES MELLITUS

domingo, 15 de abril de 2018

ALIMENTO	g/por (g)	comestible % %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. GAL % PDR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Café + 02 panes + camote al horno									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote maza	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de habra	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									
Pulmán 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	86.00	1.43	0.07	15.16	6	0.61	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
Aji colorado s	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	9.08
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	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	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
Carne de Pollo	100.00	86.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	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 fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	78.00	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
			69.52	27.83	281.79				
			278.08	250.44	1127.16				
			16.80	15.13	68.00				
					100.00			VCT MEN	1655.68


 Paola Yubanez Barreras Sorio CONSORCIO EDINSA Y BRAVO EURL
 NUTRICIONISTA
 C.N.P. 5798

L.L.C




 Dra. Paola Yubanez Barreras Sorio
 NUTRICIONISTA
 C.N.P. 5798

DIETA: DIABETES MELLITUS

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 + fruta									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.85
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.78
Pan de labran	60.00	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 Filado c	120.00	100.00	9.84	0.60	83.36	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 redo	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
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.78
									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	0.56	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	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	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.36
									VC DES. 247.76
									%DIST. D 16.91
			74.82	13.13	261.84				
			299.27	118.18	1047.38				
			20.43	8.07	71.50				VCT MEN 1464.83
					100.00				

Paola Johana Barrios Soria
 Paola Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDUCAY ESPINO E.I.R.L

INSTRUMENTO N.º 10
 10/04/2018



Dr. José María Vique Barrios
 Dr. José María Vique Barrios
 NUTRICIONISTA
 C.N.P. 2099

DIETA: DIABETES MELLITUS

martes, 17 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: 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	94.00	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	0.96	0.08	4.54	2	0.72	18.17	21.15
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.88
Grated de Sar	30.00	100.00	6.72	2.70	0.30	17	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	64.00	2.64	79.04
Arroz Pilado c	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	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.26
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	0.08	0.64	2	0.58	2.56	4.74
Habas frescas	40.00	68.00	3.07	0.22	7.04	12	1.96	28.18	42.43
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
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
								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	6.56	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	0.5355	53.07	58.61
Cebolla de ca	60.0	67.00	0.96	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	60.00	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
Tomata	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	517.08
								%DIST. D	29.64
			69.02	27.17	306.04				
			276.08	244.50	1224.16				
			15.8	14.0	78.2				
					100.00			V.C.T. MENU	1744.73

Paula Johana Barrios Soria
Paula Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5758

CONSEJO EDIFICIO Y BRAVO E.L.R.L.

M.C.T. ...



[Signature]
 DR. JUAN ...
 ...

DIETA: DIABETES MELLITUS

miércoles, 18 de abril de 2018

ALIMENTO	gr/por	comestib	PROT	GRASA	CHO	VALOR CALDRICO (KCAL)			DIST.CAL %
	(g)	le				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	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	1.82	172.32	198.90
									518.84
									31.81
ALMUERZO: Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta									
Carne de Cerdo	150.00	68.00	19.01	19.93	0.00	76	179.38	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.05	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 s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado d	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papinito a 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	1.85	0.07	16.41	6	0.66	65.55	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	2.85	84.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									860.39
									% DIS ALM
									52.76
CENA: Infusion + 01 pan + margarina									
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Margarina vej	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	85.16	98.49
									VC DES.
									251.61
									%DIST. D
									15.43
			59.52	54.05	226.55				
			238.08	486.55	906.21				
			14.6	29.8	55.6				
					100.00			VCT	1630.84


 Paola Yañez Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5399

CONSORCIO EDINSKY BRAVO E.I.R.L.

M. CRISTINA CHURULLO
 REPRESENTANTE




 Lic. Jessica Mila Benítez
 NUTRICIONISTA
 C.N.P. 2399

DIETA: DIABETES MELLITUS

Jueves, 19 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 , mortadela									
Semola de Tr	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
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	63.19	11.28	78.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									VC DES. 371.33
									%DIST. D 27.23
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
Aroz 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	89.00	0.21	0.18	3.28	1	1.60	13.10	15.58
Papa blanca	80.0	86.00	1.44	0.07	15.34	6	0.62	61.37	87.77
Arvejas fresca	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca negr	35.00	87.00	0.85	0.31	1.86	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	60.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Aceite vegetal	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	10.66	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	68.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.88	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.89
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
Aceite vegeta	10.00	70.0	0.00	7.00	0.00	0	63.00	0.00	63.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.38	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 1383.67


 Paola Yohane Barrios Santa
 NUTRICIONISTA
 C.N.P. 5758

CONSORCIO EDINSA Y BRAWO ELRL


 M. C. ...
 ...




 E.L.C. Jessica M. Vique Barrios
 NUTRICIONISTA
 C.N.P. 5554

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 % 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	5	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 labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
									487.58
									30.22
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	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	0.01	60.66	68.88
Cebolla de ca	80.00	68.00	1.00	0.14	8.05	4	1.28	32.18	37.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	6.79
Caigua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajoa	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
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
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
									V.C. ALMUERZO
									807.23
									% DISTR. ALMUERZO
									50.04
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	88.00	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
Paro	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	80.0	92.00	1.55	0.07	16.41	6	0.66	65.65	72.50
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	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	378.04	1028.01				
			12.78	23.49	63.72				
					100.00				VCT
									1613.28

[Firma]
Paula Johane Barrios Soria
 NUTRICIONISTA
 T.M.P. S.R.L.

CONSORCIO EDIFICAR Y BRINDAR E.I.R.L.
[Firma]
M. CRISTINA CHUMBAZO
 NUTRICIONISTA



[Firma]
Lic. Johane W. Vilca Barrios
 NUTRICIONISTA
 T.M.P. S.R.L.

DIETA: DIABETES MELLITUS

sábado, 21 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: Cebada con leche + 02 panes + jamonada									
Cebada harina	25.00	100.00	4.70	0.58	18.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	90.89
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	489.82
								%DIST. D	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	113	44.06	0.00	156.13
Aceitunas de	8.00	92.00	0.08	2.36	0.54	0	21.26	2.15	23.85
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	0.87
									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 gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	182.13
								%DIST. D	10.44
			73.26	54.26	240.85				
			293.06	488.38	963.39				
			16.8	28.0	55.2				
					100.00			VCT	1744.83

[Firma]
Paola Bohane Barrios Sorio
 NUTRICIONISTA
 CNP 5700

CONSORCIO EDINSA Y BRAVO EJRL

[Firma]
M. CRISTINA
 REPT





[Firma]
Lic. Juanita M. Villo Barrios
 NUTRICIONISTA
 CNP 5700

DIETA: DIABETES MELLITUS

lunes, 23 de abril de 2018

ALIMENTO	g/por (g)	comestible (%)	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	17.68	29	5.13	71.52	106.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clovo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	375.44
								%DIST. D	25.50
Almuerzo: Pescado al horno, ensalada, arroz, refresco y fruta									
Pescado	280.00	88.00	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	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	0.62	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lchuga rudo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.0	69.00	0.33	0.26	5.08	1	2.48	20.31	24.12
Aji colorado s	3.00	88.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
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.	842.05
								%DIST. D	57.19
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	30.00	100.00	0.18	0.06	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
Clovo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									254.99
									17.32
			81.17	18.38	245.60				
			324.67	165.43	882.38				
			22.05	11.23	66.72				
					100.00			VCT MEN	1472.48


 Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5700


 M. CRISTINA CHURATA Q.
 REPRESENTANTE




 M. CRISTINA CHURATA Q.
 REPRESENTANTE

martes, 24 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: 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	0.09	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.0	5.78	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	80.44
									282.92
									15.28
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	150.0	93.00	2.93	0.14	31.11	12	1.26	124.43	137.41
Arroz Pilado d	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	0.54	0.08	2.82	2	0.69	11.67	14.52
AjÍ colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegetal	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 fresc	35.00	54.00	1.34	0.11	3.85	5	1.02	14.21	20.80
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
									V.C. ALMUERZO
									911.62
									% DIST. ALMUERZO
									49.23
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 d	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Arvejas fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Aceitas. hojas	100.00	61.00	1.34	0.18	3.23	5	1.65	12.93	18.85
Cebolla de ca	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	80.0	85.00	1.43	0.07	15.16	5	0.61	60.66	68.98
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.05	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
					100.00				1851.78


 Paola Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5769

CONSORCIO EDILY BRAVO EJRAL


 M. CRISTINA CHE
 NUTRICIONISTA





 Lic. Susana W. Wica Reales
 NUTRICIONISTA
 C.N.P. 5083

DIETA: DIABETES MELLITUS

miércoles, 25 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 evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.58
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.88
									511.61
									36.05
Almuerzo: Carne almendrada, arroz , ensalada + refresco y fruta									
Carne de res	150.00	85.00	27.18	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	120.0	100.00	9.84	0.60	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	0.38	9.09	10.57
Aji colorado s	2	68.00	0.10	0.11	0.80	0	0.85	3.19	4.53
Lechuga roja	80.00	50.00	0.52	0.08	0.84	2	0.72	3.35	8.16
Ajos	8.00	80.00	0.38	0.05	1.96	1	0.48	7.78	9.88
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	84.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo. o	8.00	95.00	1.83	3.66	1.35	7	32.97	5.38	45.68
Plátano	150.00	69.00	0.41	0.21	10.14	2	1.88	40.57	44.09
								VC Alm	687.74
								% Dist	48.48
CENA: Infusion + 01 pan + jamonada									
Hierbas	10.00	92.00	0.29	0.09	0.84	1.14	0.83	2.58	4.54
Canela entera	0.30	84.00	0.00	0.00	0.18	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
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	78.65	1.20	98.69
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.85	100.52	114.91
								VC DES.	219.88
								%DIST. D	15.49
			72.00	31.90	211.04				
			287.98	287.09	844.15				
			20.29	20.23	59.48				
					100.00			VCT	1419.23


Paola Muñoz Barrios Soria
 NUTRICIONISTA
 C.M.P. 5708

CONSORCIO EDINSA Y BRAVO EURL


M. CRISTINA CHURATA Q.
 REPRESENTANTE





Paola Muñoz Barrios Soria
 NUTRICIONISTA
 C.M.P. 5708

jueves, 26 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: Semola con vainilla, pan , mortadela									
Sémola de Tr	38.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	76.23
Pan de labora	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	418.28
								%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	80.0	82.00	1.38	0.07	14.63	6	0.59	58.52	64.62
Arroz Pilado d	120.00	100.00	9.64	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
Tomata	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	0.46	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	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresc	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
								VC DES.	1076.47
								%DIST. D	52.33
CENA: Arroz con huevo sancochado; ensalada + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado d	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	80.00	67.00	0.75	0.11	6.06	3	0.66	24.23	28.19
Tomate	60.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
								VC DES.	576.42
								%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


 Paola Yobani Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

CONSEJO ESCOLAR Y BRANCO ELTA

 M. ESTERINA OLIVERA S.M.
 REPRESENTANTE




 Lidia Jarama W. Villa Beales
 NUTRICIONISTA
 C.N.P. 5799

DIETA: DIABETES MELLITUS

viernes, 27 de abril de 2018

ALIMENTO	gripes (g)	comestible % %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Soya con piña + 02 panes + margarina									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	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	0.05
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labrar	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									448.39
									28.29
ALMUERZO: Caligua rellena, arroz, refresco y fruta									
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.60
Arroz Pilado d	120.0	100.00	9.84	0.60	93.38	39	6.40	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	80.00	68.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomata	40.00	99.00	0.32	0.08	1.70	1	0.71	6.83	8.79
Caligua 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	0.28	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	8.08
Acete 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
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	0.05	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	18.0	7	2.65	64.09	73.79
									V.C. ALMUERZO
									827.37
									% DISTR. ALMUERZO
									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
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	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	80.0	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
Acete vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
									VC DES.
									314.49
									%DISTR. D
									19.78
			59.70	41.82	247.76				
			222.78	376.41	991.06				
			14.0	23.7	62.3				
					100.00				VCT
									1590.25

[Firma]
Paolo Yobani Barrios Soria
 NUTRICIONISTA
 C.N.P. 6789

CONSORCIO EMMSA Y BRAVO ELRL

[Firma]
M. CRISTINA CHURATA Q.
 REPRESENTANTE



[Firma]
Dr. José María Wica Barrios
 NUTRICIONISTA
 C.N.P. 6789

DIETA: DIABETES MELLITUS

Sábado, 28 de Abril de 2018

ALIMENTO	g/por (g)	comestible (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % FOR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Cebada con leche + 02 panes + queso de chanchito									
Cebada Panino	50.00	100.00	5.64	0.69	20.22	23	6.21	80.88	100.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.18	0	0.02	0.66	0.68
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de ch	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	195.98
								VC DES	480.66
								%DIST. D	29.92
Almuerzo: Tallarines rojos con pollo, refresco y fruta									
Fideos tallarin	120.0	100.00	11.40	0.12	83.62	46	1.08	134.08	380.76
Carnio de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	8.78	3	1.08	27.12	31.58
Zanahoria	60.00	78.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
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
Aji colorado s	8.00	68.00	0.38	0.42	3.18	2	3.82	12.77	18.12
Sal	20.00	100.00	0.24	0.10	1.64	1	0.90	6.56	8.42
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Plutano de sa	160.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
								VC DES	608.47
								%DIST. D	58.58
CENA Mazamorra de frutas + 01 pan									
Mandios	30.00	100.00	1.82	0.12	23.13	8	1.06	92.52	101.28
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de c	20.00	160.00	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	88.49
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	0.06	0.06
								VC DES	217.29
								%DIST. D	13.53
			71.38	33.56	254.72				
			285.44	302.01	1018.86				
			18	19	63				
					100.00				
								VCT MEN	1608.31


 Paola Yohani Barrios Soria
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDIMSA Y BRAVO EIRL


 M. CRUZ
 NUTRICIONISTA





 M. CRUZ
 NUTRICIONISTA

DIETA: DIABETES MELLITUS

Domingo, 29 de Abril de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				An (g)	(g)	(g)	
DESAYUNO: Semola con vainilla + 02 panes + margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.93	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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
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	43.08	23	1.62	172.32	199.98
								VC DES.	634.81
								%DIST. D	35.65
Almuerzo: Pollo al horno , arroz, ensalada, + fruta y refresco									
Carné de Pollo	160.00	86.00	28.02	4.90	0.00	112	44.00	0.00	156.13
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.60	311.20	349.50
Sal	10.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Acete 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	87.06	90.82
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.06
Ajl colorado s	8.00	98.0	0.55	0.61	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
Acete vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Lechuga rada	100.00	92.00	1.20	0.18	1.93	5	1.56	7.73	14.17
Silao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Papinillo o Pa	60.00	82.00	0.25	0.05	1.28	1	0.44	5.13	6.54
Ajos	2.00	80.00	0.00	0.01	0.40	0	0.12	1.05	2.42
Cebolla de ca	60.00	92.00	1.03	0.15	6.32	4	1.32	33.27	38.71
Tomate	60.00	99.00	0.83	0.18	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.63	0.20	13.60	6.12	2.295	55.59	64.01
								VC ALMU	861.90
									64.82
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 gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	184.00
								%DIST. D	10.33
			81.19	57.37	220.64				
			244.76	516.33	882.55				
			13.75	29.00	49.56				
					62.30			VCT MENU	1780.71


 Paola Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5790

CONSORCIO EDINSA Y GRANO EJRAL


 M. CRISTINA CUDRATA Q.
 nutricionista I.C.




 M. T. L. Barrios

DIETA: DIABETES MELLITUS

Lunes, 30 de Abril de 2018

ALIMENTO	gr/per	Comesible		GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	PROT An (g)			GRASAS	CHO	PROT	
DESAYUNO:	Harina de habas + 02 panos + jamonada								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	108.81
Canela entera	0.30	64.00	0.00	0.00	0.18	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	79.66	1.20	99.69
Clevo 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	5.75	0.18	43.08	23	1.62	172.32	166.98
								VC DES.	481.88
								%DIST. D	27.75
ALMUERZO:	Caligua refriena, arroz, refresco y fruta								
Carne de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado o	100.0	100.00	8.20	0.50	77.00	33	4.50	311.20	348.50
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.46
Cebolla de ca	30.00	85.00	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
Caligua Serran	150.00	97.00	2.18	0.15	8.11	9	1.31	34.44	34.48
Ajos	5.00	80.00	0.23	0.03	1.22	1	0.29	4.86	6.05
Acetate 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
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.64
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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Plátano	180.00	82.00	0.59	0.29	14.43	2	2.85	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	0.18	0.02	0.01555	0.65	0.68
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.08
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.18	98.49
Leche evapor	35.00	100.00	2.48	2.84	3.82	10	25.62	15.26	50.58
								VC CEN.	316.19
								%DISTR. CEN	18.21
			51.24	29.89	315.57				
			204.97	269.03	1262.27				
			11.81	15.49	72.70				
					100.00			VCT MEN	1736.20

Paola Fabian Barrios Soria
 NUTRICIONISTA
 I.N.P. 5709

CONSORCIO COMSAY BRNO E.I.R.L.

M. CRISTINA CHURATA C.
 REPRESENTANTE



[Signature]
 REPRESENTANTE

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

Domingo, 01 de Abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARELLO CON POLLO + INFUSION
Lunes, 02 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MARGAR	SUDADO DE PESCADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 03 de Abril de 2018	INFUSION + 02 PANES + FRUTA	HERO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO ,ARROZ + INFUSION
Miércoles, 04 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 05 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOCOPO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Viernes, 06 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	QUESO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOFA DE FIDEOS CON CARNEA
Sábado, 07 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MARGAR	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Domingo, 08 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, 09 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 ARREBOZADO, 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 COCIDO, 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	SOFA DE ARROZ CON POLLO
Sábado, 14 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO COCIDO,ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGAR
Domingo, 15 de Abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARELLO CON POLLO + INFUSION
Lunes, 16 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MARGAR	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	ALI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Miércoles, 18 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOCO A LA TACHERA 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	FRJOL A LA CHELENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOFA DE FIDEOS CON CARNEA
Sábado, 21 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MARGAR	ESCABECHE DE POLLO A LA LIVERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGAR
Domingo, 22 de Abril de 2018	INFUSION + 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 ARREBOZADO, ARROZ + INFUSION
Miércoles, 25 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES AJUENCORADA,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	QUESO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOFA DE SEMOLA CON POLLO
Sábado, 28 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MARGAR	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	CAGUA RELLENA, ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN


 Paola Yohana Barrera Sorio
 NIT 80000000
 C.N.P. 5708


 INSTITUCION PENITENCIARIA
 DE COLOMBIA

 
 INSTITUCION PENITENCIARIA
 DE COLOMBIA

domingo, 01 de abril de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	FOR MENU/
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 morsa	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.88
Caneta entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de libran	65.00	100.00	5.24	0.20	46.67	25	1.75	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.19
ALMUERZO: Guiso de vainitas , arroz, papa + refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	0.75	466.80	532.75
Tomate	80.00	92.00	0.69	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.25	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	3.4388	41.26	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	34.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	67.00	1.10	0.16	8.65	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.62	68.36	78.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
								V.C. ALMUERZO	1278.43
								% DISTR. ALMUERZO	50.33
CENA Arroz amarillo con pollo + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
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 frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.18	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									29.48
			75.82	47.73	451.81				
			303.28	429.54	1897.25				
			11.94	16.91	71.15				
					100.00			VCT MEN	2540.07

[Firma]
Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 8799

COORDINADOR EDICION Y BARRA EJAL



[Firma]
 Lic. Andrea G. Vilca Barrios
 NUTRICIONISTA
 C.N.P. 2201

DIETA: HIPERTENSION ARTERIAL

lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Harina de cebada + 02 panes + manjar									
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.26	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	16.30	5.07	33	137.70	20.28	190.50
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									VC DES. 653.65
									%DISTR. D 25.77
Almuerzo: Sucedo de pescado, papa, arroz, refresco y fruta									
Pescado	200.00	68.00	41.13	7.43	0.57	165	88.83	2.28	293.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Aceite vegetal	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	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	26.18	15	6.30	104.72	125.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Orégano	5	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
									%DISTR. D 58.05
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	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	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.40
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									410.16
									16.17
			90.02	46.10	440.28				
			360.07	414.94	1761.12				
			14.2	18.4	89.4				
					100.00				2536.12


 Paola Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5209

CONSORCIO EDINS Y BRAVO E.I.R.L.


 M. CRISTINA CHURATA G.
 REPRESENTANTE




 Lic. Paola Y. Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5209

martes, 03 de abril de 2018

ALIMENTO	gripier	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO: Infusion + 92 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	38.84	0	0.00	158.56	158.56
Pan de lebran	65.00	100.0	6.24	0.20	46.67	25	1.76	186.68	213.40
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									441.78
									16.97
ALMUERZO: Hino de zapallo , 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	25.00	100.00	7.00	7.50	0.93	28	67.50	3.30	96.80
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macra	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiiz 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	89.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	80.00	88.00	0.62	0.12	6.64	3	1.05	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1318.74
								% DIS ALM.	50.66

CENA	Guiso de fideos con pollo, arroz, infusion								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	52	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas frescas	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	67.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Tomate	30.00	99.00	0.24	0.05	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	842.57
								%DIST. D	32.37
			76.74	45.99	476.56				
			282.98	413.89	1906.23				
			10.9	15.9	73.2				
					100.00			V.C.T. MENU	2603.09

Paulo
Paulo Ybaric Barrios Soru
 MSTR. FARM.
 D.N.P. 5163

CC GORDO EDIN Y BRUNO EARL
 Lic. GORDO EDIN Y BRUNO EARL
 D.N.P. 5163

Dr. Jairo
Dr. Jairo R. Vilca Barrios
 MSTR. FARM.
 D.N.P. 5160



DIETA: HIPERTENSION ARTERIAL

miércoles, 04 de abril de 2018

ALIMENTO	gr/per	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	la				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
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 evapora	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela antara	0.38	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	196.98
									694.18
									27.55
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.60	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	80.00	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	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Papa blanca	200.0	85.00	3.57	0.17	37.81	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
Ají 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
Ají colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.68
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.86	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	98.00	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	666.61	1638.43				
			12.9	22.1	65.0				
					100.00				VCT
									2518.74

[Firma]
 Paola Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5190

CONSORCIO EDUSA Y SPAJO E.L.R.L.

[Firma]
 M. CRISTINA CHURATA G.
 REPRESENTANTE



[Firma]
 M. Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5190

Jueves, 05 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO: Sernola con vainilla, pan , margarina									
Sernola 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	0.03	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
								VC DES.	619.75
								%DIST. D	24.94
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	88.00	0.18	0.03	0.07	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	84.66
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.96	21	2.21	219.43	242.31
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.05	1.28	1	0.53	5.11	6.58
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1326.86
								% 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	10.36	0.11	75.17	41	0.97	300.67	342.88
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.52	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.20	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	632.20
								%DIST. D	24.52
			72.75	64.38	426.85				
			291.02	679.38	1707.39				
			11.29	22.48	66.23				
					100.00				
								VCT	3577.79

Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.R.P. 8702

CONSORCIO EDINSA Y BIRYO E.I.R.L.
 M. CRISTINA BARRIOS SORIA
 NUTRICIONISTA



Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.R.P. 8702

DIETA: HIPERTENSION ARTERIAL

viernes, 06 de abril de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALDRICO (KCAL)			DIST.CAL. N 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	84.53
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 De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	59.16
Pan de labrañ	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
Almuerzo: Guiso de frijol con chanchito + ensalada + arroz + fruta y refresco									
Arroz Pilado o	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Frijol caballero	120.0	100.00	27.48	1.80	62.96	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Cebolla de cañ	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Aj colorado s	2.00	68.00	0.10	0.11	0.80	0	0.96	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
Acetate 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	0.35	0.07	1.83	1	0.63	7.32	8.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.21	13.19
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	28.78	8	3.44	107.10	118.19
									1513.09
								% DIS ALM.	60.10
CENA: Sopa de fideos con cabeza									
Cabeza de res	80.00	79.00	8.82	1.81	0.47	35	14.50	1.90	51.87
Fideos	60.00	100.0	5.84	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	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	512.80
								%DIST. D	26.38
			74.98	48.83	444.66				
			289.61	439.48	1778.64				
			11.90	17.45	70.65				
					100.00			VCT	2517.70


 Paola Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5709

CONSORCIO EDILSA Y BRAVO E.I.R.L.


 M. CRISTINA CARRATA G.
 REPRESENTANTE




 M. Jhonatan Vico Barrios
 NUTRICIONISTA
 C.N.P. 5709

sábado, 07 de abril de 2018

ALIMENTO	graber	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	le				PROT	GRASAS	CHO	
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 evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	90.52	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	18.30	5.07	33	137.70	20.28	190.50
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
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									
Cama de Pollo	160.00	85.00	28.02	4.80	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	66	8.00	622.40	697.00
Acetate vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca negra	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Anojes fresco	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lachuga roja	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	25.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	189.0	86.00	2.05	0.41	29.90	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	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de lebran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	311.88
								%DIST. D	12.35
			84.86	68.69	392.35				
			339.44	618.17	1549.39				
			13.4	24.5	62.1				
					100.00			VCT	2826.89

Paola Enche Barrios Sorio
 NUTRICIONERA
 C.N.P. 6798

CONSORCIO EDINSA Y BRAVO E.I.R.L.
 M. CRISTINA BRAVO
 RECIBIDA EN EL DÍA 07/04/2018



Irvinga E. Alba Benitez
 NUTRICIONERA
 C.N.P. 2560

DIETA: HIPERTENSION ARTERIAL

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%				An (g)	(g)	(g)	PROT
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	29.49	0	0.00	117.96	117.96
Camote morado	100.0	92.00	1.20	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									555.44
									21.40
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Cama de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.88	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	45.00	82.00	0.30	0.07	1.59	1	0.68	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.85	1	0.46	7.78	9.68
Aj colorado s	4.00	92.00	0.26	0.29	2.18	1	2.58	8.64	12.25
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.95	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	88.00	1.76	0.28	16.0	7	2.65	54.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
									V.C. ALMUERZO 1341.92
									% DISTR. ALMUERZO 51.71
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	48.82	23	1.08	187.68	211.32
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	67.00	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	1.08	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.82	0	0.00	19.66	19.66
palillo	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	1836.25				
			12	17	71				
					100.00				VCT MEN 2595.03

[Firma]
Pamela Yolanda Barrios Sorru
 NUTRICIONISTA
 C.N.P. 8798

CONSORCIO EDINSA Y BRAVO E.A.R.L.

[Firma]
M. CRISTINA CARRATA Q.
 S.1001



[Firma]
Luz Y. Ylles Benítez
 NUTRICIONISTA
 C.N.P. 1099

DIETA: HIPERTENSION ARTERIAL

lunes, 09 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de habas + 02 panes + fruta									
Harina de Habas	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.55	0.55
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	82.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	530.13
								%DIST. D	21.53
Almuerzo: Sudado de pescado , arroz , refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	457.92	557.60
Tomato	60.00	80.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Ajl 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	5.00	80.00	0.22	0.00	1.22	1	0.29	4.86	6.06
Orégano fresc	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Leche evapora	15.00	100.00	1.05	1.22	1.54	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	1.68	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1528.63
								%DIST. D	61.62
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.06	34.88	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	0.55	0.58
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	114.91
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									437.01
									17.45
			83.00	49.27	432.20				
			332.00	443.39	1728.79				
			13.26	17.71	69.94				
					103.00			VCT MEN	2504.17

Paula Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5759

CONSORCIO COMSA Y BRAVO E.I.R.L.

M. CRISTINA VILLALBA Q.
 R.C.P. 1111111111



Lic. Jessica A. Viza Barrios
 NUTRICIONISTA
 C.N.P. 2281

DIETA: HIPERTENSION ARTERIAL

martes, 10 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				Am (g)	(g)	(g)	
DESAYUNO: Infusion + 02 panes + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.08	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labras	60.00	100.0	5.75	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									538.82
									29.55
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.18	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de col	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.88
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.85	84.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1324.81
								%DIST. D	50.53
CENA: Camote arrebocado, arroz, infusion									
Camote moro	100.00	84.00	1.18	0.25	21.69	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	313.85
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso parie	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								V.C. CENA	788.39
								% DIST.CENA	28.92
	VCT (Gr.)		82.16	52.27	455.73				
	VCT (kcal)		328.83	470.48	1822.94				
	VCT (%)		13	18	70		V.C.T. MENU		2622.03
					100.00				


Paola Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 8759

CONSORCIO FOINSA Y BRAVO E.I.R.L.


M. CRISTINA
 C.N.P. 8759




Jessica D. Flores Bortez
 NUTRICIONISTA
 C.N.P. 8759

miércoles, 11 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: Avena con leche , pan , queso									
Avena hojuela	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Lleche evaporada	70.00	100.00	4.90	5.07	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 parmesano	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 lebranca	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									687.07
									27.04
ALMUERZO: Pollo al horno, arroz, ensalada, fruta y refresco									
Arroz Pilado cocido	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	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.54	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de color	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga romana	100.00	92.00	1.20	0.18	1.83	5	1.66	7.73	14.17
Tomate	80.00	90.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Aji colorado seco	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC ALMU	1472.64
									57.95
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	99.00	0.31	0.10	0.89	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	38.32	0	0.00	157.28	157.28
Mermelada de Frutas	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de lebranca	35.00	100.00	3.36	0.11	25.13	13	0.98	100.52	114.91
								VC DES.	381.34
								%DIST. D	13.01
			77.66	53.25	437.79				
			310.65	479.24	1751.16				
			12.2	18.9	88.9				
					100.00			VCT	2541.06

Paula Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5700

CONSORCIO EMPRESARIAL S.R.L.

M. CRISTINA FERRAZ A. O.
 REPRESENTANTE



Paula Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5700

DIETA: HIPERTENSION ARTERIAL

Jueves, 12 de abril de 2018

ALIMENTO	gr/per	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	la				PROT	GRASAS	CHO	
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	0.15	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	34.69	0	0.00	138.74	138.74
Pan de latran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Mermelada de	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95

546.74

21.23

ALMUERZO: Matasquita de pollo, arroz, fruta y refresco									
Cama de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fapa blanca	200.0	82.00	3.44	0.16	35.57	14	1.48	146.29	161.54
Arroz Pilado o	130.00	100.00	12.30	0.75	118.70	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	0.35	0.05	1.95	1	0.46	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	6.06	3	0.96	24.23	28.19
Anchova fresca	30.00	54.00	1.15	0.10	3.06	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1294.00
								%DIST. D	50.25

CENA: Pollo dorado, arroz + infusion									
Cama de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	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	0.1738	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	6.60	3.78	49.50	59.88
Cominas	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	734.39
								% DIS ALM.	28.52
			77.63	57.66	437.02				
			308.13	518.90	1748.09				
			12.0	20.2	67.9				
					100.00				
								VCT	2678.12

Paula Yolanda Berríos Soria
 Paula Yolanda Berríos Soria
 NUTRICIONISTA
 C.N.P. 5769

CONSORCIO EDINSA Y BRAVO E.I.R.L.

M. CRISTINA CHURATA G.
 M. CRISTINA CHURATA G.
 LICENCIADA EN NUTRICION



Luc. Joaquín W. Vico Benítez
 Luc. Joaquín W. Vico Benítez
 NUTRICIONISTA
 C.N.P. 5769

DIETA: HIPERTENSION ARTERIAL

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
DESAYUNO: Soya con pifa + 02 panes + margarina									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Pifa	25.00	64.00	0.06	0.03	1.57	0	0.29	5.27	6.82
Canela entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
									584.64
									22.21
Almuerzo: Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.00
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cas	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.85	3.19	4.53
Hierba buena	2.00	64.00	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
Peperillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	88.00	0.40	0.10	2.13	2	0.80	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 as	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	3.05	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	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
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	79.64	421.99				
			314.52	630.35	1687.96				
			11.95	23.94	64.11				
					100.00			VCT	2632.81

[Signature]
Paola Yohana B...
...

CONSORCIO EDISA SPAVO E.I.R.L.
[Signature]
M. C. Y...



[Signature]
Dr. Wilfredo Vica Serrano
...

DIETA: HIPERTENSION ARTERIAL

sábado, 14 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				An (g)	(g)	(g)	
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.68	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.83	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
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	45.08	23	1.82	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.	619.88
								%DIST. D	24.60
ALMUERZO: Pollo dorado , arroz,papa, ensalada, refresco y fruta									
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	180.00	100.00	14.78	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	0.08	0.58	1	0.50	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.49
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Pimienta	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla de cel	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	1.78	0.29	18.0	7	2.65	84.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.15	0	0.00	0.64	0.87
									1467.87
								% DIS ALM.	58.26
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	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
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.	431.90
								%DIST. D	17.14
			84.46	63.18	403.31				
			337.83	568.58	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	2519.66

Paola Yohana Barrios Sorio
 NUTRICIONISTA
 C.M.P. 6759

CONSORCIO EDIMAY BRAVO E.I.R.L.

M. CRISTINA CHURATA Q.
 REPRESENTANTE,



Dr. Jessy de Alca Barrios
 NUTRICIONISTA
 C.M.P. 6759

domingo, 15 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 + canote 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
Clevo 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	34.88	0	0.00	138.74	138.74
Canote mora	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	440.56
								%DIST. D	18.29
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 Filado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cas	60.00	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 Semar	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.46
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresco	40.00	54.00	1.53	0.13	4.06	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	2.85	64.09	73.79
								V.C. ALMUERZO	1285.35
								% DISTR. ALMUERZO	52.30
CENA Arroz amarillo con pollo + infusion									
Arroz Filado 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
Carne de Pollo	100.00	85.00	17.51	3.08	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 cas	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
pallito	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			VCT MEN	2457.75

Paula Nobano Barrios Sorio
 NUTRICIONISTA
 C.N.F. 5705

COMITÉ DE CONTROL Y CENSO EURL

M. CRISTINA CALVO Q.
 REPRESENTANTE



Dr. Jairo M. Vico Barrios
 NUTRICIONISTA
 C.N.F. 5705

DIETA: HIPERTENSION ARTERIAL

lunes, 16 de abril de 2018

ALIMENTO	gr/per	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	0.08	20.22	13	6.21	80.88	109.69
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.50
Almuerzo: Suidado de pescado, papa, arroz, refresco y fruta									
Pescado	280.00	66.00	39.02	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado	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	1.50	12.38	15.88
Aceite vegetal	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	32.81	12	1.33	131.66	145.39
Aj colorado	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.09
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de gal	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.58
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
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	2.61
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.	1851.45
								%DIST. D	62.88
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	0.00097	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
								VC DES.	436.90
								%DIST. D	16.42
			64.32	66.01	432.22				
			337.28	504.07	1728.87				
			12.68	22.33	64.99			VCT MEN	2660.22
					100.00				


 Rafael Robano Barrios Sorio
 NUTRICIONISTA
 C.R.P. 5799

CONSORCIO EBRISA Y BRAVO E.I.R.L.

 M. CRISTINA CHURATA O.
 REPRESENTANTE




 Dr. Ana María Wiza Barrios
 NUTRICIONISTA
 C.R.P. 5799

DIETA: HIPERTENSION ARTERIAL

martes, 17 de abril de 2018

ALIMENTO	griper (g)	comestible		PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
		le %					PROT	GRASAS	CHO	
DESAYUNO: Infusion + 02 panes + 02 frutas										
Hierbas	10.00	66.00		0.30	0.10	0.69	1.22	0.89	2.74	4.84
Canela amara	0.10	100.0		0.00	0.00	0.00	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 labran	60.00	100.0		5.76	0.18	43.08	23.04	1.62	172.32	198.96
Plátano	240.00	97.00		0.93	0.47	22.81	4	4.19	91.26	99.17
										419.37
										18.03
ALMUERZO: Aji de calabaza , arroz , fruta y refresco										
Lecha 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	150.0	100.00		12.30	0.75	116.70	49	6.75	466.80	532.75
Papa blanca	300.0	85.00		5.36	0.26	56.87	21	2.30	227.46	251.18
Calabaza	350.00	47.00		0.69	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco	30.00	80.00		0.79	0.19	6.67	3	1.73	26.69	31.58
Huscatay	8.00	100.00		0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	66.00		2.69	0.18	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00		0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00		0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	5.00	100.00		0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de ca	30.00	67.00		0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00		1.76	0.29	16.0	7	2.65	64.09	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 Pol	100.00	65.00		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 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
Papa blanca	150.0	84.00		2.65	0.13	28.10	10.58	1.134	112.98	124.11
Cebolla de ca	30.0	67.00		0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	8.00	80.00		0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado #	3.00	52.00		0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	89.00		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	0.30	1.21	2.13
								VC DES.		683.03
								%DIST. D		29.36
				69.53	20.01	467.04				
				278.11	180.05	1868.17				
				12.0	7.7	80.3				
						100.00		V.C.T. MENU		2326.33

Paola Yohana Barrios Soria
Paola Yohana Barrios Soria
 NUTRICIONISTA
 011 2019

CONSEJO DE ALIMENTOS Y NUTRICION
 BRAVO EL R.L.
L. CRISTINA...



Dr. José W. Vilca Estévez
Dr. José W. Vilca Estévez
 NUTRICIONISTA
 011 2019

DIETA: HIPERTENSION ARTERIAL

miércoles, 18 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, hojuelo	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evaporada	75.00	100.00	5.25	6.00	8.18	21	54.00	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clave 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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									656.46
									28.11
ALMUERZO:	Adobo a la tacreña de cerdo , arroz, papa + refresco y fruta								
Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.38	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acelga 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 s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.50	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	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	1.78	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.18	0	0.00	0.64	0.67
									1415.83
							% DIS ALM.		58.28
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	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 labranza	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
								VC DES.	442.66
								%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

Publio Yohanc Barrios Soria
Publio Yohanc Barrios Soria
 NUTRICIONISTA
 C.N.P. 5799

M. CRISTINA CHUKATA D.
CONSORCIO EDUJAY BRAVO E.I.R.L.
 M. CRISTINA CHUKATA D.
 C.N.P. 5799



José W. Vilca Berón
José W. Vilca Berón
 NUTRICIONISTA
 C.N.P. 5799

DIETA: HIPERTENSION ARTERIAL

Jueves, 19 de abril de 2018

ALIMENTO	gríper	comestib	PROT	GRASA	CHO	VALDR CALORICO (KCAL)			DIST. CAL %
	(g)	le				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Semola de Tr	25.00	100.00	4.88	2.68	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	64.00	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
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebrant	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	561.14
								%DIST. D	33.13
ALMUERZO: Aguadito con pollo, refresco y fruta									
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Arroz Pilado d	50.00	100.00	4.10	0.25	38.90	16	2.25	155.60	174.25
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.19	3.28	1	1.60	13.30	15.56
Papa blanca	300.0	87.00	5.48	0.26	58.20	23	2.35	232.81	257.09
Arvejas fresca	40.00	65.00	1.85	0.18	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	40.00	97.00	1.09	0.28	1.50	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
Acete vegetal	18.00	100.00	0.00	15.00	0.00	0	138.00	0.00	138.00
								VC DES.	749.20
								%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	80.0	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	10.15	12.06
Tomate	40.00	80.00	0.26	0.06	1.38	1	0.58	5.50	7.10
Cebolla de col	60.00	57.00	0.48	0.07	3.86	2	0.62	15.46	17.89
Ajos	1.00	80.00	0.04	0.01	0.24	0	0.06	0.97	1.21
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Lourol	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ají 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	22.68
			61.67	40.15	271.57				
			246.30	381.39	1086.29				
			14.54	21.33	64.13	100			
					100.00			VCT	1693.98

Paola
Paola Juliana Barrios Soria
 NUTRICIONISTA
 11.11.1988

CONSEJO DE ALIMENTOS E.I.R.L.
M. CRISTINA
M. CRISTINA FALLA T.A.Q.
 11.11.1988



Paola
Lic. Paola W. Barrios
 NUTRICIONISTA
 11.11.1988

DIETA: HIPERTENSION ARTERIAL

viernes, 20 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: 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	25.00	100.00	0.10	0.05	15.28	0	0.45	73.10	73.95
Pan de abran	60.00	100.00	8.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									20.45
Almuerzo: Frejol a la chilena con chanchito, arroz, ensalada, fruta y refresco									
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol ceballero	120.0	100.00	27.48	1.80	69.96	108.82	16.20	279.84	405.96
Arroz Filado c	150.0	100.00	12.30	0.75	116.70	48.20	6.75	466.00	522.75
Aceite vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.63	5.11	6.99
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.45
Lechuga roja	80.00	60.00	0.52	0.08	0.84	2.08	0.72	3.38	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	76.20	88.05
Zapallo maiz	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado s	3.00	83.00	0.11	0.12	0.62	0.44	1.10	3.88	5.19
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1607.93
								%DIST. D	59.97
CENA: Sopa de fideos con cabeza									
Cabeza de res	60.00	89.00	8.83	1.82	0.53	40	16.34	2.14	58.21
Fideos	80.00	100.0	4.70	0.10	38.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
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	150.0	82.00	2.80	0.14	30.77	12	1.24	129.10	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
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	493.29
								%DIST. D	19.58
			80.57	41.67	454.25				
			322.28	375.08	1816.99				
			12.82	14.91	73.27				
					100.00			VC T	2514.27

Paula Johana Barrios Soria
Paula Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDUSA Y BRAVO ELRL
 M. CM. ... Q.



Dr. Arnoldo W. Flores Saez
Dr. Arnoldo W. Flores Saez
 M.D. ... Q.

DIETA: HIPERTENSION ARTERIAL

sábado, 21 de abril de 2018

ALIMENTO	griper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				PROT	GRASAS	CHO	
DESAYUNO: Cebada con leche + 02 panes + manjar									
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	7.63	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	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	180.00	85.00	28.02	4.90	0.00	112	44.08	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	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	228.00	0.00	228.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote morse	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1424.17
								% DIS ALM.	64.99
GENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.51	2.87
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.57
			82.00	69.31	409.54				
			328.01	623.80	1638.17				
			12.7	24.1	63.3				
					100.00			VCT	2589.97

Paola Yolanda Barrios Soria
Paola Yolanda Barrios Soria
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDICIÓN Y BENEFICIA
M. CRISTINA L. G.
M. CRISTINA L. G.
 REPRESENTANTE



Paola Yolanda Barrios Soria
Paola Yolanda Barrios Soria
 NUTRICIONISTA
 C.N.P. 5799

DIETA: HIPERTENSION ARTERIAL

domingo, 22 de abril de 2018

ALIMENTO	gr/per (g)	conestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						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	0.35
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
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de habra	60.00	100.00	5.76	0.18	43.08	33	1.62	172.32	196.98
								VC DES.	527.26
								%DIST. D	20.03
ALMUERZO: Revuelto de zanahoria ,papa + refresco + fruta									
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.06	25.02	29.72
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.57	0.09	1.08	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.96	0.306	5.17	6.43
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	6.72	28.90
Queso paria	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.88	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	180.00	98.00	1.88	0.31	17.1	8	2.62	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 c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajo	3.00	88.00	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	97.56
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas trasca	10.00	84.00	0.38	0.03	1.02	2	0.29	4.06	5.99
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
patillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									29.50
			66.58	62.61	450.73				
			266.33	562.56	1802.93				
			10	21	69				
					100.00			VCT MEN	2631.82

Paulo
Paulo Yohane Barrios Soria CONSORCIO FEDINSA Y BRAVO EJRAL
 NUTRICIONISTA
 C. N. P. 5799

M. Cristina
M. CRISTINA CHURATA G.
 REPRESENTANTE



Juliana
Juliana W. Vilca Quellar
 NUTRICIONISTA
 C. N. P. 3201

DIETA: HIPERTENSION ARTERIAL

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.40	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	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	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									411.42
									16.48
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
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	5.96	0.28	62.22	23	2.51	248.87	274.02
Arroz Pilado c	150.00	100.00	12.30	0.75	115.70	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
Aj colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cat	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
									V.C. ALMUERZO
									1307.30
									% DISTR. ALMUERZO
									52.36
CENA:	Camote arebozado ,arroz, Infusion								
Camote moro	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.98
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Acetite 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	2.84	79.04
Lleche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.58
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
									V.C. CENA
									778.27
									% DIST.CENA
									31.17
	VCT (Gr.)		73.22	44.57	450.75				
	VCT (Kcal.)		282.88	491.99	1803.91				
	VCT (%)		12	16	72			V.C.T. MENU	2496.99
					100.00				


 Pedro Johana Barrrios Soria
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDINSA Y BRAVO E.I.R.L.


 M. CRISTINA CHURA I.R.O.
 REPRESENTANTE




 M. CRISTINA CHURA I.R.O.
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

mércoles, 25 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENAJ
						PROT	GRASAS	CHO	
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuelo	30.00	100.00	3.99	1.20	21.60	16	10.60	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	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	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	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Pan de labora	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	195.98
									626.77
									27.11
Almuerzo: Carne almendrada, arroz , papa + refresco y fruta									
Carne de res	150.00	85.00	27.16	2.04	0.00	106.63	18.36	0.00	128.99
Arroz Pilado c	180.0	100.00	13.12	0.60	124.48	52	7.20	497.92	557.60
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.56
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Aji colorado s	1	68.00	0.05	0.05	0.40	0	0.48	1.50	2.26
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.68	98.00	119.76
Papa blanca	350.0	82.00	4.31	0.21	45.72	17	1.85	182.85	201.93
Ajos	8.00	80.00	0.38	0.06	1.55	1	0.48	7.78	9.68
Acidito vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	64.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, c	3.00	95.00	0.69	1.37	0.50	3	12.36	2.03	17.13
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pitáano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.83
									VC Alm 1394.51
									% Dist 60.14
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labora	30.00	100.00	2.89	0.09	21.54	12	0.81	86.16	98.49
									VC DES. 295.68
									%DIST. D 12.75
			78.15	41.94	409.22				
			304.61	377.40	1636.88				
			13.14	16.28	70.50				
					100.00				VCT 2318.97

[Firma]
Paola Yolanda Barrios Soria
 NUTRICIONISTA
 C.N.P. 6799

[Firma]
CONSORCIO QUINCY BRAVO E.A.R.L.



[Firma]
Lic. Andrea W. Wladimir
 NUTRICIONISTA
 C.N.P. 3860

DIETA: HIPERTENSION ARTERIAL

jueves, 26 de abril de 2018

ALIMENTO	griper	consentible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO: Semola con vainilla, pan , mermelada									
Sémola de Tré	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	198.33
Vainilla	0.16	100.00	0.00	0.00	0.33	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	0.30	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								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	3.08	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.18	62.58	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.40	146.29	161.54
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	136.00	0.00	136.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresc	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	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.	1399.21
								%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 o	100.00	100.00	8.20	0.80	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	726.94
								%DIST. D	27.78
			73.00	48.82	471.40				
			292.01	439.39	1885.98				
			11.16	16.79	72.85				
					100.00			VCT	2618.98

[Firma]
Paola Yobana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO ESCOZA Y BRAVO E.I.R.L.
[Firma]
M. CRISTINA ESCOBAR O.
 REPRESENTANTE



[Firma]
Lic. JOSE W. Fico Baeza
 NUTRICIONISTA
 C.N.P. 5799

DIETA: HIPERTENSION ARTERIAL

viernes, 27 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT As (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	1.53	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
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
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	0.15	43.08	23	1.62	172.32	196.98
									588.91
									23.83
Almuerzo: Guiso de arvejita partida con chanco + ensalada + arroz + fruta y refresco									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Cama de Carc	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	28.83
Aji colorado s	2.00	88.00	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
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	60.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	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.	89.20
CENA: Sopa de semola con pollo									
Cama de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Semola de Tri	30.00	100.00	3.85	3.21	16.14	23	28.09	64.56	116.85
Ajo	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	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.69
Acetate 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	492.37				
			322.88	611.85	1609.48				
			12.7	24.0	63.3				
					100.00			VCT	2544.21


 Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5709

CONCORDIO ESCOBAR Y BRAVO E.I.R.L.


 M. CRISTINA ESCOBAR
 NUTRICIONISTA
 C.N.P. 5709




 M. CRISTINA ESCOBAR
 NUTRICIONISTA
 C.N.P. 5709

DIETA: HIPERTENSION ARTERIAL

sábado, 28 de abril de 2018

ALIMENTO	gr/per	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	la				%	PROT	GRASAS	
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.07	7.83	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	60.00	100.00	5.76	0.18	43.08	33	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.	704.90
								%DIST. D	27.35
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	160.0	100.00	17.10	0.18	126.28	68	1.62	501.12	571.14
Carne de Pollo	160.00	95.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.83	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.82
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acetia vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	8.00	88.00	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	160.0	82.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1459.67
								%DIST. D	56.28
CENA	Mazamorra de frutas + 01 pan								
Mendioca	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 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	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	64.00	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
			60.84	56.26	438.95				
			323.38	506.34	1747.81				
			13	20	68				
					100.00				
									2577.53


 Paola Toldine Barrios Soria
 NUTRICIONISTA
 C.N.P. 5769


 CONSORCIO EONSAY BRAVO EJRL





 Lic. Johanna Wilo Benítez
 NUTRICIONISTA
 C.N.P. 5769

DIETA: HIPERTENSION ARTERIAL

Domingo, 25 de Abril de 2018

ALIMENTO	g/per	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	la				PROT	GRASAS	CHO	
DESAYUNO: Semola con vainilla + 02 panes + margarina									
Sémola de Tr	35.00	100.00	8.83	3.75	18.83	27	30.71	75.32	136.30
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	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	24.80	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	190.98
								VC DES.	683.76
								%DIST. D	33.45
Almuerzo: Pollo al horno , arroz , ensalada , + fruta y refresco									
Carne de Pollo	150.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado o	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	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Pimienta molí	0.3	100	0.03	0.02	0.18	0	0.22	0.76	1.05
Aji colorado es	8.00	96.0	0.55	0.81	4.60	2	5.60	18.41	26.11
Cominos	0.60	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 rojo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Salao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Peperillo o Pe	60.00	62.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.63	0.25	13.90	6.12	2.295	55.59	64.01
								VC ALML	1163.42
								%DIST. A	56.69
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
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	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	60.44
Pan de labran	40.00	100.00	3.64	0.12	28.72	15	1.08	114.88	131.32
								VC CEN.	216.83
								%DIST. C	10.45
			66.85	57.61	287.77				
			267.43	518.49	1151.08				
			12.89	26.80	65.90				
					93.39			VCT	3074.04


 Paola Bohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 8799

CONSEJO EDICIA Y BRAYO ELRL

 14. CRISTINA EDICION Y BRAYO ELRL
 14. CRISTINA EDICION Y BRAYO ELRL





 Edición y Brayo ELRL

DIETA: HIPERTENSION ARTERIAL

Lunes, 30 de Abril de 2018

ALIMENTO	grapes	comestible	PROY	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%				PROT	GRASAS	CHO	
DESAYUNO: Harina de habas + 82 panes + jamonada									
Harina de Hab	30.00	100.00	7.29	0.57	17.68	29	5.13	71.53	105.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.88
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	8.86	0.30	18	79.66	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	172.31	196.96
								VC DER.	521.18
								%DIST. D	26.69
ALMUERZO: Cagua 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 c	100.0	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	88.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	40.00	98.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Cagua Sema	150.00	97.00	2.18	0.10	0.11	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
Acete vegetal	15.00	100.00	0.00	16.00	0.00	0	136.00	0.00	136.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Ancejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Herba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	84.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	82.00	0.89	0.29	14.43	2	2.65	57.70	62.71
								VC ALM.	1151.60
								%DIST. A	56.78
CENA: Mazamora de maizena con leche + 61 pan									
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	88.70	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	0.01555	0.65	0.88
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	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	2.64	3.82	10	25.52	15.26	50.58
								VC CEN.	386.81
								%DIST. C	17.93
			55.34	30.14	383.96				
			221.37	271.28	1535.83				
			10.91	13.37	75.71				
					100.00			VCT MEN	2028.49


 Paola Khathe Barrios Soria
 NUTRICIONISTA
 C.N.P. 6799




 Paola Khathe Barrios Soria
 NUTRICIONISTA
 C.N.P. 6799

DIETA: VNI Y TNC - POBLACION PENAL - MES DE ABRIL 2018

FECHA	DESCRIPCION	CANTIDAD	DESCRIPCION	CANTIDAD	DESCRIPCION
Domingo, 01 de Abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	100000000	HUEVO FREITO, ARROZ, ENSALADA + REFRESCO Y FRUTA	100000000	ARROZ CHALTA CON HUEVO Y HOT DOG + INFUSION
Lunes, 02 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	100000000	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	100000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 03 de Abril de 2018	TE + 02 PANES + JAMONADA	100000000	PIRO DE PAPALIO, ARROZ + REFRESCO Y FRUTA	100000000	GUISO DE PIDEOS CON POLLO, ARROZ + INFUSION
Miércoles, 04 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	100000000	ESTOFADO DE RES, ARROZ + REFRESCO Y FRUTA	100000000	INFUSION + 01 PAN CON MARGARINA
Jueves, 05 de Abril de 2018	SEMOLA CON VANILLA + 02 PANES + MORTADELA	100000000	LEGRO DE PAVSA, ARROZ + REFRESCO Y FRUTA	100000000	TALLARINES ROLDS CON CARNE MOLIDA + INFUSION
Viernes, 06 de Abril de 2018	SOYA CON PISA + 02 PANES + MERMELADA	100000000	GUISO DE FRUJOL CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	100000000	SOPA DE PIDEOS CON CARNE
Sábado, 07 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	100000000	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	100000000	INFUSION + 01 PAN CON MANJAR
Domingo, 08 de Abril de 2018	CAFE + 02 PANES + CAMOTE FRITO	100000000	CARCAJO DE POLLO, ARROZ + REFRESCO Y FRUTA	100000000	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
Lunes, 09 de Abril de 2018	HARINA DE HARIN + 02 PANES + QUESO DE CHANCHO	100000000	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	100000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 10 de Abril de 2018	TE + 02 PANES + HUEVO SANCOCADO	100000000	GUISO DE PIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	100000000	CAMOTE ARROZADO, ARROZ + INFUSION
Miércoles, 11 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	100000000	POLLO DORADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	100000000	INFUSION + 01 PAN CON MERMELADA
Jueves, 12 de Abril de 2018	SEMOLA CON VANILLA + 02 PANES + MORTADELA	100000000	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	100000000	HIGADO FRITO, ARROZ + INFUSION
Viernes, 13 de Abril de 2018	SOYA CON PISA + 02 PANES + MARGARINA	100000000	GUISO DE ARVILITA PARTIDA CON CHANCHO, ARROZ, ENSALADA + REFRESCO Y FRUTA	100000000	SOPA DE ARROZ CON MENSUCENCIA DE POLLO
Sábado, 14 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	100000000	ARROZ CHALTA CON POLLO + REFRESCO Y FRUTA	100000000	INFUSION + 01 PAN CON MANJAR
Domingo, 15 de Abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	100000000	CHAMPINETA, ARROZ + REFRESCO Y FRUTA	100000000	ARROZ AMARILLO CON POLLO + INFUSION
Lunes, 16 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	100000000	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	100000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 17 de Abril de 2018	TE + 02 PANES + JAMONADA	100000000	AL DE CALABAZA, ARROZ + REFRESCO Y FRUTA	100000000	MATASQUITA DE POLLO, ARROZ + INFUSION
Miércoles, 18 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	100000000	ADOSO A LA TACHERA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	100000000	INFUSION + 01 PAN CON MARGARINA
Jueves, 19 de Abril de 2018	SEMOLA CON VANILLA + 02 PANES + MORTADELA	100000000	AGUAFUO CON MENSUCENCIA + REFRESCO Y FRUTA	100000000	TALLARINES ROLDS CON CARNE MOLIDA + INFUSION
Viernes, 20 de Abril de 2018	SOYA CON PISA + 02 PANES + MARGARINA	100000000	FRUJOL A LA CHILENA CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	100000000	SOPA DE PIDEOS CON CARNE
Sábado, 21 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	100000000	ESCABECHE DE POLLO A LA LIMON, ARROZ + REFRESCO Y FRUTA	100000000	INFUSION + 01 PAN CON MANJAR
Domingo, 22 de Abril de 2018	CAFE + 02 PANES + CAMOTE FRITO	100000000	REGADO FRITO, LADO, ARROZ, PAPA + REFRESCO Y FRUTA	100000000	ARROZ CHALTA CON HUEVO Y HOT DOG + INFUSION
Lunes, 23 de Abril de 2018	HARINA DE HARIN + 02 PANES + QUESO DE CHANCHO	100000000	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	100000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 24 de Abril de 2018	TE + 02 PANES + HUEVO SANCOCADO	100000000	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	100000000	CAMOTE ARROZADO, ARROZ + INFUSION
Miércoles, 25 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	100000000	CARNE DE RES ALMENDRADA, ARROZ, PAPA + REFRESCO Y FRUTA	100000000	INFUSION + 01 PAN CON MERMELADA
Jueves, 26 de Abril de 2018	SEMOLA CON VANILLA + 02 PANES + MORTADELA	100000000	GUISO DE PIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	100000000	ARROZ CON HUEVO FRITO + INFUSION
Viernes, 27 de Abril de 2018	SOYA CON PISA + 02 PANES + MARGARINA	100000000	GUISO DE ARVILITA PARTIDA CON CHANCHO + ENSALADA, ARROZ, REFRESCO Y FRUTA	100000000	SOPA DE SEMOLA CON MENSUCENCIA DE POLLO
Sábado, 28 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	100000000	TALLARINES ROLDS CON POLLO + REFRESCO Y FRUTA	100000000	MAZAMORRA DE FRUTAS + 01 PAN
Domingo, 29 de Abril de 2018	SEMOLA CON VANILLA + 02 PANES + MARGARINA	100000000	POLLO AL HORNO, ARROZ, ENSALADA, FRUTA Y REFRESCO	100000000	INFUSION + 01 PAN + HUEVO SANCOCADO
Lunes, 30 de Abril de 2018	HARINA DE HARIN + 02 PANES + JAMONADA	100000000	CAJUNA RELLENA, ARROZ + REFRESCO Y FRUTA	100000000	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN

Paola
Paola
Yolanda Barrios Santa
 NUTRICIONISTA
 C.N.P. 8768

CONSEJO ESCOLAR Y SERVIDORIAL
 EL COMITÉ EJECUTIVO DEL
 SERVIDOR ENTAJE



PA
 PA
 SERVIDOR

VIH Y TBC

Domingo, 01 de Abril de 2018

ALIMENTO	g/por (g)	convertible %	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 moro	150.0	88.00	2.06	0.44	37.75	8	3.97	151.12	163.32
Canela entera	0.10	100.0	0.00	0.00	0.06	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.05	23	1.62	172.32	186.80
								VC DES.	498.89
								%DIST. D	18.77
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: Hígado encabollado, arroz, papa + refresco y fruta									
Hígado de res	120.0	98.00	23.52	5.41	1.18	94.08	48.6954	4.70	147.47
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	406.80	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	0.65	0.305	5.17	6.43
Aceite 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	0.85	0.81	5.90	7.58
Pan seco mol	20.00	100.00	2.20	0.66	18.50	8.80	5.04	66.00	79.84
Papa blanca	180.0	92.00	3.48	0.17	36.83	14	1.49	147.72	183.12
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.84	23.59	27.46
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	18.66	0.00	0	78.64	78.64
								V.C. ALMUERZO	1297.25
								% DISTR. ALMUERZO	51.43
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Arroz chaufa con huevo y hot dog + infusion									
Huevo de gall	20.00	88.00	2.65	1.55	0.35	11	14.82	1.41	26.81
Salchicha 'hol	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado	90.00	100.00	7.38	0.45	70.02	30	4.05	280.05	313.65
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Cebolla china	15.00	71.00	0.24	0.04	0.60	1	0.36	3.20	4.56
Pimiento	30.00	83.00	0.37	0.12	1.82	1	1.12	7.67	10.26
Silfo	5.00	100.00	0.90	0.77	0.05	4	5.91	0.32	10.85
Azúcar rubia	20.00	100.0	0.00	0.00	18.66	0	0.00	78.64	78.64
								VC DES.	537.34
								%DIST. D	21.39
			78.92	50.78	436.46				
			318.68	487.03	1745.83				
			12.67	18.12	69.21				
					100.00			VCT	2522.54

Paula Yohana Barrios Sorio
 NUTRICIONISTA
 C.M.P. 5798

CONSEJO EDILITARIO BRUNO FARRI

L. CRISTINA CHURATA Q.
 REPRESENTANTE



[Signature]
 [Illegible text]

VIH Y TBC

lunes, 02 de abril de 2018

ALIMENTO	gr/por	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	0.69	20.22	23	6.21	80.88	109.66
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	50.00	100.00	5.75	0.18	43.00	23	1.62	172.32	198.98
								VC DES.	571.87
								%DIST. D	21.89
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	68.63	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	60.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.88
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	40.00	100.00	2.56	0.16	30.84	10	1.44	123.36	135.04
Aceite vegeta	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	0.80	29.92	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	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 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 maizana con leche + 01 pan									
Maizana	35.00	100.00	0.21	0.07	30.36	0.84	0.83	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 evapor	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


 Paola Yohana Barrios Sorio
 Lic. en Nutrición
 CIP 3303

CONSORCIO EDUSAY BRAVO E.L.R.L.

 M. CRISTINA FERRER
 Lic. en Nutrición
 CIP 3303


 Lic. Yohana W. Vega Sorio
 Lic. en Nutrición
 CIP 3303

VIH Y TBC

miércoles, 04 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. GAL % POR MENU
						PROT	GRASAS	CHO	
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	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.56	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	8.00	0.99	34	81.00	3.96	118.58
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	43.08	23	1.62	172.32	198.98
									629.57
									25.04
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Estofado de res , arroz , refresco y fruta									
Cama de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Tomate	30.00	98.00	0.24	0.06	1.28	1	0.53	5.11	8.59
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	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
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 fresc	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
Aceita 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	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	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1271.55
								% Diet	50.57
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 + 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	2.88	0.09	21.54	12	0.81	86.15	98.49
								VC DES.	423.88
								%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

Paola Johana Barrías Sorria
NUTRICIONISTA
- 044 4998

CONSORCIO EDINSA Y BRAVO ELRL

M. CRISTINA BARRIAS SORRIA Q.



Paola Johana Barrías Sorria
NUTRICIONISTA
- 044 4998

VIH Y TBC

Jueves, 05 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: Semola con vainilla, pan , mortadela									
Sémola de Trf	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	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	0.05	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.96	117.96
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	78.23
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	528.35
								%DIST. D	20.97
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: Locro de panza, arroz , fruta y refresco									
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Mondongo de	120.0	75.00	15.21	3.15	0.90	61	28.35	3.60	82.79
Acetia vegetal	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	7.59
Papa blanca	300.0	82.00	5.17	0.25	54.85	21	2.21	219.43	242.31
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Tomate	20.00	99.00	0.18	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	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1232.49
								% DIS ALM	48.92
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	88.32	34.88	115.80
								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	90.00	8.55	0.09	62.64	34	0.81	250.56	265.57
Zanahoria	30.0	89.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acetia vegetal	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	430.28				
			334.23	464.23	1721.04				
			13.27	18.43	68.31				
					100.00				
								VCT	2519.49

PODOLY BARRIOS SANCIA

SECRETARÍA
DINP-SUD

CONSORCIO EDINSA Y BRAVO EURL

M. CRISTINA CHURATA Q.
SECRETARÍA GENERAL



SECRETARÍA GENERAL
DINP-SUD

VIH Y TBC

viernes, 06 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: 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	137.82
Mermelada De	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	43.09	23	1.62	172.32	196.98
									491.63
									%DIST. D 24.14
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									VC DES. 73.74
Almuerzo: Guiso de frejol con chanchito + ensalada + arroz + fruta y refresco									
Arroz Pllado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	406.98
Carne de Cerc	60.0	85.00	6.12	6.42	0.00	24	87.78	0.00	82.24
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aj colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.82
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 evapon	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
									VC DES. 115.60
CENA: Sopa de fideos con cabeza									
Cabeza de re	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	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	1.81	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
									VC DES. 518.04
									%DIST. D 19.09
			87.94	59.95	455.68				
			351.76	539.59	1822.73				
			12.96	19.88	67.16				
									VCT 2714.08

CONSORCIO ENVIOS Y SERVICIOS

Paula Yohana Barrios Sorio
 nutricionista



Dr. Jorge W. Vilca Benítez
 nutricionista

VIH Y TBC

sábado, 07 de abril de 2018

ALIMENTO	gríper	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	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
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	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									
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Acete vegetal	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	0.26	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	6.08
Anejas fresco	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lchuga rojo	60.00	56.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	98.00	0.40	0.10	2.13	2	0.89	6.51	10.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.89	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	5.00	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.	396.89
								%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	2529.55


 Paola Gabriela Barral Soria
 NUTRICIONISTA
 C.M.P. 5798

CONSORCIO EDIUSA Y BRAVO E.I.R.L.


 M. CRISTINA CHURRUARIN Q.
 REPRESENTANTE LEGAL




 Lic. J. María Wiza Benítez
 NUTRICIONISTA
 C.M.P. 3881

VIH Y TBC

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			TOTAL KCAL
	(g)	%				An (g)	(g)	(g)	
DESAYUNO: Café+ 02 panes + carne frito									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.18
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	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Carne morsa	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									507.93
									19.63
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	98.73
Papa blanca	200.0	92.00	3.66	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	180.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.69	1	0.68	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 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	1.78	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	1179.36
								% DISTR. ALMUERZO	45.59
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Arroz a la jardinera con salchicha + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha *ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.68	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.66	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	78.00	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	19.68
pallito	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

Paola María Barrios Sorio
NUTRICIONISTA
C.M.P. 5796

COMITÉ DE DEFENSA DEL CONSUMIDOR

M. CRISTINA CHURATA Q.
REPRESENTANTE



Lic. Javier W. Yica Benites
NUTRICIONISTA
C.M.P. 2990

VIH Y TBC

lunes, 09 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 habas + 02 panes + queso de chancho									
Harina de Habas	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chancho	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	1.82	172.32	198.98
								VC DES.	513.06
								%DIST. D	19.27
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Pescado frito , ensalada , arroz , refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	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	98.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1539.63
								%DIST. D	57.83
REFRIGERIO: Vaso de leche									
Leche evapora	80.00	100.00	5.80	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	86.18	98.49
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.79
			100.62	59.23	432.33				
			400.08	533.10	1729.33				
			15.63	20.02	64.95				
					100.00			VCT MEN	2662.51


Pauline Burrios Sofia
NUTRICIONISTA
C.N.P. 5758

CONSORCIO FONSA Y BRAVO ELRL

M. C. 
NUTRICIONISTA
C.N.P. 5758




Lic. Rosalva R. Rodríguez
NUTRICIONISTA
C.N.P. 5758

VIH Y TBC

martes, 10 de abril de 2018

ALIMENTO	g/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.38
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
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pan de labran	60.00	100.0	5.75	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									539.36
									18.47
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.87	29	40.75	3.88	73.74
								VC DES.	73.74
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	87.58
Fideos	60.00	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	0.36	0.05	1.95	1	0.48	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	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	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	83.32
Harina de trigo	10.00	100.00	1.05	0.20	7.48	4.20	1.8	29.92	35.92
Arroz Pilado c	80.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.05	20.11
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								V.C. CENA	823.73
								% DIST. CENA	28.21
	VCT (Gr.)		94.35	72.83	471.85				
	VCT (Kcal.)		377.41	655.43	1887.49				
	VCT (%)		13	22	65			V.C.T. MENU	2920.24
					100.00				


 Paola Yokana Barrios Sorio
 ELABORACIONISTA
 1111111111

CONSORCIO EDISA Y BRAVO EJRAL


 M. CRISTINA CHURATA Q.
 REPRESENTANTE




 Lic. Susana W. Ylla Baskin
 FISIOTERAPEUTA
 1111111111

VIH Y TBC

miércoles, 11 de abril de 2018

ALIMENTO	griper (g)	comestible %	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	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	5.87	7.83	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.85	0.88
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
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	199.98
									649.35
									25.14
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Pollo dorado, arroz ensalada, fruta y refresco									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	150.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceita vegeta	25.0	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.83
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Cebolla de ca	60.00	89.00	0.75	0.11	6.03	3	0.98	24.14	28.09
Lechuga roja	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALML	1379.42
									53.40
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: Infusion + 01 pan + mermelada									
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.85	0.88
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	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	2563.03


 Paola Johana Barrera Soria
 NUTRICIONISTA
 C.M.P. 5769

CONSORCIO EDINSA Y BRAVO ELRL


 M. CRISTINA
 REP.




 M. CECILIA
 REP.

Jueves, 12 de abril de 2018

ALIMENTO	griper (g)	comestib le %	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 Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	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	11.76	53.19	11.28	75.23

509.72

19.63

REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74

ALMUERZO: 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 d	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	0.99	1	0.54	3.94	5.05
Tomate	20.00	79.00	0.13	0.03	0.69	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
Acete vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas fresc	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	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC DES.	1144.68
								%DIST. D	44.08

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: 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 d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Acete vegetal	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	1.84	2.11
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	753.13
								% DIS ALM.	29.00
			85.12	63.51	421.20				
			340.49	571.55	1684.82				
			13.1	22.0	64.9				
					100.00				
								VCT	2596.86


 Paola Yofana Barrios Sorio
 NUTRICIONISTA
 CNP 5758

CONSORCIO EDINSA Y BRAVO ELRL

 M. CRISTINA CHURRUA Q.
 REPRODUCIDA EN




 Lic. María W. Vica Baskin
 NUTRICIONISTA
 CNP 2301

VIH Y TBC

viernes, 13 de abril de 2018

ALIMENTO	griper (g)	comendid 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	25.00	54.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	5.76	0.18	43.98	23	1.62	172.32	199.98
									584.64
									21.64
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita partida con chancho + ansalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	26.83
Hierba buena	2.00	54.00	0.03	0.01	0.00	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
Papillito o Pe	60.00	58.00	0.35	0.07	1.83	1	0.63	7.32	8.36
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	65.00	1.91	0.38	28.78	8	3.44	107.10	118.19
									1504.48
								% DIS ALM.	55.70
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
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 c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Ajio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
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	2701.17

Paula
Paula Yohane Barrios Santa
nutricionista
I.R.P. 5100

CONSORCIO EDUCACION Y BRANCO E.I.R.L.

11. CRISTINA CHAVEZ 10



W. Wilca
W. Wilca
I.R.P. 5100

sábado, 14 de abril de 2018

ALIMENTO	graber	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
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	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
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 sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.87	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Arroz chaufa con pollo , refresco y fruta									
Cama de Pollo	160.00	65.00	28.02	4.90	0.00	112	44.06	0.00	166.13
Salchicha Tho	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
Aceita 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 china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimlanto	35.00	83.00	0.44	0.16	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.35	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	100.00	67.00	0.94	0.13	7.97	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	2.68	64.09	73.79
									1312.85
								% DIS ALM.	51.44
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: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.59	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	190.80
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.15	98.49
								VC DES.	431.90
								%DIST. D	16.92
			97.67	71.16	380.29				
			390.67	540.44	1621.16				
			15.31	25.09	69.60				
					100.00			VCT	2552.27

[Firma]
Patricia Robana Barrías Soria
 NUTRICIONISTA
 C.N.P. 5798

CONSORCIO EDINSY BRAVO E.I.R.L.
[Firma]
 M. C. EDINSY BRAVO E.I.R.L.



[Firma]
 Lic. Patricia R. Robana Barrías
 NUTRICIONISTA
 C.N.P. 5798

VIH Y TBC

domingo, 15 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: 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	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Camote moro	100.0	90.00	1.28	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	196.98
								VC DES.	534.82
								%DIST. D	21.36
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	83	11.86	4.80	99.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.05	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	4.85	6.05
Ají colorado s	0.50	88.00	0.02	0.03	0.20	0	0.24	0.80	1.13
Aceto vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.65
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	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								V.C. ALMUERZO	1138.09
								% DISTR. ALMUERZO	45.33
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Arroz amarillo con pollo + infusión									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.64	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceto vegeta	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	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


Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5760

CONSORCIO ENSAY BRAY E.I.R.L.

M. CRISTINA CHURATA Q.
 D.I.T. N. CHURATA




Dr. Javier W. Vico Bonilla
 NUTRICIONISTA
 C.N.P. 1588

lunes, 16 de abril de 2013

ALIMENTO	gripes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	
	(g)	%	Am (g)	(g)	(g)				POR MENU
DESAYUNO: Harina de cebada + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.60
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	99.00	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	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.68	0.14	3.10	2	1.30	12.38	15.98
Pepinillo o Pe	80.00	72.00	0.32	0.06	1.88	1	0.58	6.74	8.62
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cal	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
Mandocá	30.00	100.00	1.82	0.12	23.13	8	1.08	92.52	101.28
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1406.28
								%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	0.98	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	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	0.01	86.18	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.36
								VC DES.	420.48
								%DIST. D	15.88
			95.99	64.06	421.86				
			383.97	576.54	1687.45				
			14.50	21.77	63.73			VCT MEN	2647.97
					100.00				

Paola Juliana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5759


CONSORCIO EDINSA Y BRAVO EL R.L.
 M. CRISTINA PILLER
 NUTRICIONISTA

Paola W. Vica Santos
 NUTRICIONISTA
 C.N.P. 5759

VIH Y TBC

martes, 17 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: Té + 02 panes + jamonada									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.90	117.90
Pan de laboran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									367.76
									14.64
REFRIGERIO: Huevo 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: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	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	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	35.00	80.00	0.82	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	88.00	2.89	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
Acolla vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	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									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Matasquita de pollo , arroz , infusion									
Carne de Pol	100.00	86.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.48	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	68.98
Arvejas fresco	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	16.54
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	89.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	64.00	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	463.55				
			353.40	343.30	1814.61				
			14.1	13.7	72.3				
					100.00			V.G.T. MENU	2511.31


 Paulo Yohani Barrios Sorio
 NUTRICIONISTA
 C.R.P. 5759

CONSORCIO EDUCATIVO DE PUNO

 M. CRISTINA CHURATA Q.
 REPRESENTANTE




 Lic. Jhonny R. Vico Benitez
 NUTRICIONISTA
 C.R.P. 5759

domingo, 18 de febrero de 2012

ALIMENTO	gripar (g)	comestib la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALDRICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	8.08	8.18	21	54.68	32.70	108.38
Concha 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
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	1.62	172.32	196.98
									656.46
									25.90
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Adobo a la tacñefa de cerdo , arroz, papa + 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
Acete vegetal	10.00	100.00	0.00	10.00	0.00	0	80.00	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	62.00	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	1.88	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	84.09	73.79
									1283.14
								% DIS ALM.	50.63
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + margarina									
Herbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.88	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vet	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	405.64
								%DIST. D	16.00
			77.00	75.20	387.44				
			308.02	676.79	1549.77				
			12.2	26.7	61.1				
					100.00			VCT	2534.58


Paola Yolanda Barrios Sorio
 NUTRICIONISTA
 C.N.P. EPSB

CONSORCIO SANSAY BRAVO E.I.R.L.

M. CRISTINA CHURRUARÍN
 M.P. EPSB




M. Ana María Vica Barrios
 NUTRICIONISTA
 C.N.P. EPSB

VIH Y TBC

jueves, 19 de abril de 2018

ALIMENTO	grper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	78.23
Pan de labra	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DST. D	20.87
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia d	80.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Arroz 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
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Arvejas fresca	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Espinaca negr	35.00	97.00	0.95	0.31	1.68	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	1206.21
								%DST. D	45.95
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 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	1.96	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	3.88	2	0.82	15.46	17.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									661.78
								%DST. D	25.97

79.37 101.87 349.53
 317.48 909.61 1388.12
 12.09 34.65 53.26 100
 100.00

VCT 2625.22


 Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 6709

CONSORCIO EDINSA Y BRAVO E.I.R.L.

 M. CRISTINA CHURAYA Q.
 REPRESENTANTE




 Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 6709

VIH Y TBC

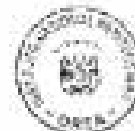
sábado, 21 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PRDT	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	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
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
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	645.71
								%DIST. D	25.14
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado 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	44.06	0.00	156.13
Aceitunas de	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Acetia 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	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1304.61
								% DIS ALM.	50.78
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	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	190.60
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.71
			91.26	61.19	413.30				
			365.03	550.72	1653.19				
			14.2	21.4	64.4				
					100.00			VCT	2568.93


 Paola Yohani Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5769

CONSORCIO EDINSA Y BRINDO ELRL


 M. CRISTINA GARCIA V.G.
 COORDINADORA




 W. Wilca Benda
 NUTRICIONISTA
 C.N.P. 5769

domingo, 22 de abril de 2018

ALIMENTO	graber	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				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	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote moro	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	434.81
								%DIST. D	16.51
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encebollado , arroz ,papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.19	4.86	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	5.75	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 vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Pan seco mol	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Papa blanc	180.0	92.00	3.48	0.17	36.93	14	1.49	147.72	163.12
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								V.C. ALMUERZO	1327.19
								% DISTR. ALMUERZO	59.40
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	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	349.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.48	0.09	1.80	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	18.27
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

[Firma]
 Pardo Wilson Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5759

CONSORCIO EDINSA Y BRAVO E.I.R.L.

[Firma]
 M. CRISTINA CHOCOMA
 NUTRICIONISTA
 C.N.P. 5759





[Firma]
 Lic. Pardo Wilson Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5759

VIH Y TBC

lunes, 23 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: 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
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	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 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	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
Acetia vegeta	25.00	85.00	0.00	21.25	0.00	0	191.25	0.00	191.25
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
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	69.36	70.20
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1531.08
								%DIST. D	57.69
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: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.68	0.06	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	58.16	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	80.52	448.67				
			400.56	454.71	1798.69				
			15.09	17.13	67.77				
					100.00			VCT MEN	2653.96


 Paola Yofane
 NUTRICIONISTA
 C.N.P. 5799


 M. CRISTINA CHURATA Q.
 ESPERENTANTE




 Lic. Jhon W. Yusa Bonilla
 NUTRICIONISTA
 C.N.P. 5799

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	le				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	68.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.96
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									547.69
									19.55
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.68
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.62
Arroz Pilado d	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
Acetate 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 fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
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
								Y.C. ALMUERZO	1286.16
								% 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	63.98
Arroz Pilado d	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.65	22	54.00	2.64	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.88
Huevo de gall	15.00	86.00	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
								Y.C. CENA	778.27
								% DIST. CENA	27.76
	VCT (Gr.)		89.54	65.38	486.22				
	VCT (kcal.)		358.17	498.38	1944.90				
	VCT (%)		13	18	69		Y.C.T. MENU		2801.45
					100.00				

[Firma]
Pablo Johanc Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5750

CONSORCIO FINANCIA Y SERVICIO E.I.R.L.

[Firma]
 M. CRISTINA ESCOBAR O.
 REPRESENTANTE



[Firma]
Pablo M. Vico Buitas
 NUTRICIONISTA
 C.N.P. 2011

VIH Y TBC

miércoles, 25 de abril de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Avena con leche, pan, queso									
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
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	5.78	0.18	43.08	23	1.62	172.32	198.98
									668.09
									25.93
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Carne almendrada, arroz, papa + refresco y fruta									
Carne de res	150.00	85.00	27.18	2.04	0.00	108.83	18.38	0.00	128.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	567.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.67
Aji 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	1.95	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
Acetia 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
Mani crudo, c	2.00	96.00	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
								% Diet	51.57
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.88
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.08	0.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada Di	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.96
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	390.74
								%DISTR. D	15.16
			89.62	42.61	458.75				
			358.46	383.53	1835.02				
			13.91	14.88	71.21				
					100.00			VCT	2677.01


 Paola Yolanda Berríos Sorio
 NUTRICIONISTA
 C.N.P. 8700

CONSORCIO EDUSAY BRAYO E.I.R.L.


 M. CRISTINA CHURRINJA Q.
 REPRESENTANTE




 Lic. JESSICA YVES BARRAL
 NUTRICIONISTA
 C.N.P. 8700

jueves, 26 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan, mortadela									
Sémola de Tri	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canola enteros	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	2.84	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	547.90
								%DIST. D	19.80
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: Guiso de fideos con pollo, arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.18	38.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	622.75
Sal	8.00	100.00	0.10	0.04	0.66	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	1.85	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas fresca	10.00	84.00	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
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	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 evapor	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
Aceite 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	0.36	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

Paula Yohana Barrios Soria
Paula Yohana Barrios Soria
 NUTRICIONISTA
 C.N.P. 8759

CONSORCIO EDUCATIVO BRUNO E.I.R.L.
 S.C.
 S.C.



Lic. J. J. J. J.
Lic. J. J. J. J.
 NUTRICIONISTA
 C.N.P. 8759

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	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ves	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									22.75
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco									
Arroz Pileado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	28.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	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 sd	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1514.56
								% DIS ALM.	58.81
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.00
								VC DES.	115.00
CENA: Sopa de semola con manudancia de pollo									
Manudancia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Aplo	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	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
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
								VC DES.	285.64
								%DIST. D	11.09
			86.49	63.44	414.66				
			345.95	570.96	1658.64				
			13.4	22.2	64.4				
					100.00			VGT	2575.55

Paula Yolanda Barrios Soria
NUTRICIONISTA
C.N.P. 8709

CONSORCIO EDICSA Y BRAYO E.A.R.L

LIC. CRISTINA CHURATA G.
NUTRICIONISTA
C.N.P. 10000



Lic. W. Vico Barrios
NUTRICIONISTA
C.N.P. 2000

sábado, 28 de abril de 2018

ALIMENTO	griper	comestib	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	109.66
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	1.82	501.12	571.14
Cama de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	60.0	60.00	0.50	0.07	4.07	2	0.65	16.27	18.94
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	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
Acalte vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajl colorado s	1.00	68.00	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 se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1430.61
								%DIST. D	53.78
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	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 r	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	15.66
			92.55	59.39	438.85				
			370.18	534.50	1755.40				
			14	20	66				
					100.00				
									2666.09

Paola Yohana Barrios Soria
Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5769


CONSORCIO SANSA Y BRINDO E.A.R.L.



VIH Y TBC

domingo, 29 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: Semola con vainilla + 02 panes + queso de chanco									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	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	1.82	172.32	196.96
								VC DES.	693.79
								%DIST. D	30.55
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: Pollo al horno , amoz , ensalada , + fruta y refresco									
Carne de Poli	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aroz Pilado d	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite 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 mol	0.3	100	0.03	0.02	0.19	0	0.22	0.75	1.08
Aji colorado s	8.00	98.0	0.55	0.61	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 redo	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Silfo	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Pepinillo o Pe	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMU	1171.00
									51.56
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 + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.48	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	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	9.55
			86.78	72.45	317.94				
			347.11	652.09	1271.75				
			15.28	28.71	56.00				
					100.00			VCT	2270.95


 Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.N.P. 8769

CONSORCIO EDUCAY SERVIDO E.I.R.L.


 11.6
 11.11.18




 Lic. Juanita B. Wiso Bonilla
 NUTRICIONISTA
 C.N.P. 1111

VIH Y TBC

Lunes, 30 de Abril de 2018

ALIMENTO	grapas	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				FOR MENU
DESAYUNO: Harina de habas + 62 panes + jamonada									
Harina de Hab	30.00	100.00	7.28	0.57	17.68	29	5.13	71.52	106.81
Canela entera	0.30	64.00	0.00	0.00	0.18	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	99.59
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de habra	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	199.98
								VC DES.	521.19
								%DIST. D	23.59
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: Calguis rellena, arroz, refresco y fruta									
Carne de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	60.80
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	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	80.00	0.37	0.05	3.02	1	0.48	12.07	14.94
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.70
Calguis Serran	150.00	97.00	2.18	0.18	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 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
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	0.08	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	180.00	82.00	0.69	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 evapor	60.00	100.00	5.60	5.48	8.72	22	68.32	34.88	115.60
								VC DES.	115.60
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	25.00	100.00	0.15	0.05	21.68	0.80	0.45	88.70	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	0.18	0.02	0.01556	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.05	0.05
Pan de habra	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	25.92	15.26	50.58
									368.51
									16.03
			68.22	41.15	393.55				
			272.88	370.35	1574.59				
			12.30	16.70	71.00				
					100.00			VCT MEN	2217.83

Paula
Paula Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDUSAY BRUNO E.I.R.L.
M. Cristina
 M. CRISTINA BRUNO E.I.R.L.



Paula
 Paula Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

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

Domingo, 01 de Abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE YANITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Lunes, 02 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 03 de Abril de 2018	INFUSION + 02 PANES + JAMONADA	HIRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
Miércoles, 04 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 05 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, 06 de Abril de 2018	SOYA CON PÍÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
Sábado, 07 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Domingo, 08 de Abril de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
Lunes, 09 de Abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	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 PÍÑA + 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	CAJAJA 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	AJI DE GALAGAZA,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 PÍÑA + 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 LIMERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
Domingo, 22 de Abril de 2018	INFUSION + 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 SANCOCHADO + INFUSION
Viernes, 27 de Abril de 2018	SOYA CON PÍÑA + 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 + QUESO DE OLANCHO	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	CAJAJA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN


 Paula Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 8798

CONSORCIO EDILICIO Y SERVICIO EJECUTIVO

 M. CRISTÓBAL CHURATA C.
 REPRESENTANTE





 M. CRISTÓBAL CHURATA C.
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 01 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:	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	9	3.89	148.03	159.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	48.87	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.44
ALMUERZO:	Gulso de vainitas , arroz ,papa + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
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	58.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.28
Papa blanca	150.0	92.00	2.90	0.14	39.77	12	1.24	123.10	135.93
Cebolla de ca	15.00	87.00	0.18	0.03	1.47	1	0.23	5.90	8.88
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 c	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	87.00	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	0.16	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	446.39				
			294.40	428.18	1785.57				
			11.74	17.07	71.19				
					100.00			VCT MEN	2508.15


Pablo Roberto Barrios Soria
 NUTRICIONISTA
 C.N.P. 5709

CONSORCIO EDUZA Y BRAVO EJRL




 Lic. J. María V. Vique Barrios
 NUTRICIONISTA
 C.N.P. 5709

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 02 de abril de 2018

ALIMENTO	g/por (g)	comestible la %	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	40.00	100.00	7.52	0.92	26.96	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	160.65	23.66	222.25
Pan de labran	60.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	769.33
								%DIST. D	30.76
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	95.00	28.82	4.90	8.00	112	44.06	0.00	156.13
Arroz Pilado d	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	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
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	6.06
Orégano	5.0	96.00	0.08	0.02	0.55	0	0.22	2.21	2.76
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Acetia 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	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	35.00	100.00	2.45	2.64	3.82	10	25.52	15.26	60.68
									460.65
									18.42
			77.81	43.64	448.20				
			311.25	392.78	1796.81				
			12.4	15.7	71.8				
					100.00				2500.84

Paola Johana Barrios Sorio
Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5760

GERENTE DE SERVICIO SOCIAL
[Firma]
DR. CAROLINA CHURULLA G.
 REPRESENTANTE



[Firma]
Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5760

DIETA: GASTRITIS CRONICA Y CANCER

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	PCR 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	0.08	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	39.84	0	0.00	158.56	158.56
Pan de lebrón	65.00	100.0	8.24	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 evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso parmesano	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado cocido	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.48	0.21	47.39	18	1.91	189.55	209.31
Zapallo madre	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	0.64	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	0.58	0	0.13	2.24	2.78
Tomata	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	15.00	98.00	0.21	0.03	1.68	1	0.26	6.64	7.73
Plátano	150.00	92.00	0.59	0.29	14.43	2	2.88	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									
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado cocido	90.0	100.00	7.38	0.46	70.02	30	4.06	280.08	313.66
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 frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		842.57
							%DIST. D		32.33
			73.07	54.46	465.85				
			292.29	490.16	1823.40				
			11.2	18.8	79.0				
					100.00		V.C.T. MENU		2605.79

Paula Yohany Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5709

CONSORCIO EDINSA Y BRAVO E.I.R.L.

UNIVERSIDAD CRISTIANA
 REPRESENTANTE




W. Wilko Bracco
 NUTRICIONISTA
 C.N.P. 5709

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 04 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 + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.86	1.40	26.20	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 enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso 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
									694.18
									27.32
Almuerzo: Estofado de pollo , arroz , refresco y fruta									
Carna de Poli	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	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	567.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Acido vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
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
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								VC Alm	1369.13
								% Dist	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 ve	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	18.79
			80.15	68.24	401.47				
			320.60	614.16	1605.87				
			12.6	24.2	63.2				
					100.00			VCT	2540.62


Pablo Yohana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 8769

CONSORCIO DINSY BRAVO E.I.R.L.

 A.C.T. _____
 D. _____
 S.A.S.




Dr. Juan W. Wiza Buitan
 M.D. C.N.P. 8769

jueves, 05 de abril de 2018

ALIMENTO	griper (g)	comestible le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			D:ST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Semola con vainilla, pan , margarina									
Semola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.23
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	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	43.08	23	1.62	172.32	198.98
								VC DES.	693.79
								%DIST. D	27.47
ALMUERZO: Cau cau de pollo, arroz , fruta y refresco									
Arroz Filado 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	4.64
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegeta	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	38.57	14	1.48	146.29	161.54
Arvejas fresc	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.05
Cebolla de ca	20.00	57.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Plátano	160.00	92.00	0.59	0.28	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 tallari	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	3.56
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 vegeta	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	117.98	117.98
									671.43
								%DIST. D	26.59
			70.34	64.16	416.65				
			281.37	577.40	1665.61				
			11.14	22.86	65.99				
					100.00				
								VCT	2525.39

Paula Johana Barrios Sorio
 NUTRICIONISTA
 G.N.P. 8719

CONSORCIO ECHISAY BRAVO E.I.R.L.

M. C. J. CHURATA G.
 G.N.P. 22111217



M. C. J. VILLO BARRANTES
 NUTRICIONISTA
 G.N.P. 22111217

DIETA: GASTRITIS CRONICA Y CANCER

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	30.00	100.00	2.18	1.83	17.80	9	14.63	71.20	84.53
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	38.00	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	21.83	0	0.54	87.72	88.74
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
									621.21
								%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	61.00	1.61	0.22	3.88	6.44	1.98	15.52	23.94
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	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	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.63
Acolla 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	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	36.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1021.99
								% DIS ALM	49.68
CENA: Sopa de fideos con pollo									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.0	5.84	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	76.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porri	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	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acote vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	513.90
								%DIST. D	24.98
			67.24	35.20	367.84				
			268.97	316.79	1471.34				
			13.08	16.40	71.52				
					100.00			VCT	2057.10

M.A.S.
Ponia Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5709

CONSORCIO FOMSA Y BRINYO E.I.R.L.

M. CRISTINA CHURATA G.
 CONTANTE



M.A.S.
Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5709

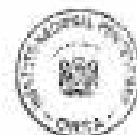
DIETA: GASTRITIS CRONICA Y CANCER

sábado, 07 de abril de 2018

ALIMENTO	grpar	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	la				PROT	GRASAS	CHO	
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	18.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	28.95
Almuerzo: Arroz con pollo + 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 c	200.0	100.00	16.40	1.00	155.80	66	9.00	622.40	697.00
Aceite vegetal	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	0.26	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	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Lchuga redon	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	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano da se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								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	3.38	0.11	25.13	13	0.95	100.52	114.81
								VC DES.	328.39
								%DIST. D	14.01
			84.72	48.52	392.32				
			338.87	436.67	1569.28				
			14.5	18.6	66.9				
					100.00			VCT	2344.82

[Firma]
Pante Yohane Barrios Santa
 NUTRICIONISTA
 C.N.P. 5709

[Firma]
CONSORCIO EDINSA Y BRAVO ELRL
 ALICIA CHURATA O.
 NUTRICIONISTA



[Firma]
Lic. Rosalba M. Vique Bualtes
 NUTRICIONISTA
 C.N.P. 5709

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 08 de abril de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: Infusion + 02 panes + camote sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.95	117.95
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	229.75	262.64
									547.32
									23.45
ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	68.00	17.72	3.10	0.00	71	27.86	0.00	96.73
Papa blanca	200.0	92.00	3.86	0.16	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	622.75
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
Aceita 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	0.97	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	20.80
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1229.48
						% DISTR. ALMUERZO			52.69
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	60.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Fideos	20.00	100.00	1.88	0.04	15.64	8	0.36	62.56	70.44
Carne de Pollo	100.00	65.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	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	0.63	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
									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


 Paola Yohane Barrios Soria
 NUTRICIONISTA
 C.N.P. 5760

CONSORCIO EDINSA Y BRAVO E.I.R.L.


 M. CRISTINA CIPRATA Q.
 REPRESENTANTE.




 M. J. W. W. W. W. W.
 REPRESENTANTE.

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 09 de abril de 2018

ALIMENTO	griper (g)	comestible le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
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	79.85	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	43.06	23	1.82	172.32	198.96
								VC DES.	521.18
								%DIST. D	24.67
Almuerzo: Pollo sancochado ,papa , arroz , refresco y fruta									
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	84.00	2.86	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	0.08	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	0.0158	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	88.16	98.49
Leche evapori	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									355.51
									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


 Paulo Roberto Barrios Soria
 NUTRICIONISTA
 C.N.P. 8700

CONSORCIO ECHASAY BRAVO E.I.R.L.


 W. C. ESTERIA CHURATA C.
 NUTRICIONISTA




 Lic. Anibal Villanueva Barrios
 NUTRICIONISTA
 C.N.P. 8700

DIETA: GASTRITIS CRONICA Y CANCER

martes, 10 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 + huevo sancochado									
Hierbas	10.00	52.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labran	60.00	100.0	5.78	0.18	43.08	23.04	1.82	172.32	190.98
Huevo de gall	60.00	96.00	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									
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
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acetate vegeta	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									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.58	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
Acetate 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	0.60
									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	2586.31
					100.00				

[Firma]
Paola Johane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDINSAY BRAVO E.I.R.L.

[Firma]
M. CRISTINA CASURJ - 1 Q.
 REPRESENTANTE




[Firma]
W. Wilson Barrantes
 NUTRICIONISTA
 C.N.P. 3394

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 11 de abril de 2018

ALIMENTO	gr/per (g)	comestib la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuel	35.00	100.00	4.88	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									687.07
									30.32
ALMUERZO: Pollo al horno, arroz,papa, 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 vegeta	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lectura roja	100.00	92.00	1.20	0.18	1.93	5	1.86	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
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1281.56
									56.55
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.96	117.96
Mermelada D4	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
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	1881.99				
			13.5	13.2	73.3				
					100.00			VCT	2266.27


 Paola Yohane Barrios Soriano
 NUTRICIONISTA
 C.N.P. 8709

T.T.C




 Lic. Yohane Barrios Soriano
 NUTRICIONISTA
 C.N.P. 8709

jueves, 12 de abril de 2018

DIETA: GASTRITIS CRONICA Y CANCER

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 ,mermelada									
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	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
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 d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acido vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	80.00	87.00	0.75	0.11	6.06	3	0.96	34.23	29.19
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	138.74	138.74
								VC DES.	1192.02
								%DIST. D	51.57

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 d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.86
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
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

[Firma]
Pablo Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 8798

CONSORCIO EDINSA Y GRAVO E.I.R.L.
[Firma]
M. CRISTINA CHURATA Q.
 REPRESENTANTE



[Firma]
Lic. Johana Vico Barrios
 NUTRICIONISTA
 C.N.P. 8798

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 % 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	14.83	71.20	84.53
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	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	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	3.88	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.60	124.48	52.48	7.20	497.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	15.00	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	38.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	20.00	67.00	2.80	0.03	1.51	11.20	0.24	6.06	17.50
Plátano	180.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1237.45
								%DIST. D	63.89
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	62.00	2.07	0.10	21.54	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	60.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	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	394.35				
			296.35	421.38	1679.41				
			12.86	18.35	68.79				
					100.00			VCT	2296.13


 Paola Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 8769

CONSORCIO EDUZA Y BRAVO E.I.R.L.

 M. CRISTINA CHURRILLO
 REPRESENTANTE




 M. Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 8769

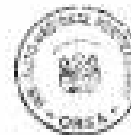
DIETA: GASTRITIS CRONICA Y CANCER

sábado, 14 de abril de 2018

ALIMENTO	griper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	le				%	PROT	GRASAS	
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.88	20.22	23	6.21	80.88	109.60
Leche evapor	70.00	100.00	4.90	5.87	7.83	20	61.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.18	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	27.53
ALMUERZO: Pollo sancochado , arroz,papa, refresco y fruta									
Carné de Pollo	180.00	85.00	28.02	4.90	0.00	113	44.06	0.00	158.13
Arroz Pilado d	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	180.0	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
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
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									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	0.18	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	19.18
			81.95	38.11	395.31				
			327.79	342.95	1581.23				
			14.58	15.23	70.22				
					100.00			VCT	2251.97

Paula Yohane Barrios Soria
 NUTRICIONISTA
 C.N.P. 8768

CONSORCIO EDINSA Y BRANO E.I.R.L.
 M.C. ESTEVA CHURRIAGA
 REPRESENTANTE



Liliana Patricia Barrios
 NUTRICIONISTA
 C.N.P. 8768

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 15 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: 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	84.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote mora	100.0	86.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de lebrant	60.00	100.00	5.78	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	8.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	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	0.08	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
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	47.54
CENA Arroz amarillo con pollo + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.38	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	2.19	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
pañito	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									722.85
									29.84
			69.82	37.06	452.47				
			279.30	333.52	1809.87				
			11.83	13.77	74.71				
					100.00			VCT MEN	2422.89

Paola Yolanda Barrios Soria
 NUTRICIONISTA
 C.N.P. 5700

CONSORCIO EDIFICIO SEVRO EJRL
 M. CRISTINA CHURATA G.
 REPRESENTANTE



W. Vilca Benites
 NUTRICIONISTA
 C.N.P. 5700

DIETA: GASTRITIS CRONICA Y CANCER

Lunes, 16 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Harina de cebada + 02 panes + manjar									
Cebada harina	25.00	100.00	4.70	0.58	18.85	39	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	1.82	172.32	196.90
								VC DES.	533.94
								%DIST. D	27.65
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 d	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Zanahoria	50.00	85.00	0.28	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	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.00	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.	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 evapor	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
			65.80	20.02	371.94				
			263.21	180.16	1487.75				
			13.63	9.33	77.04			VCT MEN	1931.12
					100.00				

[Firma]
Paola Yohane Barrías Sorio
 NUTRICIONISTA
 C.N.P. 6790

CONSEJO EDINSA Y BRAVO ELRL
[Firma]
M. CRISTINA CHURRUARIN G.
 REPRESENTANTE



[Firma]
Walter Benítez
 NUTRICIONISTA
 C.N.P. 6790

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	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.0	0.00	0.00	28.49	0.00	0	117.96	117.96
Pan de labran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.88
mortadela	35.00	100.00	3.43	8.90	3.29	14	62.06	13.18	89.94
									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	5.80	8.00	0.66	22	54.00	2.64	78.04
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Papa blanca	200.0	91.00	3.82	0.18	40.59	15	1.84	162.34	179.27
Calabaza	380.00	47.00	0.99	0.18	9.21	4	1.48	36.85	42.28
Maiz Fresco	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	38.85
Huacalay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	88.00	2.88	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
Acetite vegetal	6.00	100.00	0.00	8.00	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	92.00	0.55	0.28	13.62	2	2.48	54.10	58.79
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 Pollo	100.00	85.00	17.51	3.08	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	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	10.59	1.134	112.39	124.11
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.26	9.09	10.67
Ajos	8.00	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	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	736.35
								%DIST. D	31.91
			69.54	27.32	445.83				
			278.17	245.84	1783.32				
			12.1	10.7	77.3				
					100.00			V.C.T. MENU	2307.34

Paola Yohanc Barrios Sorio
Paola Yohanc Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDISA Y BRIVO E.A.R.L.

CRISTILA CHUMBE
 REPRESENTANTE



Vice Representante
Vice Representante
 NUTR. 3789

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 18 de abril de 2018

ALIMENTO	comestible		PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	graber	le				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	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 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	7.68	0.24	57.44	31	2.16	229.76	262.64
									722.12
									30.24
ALMUERZO:	Asado de pollo , arroz, papa + refresco y fruta								
Carne de Pollo	180.00	85.00	28.02	4.80	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 vegetal	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 d	150.0	100.00	12.30	0.75	118.70	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	3.86	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	1	2.48	54.10	58.79
									1206.99
							% DIS ALM		50.54
CENA:	Infusion + 91 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	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	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


 Paola Yohanc Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5769

CONSORCIO EMISAY SPAVO E.I.R.L.

 M. CRISTINA BUSTOS S.C.
 REPRESENTANTE




 M. CRISTINA BUSTOS S.C.
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 19 de abril de 2018

ALIMENTO	griper (g)	comestibi le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Semola con vainilla, pan , margarina									
Semola de T m	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
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	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	24.10
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Amaz 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
Poro	15.00	68.00	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	15.58
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuffo blanco	23.00	90.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	62.00	80.00	0.62	0.13	25.78	2	1.18	103.12	106.40
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Acetia vegetal	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									
Carné de res	80.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.68
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.88	15.24	18.09
Tomate	50.00	80.00	0.32	0.06	1.72	1	0.72	6.88	8.88
Cebolla de cal	40.00	57.00	0.32	0.06	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
Acetia vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	88.0	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	25.59
			71.28	95.75	356.18				
			285.14	861.73	1424.70				
			11.09	33.51	65.40				
					100.00			VCT	2571.57


Paola Yohanc Barrios Sorio
 NUTRICIONISTA
 CNP 5769

CONSORCIO EMISA Y BRANCO E.I.R.L.


 M. CECILIA CHUQUILLAS
 REPRESENTANTE




 M. WILCO SORIO
 NUTRICIONISTA
 CNP 5769

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	1.63	17.80	9	14.63	71.20	94.63
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canola entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.65	0.69
Clavo de olor	0.10	65.00	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
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de Isbran	80.00	100.00	7.88	0.24	57.44	31	2.16	229.76	262.64
									594.80
									25.87
Almuerzo: Guiso de verduras con pollo + arroz + fruta y refresco									
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceitas. hojas	120.00	61.00	1.61	0.22	3.88	6.44	1.88	15.52	23.94
Carne de Pollo	100.00	65.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	85.00	0.47	0.08	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	84.00	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	30.00	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	0.59	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	65.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	7.52	0.16	62.56	30	1.44	250.24	261.76
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	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	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

Paula
Paula Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 9769

CONSORCIO EDI RISA Y BRAVO E.I.R.L.

M. CRISTINA CHURATA O.
 NUTRICIONISTA



[Signature]
M. VERA BASTOS
 NUTRICIONISTA
 C.N.P. 9769

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 21 de abril de 2018

ALIMENTO	grper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALDRICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.84	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	1.82	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.	738.52
								%DIST. D	29.70
ALMUERZO: Escabeche de pollo a la limeña, arroz , refresco y fruta									
Arroz Pilado d	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aceite vegetal	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 moro	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1313.99
								% DIS ALM.	52.99
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.07	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	58.03	405.67				
			325.86	531.25	1622.68				
			13.1	21.4	65.4				
					100.00			VCT	2479.79

Paola Yohane Barrios Sorio
 NUTRICIONISTA
 C.M.P. 8709

CONSORCIO ECHINSA Y BRAVO E.I.R.L.
 M. CHRISTINA CHURATA O.
 NUTRICIONISTA



M. Cecilia Vico Benitez
 NUTRICIONISTA
 C.M.P. 8709

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 22 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	la				PROT	GRASAS	CHO	
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	0.0081	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	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
								V.C. DES.	302.26
								%DIST. D	14.09
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	8.28	3	3.08	25.02	29.72
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	86.00	0.24	0.03	1.29	0.95	0.308	5.17	6.43
Acetate vegetal	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 para	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.62
Cebolla de cal	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	38.61
Huevo de gall	20.00	98.00	2.85	1.65	0.38	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	0.06	0.64	2	0.58	2.56	4.74
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.49	54.10	58.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								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	3.83
Fideos	30.00	100.00	2.82	0.08	23.46	11	0.54	93.84	105.68
Carne de Pollo	100.00	86.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	6.29
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
pallito	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				
			246.87	246.26	1653.79				
			11	11	77				
					100.00			VCT MEN	2145.93

my
 Paola Yohany Barrios Soria
 NUTRICIONISTA
 C.N.P. 5799

CONSORCIO EDISAY BRAVO E.I.R.L.

TA. CRISTINA C. TORATA C.
 REPRESENTANTE



[Signature]
 M. Vito Benitez
 NUTRICIONISTA
 C.N.P. 2166

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 23 de abril de 2018

ALIMENTO	g/por (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
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	38.00	100.00	3.43	6.90	3.29	14	62.08	13.18	88.94
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	512.33
								%DIST. D	26.45
Almuerzo: Pollo sancochado ,papa , arroz , refresco y fruta									
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	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	85.00	2.68	0.13	29.43	11	1.15	113.73	125.59
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	68.00	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	92.00	0.55	0.28	13.82	2	2.48	54.10	58.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1039.48
								%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 lebran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evapor	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	1937.18

Paula Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5768

CONSORCIO EDISA Y BRAVO EJRL

M. CRISTINA VILCO
 NUTRICIONISTA



Wika Barrios
 NUTRICIONISTA
 C.N.P. 5768

DIETA: GASTRITIS CRONICA Y CANCER

martes, 24 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 + huevo sancocado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.96
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									549.44
									20.76
ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado d	150.00	100.00	12.30	0.75	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
Acetia vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Anejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	78.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1369.17
						% DISTR. ALMUERZO			51.74
CENA: Guiso 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	100.00	100.00	8.20	0.50	77.60	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
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	78.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	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			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			2646.45
					100.00				

Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.M.P. 8769

CONSORCIO EDINSA Y BRAVO ELRL
 M. CRISTINA FLORES G.
 REPRESENTANTE



Paola Yohana Barrios Soria
 NUTRICIONISTA
 C.M.P. 8769

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 25 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuela	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	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.66
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	199.98
									568.09
									27.31
Almuerzo: Carne almendrada, arroz , papa + refresco y fruta									
Carne de res	150.00	85.00	27.18	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado cocido	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	8.88
Cebolla de caudex	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Pan seco molido	30.00	100.00	3.30	0.84	24.78	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	201.83
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceto vegetal	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, cocido	5.00	95.00	1.14	2.29	0.84	5	20.61	3.36	28.65
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	1387.18
								% Dist	56.71
CENA: Infusion + 01 pan + mermelada									
Hierbas	10.00	92.00	0.29	0.09	0.54	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.66	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 frutilla	25.00	100.00	0.10	0.08	18.28	0	0.45	73.10	73.65
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.57	114.91
								VC DES.	390.74
								%DIST. D	15.97
			77.33	37.88	448.94				
			309.31	340.93	1795.77				
			12.66	13.94	73.42				
					100.00			VCT	2446.01


CONSORCIO EDINSA Y BRAVO E.I.R.L.
 Paola Yohanc Barrios Soria
 NUTRICIONISTA
 C.N.P. 0759


 Lic. M. Vilca Barrios
 NUTRICIONISTA
 C.N.P. 0759

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 (g)	GRASAS	CHO	
DESAYUNO:	Semola con vainilla, pan, mermelada								
Semola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.20	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	58.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	530.83
								%DIST. D	20.99
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	60.00	100.00	6.64	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	121.18
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomato	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	8.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	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	10.96
Plátano	150.00	92.00	0.55	0.26	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.	1287.63
								%DIST. D	60.90
CENA:	Arroz con huevo sancochado + infusión								
Huevo de gall	55.00	98.00	7.28	4.53	0.07	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.60	311.20	348.50
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Tomato	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.	710.68
								%DIST. D	28.11
			69.41	28.79	464.20				
			277.66	259.10	1866.78				
			18.98	10.25	73.43				
					100.00			VCT	2528.64

Paula Tatiana Barrios Sorio
Paula Tatiana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5706

CONSEJO EDICION BRAVO EJULL

M. CRISTINA CHURATA D.
M. CRISTINA CHURATA D.
 REPRESENTANTE



M. CRISTINA CHURATA D.
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 27 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: Soya con piña + 02 panes + margarina									
Harina de soya	25.00	100.00	2.18	1.83	17.00	9	14.83	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									586.01
									25.64
Almuerzo: Guiso de acelga, arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado C	180.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	567.60
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	0.08	1.20	0.95	0.53	5.11	6.59
Hierba buena	2.00	64.00	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	14.88
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.38
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	40.00	67.00	2.80	0.05	3.03	11.20	0.48	12.11	23.90
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1247.94
								%DIST. D	54.57
CENA: Sopa de semola con pollo									
Carne 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	0.06	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	18.78
			74.11	59.75	362.72				
			296.45	537.79	1450.86				
			13.0	23.5	63.5				
					100.00			VCT	2286.10


Paola Johana Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5780

CONSORCIO EMANSA Y BRAVO E.I.R.L.

M. CRISTINA PULTRATA G.
 NUTRICIONISTA




Lic. Juan W. Mica Ballester
 NUTRICIONISTA
 C.N.P. 5780

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 28 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: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.66
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	704.90
								%DIST. D	29.46
Almuerzo: Tallarines rojos con pollo, refresco y fruta									
Fideos tallari	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Cama de Pollo	160.00	85.00	20.02	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	6.89
cebolla de ca	50.0	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	3.83
Acetate vegeta	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 es	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	138.45
								VC DES.	1279.78
								%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	151.82
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	137.82
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
								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				
									2392.85

Paula Yohana Barrios Sorio
Paula Yohana Barrios Sorio
 NUTRICIONISTA
 G.N.P. 5156

CONSORCIO EDIUSA Y BRAVO E.I.R.L.

M. CRISTAL L. CHURRIANA Q.
 NUTRICIONISTA



Willy Benítez
Willy Benítez
 NUTRICIONISTA
 G.N.P. 5156

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 29 de abril de 2018

ALIMENTO	grapar (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla + 02 panes + queso de chancho									
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	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	43.08	23	1.62	172.32	198.98
								VC DES.	693.79
								%DIST. D	33.33
Almuerzo: Pollo al horno , arroz ,ensalada, + fruta y refresco									
Carne de Pollo	180.00	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite 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 molit	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	0.81	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Aceite vegetal	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	1.93	5	1.66	7.73	14.17
Sillao	5.00	100.00	0.57	0.48	0.08	2	4.32	0.20	6.78
Pepinillo o Pe	60.00	82.00	0.25	0.06	1.28	1	0.44	5.12	6.54
Ajos	2.00	60.00	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	39.27	38.71
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	65.00	1.53	0.26	13.80	6.12	2.296	66.69	64.01
								VC ALMU	1171.00
									58.25
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 gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	60.44
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
			67.67	57.70	289.24				
			268.28	519.30	1156.97				
			12.89	24.95	56.58				
					93.42			VCT	2081.62

Paola Johana Barrios Soria
 NUTRICIONISTA
 C.N.P. 5719

CONSORCIO EMISAY BRAVO E.I.R.L.
M. CRISTINA CHURATA O.
 REPRESENTANTE



Dr. Jorge E. Viteri Buitrago
 C.N.P. 4354

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 30 de abril de 2018

ALIMENTO	gruper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Habas	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	0.05	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	521.18
								%DIST. D	25.68
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carns de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.54	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	6.79
Caigua Serran	150.00	97.00	2.18	0.16	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.42	0.03	1.22	1	0.29	4.86	6.05
Aceto 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 fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Herba bueta	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	82.00	0.59	0.29	14.43	2	2.66	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	0.08	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	0.0156	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	2.68	0.09	21.54	11.52	0.21	88.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.62	10	26.52	15.26	50.58
									355.51
									17.53
			55.34	30.14	383.96				
			221.37	271.28	1535.83				
			19.91	13.37	75.71				
					100.00			VCT MEN	2028.49

Paola Yohane Barrios Sorio
Paola Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5769

CONSEJO EDICSA Y SPAFO E.I.R.L.

M. CRISTINA CHURATA Q.
M. CRISTINA CHURATA Q.
 REPRESENTANTE



Paola Yohane Barrios Sorio
 Lic. Yohane Barrios Sorio
 NUTRICIONISTA
 C.N.P. 5769