

MENUS PROPUESTOS PARA POBLACION PENAL AREQUIPA - MES DE JULIO 2018

domingo, 01 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO ALIVENDADO, ARROZ, PAPA, REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 02 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + QUESO DE CHANCHO	CALDO DE GALLINA + REFRESCO + FRUTA	GUISO DE FIDEOS CON POLLO + ARROZ + INFUSION
martes, 03 de julio de 2018	HARINA DE HABAS + 02 PANES + MANAR	GUISO DE ARVEJITA PARTIDA CON CHANCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO + INFUSION
miércoles, 04 de julio de 2018	CEBADA CON LECHE + 02 PANES + ACETUNA	POLLO AL BILAO + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MARGAR
jueves, 05 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	CAU + CAU DE JANCITA + ARROZ + REFRESCO + FRUTA	ARROZ CON HUEVO + INFUSION
viernes, 06 de julio de 2018	SOPA CON MARGARITA + 02 PANES + MARGARINA	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MARGARITA MORADA + 01 PAN
sábado, 07 de julio de 2018	COCOA + 02 PANES + ATUN	HIGADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	POLLO AL MARI + ARROZ + INFUSION
domingo, 08 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES, ARROZ, REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
lunes, 09 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + QUESO DE CHANCHO	REVUELTO DE CHUÑO + ARROZ + REFRESCO + FRUTA	TALLARIN CON CARNE MUELDA + INFUSION
martes, 10 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	GUISO DE FREID, CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON MENUDENCIA DE POLLO + INFUSION
miércoles, 11 de julio de 2018	CEBADA CON LECHE + 02 PANES + PALTA	ASADO DE POLLO + ARROZ + REFRESCO + FRUTA	INFUSION + 02 PAN CON MERMELADA
jueves, 12 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	PICANTE A LA TACUEÑA + ARROZ + REFRESCO + FRUTA	ARROZ CHAUTA CON HUEVO + HOT DGS + INFUSION
viernes, 13 de julio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MARGARITA DE MANAR CON LECHE + 02 PAN
sábado, 14 de julio de 2018	COCOA + 02 PANES + HUEVO SANCOCHADO	HINO DE ZAPALLO + ARROZ + REFRESCO + FRUTA	GUISO DE FIDEOS CON POLLO + ARROZ + INFUSION
domingo, 15 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	SECO DE POLLO + ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO + INFUSION
lunes, 16 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + QUESO DE CHANCHO	AGUADITO CON MENUDENCIA DE POLLO + REFRESCO + FRUTA	CAMOTE APRISCOADO + ARROZ + INFUSION
martes, 17 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	GUISO DE LENTILLAS CON CHANCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO + INFUSION
miércoles, 18 de julio de 2018	CEBADA CON LECHE + 02 PANES + ACETUNA	POLLO AL BILAO + ARROZ + REFRESCO + FRUTA	INFUSION + 02 PAN CON MARGARINA
jueves, 19 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	MATASQUITA DE POLLO + ARROZ + REFRESCO + FRUTA	ARROZ A LA JARONERA CON SALORINA + INFUSION
viernes, 20 de julio de 2018	SOYA CON MARGARITA + 02 PANES + MARGARINA	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MARGARITA MORADA + 01 PAN
sábado, 21 de julio de 2018	COCOA + 02 PANES + ATUN	HIGADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	POLLO A LA MOSTAZA + ARROZ + INFUSION
domingo, 22 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ALIVENDADO DE CARNE + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 23 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + QUESO DE CHANCHO	CHALUPANTA + ARROZ + REFRESCO + FRUTA	TALLARIN CON CARNE MUELDA + INFUSION
martes, 24 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	FRUOLA LA CHILENA CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO + INFUSION
miércoles, 25 de julio de 2018	CEBADA CON LECHE + 02 PANES + PALTA	ASADO DE POLLO + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MANAR
jueves, 26 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	LOCO DE PAPA + ARROZ + ENSALADA + FRUTA + REFRESCO	ARROZ AMARILLO CON POLLO + INFUSION
viernes, 27 de julio de 2018	SOPA CON PAPA + 02 PANES + MERMELADA	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MARGARITA DE MANAR CON LECHE + 02 PAN
sábado, 28 de julio de 2018	COCOA + 02 PANES + HUEVO SANCOCHADO	HINO DE ZAPALLO + ARROZ + REFRESCO + FRUTA	POLLO ENCEBOLADO, ARROZ + INFUSION
domingo, 29 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ASADO DE CERDO + PAPA + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MARGARINA
lunes, 30 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + QUESO DE CHANCHO	GUISO DE FIDEOS CON POLLO + ARROZ + REFRESCO + FRUTA	HIGADO FRITO + ARROZ + INFUSION
martes, 31 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	GUISO DE ARVEJITA PARTIDA CON CHANCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA	SOPA DE FIDEOS CON MENUDENCIA DE POLLO + INFUSION

He Gladys R. Quispe Detet
NUTRICIONISTA
C.M.F. 6148

ESTABLECIMIENTO PENAL
VERO
MARGARITA
P.A.R.

domingo, 01 de julio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: AVENA CON LECHE+ 02 PANES + QUESO									PCR MENU
Avena, hojuel	30.00	100.00	3.90	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	60.00	100.00	6.60	6.48	6.72	22	58.32	34.88	115.60
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	6.40	9.00	0.88	34	81.00	3.96	118.58
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	702.20
								%DIST. DES.	28.00

Almuerzo: POLLO ALMENDRADO,ARROZ,PAPA, REFRESCO Y FRUTA									
Carno de Poli	160.00	75.00	24.72	4.32	0.00	99	38.88	0.00	137.76
Arroz Pilado a	150.0	100.00	12.30	0.75	116.70	49	6.75	466.50	522.75
Sal	12.00	100.00	0.14	0.06	0.80	1	0.54	3.94	5.08
Aceto vegetal	28.00	100.00	0.00	28.00	0.00	0	252.00	0.00	252.00
Mani crudo. c	10.00	95.00	2.25	4.58	1.68	9	41.21	6.73	57.10
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Glutamato mo	0.20	100.00	0.03	0.00	0.17	0	0.00	0.89	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado s	3.00	68.0	0.14	0.16	1.20	1	1.43	4.79	6.29
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.38	3.35
Ajo	2.00	80.00	0.06	0.01	0.49	0	0.13	1.95	2.42
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	20.00	98.00	0.18	0.04	0.85	1	0.36	3.41	4.40
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Plátano de sa	150.0	85.00	1.91	0.36	26.78	8	3.44	107.10	118.19
								VC ALMUERZ	1442.97
								%DIST. ALM.	57.54

CENA: INFUSIÓN + 01 PAN CON MERMELEDA									
Hierbas	7.00	54.00	0.13	0.04	0.36	0.47	0.34	1.05	1.87
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada D	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de libran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.57	114.91
								VC CENA.	363.79
								%DIST. CEN.	30.47
		VCT (Gr.)	72.91	55.58	429.02				
		VCT (Kcal.)	291.62	500.25	1716.09				
		VCT (%)	11.63	19.95	68.43				
					100.00			VCT	2507.96

BRUNO CONSEJO
Hector



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

lunes, 2 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL. %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: SEMOLA CON VAINILLA +02 PANES + QUESO DE CHANCHÓ									
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Vainilla	2.00	100.00	0.01	0.00	0.35	0	0.02	1.42	1.47
Canela entera	3.00	54.00	0.03	0.01	1.37	0	0.13	5.46	5.71
Clove de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.49	0.50
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de lebrón	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Queso de cha	30.00	100.00	6.09	5.19	0.30	24.12	46.71	1.20	72.03
								VC DES.	532.30
								% Diet	26.95

Almuerzo: GALLO DE GALLINA + REFRESCO + FRUTA									
Carné de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.028	0.00	78.65
Ajos	5.00	60.00	0.22	0.03	1.22	0.90	0.266	4.86	6.08
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	362.20
Acete vegeta	18.00	100.00	0.00	18.00	0.00	0.00	162	0.00	162.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.84	0.06
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.305	2.55	3.64
Papa blanca	100.0	95.00	2.00	0.10	21.19	7.98	0.855	84.74	93.58
Apio	8.00	75.00	0.04	0.01	0.29	0.17	0.198	1.15	1.43
Poro	8.00	66.00	0.14	0.04	0.40	0.67	0.38016	1.61	2.66
Nabo	5.00	66.00	0.02	0.01	0.12	0.08	0.0594	0.48	0.61
Cebolla de ca	3.00	85.00	0.04	0.01	0.29	0.14	0.0459	1.15	1.34
Pimienta enta	2.00	100.00	0.17	0.18	1.27	0.67	1.44	5.08	7.19
Kiwi	5.00	49.00	0.40	0.05	0.45	1.60	0.45	1.80	3.85
Guamato me	1.00	100.00	0.11	0.00	0.87	0.44	0	3.47	3.91
Azúcar rubia	45.00	100.00	0.00	0.00	44.24	0.00	0	176.94	176.94
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC Alm	1017.18
								% Diet	49.0

CENA: GUISO DE FIDEOS CON POLLO + ARROZ + INFUSION									
Carné de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	96.10
Arroz Pilado	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
Acete vegeta	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Anchoas fresc	25.00	84.00	0.96	0.08	2.54	4	0.73	30.15	14.72
Zanahoria	25.00	92.00	0.14	0.12	2.12	1	1.04	8.46	10.06
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.50	5.11	6.88
Hierbas	2.00	54.00	0.03	0.01	0.66	0	0.10	0.30	0.53
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.98	117.98
								VC CEN.	991.21
								%DIS CEN.	39.01
		VCT (Gr.)	73.13	54.41	410.04				
		VCT (Real)	315.95	518.63	1708.12				
		VCT (%)	12.4	20.4	67.2				
					100.00				
								VCT	2540.70


 RICARDO LLANOS TINEO
 FARMACIA Y SERVICIOS
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 G. Gladys B. Quiroga Duran
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martes, 03 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	HARINA DE HABAS + 02 PANES + MANJAR								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	6.13	71.52	105.61
Canela enrosa	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Claro de clar	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	6.07	33	137.70	20.28	190.50
Pan de lebran	60.00	100.00	5.75	0.58	43.00	23	1.82	172.32	190.88
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
								VC DES.	611.87
								%DIST. DES.	22.73

Almuerzo:	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA,REFRESCO Y FRUTA								
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arveja partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Cerdo de Cer	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 ca	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.39
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 vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pepinillo o Pe	70.00	88.00	0.31	0.06	1.60	1	0.55	6.41	8.19
Ajos	2.00	80.00	0.09	0.03	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	10.59
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Plátano de sa	150.0	85.00	1.91	0.58	25.78	8	3.44	107.10	118.19
								VC DES.	1488.05
								% DIS ALM.	55.29

CENA:	SOPA DE SEMOLA CON MENUDENCIA DE POLLO + INFUSION								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.92	138.33
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.15	2.68
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	60.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.67
Papa blanca	100.0	85.00	1.79	0.09	18.98	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 vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Azúcar rubia	55.00	100.0	0.00	0.00	34.41	0.00	0	137.52	137.52
								VC CEN.	591.49
								%DIST. CEN	21.98
		VCT (Gr.)	87.87	60.89	447.98				
		VCT (Kcal.)	351.47	548.00	1791.94				
		VCT (%)	13.1	20.4	68.6				
					100.00			VCT MENU	2691.42

SIRAG CONSEJO

Hector J. Quiroga
RESERVA

Jc. Gloria R. Quiroga Durán
NUTRICIONISTA
C.N.P. S.W.D

miércoles, 4 de Julio 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:	CEBADA CON LECHE + 62 PANES + ACITUNA								
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	6.31	80.88	109.65
Leche evap	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
Acetuna	30.00	86.0	0.41	8.28	1.88	2	74.54	7.53	83.71
Pan de labran	60.00	100.00	5.76	0.38	43.08	23	3.42	172.32	198.78
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
								VC DES.	652.47
								%DIST. DES.	25.09

ALMUERZO: POLLO AL SILLAO + ARROZ + REFresco + FRUTA									
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.73
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	84.06	0.00	156.13
Sillao	10.00	100.00	1.13	0.96	0.10	5	8.64	0.40	13.56
Aceite vegeta	15.0	100.00	0.00	15.60	0.00	0	135.00	0.00	135.00
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	8.94	5.05
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Cebolla china	35.00	71.00	0.57	0.10	1.86	2	0.89	7.46	10.64
Mandioca	40.00	100.00	2.56	0.16	30.84	10	1.44	123.36	135.04
Plimiento	35.00	90.00	0.47	0.16	2.43	2	1.42	9.70	13.01
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC ALMUERZO	1380.41
								%DIST. ALM.	55.21

CENA: INFUSION + 01 PAN CON MANJAR									
Herbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.87
Azúcar rubia	45.00	100.00	0.00	0.00	44.24	0	0.00	176.94	176.94
Manjar blanco	30.00	100.00	7.78	15.30	5.07	31	137.70	20.28	189.10
Pan de labran	30.00	100.00	2.98	0.08	21.54	12	0.81	86.16	98.89
								VC GEN.	407.60
								%DIST. GEN.	18.70
		VCT (Gr.)	78.17	83.17	427.33				
		VCT (Kcal.)	312.68	478.50	1709.30				
		VCT (%)	12.5	19.1	88.4				
					100.00			VCT MENU	2500.40

DIAGNÓSTICO NUTRICIONAL

 Hugo Quiroga Tito
 NUTRICIONISTA


 Lic. Hugo Quiroga Tito
 NUTRICIONISTA



Jueves, 5 de Julio de 2018

AUMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
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	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labra	60.00	100.0	5.76	0.18	43.08	23.04	1.62	173.32	196.98
Camote mora	100.0	92.00	2.29	0.78	23.64	9	2.48	94.58	106.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	625.06
								%DIST. DES.	24.10

ALMUERZO:	CAU CAU DE PANCITA + ARROZ + REFRESCO + FRUTA								
Mondongo de	120.0	85.00	17.24	3.57	1.02	69	32.13	4.08	105.98
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.34	3.94	5.05
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji Amarillo (	4.00	92.00	0.03	0.03	0.32	0	0.23	1.30	1.66
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	10.00	87.00	0.12	0.02	0.98	0	0.16	3.93	4.58
Arvejas fresca	30.00	34.00	1.15	0.10	3.06	5	0.67	12.18	17.66
Zanahoria	30.00	79.00	0.25	0.12	2.18	1	1.07	8.72	10.79
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	40.00	100.00	0.00	0.00	39.64	0	0.00	158.56	158.56
								V.C. ALMUERZO	1225.92
								% DISTR. ALMUE	47.27

CENA:	Arroz con huevo frito + infusion								
Huevo de gal	80.00	109.00	8.83	6.49	1.18	35	46.44	4.71	89.47
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.20	0.04	0.66	1	0.36	2.62	3.78
Glutamato m	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.89
Cebolla de ca	60.00	67.00	0.65	0.08	4.54	3	0.72	18.17	21.49
Tomate	40.00	79.00	0.28	0.08	1.36	1	0.57	5.44	7.02
Brécol	12.00	100.00	5.38	1.15	0.12	23	10.37	0.48	32.29
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	742.27
								%DIST. DES.	28.62
			88.00	62.90	437.72				
			272.00	566.13	1750.88				
			10.49	21.83	67.52				
					100.00			VCT	2593.28

1. J. GONZALEZ GONZALEZ
 INSA
 15 JUL 2018
 15 JUL 2018



viernes, 06 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: SOYA CON MANZANA+02 PANES + MARGARINA									
Harina de soya	30.00	100.00	2.61	1.58	21.38	30	17.55	85.44	113.43
Manzana de s	10.00	80.00	0.02	0.01	1.17	0	0.07	4.67	4.84
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	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	8.64	0.27	84.82	35	2.43	258.48	295.47
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
								VC DES.	701.18
								%DIST. DES.	28.34

Almuerzo: PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA									
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.68	2.59	264.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	523.75
Tomate	30.00	90.00	0.21	0.05	1.16	1	0.48	4.64	5.99
Papinillo o Pe	80.00	72.00	0.25	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	3.84	5.05
Mandioca	27.00	100.00	1.73	0.11	20.82	7	0.97	83.27	91.15
Aceite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.36	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trig	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	3.84	5.05
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.68	0.78
Vinagre	10.00	100.00	0.00	0.10	0.50	0	0.90	2.00	2.60
Plátano de sa	150.0	88.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM.	1573.49
								%DIST. ALM.	59.11

CENA: MAZAMORRA MORADA+ 01 PAN									
Pan de labran	30.00	100.00	3.68	0.09	21.54	12	0.81	86.16	98.48
Maiz morado	60.00	67.00	2.08	0.97	21.72	8.32	6.72	86.87	103.91
Papa	25.00	64.00	0.08	0.03	1.57	0.28	0.29	8.27	8.82
Azúcar rubia	45.00	100.00	0.00	0.00	44.24	0.00	0.00	176.94	176.94
Canela entera	0.50	54.00	0.01	0.00	0.23	0.02	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.00	0.00	0.06	0.01	0.00	0.23	0.25
								VC CEN	387.36
								%DIST. CEN	14.66
		VCT (Gr.)	83.80	69.68	446.16				
		VCT (Kcal.)	236.21	646.20	1789.62				
		VCT (%)	12.8	20.5	68.9				
					100.00			VCT	2682.03

BRIMO CONSEJO

Director General
Representante

Dr. Carlos E. Quirós Durán
R. MINISTRO
C.P. 6142



sábado, 7 de julio de 2018

AUMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: COCOA+ 02 PANES + ATUN									
Cocoa	4.00	100.00	0.75	0.68	1.91	3	8.16	7.63	16.84
Canela enter	0.10	100.0	0.00	0.00	0.08	0.01	0.0001	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labrar	80.00	100.0	5.79	0.18	43.08	23.64	1.62	172.32	196.86
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.70	52.38
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES	494.23
								%DIST. DES.	18.19

ALMUERZO: HIGADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA									
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.1896	4.68	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.63	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Glutamato me	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pan seco mo	20.00	100.00	2.20	0.98	16.50	8.80	5.04	68.00	79.84
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.26	31.46	36.61
Pimienta mol	0.3	100	0.04	0.04	0.32	0.17	0.38	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								V.C. ALMUERZO	1240.66
								% DISTR. ALMUERZO	45.90

CENA: POLLO AL MANI+ ARROZ + INFUSION									
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Mani crudo, c	25.00	85.00	5.12	10.24	3.76	20	92.18	15.05	127.71
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Glutamato me	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.08	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Cebolla de ca	60.00	67.00	0.66	0.08	4.54	3	0.72	18.17	21.53
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
								VC CEN.	975.37
								%DIST. CEN.	38.91
		VCT (Gr.)	85.26	74.43	426.39				
		VCT (Kcal.)	341.04	669.83	1705.57				
		VCT (%)	13	24.68	62.79			VCT MENU	2716.45


 José Guispe Tito
 PRESIDENTE


 José Guispe Tito
 PRESIDENTE
 C.N.P. 6143



domingo, 08 de julio de 2018

ALIMENTO	graber (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								POR MENU
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	18	10.80	86.40	113.16
Leche evapor	60.00	100.00	5.60	5.42	6.72	22	58.32	34.88	115.60
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.05	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	3.99	34	81.00	3.99	118.95
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.52	172.32	196.95
								VC DES.	702.26
								%DIST. DES.	27.96

Almuerzo:	ESTOFADO DE RES, ARROZ, REFRESCO Y FRUTA								
Carné de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Anchoas fresc	35.00	54.00	3.34	0.11	3.50	13	1.02	14.21	28.59
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 o	100.0	100.00	12.30	0.75	116.70	45	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.87	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
Orégano seco	2.00	54.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.05	0.00	0.08	0	0.00	0.32	0.34
Glutamato en	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimentón ente	0.3	100	0.05	0.02	0.19	0	0.22	0.76	1.19
Aji verde (2)	10.00	67.00	0.27	0.05	0.83	1	0.46	3.32	4.89
Anchoas fresc	35.00	54.00	1.34	0.11	3.50	3	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 s	3.00	52.00	0.11	0.12	0.92	0	1.10	3.66	5.19
Acetón vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.05	13.58	16.13
Cebolla de ca	60.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	86.00	1.54	0.39	27.09	8	3.48	108.36	119.56
								VC Alm	1389.72
								% Dist	55.22

CENA:	INFUSION +01 PAN CON MARGARINA								
Hierbas	10.00	60.00	0.23	0.05	0.42	1.16	0.04	1.88	3.38
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	25.00	100.00	0.15	20.00	0.00	1	184.90	0.00	185.10
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	96.15	99.49
								VC CEN.	424.59
								%DIST. CEN.	16.87
		VCT (Gr.)	79.81	61.92	410.20				
		VCT (Kcal.)	318.45	657.27	1640.80				
		VCT (%)	13	22.14	65.20			VCT MENU	2616.51

SHARON GARCIA

SHARON GARCIA
NUTRICIONISTA
C.R.P. 5140

Dr. Gladys R. Quiroga Dávalos
NUTRICIONISTA
C.R.P. 5140



lunes, 09 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: SENCILLA CON VAINILLA +02 PANES + QUESO DE CHANCHO									
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	23.89	64.56	116.85
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.13	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.03	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Queso de cha	30.00	100.00	6.03	5.19	0.90	34.12	46.71	1.20	72.03
								VC DES.	525.34
								% DIS	18.13

ALMUERZO: REVUELTO DE CHUNO+ ARROZ+ REFRESCO + FRUTA									
Huevo de gall	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.82
Leche evascon	25.00	100.00	1.75	2.00	2.73	7	18.23	10.90	36.13
Queso para	30.00	100.00	8.40	8.00	0.99	34	81.00	3.96	118.96
Arroz Pilado o	150.00	100.00	12.30	0.76	116.70	49	6.75	466.80	622.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.07
Papa blanca	100.0	85.00	1.79	0.09	18.95	7	0.77	75.82	83.73
Ajos	2.00	80.00	0.09	0.01	0.49	0.38	0.12	1.95	2.42
Chuflo	80.0	100.00	3.20	0.19	69.62	13	1.44	254.05	268.32
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajil colorado s	2.00	68.00	0.10	0.11	0.80	0.38	0.95	3.19	4.63
Huacatay	4.00	86.00	0.13	0.02	0.21	0.63	0.19	0.94	1.66
Cebolla de co	60.00	67.00	0.56	0.06	4.54	2	0.72	18.17	21.15
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	5.19	7.99
Azúcar rubia	20.00	100.00	0.00	0.00	19.65	0	0.00	78.64	78.64
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	94.09	73.79
								VC DES.	1436.45
								% DIS ALM.	49.66

CENA: TALLARIN CON CARNE MOLIDA+ INFUSION									
Carne de res	50.0	100.0	0.72	0.05	0.00	3	0.43	0.00	3.39
Fideos	200.00	100.00	18.80	0.40	156.40	75	3.60	625.60	704.40
Aceto vegetal	30.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pimienta esta	0.3	100	0.03	0.00	0.19	0	0.32	0.76	1.08
Zanahoria	40.00	86.00	0.21	0.18	3.24	1	1.58	12.95	15.38
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Glutamato m	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Ajil colorado s	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	19.65	0	0.00	78.64	78.64
								VC CEN.	936.52
								DIS CEN.	32.31
		VCT (Gr.)	72.39	54.24	530.15				
		VCT (Kcal.)	289.54	488.17	2120.59				
		VCT (%)	10.0	16.8	73.2				
					100.00			VCT MENU	2898.30

BRUNO GONZALEZ

[Firma]
 Hector Quijpe
 REPRESENTANTE

[Firma]
 J. Gladys E. Quijpe Jarama
 NUTRICIONISTA
 C.P.P. BOLD



martes, 10 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: HARINA DE HABAS + 02 PANES + JAMONADA									
Harina de Hab	30.00	100.00	7.29	0.57	17.68	29	5.13	71.52	105.81
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
Jamonada	30.00	100.00	4.71	8.65	0.30	18.84	79.65	1.20	99.63
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	560.38
								%DIST. DES.	20.13

Almuerzo:	GUISO DE FREIDL CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA								
Carne de Cer	50.0	85.00	5.12	6.42	0.00	24	57.75	0.00	82.24
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Filado	150.0	100.00	12.90	0.75	116.70	49.20	4.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.44	0.86	0.81	5.90	7.58
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.50	5.11	6.59
Hierba buena	1.80	64.00	0.04	0.01	0.08	0.14	0.10	0.32	0.57
Lechuga rojo	80.00	82.00	0.89	0.19	1.38	3	1.18	5.51	10.10
Glutamato m	0.30	100.00	0.03	0.00	0.26	0.13	0.00	1.04	1.17
Ajos	5.00	100.00	0.28	0.04	1.52	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 ca	60.00	67.00	2.80	0.08	4.54	11.20	0.72	18.17	30.09
Aji colorado	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Plátano de co	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.98
								VC ALM.	1415.70
								%DIST. ALM.	58.86

CENA:	SOPA DE FIDEOS CON MENUDENCIA DE POLLO + INFUSION								
Menudencia	60.00	85.00	10.10	2.40	0.00	40	21.67	0.00	61.97
Fideos	100.00	100.00	9.40	0.20	78.20	38	1.80	112.80	152.20
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
Zanahora	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.08	0.96	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								VC CEN.	607.37
								%DIST. CEN	26.01
		VCT (Gr.)	92.55	47.51	496.18				
		VCT (Kcal.)	370.20	428.52	1984.73				
		VCT (%)	13.3	15.4	71.3				
					100.00			VCT MENU	2783.45


 COORDINADOR
 INSTITUTO VENEZOLANO
 DE INVESTIGACIONES CIENTÍFICAS
 Y TECNOLÓGICAS


 JEFE DE
 DEPARTAMENTO
 DE INVESTIGACIONES
 Y TECNOLÓGICAS



miércoles, 31 de julio 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:	HARINA DE CEBADA + 02 PANES + PALTA								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.68	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	31.09	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	0.30	54.00	0.00	0.00	0.03	0	0.00	0.05	0.05
Palta p.c.	30.00	85.00	0.51	3.79	1.68	2	33.79	6.72	42.51
Pan de lebran	90.00	100.00	5.76	0.38	43.08	23	3.42	172.32	198.78
Azucar rubia	45.00	100.0	0.00	0.00	44.60	0	0.00	178.38	178.38
								VC DES.	681.09
								NDIST. DES.	25.18

Almuerzo:	ASADO DE POLLO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado o	150.0	100.00	12.30	0.79	118.70	49	6.79	468.80	523.78
Sal	18.00	100.00	0.22	0.88	1.48	1	0.81	5.90	7.58
Acelote vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Glutamato mo	2.00	100.00	0.22	0.00	1.74	1	0.00	6.94	7.82
Pimienta molí	3	100	0.25	0.24	1.81	1	2.16	7.62	10.79
Ají colorado s	8.00	98.0	0.55	0.81	4.80	2	9.50	18.41	28.11
Cominos	5.00	100.00	0.30	0.81	3.97	1	0.09	15.88	16.77
Lechuga redó	80.00	92.00	0.98	0.15	1.55	4	1.32	6.18	11.33
Pepinito o Pe	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.93	3.63
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	69.96	70.20
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Azúcar rubia	45.00	100.0	0.00	0.00	44.60	0	0.00	178.38	178.38
Naranja	150.00	85.00	1.53	0.38	13.90	8.12	2.296	55.59	84.01
								VC ALMUERZ	1482.67
								NDIST. ALMUERZ	59.56

CENA:	INFUSION + 01 PAN CON MERMELEDA								
Hierbas	7.00	54.00	0.12	0.04	0.25	0.47	0.34	1.06	1.87
Azúcar rubia	45.00	100.00	0.00	0.00	44.24	0	0.00	176.94	176.94
Mermelada D	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de lebran	38.00	100.00	3.36	0.11	25.19	13	0.95	100.52	114.91
								VC CENA	382.45
								NDIST. CEN.	15.26
			VCT (Gr.)	60.48	43.19	459.91			
			VCT (Kcal.)	277.90	388.68	1839.68			
			VCT (%)	11.09	16	73.40			
					100.00			VCT	2506.21

SECCION CONTROL DE CALIDAD
Hector Céspedes Tór.
REPRESENTANTE

Dr. Carlos R. Quiroz Dorado
MUTUOINVESTA
C.R.F. 640



Jueves, 12 de julio 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:	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
Cavo 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 labran	60.00	100.0	5.76	0.18	48.06	23.04	1.62	172.32	196.98
Camote moro	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.31
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	578.11
								%DIST. DES.	23.06

Almuerzo:	Picante a la tacueña, amoz., refresco y fruta								
Amoz Pilado o	150.0	100.00	12.30	0.75	118.70	49.20	0.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Mandongo de	120.0	70.00	14.20	2.94	0.84	57	38.46	3.38	86.60
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	0.88	0.81	5.90	7.58
Papa blanca	380.0	82.00	5.17	0.25	54.86	20.66	2.214	219.43	242.31
Aji colorado s	2.00	52.00	0.07	0.08	0.81	0.29	0.73058	2.44	3.46
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.3618	9.08	10.57
Pimienta ente	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	0.188732	0.45	0.84
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0.00	0	78.64	78.64
Naranja	156.00	80.00	1.49	0.25	13.52	5.95	2.232	84.08	62.25
								VC ALM	1204.66
								% DIST. ALM	48.05

CENA:	Arroz chaufa con huevo y hot dog e infusion								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha Hot	25.00	100.00	5.10	8.58	0.25	20	77.18	1.00	98.58
Arroz Pilado o	100.00	100.00	9.60	0.50	77.80	38	4.50	311.20	354.10
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato de	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96
Cebolla china	30.00	71.00	0.60	0.09	1.60	2	0.77	6.39	9.56
Pimiento	30.00	88.00	0.40	0.08	1.28	2	0.75	5.11	7.46
Sillao	12.00	100.00	2.50	1.15	0.12	10	10.37	0.48	20.85
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	724.38
								%DIST. DES.	28.89
			63.50	67.86	410.38				
			253.98	610.74	1642.34				
			10	24	66				
					100.00			VCT	2507.05


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


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



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ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL.M. POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: SOYA CON PIÑA+02 PANES + MERMELEADA									
Harina de soya	30.00	100.00	2.61	1.95	21.35	30	17.55	85.44	113.43
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	40.00	100.00	0.00	0.00	44.24	0	0.00	176.94	176.94
Mermelada D	30.00	100.00	0.12	0.06	21.93	0	0.34	87.72	88.74
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.68
								VC DES.	584.88
								NOIST. DES.	22.77

Almuerzo:	PESCADO FRITO + ARROZ + ENSALADA + REFresco + FRUTA								
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.68	2.59	264.54
Arroz Pilado n	150.00	100.00	12.30	0.75	114.70	49	6.73	466.80	522.75
Tomate	30.00	50.00	0.23	0.05	1.16	1	0.49	4.64	5.89
Pepinillo a Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	27.00	100.00	1.73	0.11	20.82	7	0.97	83.27	91.15
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato m	0.30	100.00	0.02	0.09	0.17	0	0.00	0.63	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.20	118.19
Azúcar rubia	95.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
							VC ALM.		1554.86
							NDIST. ALM.		60.56

CENA:	MAZAMORRA DE MAIZENA CON LECHE+ DL PAN								
Maizena	40.00	100.00	0.34	0.08	34.68	0.96	0.73	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.52
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.013123	0.35	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.000972	0.05	0.05
Pan de lebrón	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	9.82	10	25.53	15.26	50.58
								VC CENA	427.71
								%DIST. CEN.	16.66
		VCT (Gr.)	80.99	48.07	457.18				
		VCT (kcal.)	323.96	414.64	1828.45				
		VCT (%)	12.62	16.15	71.23				
					100.00			VCT MENU	2587.26

Researcher's name: _____

4-20-78
DATE

Dr. George R. Quinn, Darius
HATHORNOTA
C.R. 65-1



sábado, 14 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: 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	30.00	100.0	0.00	0.00	29.43	0.00	0	117.96	117.96
Pan de haban	60.00	100.0	5.76	0.18	43.08	23.04	1.63	172.32	196.98
Huevo de gall	60.00	58.00	7.94	4.94	1.66	32	44.45	4.23	80.44
								VC DES.	412.63
								%DIST. DES.	16.48

ALMUERZO: BIRO DE ZAPALLO + ARROZ + REFRESCO + FRUTA									
Leche evapor	30.00	100.00	2.10	1.43	3.27	8	21.87	13.08	43.35
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.19	113.73	125.59
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo maca	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco. 4	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	88.00	3.31	0.16	5.28	13	1.47	21.13	35.84
Ajos	3.00	80.00	0.13	0.03	0.73	1	0.17	2.92	3.63
Aceite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de ca	13.00	98.00	0.21	0.03	1.66	1	0.26	6.64	7.73
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC ALM.	1294.88
								% DIS ALM.	50.11

CENA: GUIISO DE FIDEOS CON POLLO + ARROZ + INFUSION									
Carne de Pol	100.00	75.00	16.45	2.70	6.00	62	24.30	0.00	86.10
Arroz Pilado o	30.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Fideos	60.00	100.00	5.64	0.12	48.92	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 fresco	25.00	54.00	0.96	0.08	2.94	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 ca	20.00	87.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	89.00	0.24	0.06	1.28	1	0.63	5.11	6.59
Hierbas	2.00	64.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Azúcar rubia	20.00	100.0	0.00	0.00	19.98	0.00	0	78.64	78.64
								VC CEN.	836.86
								%DIS CEN.	33.41
		VCT (Gr.)	78.60	49.07	457.29				
		VCT (kcal.)	314.38	369.62	1829.16				
		VCT (%)	12.6	14.4	73.0				
					100.00				
								VCT	2504.18


 Hilda C. R. Quiroz
 R.S.M. 6492


 Hilda C. R. Quiroz
 R.S.M. 6492



domingo, 15 de julio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	AVENA CON LECHE+ 07 PANES + QUESO								POR MENU
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.18
Leche evapor	80.00	100.00	5.80	8.48	8.72	22	58.32	34.88	115.60
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.58	0.57
Ciavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.05
Queso paná	30.00	100.00	5.40	0.00	0.96	34	81.00	3.96	118.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	188.98
								VC DES.	662.88
								%DIST. DES	26.01

Almuerzo:	SECO DE POLLO+ ARROZ+ REFRESCO+ FRUTA								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	256.13
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	456.90	522.75
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.30	136.93
Sal	12.00	100.00	0.14	0.08	0.98	1	0.64	3.94	5.05
Acidto vegetal	22.00	100.00	0.00	22.00	0.00	0	198.00	0.00	198.00
Cilantro	60.00	57.00	0.94	0.37	2.00	4	3.33	7.98	15.08
Espinaca neg	60.00	57.00	1.36	0.44	2.38	5	3.93	9.51	18.87
Cebolla de ca	20.00	57.00	0.19	0.03	2.51	1	0.24	10.04	11.09
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajoca	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresco	40.00	62.00	1.76	0.15	6.08	7	1.34	24.32	32.70
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.89	13.58	16.13
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
Plátano de es	150.0	86.00	1.94	0.39	27.09	8	3.48	104.96	119.58
								VC DES.	1368.67
								%DIST. DES.	53.30

CENA:	SOPA DE SEMOLA CON MENUDENCIA DE POLLO + INFUSION								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	81.97
Semola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Apio	15.00	75.00	0.08	0.03	0.94	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	18.87
Papa blanca	100.0	85.00	1.79	0.09	18.95	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.64	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajoca	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
Acidto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC CEN.	627.26
								%DIST. CEN	20.69
		VCT (gr.)	83.43	62.95	482.00				
		VCT (kcal.)	373.72	565.91	1607.95				
		VCT (%)	14.7	22.2	63.1				
					100.00			VCT MENU	2648.32

Eduardo Conde

Hector Cuervo TR
REPRESENTANTEDr. Jorge R. Quiroz Durán
FARMACISTA
C.R.P. 6701

lunes, 16 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: SEMOLA CON VAINILLA +02 PANES + QUESO DE OLANCHO									
Semola de Trf	30.00	100.00	5.85	3.21	14.14	23	28.89	64.56	116.85
Vainilla	0.14	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	40.00	100.00	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.31	186.98
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.30	72.03
								VC DES.	545.16
								% DIST.	21.34

ALMUERZO: AGUADITO CON MENUDENCIA DE POLLO + REFresco + FRUTA									
Menudencia	80.00	92.00	14.57	3.45	0.00	58	31.13	0.00	89.42
Arroz Pilado	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	88.00	0.21	0.18	3.28	1	1.80	18.10	18.56
Papa blanca	300.0	88.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Ancejas fresco	40.00	65.00	1.85	0.18	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.26	1.56	3	2.80	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.86	4	2.75	6.65	13.21
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	18.00	100.00	0.22	0.08	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	6.09
Azúcar rubia	45.00	100.00	0.00	0.00	44.00	0	0.00	178.38	178.38
								VC DES.	1036.36
								%DIST. DES.	40.37

CENA: CAMOTE ARREBOSADO + ARROZ + INFUSION									
Camote mori	100.00	84.00	1.18	0.25	21.59	5	2.27	86.95	93.32
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8.40	3.6	59.84	71.84
Arroz Pilado	90.00	100.00	7.38	0.45	70.00	30	4.00	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	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	76.04
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Huevo de gal	15.00	98.00	1.96	1.29	0.26	8	11.11	1.06	20.11
Azúcar rubia	40.00	100.00	0.00	0.00	39.64	0	0.00	158.56	158.56
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								V.C. CENA	985.33
								% DIST. CENA	38.39
	VCT (Gr.)		67.34	68.40	420.47				
	VCT (Kcal.)		289.38	615.61	1681.86				
	VCT (%)		10.5	24	66		V.C.T. MENU		2566.85
					100.00				


 REPRESENTANTE
 Sr. Claudio Tito
 PRESIDENTE



martes, 17 de julio de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	HARINA DE HABAS + 02 PANES + JAMONADA								
Harina de Habas	30.00	100.00	7.20	0.57	17.08	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
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	90.40
Pan de lebran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	30.00	100.0	0.00	0.00	29.48	0	0.00	117.96	117.96
								VC DES.	521.08
								%DIST. DES.	26.12

Almuerzo:	GUISO DE LENTEJAS CON CHANCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Lentejas	120.0	100.00	27.12	1.10	71.20	106	10.80	292.80	412.08
Cerdo de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado a	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	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pepinillo o Pe	70.00	88.00	0.31	0.06	1.60	1	0.55	6.43	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	1	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC DES.	1455.79
								% DIS ALM.	56.25

CENA:	SOPA DE ARROZ CON MENUDENCIA DE POLLO + INFUSION								
Menudencia c	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	134.48	150.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.34	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
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC CEN.	611.14
								%DIST. CEN.	23.61
		VCT (Gr)	81.96	55.69	439.73				
		VCT (Kcal)	327.85	501.23	1758.91				
		VCT (%)	13.7	19.4	68.0				
					100				
								VCT	2587.99

ANEXO 1

 MARCO
 NUTRICIONISTA


 LE GARCIA R. Dora Dora
 NUTRICIONISTA
 C.F.F. GAO



domingo, 18 de junio de 2017

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	CERADA CON LECHE + 02 PANES + ACEITUNA								
Cebada harin.	30.00	100.00	5.64	0.69	20.22	23	6.31	80.88	109.65
Leche evapori	70.00	100.00	4.90	5.67	7.68	20	51.09	30.52	101.25
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	86.0	0.41	8.28	1.88	2	74.54	7.53	83.71
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	34.69	0	0.00	138.74	138.74
								VC DES.	690.85
								%DIST. DES.	25.11

ALMUERZO: POLLO AL SILLAO+ ARROZ+ REFRESCO + FRUTA									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Sillao	10.00	100.00	1.13	0.96	0.10	5	8.64	0.40	11.56
Aceite vegeta	15.0	100.00	0.00	15.00	0.00	0	145.00	0.00	135.00
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	113.79	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	60.00	67.00	0.55	0.08	4.54	2	0.72	18.17	21.15
Cebolla china	35.00	71.00	0.57	0.10	1.86	2	0.89	7.46	10.64
Mandioca	40.00	100.00	2.56	0.16	30.84	10	1.44	123.36	135.04
Pimienta	35.00	90.00	0.47	0.16	2.48	2	1.42	9.70	13.01
Plátano de se	150.0	85.00	1.91	0.36	25.78	8	3.44	107.10	118.19
Azúcar rubia	40.00	100.00	0.00	0.00	39.64	0	0.00	158.56	158.56
								VC ALMUERZO	1418.29
									56.43

CENA: INFUSION +01 PAN CON MARGARINA									
Hierbas	12.00	85.00	0.12	0.10	0.71	1.26	0.92	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina 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.	463.27
								%DIST. DES.	18.44
		VGT (Gr.)	70.57	62.31	417.34				
		VGT (Kcal)	282.29	560.77	1569.35				
		VGT (%)	11.2	22	66.4				
					100				
								VC	2512.41


 Dr. Tito
 N.º de Tito





jueves, 19 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	CAFE + 02 PANES + CAMOTE FRITO								
Cafe sin azuca	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.0	0.00	0.00	34.58	0.00	0	98.30	98.30
Pan de laderan	60.00	100.0	5.76	0.18	49.08	23.04	1.62	172.32	196.98
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.31
Acetite vegeta	25.00	100.00	0.00	25.00	0.00	0	125.00	0.00	225.00
								VC DES.	623.11
								%DIST. DES.	24.31

Almuerzo:	MATASQUITA DE POLLO + ARROZ + REFRESCO + FRUTA								
Carne de Pol	100.00	85.00	17.72	3.10	0.00	71	27.86	0.00	96.73
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	496.80	622.76
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.49
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	0.03	0.74	0	0.41	2.95	3.79
Acete vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	100.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Arvejas fresca	30.00	54.00	1.15	0.16	3.05	5	0.87	12.18	17.66
Zanahoria	35.00	78.00	0.17	0.14	2.04	1	1.24	30.18	32.08
									1097.47
								% DIS ALM.	42.82

CENA:	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION								
Salchicha "ho	35.00	100.00	4.85	12.01	0.35	19	108.05	1.40	128.85
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	301.20	348.50
Acete 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	0.88	0	0.36	2.62	3.37
Glutamato mo	0.50	100.00	0.05	0.00	0.43	0	0.00	1.74	1.98
Fideos	35.00	80.00	5.83	0.08	20.90	23	0.50	83.60	106.62
Arvejas fresca	35.00	54.00	2.34	0.11	2.55	9	1.02	30.20	30.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	32.07	34.33
Pimiento	25.00	83.00	0.31	0.10	1.60	1	0.93	6.39	8.57
Azúcar rubia	40.00	100.0	0.00	0.00	38.68	0	0.00	74.64	74.64
								VC CEN.	842.42
								%DIST. CEN.	32.87
		VCT (Gr)	65.06	88.06	432.53				
		VCT (Kcal)	260.34	612.52	1690.14				
		VCT (%)	16.18	23.96	85.94				
					100.00			VCT	2863.00

DIANA GARCIA
Heitor G. G. G. G.
RESPONSABLE

Heitor G. G. G. G.
RESPONSABLE
CFC 610



151

viernes, 20 de julio de 2018

ALIMENTO	gr/por	convertible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	SOYA CON MANZANA+02 PANES + MARGARINA								
Harina de soya	30.00	100.00	2.81	1.95	31.36	10	17.55	85.44	113.43
Manzana de a	10.00	80.00	0.02	0.01	1.17	0	0.07	4.67	4.84
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	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	90.00	100.00	8.84	0.27	64.62	35	2.43	258.48	290.47
Margarina ve	20.00	100.00	0.12	15.40	0.00	0	147.60	0.00	148.08
								VC DES.	781.18
								%DIST. DES.	26.34

Almuerzo:	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.68	2.59	264.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.49	4.64	5.99
Papirillo o Pa	80.00	72.00	0.28	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	27.00	100.00	1.73	0.11	20.82	7	0.97	83.27	91.15
Acetite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.79	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	13	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato m	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	10.00	100.00	0.00	0.10	0.50	0	0.90	2.00	2.90
Pimiento de s	150.0	85.00	1.91	0.38	20.78	8	3.44	107.10	118.19
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM.	1573.49
								%DIST. ALM.	59.11

CENA:	MAZAMORRA MORADA+ 01 PAN								
Pan de labran	30.00	100.00	2.88	0.08	21.54	12	0.81	86.16	98.49
Maiz morado	50.00	57.00	2.08	0.97	21.72	8.32	8.72	88.87	103.91
Piña	20.00	64.00	0.06	0.03	1.57	0.26	0.28	6.27	6.82
Azúcar rubia	45.00	100.00	0.00	0.00	44.24	0.00	0.00	179.94	179.94
Canela entera	0.50	54.00	0.01	0.00	0.23	0.02	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.00	0.00	0.08	0.01	0.00	0.23	0.25
								VC CEN	307.96
								%DIST. CEN.	14.55
		VCT (Gr.)	83.80	60.58	448.16				
		VCT (Kcal.)	235.21	546.20	1789.62				
		VCT (%)	12.8	25.5	88.9				
					100.00			VCT	2662.03

Elaborado por: 
 Revisado por: 
 Fecha: 20/07/2018


 Lic. Gladys Delina Durán
 Dietista
 677 010



sábado, 21 de julio de 2018

ALIMENTO	g/por	convertible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	g/g	%	An. (g)	g/g	g/g	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: COCOA+ 02 PANES + ATUN									
Cocoa	4.00	100.00	0.78	0.88	1.91	3	5.15	7.65	16.54
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	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labrao	60.00	100.0	5.78	0.18	43.08	23.04	1.82	172.32	196.98
Grated de Sar	30.00	100.00	5.72	2.70	0.30	27	24.30	1.20	52.38
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	484.23
								%DIST. DES.	19.21

ALMUERZO: HIGADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA									
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.1898	4.88	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	115.70	49	6.75	465.80	522.75
Tomate	50.00	92.00	0.37	0.08	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	12.00	100.00	0.14	0.06	0.98	0.53	0.54	3.94	5.05
Glutamato mu	0.30	100.00	0.02	0.00	0.17	0.09	0	0.89	0.78
Pan seco mol	20.00	100.00	2.20	0.56	16.50	8.80	5.04	66.00	79.84
Cebolla de cal	80.00	87.00	0.97	0.14	7.89	4	1.25	31.46	38.81
Pimienta mol	0.5	100	0.04	0.04	0.33	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.96	1.01
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								V.C. ALMUERZO	1246.86
								% DISTR. ALMUERZO	46.43

CENA: POLLO A LA MOSTAZA + ARROZ + INFUSION									
Arroz Pilado c	90.0	100.00	7.38	0.45	70.03	30	4.05	280.08	313.63
Ajos	5.00	80.00	0.22	0.03	1.23	0.90	0.288	4.86	6.03
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.54
Sal	12.00	100.00	0.14	0.06	0.98	0.53	0.54	3.94	5.05
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	2.86	0.92	23.05	26.83
Mostaza	8.00	100	0.78	1.58	0.75	3.34	14.18	3.01	20.93
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC CENA.	832.10
								%DIST. CEN.	32.94
		VCT (Gr.)	81.34	76.17	390.57				
		VCT (Kcal.)	325.37	485.52	1562.29				
		VCT (%)	12.64	26.64	60.71				
					100.00			VCT MENU	2573.19

[Firma]
 HUGO C. J. FERRER
 RECIPIENTE

[Firma]
 Dr. Carlos A. Quiroz Torres
 M. MEDICINA
 C. I. P. 0000



domingo, 22 de julio de 2018

ALIMENTO	gr/por (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	AVENA CON LECHE+ 02 PANES + QUESO								POR MENU
Avena, hojuel	30.00	100.00	3.85	1.20	21.60	18	10.80	86.40	113.16
Leche evapen	80.00	100.00	5.60	8.48	8.72	22	68.32	34.88	115.60
Canela entera	0.00	54.00	0.00	0.00	0.14	0	0.01	0.58	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.89	24	81.00	3.90	118.50
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	682.54
								%DIST. DES.	27.18

Almuerzo:	ALMENDRADO DE RES ,PAPA ,ARROZ + REFRESCO Y FRUTA								
Carni de res	150.00	75.00	23.95	1.85	0.00	95.65	16.20	0.00	112.06
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	8.75	456.80	622.75
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	0.06	3	0.96	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Glutamato mo	0.23	100.00	0.03	0.00	0.17	0	0.00	0.69	0.78
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	46.72	17	1.95	182.86	201.83
Ajos	8.00	80.00	0.30	0.05	1.85	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.08	0.98	1	0.94	3.94	5.06
Acetia vegetal	23.00	100.00	0.00	23.00	0.00	0	207.00	0.00	207.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.06
Mari crudo, c	10.00	95.00	2.29	4.58	1.88	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pilano	150.00	69.00	0.41	0.21	10.14	2	1.86	40.57	44.89
								VC Alm	1466.26
								% Dist	88.38

CENA:	INFUSION + 01 PAN CON MERMELADA								
Hierbas	7.00	54.00	0.12	0.04	0.26	0.47	0.34	1.05	1.87
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada D	30.00	100.00	0.12	0.06	21.93	0	0.14	87.73	88.74
Pan de libran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	134.91
								VC CENA.	862.79
								%DIST.CEN.	34.44
		VCT (Gr.)	75.76	49.01	441.87				
		VCT (Kcal.)	303.03	441.08	1767.47				
		VCT (%)	12.87	17.56	70.37				
					100.00			VCT	2511.59



.....
 Hilda C. G. N. 11
 REPRESENTA

Dr. Glorja R. Quique Duran
 INGENIERA
 C.F.P. 8149

lunes, 23 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: SEMOLA CON VAINILLA +02 PANES + QUESO DE CHANCHO									
Sémola de Tri	30.00	100.00	5.85	3.21	10.14	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	25.00	100.00	0.00	0.00	34.78	0	0.00	99.10	99.10
Pan de lebrón	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Queso de cha	30.00	100.00	6.03	5.19	0.30	34.12	46.71	1.20	72.03
								VC DES.	485.70
								% Diet	18.85

ALMUERZO: CHANFAJITA + ARROZ + REFRESCO + FRUTA									
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	90.24
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	496.80	622.75
Papa blanca	200.0	85.00	3.67	0.17	37.91	14	1.63	151.64	167.46
Cebolla de cal	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	20.00	99.00	0.16	0.04	0.88	1	0.36	3.41	4.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aji colorado s	4.00	88.00	0.19	0.21	1.80	1	1.91	6.39	9.00
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Silao	5.00	100.00	0.57	0.48	0.06	2	4.32	0.10	6.78
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Gominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.36
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Naranja	150.00	88.00	1.78	0.29	16.0	7	2.85	64.00	73.79
								VC Alm	1173.72
								% Diet	48.66

CENA: TALLARIN CON CARNE MOLIDA+ INFUSION									
Carné de res	50.0	100.0	0.72	0.05	0.00	3	0.49	0.00	3.39
Fideos	200.00	100.00	18.80	0.40	156.40	75	3.60	625.60	704.40
Aceite vegetal	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Pimienta piro	0.3	100	0.03	0.02	0.19	0	0.22	0.74	1.08
Zanahoria	40.00	88.00	0.21	0.18	3.24	1	1.58	12.95	15.38
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Glutaminato m	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
								VC CEN.	916.86
								DVS CEN.	35.59
		VGT (Gr.)	78.63	43.02	466.63				
		VGT (kcal.)	314.53	387.22	1874.52				
		VGT (%)	12.2	19.0	72.8				
					100.00			VGT MENU	2576.38

COORDINADOR GENERAL
 H. LUIS C. FLORES
 H. LUIS C. FLORES
 H. LUIS C. FLORES

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 H. LUIS C. FLORES
 H. LUIS C. FLORES



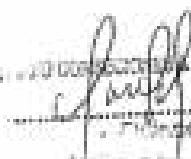


miércoles, 25 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	HARINA DE CEBADA + 02 PANES + PALTA								
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.71	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
Palta p.c.	30.00	85.00	0.51	3.75	1.68	2	33.75	6.72	42.51
Pan de lebran	60.00	100.00	5.76	0.98	43.08	23	3.42	172.32	198.78
Azúcar rubia	45.00	100.0	0.00	0.00	44.60	0	0.00	178.38	178.38
								VC DES.	681.09
								%DIST. DES.	25.06

Almuerzo:	ABADO DE POLLO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Cama de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado e	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.05	1.48	1	0.81	5.90	7.58
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Glutamato m	2.00	100.00	0.22	0.00	1.74	1	0.00	6.94	7.62
Pimienta mol	3	100	0.25	0.24	1.91	1	2.16	7.42	10.76
Aji colorado e	8.00	98.0	0.55	0.61	4.80	2	5.50	18.41	20.11
Cominos	5.00	100.00	0.20	0.01	3.97	1	0.09	15.88	16.77
Lechuga red	80.00	92.00	0.98	0.15	1.55	4	1.32	6.18	11.33
Pepinillo o Pe	60.00	82.00	0.25	0.06	1.28	1	0.44	5.12	6.54
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.38	60.36	70.20
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	89.00	0.40	0.10	2.13	2	0.89	8.51	10.90
Azúcar rubia	45.00	100.0	0.00	0.00	44.60	0	0.00	178.38	178.38
Naranja	150.00	85.00	1.53	0.28	13.90	8.12	2.296	55.59	64.01
								VC ALMUER	1402.67
									85.71

CENA:	INFUSION + 01 PAN CON MANJAR								
Hierbas	7.00	54.00	0.12	0.04	0.26	0.47	0.34	1.06	1.87
Azúcar rubia	45.00	100.00	0.00	0.00	44.24	0	0.00	176.94	176.94
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de lebran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC CENA	494.21
								%DIST. CEN.	19.23
		VCT (Gr.)	77.69	48.43	443.65				
		VCT (Kcal)	309.94	435.84	1772.19				
		VCT (%)	12.51	17	70.38				
					100.00			VCT	2517.97


 RICARDO TITO
 SERVICIOS



Jueves, 26 de julio 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:	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
Clevo 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	34.58	0.00	0	98.30	98.30
Pan de lebrán	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.31
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	125.00	0.00	225.00
								VC DES.	623.11
								%DIST. DES.	23.26

ALMUERZO:	LOCO DE PAPA+ ARROZ + ENSALADA+ FRUTA + REFRESCO								
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.87	1	0.23	3.89	4.84
Carne de res	50.00	82.00	8.73	0.66	0.00	34.93	5.90	0.00	40.84
Mondongo de	100.0	60.00	10.14	2.10	0.60	41	18.00	2.40	61.86
Aceto 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	5.06
Aj 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	3.80	0.28	61.55	23	2.48	246.19	271.86
Cebolla de ca	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	0.35	0.27
Cilantro	2.60	57.00	0.05	0.02	0.11	0	0.19	0.43	0.84
Glutamato mo	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Tomate	30.00	99.00	0.24	0.08	1.28	1	0.93	5.11	6.59
Naranja	100.00	90.00	1.76	0.29	16.0	7	2.65	64.08	73.78
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC ALM.	1320.30
								%DIS ALM.	49.28

CENA:	ARROZ AMARILLO CON POLLO + INFUSION								
Carne de Pol	100.00	70.00	14.42	2.52	0.00	58	22.88	0.00	80.36
Arroz Pilado d	100.0	100.00	8.20	0.60	77.80	33	4.60	311.20	348.50
Aceto vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Anejas frescas	30.00	64.00	1.15	0.10	3.05	5	0.67	12.38	17.89
Zanahoria	30.00	65.00	0.15	0.13	2.36	1	1.15	9.38	11.14
Azúcar rubia	20.00	100.00	0.00	0.00	18.88	0	0.00	78.64	78.64
								VC CEN.	735.55
								%DIST. CEN.	27.48
		VCT (Gr.)	71.31	73.14	432.67				
		VCT (kcal)	285.23	658.25	1735.48				
		VCT (%)	11	25	65				
					100.00			VCT MENU	2678.96

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 Hector C. Vega
 Nutricionista
 R.P. 6140

Dr. Gladys E. Quiroz
 Nutricionista
 C.R.P. 6140



viernes, 27 de julio de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: SOYA CON PINA+02 PANES + MERMELADA									
Harina de soya	30.00	100.00	2.61	1.85	21.36	10	17.55	85.44	113.43
Pina	30.00	64.00	0.08	0.04	1.08	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	45.00	100.00	0.00	0.00	44.24	0	0.00	176.94	176.94
Mermelada D	30.00	100.00	0.12	0.06	21.98	0	0.54	87.72	88.74
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.82	173.32	196.98
								VC DES.	584.89
								%DIST. DES.	22.78

Almuerzo: PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA									
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.68	2.59	264.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.32	0.05	1.15	1	0.49	4.64	5.99
Papinillo o Pa	80.00	72.00	0.39	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	27.00	100.00	1.73	0.11	20.87	7	0.97	83.27	91.15
Aceite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	3.40	89.75	107.76
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato ma	0.20	100.00	0.02	0.00	0.17	0	0.00	0.89	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM.	1554.66
								%DIST. ALM.	60.56

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	137.43	137.43
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.013122	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.000972	0.05	0.05
Pan de 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	35.26	50.58
								VC CENA.	427.71
								%DIST. CEN.	16.66
		VCT (Gr.)	80.99	46.07	457.16				
		VCT (Kcal)	323.96	414.64	1828.65				
		VCT (%)	12.62	16.15	71.23				
					100.00			VCT MENU	2567.26

INMHO CONSEJO DE
Hector Quiroga
REPRESENTANTE

Dr. Gladys R. Quiroga Durán
INSTRUMENTISTA
C.P. 6-613



sábado, 28 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	COCOA+ 02 PANES + HUEVO SANCOCHADO								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	9.16	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	0.03
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de lebrón	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.08	32	44.46	4.23	80.44
								VC DES.	432.29
								NDIST. DES.	17.28

ALMUERZO:	HIRÓ DE ZAPALLO + ARROZ + REFRESCO + FRUTA								
leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco. 0	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	2.58	4.74
Hajos frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acetia vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	15.00	98.00	0.21	0.03	1.66	1	0.26	6.64	7.73
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC ALM.	1224.48
								% DIS ALM.	48.72

CENA:	POLLO ENCEBOLLADO, ARROZ+ INFUSION								
Carnes de Pollo	100.00	70.00	14.42	1.52	0.00	58	22.68	0.00	80.36
Arroz Pilado c	90.0	100.00	7.38	0.45	70.03	30	4.05	280.08	313.65
Acetia vegeta	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Cebolla de cal	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Glutamato m	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC CEN.	856.77
								NDIST. CEN.	34.09
		VCT (Gr.)	69.05	60.87	422.39				
		VCT (kcal)	276.19	547.80	3689.56				
		VCT (%)	10.99	21.79	67.22				
					100.00			VCT MENU	2513.54

DIAGNÓSTICO

 Diana Quiroz
 Psicóloga Clínica
 Psicóloga Clínica


 Dr. Gloria R. Gallego
 Psicóloga Clínica
 Psicóloga Clínica



domingo, 29 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	AVENA CON LECHE+ 02 PANES + QUESO								POR MENU
Avena, hojuel	30.00	100.00	3.99	1.20	21.80	16	10.60	86.40	113.16
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	116.60
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Queso curti	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	682.54
								%DST. DES.	26.23

ALMUERZO: ADOBO DE CERDO + PAPA+ ARROZ + REFRESCO + FRUTA									
Carne de Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.36	0.00	255.42
Ajos	4.00	88.00	0.20	0.03	1.07	1	0.25	4.28	5.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	98.00	0.02	0.00	0.11	0	0.04	0.44	0.55
Aji colorado s	3.00	78.00	0.16	0.18	1.37	1	1.64	5.49	7.79
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Cebolla de ca	40.00	87.00	0.49	0.07	3.83	2	0.63	15.73	18.30
Papa blanca	200.0	95.00	3.99	0.19	42.37	16	1.71	169.48	187.15
Ajos	8.00	88.00	0.39	0.08	2.14	1.58	0.50888	8.88	10.84
Aji verde (2)	5.00	100.00	0.13	0.04	0.62	1	0.36	2.48	3.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	155.00	68.00	1.62	0.30	16.6	7	2.73	68.23	76.25
Cominos	1	100.00	0.04	0.00	0.78	0	0.02	3.18	3.35
								VC ALM.	1488.66
								% DTS ALM.	56.06

CENA: INFUSION +01 PAN CON MARGARINA									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CEN.	460.90
								%DST. CEN.	17.71
		VCT (Gr.)	65.87	88.22	388.32				
		VCT (kcal.)	262.68	794.02	1545.39				
		VCT (%)	10.1	38.5	59.4				
					100.00			VCT MENU	2401.99

[Firma]
 Director General
 Hospital General de
 Pinar del Río

[Firma]
 Dr. Gloria R. Quiroga Durán
 Nutricionista
 CRP-040



242

lunes, 30 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHANCHO								
Sémola de Tri	30.00	100.00	5.85	1.21	16.14	23	28.89	64.56	116.85
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.11
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	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10
Pan de laboran	60.00	100.00	5.76	0.18	43.08	23	1.62	173.32	196.98
Queso de cha	30.00	100.00	6.03	5.19	0.30	34.12	46.71	1.20	72.03
								VC DES.	485.70
								% Dist	19.21

ALMUERZO:	GUISO DE FIDEOS CON POLLO + ARROZ+ REFRESCO + FRUTA								
Carne de Pollo	100.00	85.00	17.51	1.08	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.38	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	38.43	11	1.15	113.73	125.59
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	8.75	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 cal	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Anvejas fresca	30.00	54.00	1.19	0.10	9.05	5	0.87	12.18	17.86
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. ALM.	52.59

CENA:	HIGADO 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 o	80.0	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	2.82	3.63
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	5.00	100.00	0.06	0.03	0.41	0.24	0.325	1.84	2.11
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.08	0	0.88	0.70
Pan seco mol	15.00	100.00	1.85	0.42	12.38	8.60	3.78	48.60	59.82
Pimienta mol	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.60
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0304	0.90	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0.00	0	78.64	78.64
								VC DES.	711.71
								% DIS ALM.	28.18
			81.48	51.92	433.11				
			325.80	467.37	1732.42				
			12.9	18.5	68.6				
					100.00				
								VCT	2824.59



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 Lic. Gladys R. Quiroz 19612
 NUTRICIONISTA
 C.O.P. 0102

martes, 31 de julio de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	HARINA DE HABAS + 02 PANES + JAMONADA								
Harina de Habas	30.00	100.00	7.28	0.57	17.68	29	5.13	71.52	105.81
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	0.06
Jamonada	30.00	100.00	4.71	8.85	0.30	19	70.65	1.20	99.69
Pan de lebrón	60.00	100.00	5.70	0.18	43.08	23	1.62	171.37	196.98
Azúcar rubia	30.00	100.0	0.00	0.00	28.49	0	0.00	117.95	117.96
								VC DES.	521.86
								%DIST. DES.	18.83

Almuerzo:	GUISO DE ARVEJITA PARTIDA CON CHANCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA								
Arroz Filado o	150.00	100.00	12.50	0.75	116.70	49	6.75	466.80	522.75
Arveja partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.37	0.00	67.73
Sal	12.00	100.00	0.14	0.05	0.98	1	0.54	3.94	5.05
Cebolla de col	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.63
Ají colorado o	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	3.95
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	0.47	0.53
Aceto vegetal	25.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pepinillo o Pe	70.00	88.00	0.31	0.06	1.60	1	0.53	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	0.20	2.13	1	0.89	8.51	10.90
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de ser	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC DES.	1468.39
								% DIS ALM.	52.50

GENA:	SOPA DE FIDEOS CON MENUDENCIA DE POLLO + INFUSION								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Fideos	100.00	100.00	9.40	0.30	78.20	38	1.80	312.80	362.20
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	50.00	85.00	0.26	0.21	3.91	1	1.01	15.64	18.97
Papa blanca	100.0	85.00	1.79	0.09	18.06	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.05	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	3.85	4.84
Aceto vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC GEN.	607.37
								%DIST. GEN	28.87
			VCT (Gr.)	87.62	50.39	497.67			
			VCT (kcal.)	348.69	458.05	1996.68			
			VCT (%)	12.4	16.4	71.2			
					100.00			VCT MENU	3788.82

SHAYD DISEÑO

 Gladys R. Quispe Duran
 NUTRICIONISTA


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



MENU DE PERSONAL - JULIO 2018

FECHA	DESAYUNO	ALMUERZO	CENA
01-02 JULIO	Guiso de fideos + arroz + 01 pan + infusion	Sopa de chococa+ Escabeche de pollo arequipeño, camote + refresco + fruta	Pollo frito + arroz + ensalada + infusion
03-04-05 JULIO	Caldo blanco con pollo , Café + 01 pan	Agudillo de pollo ,Atomizada de res, arroz y refresco + fruta	Revuelto de verduras con arroz + infusion
06-07-08 JULIO	Hiro de zapallo con huevo frito + arroz + Té y 01 pan	Sopa de pollo + Loco de pecho + arroz +refresco + fruta	Matasquita de carne, arroz + infusion
09-10-11 JULIO	Estofado de pollo + arroz + café + 01 pan	Menestron +Pescado frito + arroz + ensalada + refresco + fruta	Pollo broaster + arroz + ensalada+infusion
12-13-14 JULIO	Zarza de cabeza,papa + café + 01 pan	Chupe colorado + Pollo a la pifa,arroz + refresco + fruta	Salado de esalga con res + arroz + infusion
15-16-17 JULIO	Salado de atun+ te + pan	Cazuela de fideos con pollo ,Frijoles con seco de res , arroz , refresco + fruta	Torrijas de verduras+ arroz+ infusion
18-19- 20 JULIO	Ubre arebosada+ arroz + ensalada+ infusion + 01 pan	Chairo + pure con asado de pollo + arroz+ refresco + fruta	Pollo a la mostaza+ arroz + infusion
21-22-23 JULIO	Revuelto de chuño+ te+ pan	Papa Huancaína + Tallarines verdes con bistock+ refresco + fruta	Sopa a la-minuta con res + infusion
24-25-26 JULIO	Cau cau de pancita + arroz + café + 01 pan	Sopa de semola con res + pollo al sillao + arroz + refresco + fruta	Papa arebazada +arroz+ensalada+ infusion
27-28-29 JULIO	Caldo de gallina + te + 01 pan	Pastel de papa+ asado de cerdo+ ensalada + refresco + fruta	Guiso de fideos con res , arroz + Infusion
30-31 JULIO	Olluco con charqui,arroz + te + 01 pan	Mazamorra de chuño + Estofado de res,arroz + refresco + fruta	Sopa de pollo+ arroz+ensalada + infusion


 CENTRO COMUNITARIO DE SERVICIOS
 Hector Quispe Tito
 NUTRICIONISTA

Dr. Gineys E. Quispe Duran
 NUTRICIONISTA
 C.M.P. 0149



DE -52 AL-53

ALIMENTO	gr/por (g)	porcentaje %	PROT Ar (g)	GRASA SD	CHO (g)	Calorías (Kcal)			TOTAL (Kcal)
						PROT	GRASA	CHO	
DESAYUNO: Gulas de fideos con res, arroz + la y pan									
Té sin azúcar	0.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Arroz rubio	25.00	100.00	0.00	0.00	24.58	0.00	0	56.50	56.50
Pan de haban	36.0	100.00	2.88	0.59	21.54	11.52	0.81	55.15	58.45
Fideos	80.00	100.00	7.52	0.92	62.56	30.08	1.44	250.24	281.76
Arroz Pilado c	65.00	100.00	7.28	0.49	70.02	29.02	4.00	280.08	313.55
Ajo	0.50	80.00	0.02	0.00	0.12	0.09	0.0288	0.40	0.46
Aceto vegetal	15.00	100.00	0.08	15.00	0.00	0.00	136	0.00	136.00
Papa blanca	100.0	100.00	2.18	0.10	22.30	8.40	0.5	89.20	99.68
Cerveza de res	50.00	70.00	7.48	0.89	0.00	29.62	5.04	0.00	34.66
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.1808	4.54	5.28
Sal	8.00	100.0	0.30	0.04	0.00	0.28	0.36	2.62	3.37
Peru	3.00	100.00	0.14	0.02	0.20	0.88	0.188	0.78	1.55
Arvejas fresca	15.00	94.00	0.58	0.06	1.52	2.30	0.4074	9.08	9.83
Zanahoria	20.00	79.00	0.09	0.00	1.45	0.58	0.711	5.81	6.90
Al colorado s	3.00	68.00	0.14	0.16	1.20	0.57	1.40206	4.79	6.79
									1093.92
									28.59

ALMUERZO: Sopa de choccho + arroz con pollo + ensalada + helados + fruta						0.00	0	0.00	
Cerveza de res	50.00	70.00	7.48	0.89	0.00	29.62	5.04	0.00	34.66
Choccho de	50.00	100.00	0.25	0.00	3.48	1.40	0	15.72	18.12
Epaila maca	40.00	47.00	8.15	0.04	1.20	0.53	0.3384	4.81	5.00
Ajo	4.10	75.00	0.03	0.01	0.16	0.09	0.08825	0.59	0.73
Pero	2.00	66.00	0.04	0.01	0.10	0.14	0.09504	0.40	0.69
Papa blanca	100.00	82.00	1.73	0.08	18.28	6.89	0.735	73.14	80.77
Zanahoria	20.00	79.00	0.09	0.00	1.45	0.58	0.711	5.81	6.90
Helado helado	25.00	38.00	0.00	0.07	2.77	3.08	0.03	9.07	12.60
Al verde (2)	5.00	67.00	0.08	0.00	0.42	0.34	0.3419	1.68	2.34
Arroz Pilado c	200.0	100.00	18.40	1.80	100.60	66.80	0	622.40	697.60
Cerveza de pollo	180.00	85.00	28.02	4.90	0.00	112.06	64.064	0.00	186.13
Ajo	8.00	88.00	0.14	0.00	0.78	0.57	0.1826	3.10	3.66
Sal	5.00	100.00	0.10	0.04	0.00	0.28	0.36	2.62	3.37
Cerveza mora	200.00	80.00	2.24	0.48	41.17	8.86	4.32	154.48	177.75
Cebolla de ca	50.00	54.00	0.67	0.17	3.18	3.88	1.512	12.60	17.69
Aceto vegetal	20.00	100.00	0.08	20.00	0.00	0.00	180	0.00	180.00
Arvejas fresca	40.00	47.00	1.33	0.11	3.53	5.34	1.0152	14.14	20.49
Helados (2)	45.00	81.00	0.87	0.11	2.92	3.00	0.89418	11.81	15.29
Zanahoria	40.00	67.00	0.31	0.17	3.20	0.84	1.506	12.61	15.31
Coliflor	100.00	86.00	3.40	0.17	67.49	13.60	1.83	289.59	293.59
Plátano de sa	150.00	68.00	1.83	0.31	21.42	8.12	3.754	82.68	94.55
Arroz rubio	35.00	100.00	0.00	0.00	24.58	0.00	0	56.50	56.50
Yngiro	5.00	100.00	0.00	0.09	0.40	0.00	0.72	1.69	2.32
Cebada con c	8.00	100.00	0.40	0.12	5.00	1.80	1.0082	20.22	23.11
Ume	4.00	100.00	0.03	0.01	0.39	0.08	0.073	1.23	1.70
						V.C. ALMUERZO			1953.75
						% DISTR. ALMUERZO			48.21

CENA: Pollo frito, arroz, ensalada + infusión.									
Cerveza de Pol	100.0	85.00	17.51	3.00	0.00	70.04	27.64	0.00	97.68
Arroz Pilado c	90.00	100.00	7.54	0.49	75.02	29.50	4.00	290.58	313.65
Papa blanca	100.0	87.00	1.80	0.09	18.40	7.31	0.780	77.69	86.70
Ajo	2.00	80.00	0.09	0.01	0.40	0.38	0.1152	1.93	2.42
Sal	12.00	100.00	0.14	0.08	0.68	0.58	0.34	3.94	5.05
Aceto vegetal	30.00	100.00	0.00	30.00	0.00	0.00	270	0.00	270.00
Cebolla de ca	25.00	67.00	0.23	0.03	1.88	0.84	0.3045	7.57	8.81
Tomate	15.00	99.00	0.12	0.03	0.64	0.48	0.2673	2.53	3.30
Lechuga roja	60.00	90.0	0.39	0.06	0.63	1.50	0.54	3.62	4.62
Peru	4.00	90.00	0.10	0.01	0.13	0.38	0.120	0.52	1.03
Al colorado s	3.00	68.00	0.14	0.18	1.20	0.57	1.40206	4.79	6.79
Hielos	10.00	54.00	0.17	0.06	0.58	0.87	0.488	1.31	2.67
Arroz rubio	40.00	100.00	0.00	0.00	39.32	0.00	0	107.36	107.36
						V.C. CENA			1064.03
						% DISTR. CENA			26
	VOT (Gr.)		132.92	84.21	890.99				
	VOT (Kcal.)		492.89	188.79	2799.3				
	VOT (%)		75	19	83				
						100.0 V.C.T. MENU			4952.81


 NUTRICIONISTA
 L.P.P. 0140


 NUTRICIONISTA
 L.P.P. 0140



03-04-05 JULIO

ALIMENTO	grupos (g)	convertido (g)	PROT An (g)	GRASA (g)	CHO (g)	NUTRIENTES POR 100g (g)			TOTAL(g)	
						PROT	GRASA	CHO		
DESAYUNO: Cacao blanco con pollo, Café y miel										
Café sin azúcar	3.00	100.0	0.01	0.00	0.00	0.00	0.00	0.10	0.10	
Arroz rubio	25.00	100.00	0.00	0.00	24.50	0.00	0.00	24.50	24.50	
Pan de azúcar	30.00	100.00	2.88	0.00	31.10	11.50	0.01	30.10	30.49	
Cacao de Polv.	100.00	70.00	14.42	2.52	0.00	27.60	22.00	0.20	50.30	
Arroz Pilado o	30.00	100.00	2.40	0.10	23.34	9.60	1.30	20.34	33.64	
Arroz vegetal	15.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	130.00	
Apio	5.00	75.00	0.00	0.01	0.10	0.11	0.07	0.72	0.89	
Papa	5.00	65.00	0.00	0.00	0.20	0.00	0.24	1.00	1.00	
Nabo	5.00	60.00	0.00	0.01	0.10	0.00	0.00	0.40	0.41	
Garbanzo cru	15.00	90.00	2.50	0.02	0.11	10.00	7.41	32.40	50.20	
Papa blanca	100.00	82.00	1.70	0.00	10.20	0.00	0.74	73.14	85.77	
Papa blanca	80.00	70.00	0.40	0.11	23.01	1.70	1.01	69.00	70.80	
Chufa blanca	30.00	90.00	0.14	0.00	1.30	0.04	0.00	0.20	0.20	
Alimento cru	1	100	0.00	0.00	0.04	0.04	0.72	0.04	0.80	
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.04	0.04	0.00	
Cebolla de ca	20.00	67.00	0.10	0.03	1.01	0.70	0.04	0.04	1.00	
Ajo	2.00	80.00	0.00	0.01	0.40	0.00	0.10	0.00	0.40	
Verduras cruj	5.00	80.00	0.10	0.00	0.20	0.77	0.00	0.04	0.80	
						V.C. DESAYUNO			767.01	
						% DIST. DESAYUNO			23.30	
ALMUERZO: Aguadito de pollo, Remolacha de res, arroz y refresco + fruta										
Cacao de Polv.	60.00	70.00	0.07	0.00	0.00	0.00	10.00	0.00	10.00	
Apio	4.00	75.00	0.00	0.01	0.14	0.00	0.00	0.00	0.14	
Papa	2.00	65.00	0.04	0.01	0.10	0.00	0.10	0.00	0.14	
Nabo	2.00	60.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	
Arroz Pilado o	30.00	100.00	2.40	0.10	23.34	10.00	1.30	20.34	33.64	
Zanahoria	20	70.00	0.00	0.00	1.40	0.00	0.71	0.00	0.00	
Papa blanca	80.00	90.00	0.07	0.00	10.20	0.00	0.41	40.00	40.41	
Chirreño	10.00	57.00	0.00	0.11	0.00	1.00	0.00	0.00	0.00	
Espresso neg	10.00	67.00	0.40	0.10	0.71	0.00	1.10	0.00	0.00	
Arroz blanco	10.00	84.00	0.00	0.00	1.00	0.00	0.20	0.00	0.00	
Sal	3.00	100.00	0.04	0.00	0.20	0.00	0.14	0.00	0.14	
Ajo	2.00	80.00	0.00	0.01	0.40	0.00	0.10	0.00	0.40	
Remolacha	20.00	80.00	0.07	0.10	1.00	1.00	1.10	0.00	0.00	
Arroz vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00	
Cebolla de ca	30.00	67.00	0.00	0.04	2.27	1.00	0.00	0.00	0.00	
Ag. Amarillo (2)	3.00	60.00	0.00	0.01	0.10	0.00	0.10	0.00	0.00	
Café de res	100.00	80.00	20.11	0.04	0.00	10.00	0.00	0.00	100.00	
Arroz Pilado o	100.00	100.00	12.00	0.10	110.70	40.00	0.70	400.00	552.70	
Papa blanca	100.00	90.00	2.00	0.10	20.40	11.00	1.10	110.70	133.80	
Ajo	3.00	20.00	0.07	0.00	0.00	1.00	0.21	0.00	0.00	
Arroz vegetal	20.00	100.00	0.00	20.00	0.00	0.00	100.00	0.00	100.00	
Sal	10.00	100.00	0.00	0.00	1.00	1.00	0.00	0.00	0.00	
Ag. colorado o	3.00	80.00	0.14	0.10	1.00	1.00	0.40	0.00	0.00	
Carne cruda	1	100	0.04	0.00	0.70	0.00	0.00	0.00	0.00	
Tomate	20.00	90.00	0.14	0.04	0.71	1.00	0.00	0.00	0.00	
Zanahoria	20.00	70.00	0.10	0.10	1.00	0.00	0.00	0.00	0.00	
Alimento cru	1	100	0.00	0.00	0.04	0.00	0.72	0.04	0.80	
Cebolla de ca	10.00	100.00	0.00	0.10	1.00	1.00	0.00	0.00	0.00	
Arroz	4.00	100.00	0.00	0.01	0.00	0.00	0.07	0.00	0.00	
Arroz rubio	20.00	100.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	
Pilado de sa	100.00	100.00	2.00	0.41	20.00	0.00	0.70	110.00	132.00	
						V.C. ALMUERZO			1091.00	
						% DIST. ALMUERZO			40.00	
CENA: Reseña de verduras con arroz + infusiones										
Verduras (2)	50.00	91.00	1.00	0.14	3.00	4.00	0.20	14.74	20.04	
Zanahoria	40.00	70.00	0.10	0.10	0.01	0.70	0.00	11.00	11.01	
Queso parmesano	15.00	100.00	4.00	0.00	0.00	10.00	0.00	1.00	0.00	
Leche evaporada	20.00	100.00	1.40	1.00	2.10	0.00	14.00	0.70	0.00	
Huevo de gall	10.00	50.00	1.00	1.00	0.00	7.00	10.00	1.00	0.00	
Cebolla de ca	60.00	67.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Papa blanca	100.00	82.00	1.70	0.00	10.20	0.00	0.74	73.14	85.77	
Arroz Pilado o	80.00	100.00	2.40	0.10	23.34	10.00	1.30	20.34	33.64	
Ajo	5.00	80.00	0.00	0.00	1.00	1.00	0.40	0.00	0.00	
Arroz vegetal	30.00	100.00	0.00	30.00	0.00	0.00	100.00	0.00	100.00	
Paraná	4.00	30.00	0.10	0.01	0.10	0.00	0.10	0.00	0.00	
Tomate	30.00	54.00	0.10	0.00	0.70	0.00	0.00	0.00	0.00	
Sal	10.00	100.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	
Hierbas	5.00	67.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00	
Arroz rubio	20.00	100.00	0.00	0.00	24.00	0.00	0.00	0.00	0.00	
						V.C. CENA			940.00	
						% DIST. CENA			26.70	
TOTAL										
PROT (g)			104	90	597					
GRASA (g)			417.0	100.0	500.0					
CHO (g)			10	20	81					
V.C.T. MENÚ										1300.20

[Firma]
 CENTRO DE INVESTIGACIÓN Y SERVICIOS
 Hospital "Alfonso Tán"
 Lima, Perú

[Firma]
 Lic. Gladys R. Quispe Durán
 NUTRICIONISTA
 C.N.P. 6149



05-07-98 JULIO

ALIMENTO	grupos (g)	energético (%)	PROT Al (g)	GRASA g	CHO g	NUTRIENTES ESPECIALES			BEBIDA (ml)
						PROT	GRASA	CHO	
DESAYUNO: Huevo de zapallo con queso fresco + arroz + Té y 65 pan									
Té sin azúcar	5.00	54.00	0.00	0.00	0.01	0.01	0	0.80	0.00
Queso de olor	0.00	54.00	0.00	0.00	0.01	0.00	0.00000000	0.80	0.00
Carota entera	0.00	54.00	0.01	0.00	0.00	0.00	0.00000000	0.80	0.00
Azúcar rubia	20.00	100.00	0.00	0.00	10.00	0.00	0	78.84	78.84
Pan de plátano	30.00	100.00	2.88	0.00	21.04	11.00	0.01	88.16	88.16
Leche evapor	10.00	100.00	1.00	0.00	1.00	4.00	10.000	8.54	21.88
Queso para	20.00	100.00	2.00	0.00	2.00	22.40	0	2.00	79.84
Harina de pol	60.00	98.00	7.94	4.94	1.00	31.70	14.4000	4.20	80.44
Zapallo mayor	200.00	47.00	0.00	0.10	0.00	2.00	1.000	24.00	39.39
Ají amarillo (2)	3.00	98.00	0.01	0.01	0.10	0.00	0.00000	0.40	0.01
Arroz Pilado o	80.0	100.00	7.30	0.40	70.00	20.00	4.00	280.00	310.00
Papa blanca	80.0	88.00	1.00	0.07	54.00	0.01	0.0004	88.00	84.00
Sal	0.00	100.00	0.10	0.04	0.00	0.00	0.00	0.00	0.00
Maiz Fresco	40.00	57.00	0.10	0.00	0.00	0.00	1.0000	20.00	30.00
Harina de trigo	3.00	54.00	0.00	0.01	0.10	0.00	0.1000	0.00	0.00
Harina de trigo	30.00	98.00	1.00	0.10	0.10	0.00	0.00	10.00	10.10
Ajón	3.00	98.00	0.10	0.00	0.00	0.00	0.0000	0.00	0.00
					V.C. DESAYUNO				804.00
					% DIETA DESAYUNO				34.00

ALMUERZO: Sopa de pollo + Lecho de pecha + arroz + refresco + fruta									
Carne de Pol	50.00	82.00	0.40	1.40	0.00	20.70	10.000	0.00	47.00
Ajón	10.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Papa	10.00	88.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Pollo	40.00	100.00	0.70	0.00	31.00	10.00	0.00	100.00	100.00
Leche	0.00	88.00	0.00	0.00	0.00	0.00	0.00000	0.00	0.00
Zanahoria	20.00	78.00	0.00	0.00	1.00	0.00	0.000	0.00	0.00
Papa blanca	100.0	88.00	1.00	0.00	10.00	0.00	0.000	70.00	80.00
Carne de res	100.0	75.00	0.00	1.00	0.00	0.00	0.00	0.00	100.00
Arroz Pilado o	100.00	100.00	10.00	0.00	100.00	40.00	0.00	400.00	500.00
Ajón	1.00	88.00	0.00	0.00	0.00	0.00	0.00000	0.00	0.00
Azúcar vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Papa blanca	200.00	88.00	4.00	0.00	40.00	10.00	0.000	100.00	200.00
Ajón colorado o	0.00	88.00	0.00	0.00	0.00	0.00	0.00000	0.00	0.00
Carne de res	50.00	57.00	0.00	0.00	0.00	0.00	0.000	10.00	10.00
Tomate	30.00	88.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pollo fresco	1	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Deleite con o	0.00	100.00	0.00	0.00	0.00	0.00	0.000	0.00	0.00
Leche	4.00	100.00	0.00	0.00	0.00	0.00	0.000	0.00	0.00
Azúcar rubia	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Manzana	100.00	88.00	0.00	0.00	0.00	0.00	0.000	0.00	0.00
V.C. ALMUERZO									1000.00
% DIETA ALMUERZO									41.00

CENA: Mataricita de res, arroz, infusión									
Arroz Pilado o	80.00	100.00	7.30	0.40	70.00	20.00	4.00	280.00	310.00
Ajón	1.00	100.00	0.00	0.00	0.00	0.00	0.000	0.00	0.00
Carne con har	100.0	78.00	0.00	0.00	10.00	0.00	0.00	0.00	100.00
Azúcar vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.000	0.00	0.00
Orégano seco	1.00	88.00	0.00	0.00	0.00	0.00	0.00000	0.00	0.00
Papa blanca	100.00	88.00	1.00	0.00	10.00	0.00	0.000	70.00	80.00
Carne de res	30.00	87.00	0.10	0.00	0.00	0.00	0.000	0.00	0.00
Azúcar vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Zanahoria	20.00	78.00	0.00	0.00	0.00	0.00	0.00000	0.00	0.00
Aveces fresco	30.00	84.00	0.10	0.00	0.00	0.00	0.000	0.00	0.00
Ajón colorado o	1.00	100.00	0.00	0.00	0.00	0.00	0.00000	0.00	0.00
Harina	0.00	84.00	0.00	0.00	0.00	0.00	0.000	0.00	0.00
Azúcar rubia	30.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
V.C. CENA									1000.00
% DIETA CENA									41.00
V.C. MENÚ									3004.00



DIETA COMPLEMENTARIA Y ALIMENTOS
 Heider C. S. T. T. T.
 REPRESENTANTE

Heider C. S. T. T. T.
 NUTRICIONISTA
 C.N.P. 6149

09-12-12 JULIO

08-10-13 JULIO									
ALIMENTO	g/per (g)	convertible %	precio Ar (g)	GRASA (g)	CHO (g)	Presupuesto por componente			TOTAL (Ar)
						PROTE	GRASAS	CHO	
DESAYUNO: Huevo de pollo, arroz + café + pan									
Café sin azúcar	4.00	100.00	0.01	0.00	0.00	0.00	0.000	0.10	0.21
Carota estirada	3.00	54.00	0.00	0.01	1.37	0.10	0.13120	0.40	0.73
Clave de olor	3.00	54.00	0.00	0.00	0.30	0.00	0.00000	1.30	1.40
Azúcar rubia	30.00	100.00	0.00	0.00	34.4	0.00	0	137.60	137.60
Pan de habón	30.00	100.00	2.00	0.00	21.0	11.00	0.01	00.10	00.40
Cama de Pollo	100.00	02.00	10.00	2.00	0.00	07.57	70.000	0.00	04.14
Ajo	3.00	03.00	0.00	0.00	1.30	0.00	0.000	0.00	0.00
Sal	0.00	100.00	0.10	0.04	0.00	0.00	0.00	0.00	0.00
Arveja fresca	30.00	00.00	1.00	0.10	0.00	0.00	1.000	0.00	0.00
Zanahoria	00.00	00.00	0.00	0.10	0.00	0.00	1.000	0.00	0.00
Perce	3.00	00.00	0.00	0.01	0.00	0.10	0.000	0.00	0.00
Arveja vegetal	30.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomate	30.00	00.00	0.00	0.00	1.00	0.10	0.000	0.00	0.00
Papa blanca	100.00	00.00	2.00	0.10	27.40	0.00	1.00	100.00	121.00
						V.C. DESAYUNO			750.00
						% DISTR. DESAYUNO			21.70
ALMUERZO: Mameytron +Pescado frito + arroz + ensalada + refresco + fruta									
Cama de res.	00.00	70.00	0.00	0.00	0.00	00	01.07	0.00	00.21
Espresso negro	10.00	00.00	0.00	0.10	0.00	1	1.00	0.00	0.00
Albahaca (h)	10.00	00.00	0.00	0.10	0.00	1	1.00	0.00	0.00
Fideos	00.00	100.00	0.00	0.00	30.00	00	0.00	120.00	120.00
Zapallo mamey	10.00	01.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Ajo	0	70.00	0.00	0.01	0.00	0	0.00	0.00	0.00
Pollo	0.00	70.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Maíz	0.00	70.00	0.00	0.01	0.00	0	0.00	0.00	0.00
Maíz fresco	00.00	00.00	0.00	0.10	0.00	0	0.00	0.00	0.00
Zanahoria	30.00	00.00	0.00	0.10	0.00	1	1.00	0.00	0.00
Papa blanca	200.00	00.00	0.00	0.10	30.00	10	1.00	100.00	100.00
Sal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Cebolla de ca	0.00	00.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Ajo	0.00	00.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Verduras vari	0.00	00.00	0.00	0.00	0.00	1	0.00	0.00	0.00
Pescado	100.00	100.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz Pilado c	100.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla de ca	00.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomate	00.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ají colorado c	0.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arveja vegetal	30.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Chilicón seco	0.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Verdura	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Maíz de trigo	30.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla con c	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Manzana	100.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	30.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
						V.C. ALMUERZO			900.00
						% DISTR. ALMUERZO			60.00

CENA: Pollo broaster + arroz + ensalada + refresco									
Cama de Pollo	100.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz Pilado c	00.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa blanca	100.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ajo	0.00	00.00	0.00	0.00	0.00	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
Arveja vegetal	30.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla de ca	00.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tomate	10.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Lechuga roja	00.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Perce	0.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ají colorado c	0.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Hielos	10.00	00.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	00.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
V.C. CENA									1000.00
% DISTR. CENA									30.00
VGT (Gr.)			100.00	00.00	00.00				
VGT (Ar.)			00.00	100.00	00.00				
VGT (H.)			00.00	00.00	00.00				
V.C.T. MENU									2000.00



Dr. Carlos E. Quiroga Durán
DIRECTOR GENERAL
CTP 0000

Dr. Carlos E. Quiroga Durán

12-13-14 JULIO

ALIMENTO	g/por 100	convertido %	PROT Ar 100	GRASA g/g	CHO g/g	ALIMENTO (g/por 100g)			PROT	GRASA	CHO	TOTAL
DESAYUNO: Zanco de cabaca, papa + café + 11 pan												
Café sin azúcar	8.00	100.00	0.01	0.00	0.00	8.04	0.00	0.10	0.10			0.10
Pan de azúcar	30.0	100.00	2.88	0.00	21.04	11.00	0.01	80.10	80.10			80.10
Azúcar rubio	45.00	100.00	0.00	0.00	34.40	0.00	0.00	137.60	137.60			137.60
Café de Cerro	150.0	100.00	21.00	23.00	0.00	80.40	200.00	0.00	280.40			280.40
Azúcar vegetal	15.0	100.00	0.00	15.00	0.00	0.00	105.00	0.00	120.00			120.00
Miel	1.00	100.00	0.00	0.00	0.00	0.00	0.10	0.10	0.10			0.10
Pinchitos mol	0.5	100	0.04	0.04	0.00	0.17	0.30	1.27	1.20			1.20
Tortilla	25.00	80.00	0.10	0.00	0.00	0.70	0.41	3.07	3.00			3.00
Cebolla de ca	150.00	87.00	0.04	0.13	7.07	3.70	1.21	30.20	30.20			30.20
Sal	11.00	100.00	0.13	0.00	0.00	0.00	0.00	3.01	3.01			3.01
Papa blanca	100.0	82.00	2.00	0.12	27.40	10.00	1.11	100.70	100.70			100.70
Ricote	3.00	90.00	0.00	0.01	0.22	0.10	0.10	0.00	0.10			0.10
V.C. DESAYUNO												890.80
% PROT. DESAYUNO												34.40
ALMUERZO: Chupé colorado + Pollo a la pila, arroz + refresco + fruta												
Cerveza de res	80.0	75.00	0.00	2.40	0.00	20	21.07	0.00	80.20			80.20
Pollo	80.00	100.00	3.70	0.00	34.00	10	0.70	100.10	100.10			100.10
Zapallo maco	10.00	81.00	0.00	0.00	0.00	0	0.10	2.07	2.00			2.00
Ajo	0	75.00	0.00	0.01	0.20	0	0.00	0.00	0.00			0.00
Papa	0.00	75.00	0.10	0.00	0.00	0	0.10	1.37	1.30			1.30
Nabo	0.00	75.00	0.00	0.01	0.10	0	0.00	0.00	0.00			0.00
Huevo fresco	30.00	40.00	1.00	0.10	3.10	0	0.00	12.40	12.40			12.40
Zanahoria	30.00	67.00	0.10	0.10	2.40	1	1.17	0.00	11.41			11.41
Papa blanca	200.00	82.00	0.44	0.10	30.07	14	1.40	100.00	100.00			100.00
Sal	4.00	100.00	0.00	0.00	0.00	0	0.10	1.21	1.20			1.20
Cebolla de ca	0.00	84.00	0.10	0.00	0.00	0	0.10	1.01	1.00			1.00
Ajo	3.00	88.00	0.10	0.01	0.00	0	0.10	2.07	2.00			2.00
Verduras vari	5.00	80.00	0.00	0.00	0.00	1	0.20	1.10	1.10			1.10
Cerveza de Pol	150.0	70.00	21.00	0.00	0.00	07	34.00	0.00	120.00			120.00
Arroz Pilado c	100.0	100.00	12.00	0.70	11.00	40	0.70	400.00	400.00			400.00
Azúcar vegetal	20.00	100.00	0.00	20.00	0.00	0	100.00	0.00	100.00			100.00
Ajo	4.00	80.00	0.10	0.00	0.00	1	0.20	3.00	3.00			3.00
Sal	10.00	100.00	0.14	0.00	0.00	1	0.14	3.00	3.00			3.00
Tortilla	30.00	80.00	0.20	0.00	1.10	1	0.40	4.00	4.00			4.00
Percejo	10.00	80.00	0.20	0.04	0.04	1	0.20	1.30	1.30			1.30
Cebolla de ca	00.00	67.00	0.00	0.00	4.00	1	0.70	10.07	10.00			10.00
Pila	20.00	80.00	0.00	0.04	2.10	0	0.40	8.70	8.70			8.70
Aj colorado s	0.00	60.00	0.04	0.20	3.00	1	2.00	7.00	7.00			7.00
Cebolla con c	0.00	100.00	0.41	0.11	4.00	2	0.07	10.00	10.00			10.00
Azúcar rubio	30.00	100.00	0.00	0.00	34.40	0	0.00	137.60	137.60			137.60
Limon	0.00	100.00	0.00	0.01	0.00	0	0.07	1.00	1.00			1.00
Manzana	150.00	100.00	0.40	0.10	21.00	7	1.00	67.00	67.00			67.00
V.C. ALMUERZO												1040.00
% PROT. ALMUERZO												40.40
CENA: Salsado de cerdo con carne, arroz + refresco												
Cerveza de res	80.0	100.00	17.00	1.20	0.00	00.10	11.00	0.00	79.00			79.00
Cebolla de ca	60.00	80.00	0.71	0.10	0.70	2.00	0.00	73.00	73.00			73.00
Tortilla	40.00	80.00	0.00	0.07	1.20	1.10	0.00	0.10	7.00			7.00
Papa blanca	200.0	82.00	3.00	0.10	41.00	15.40	1.00	104.10	104.10			104.10
Arroz Pilado c	80.0	100.00	7.00	0.40	70.00	20.00	4.00	200.00	200.00			200.00
Ajo	1.00	80.00	0.07	0.01	0.00	0.20	0.00	1.40	1.40			1.40
Azúcar vegetal	20.00	100.00	0.00	20.00	0.00	0.00	20	0.00	20.00			20.00
Azúcar, hoj	100.00	90.00	2.10	0.30	0.10	0.00	2.00	30.70	30.70			30.70
Percejo	1.00	80.00	0.07	0.00	0.00	0.10	0.00	0.10	0.10			0.10
Pinchitos mol	2	100	0.17	0.10	1.20	0.07	1.40	0.00	7.10			7.10
Sal	0.00	100.0	0.10	0.04	0.00	0.00	0.00	0.00	0.00			0.00
Azúcar rubio	30.00	100.00	0.00	0.00	34.40	0.00	0.00	137.60	137.60			137.60
Huevo	0.00	67.00	0.17	0.00	0.00	0.00	0.10	1.00	1.00			1.00
V.C. CENA												1010.00
% PROT. CENA												30.00
TOTAL												1100.00
VOT. MPAU												3000.10



BRUNO CONCEPCION
 SECRETARÍA DE ECONOMÍA
 GUAYMAS, S.L.

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

15-06-17 ALMO

ALIMENTO	gr/po (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	PROT	GRASA	CHO	energía
DESAYUNO: Sándwich de atún, arroz + té y pan									
Té (en azúcar)	3.00	94.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Arroz rubio	30.00	100.00	5.00	0.00	13.00	0.00	0	20.94	75.66
Pan de leche	30.0	100.00	2.66	0.00	21.34	11.53	0.81	66.16	58.40
Arroz fresco	30.00	94.00	1.15	0.10	3.00	4.6	0.87	12.16	17.60
Verdón (2)	50.00	91.00	1.08	0.14	3.66	4.37	1.20	14.74	20.34
Zanahoria	40.00	79.00	0.18	0.10	2.91	0.76	1.40	11.03	13.61
Gratón de sal	50.00	100.00	6.72	2.70	0.90	27	24.30	1.20	82.38
Cebolla de ca	50.00	87.00	0.47	0.07	3.70	1.60	0.60	15.14	17.60
Papa blanca	100.0	82.00	1.72	0.08	18.94	6.66	0.74	73.14	80.77
Arroz Pilado e	80.0	100.00	7.38	0.40	70.00	24.00	4.00	280.00	310.65
Ajo	3.00	80.00	0.22	0.03	1.33	0.50	0.26	4.66	6.08
Aceite vegetal	15.00	100.00	0.00	16.00	0.00	0.00	130.00	0.00	920.00
Perce	4.00	50.00	0.10	0.01	0.10	0.38	0.13	0.50	1.00
Tomate	20.00	94.00	0.09	0.00	0.46	0.36	0.19	1.85	2.40
Sal	12.00	100.00	0.14	0.00	0.66	0.56	0.54	3.94	5.06
V.O. DESAYUNO									842.60
% DIETA DESAYUNO									21.14

ALMUERZO: Cazuela de lentejas, Frijoles con seco de res, arroz, refresco + fruta									
Carné de Pol	50.0	75.00	8.37	1.60	0.00	37.08	14.56	0.00	52.66
Zapallo mayor	30.00	47.00	0.10	0.00	0.60	0.99	0.25	3.01	4.70
Ajo	8.00	75.00	0.00	0.01	0.22	0.13	0.06	0.86	1.07
Perce	5.00	64.00	0.11	0.00	0.30	0.40	0.20	1.20	1.60
Nabo	4.00	88.00	0.00	0.01	0.14	0.10	0.07	0.67	0.74
Hollos frescos	30.00	32.00	0.76	0.00	1.81	3.16	0.00	7.25	33.60
Zanahoria	30.00	79.00	0.06	0.08	1.49	0.50	0.71	5.61	6.90
Fideos	80.00	100.00	7.92	0.50	60.58	26.00	1.44	250.24	381.76
Papa blanca	80.0	82.00	1.38	0.07	14.60	5.51	0.56	58.03	64.62
Frijol canario	100.0	100.00	39.28	2.52	72.24	105.12	22.86	289.56	416.78
Cebolla de ca	30.00	86.00	0.38	0.00	2.60	1.44	0.46	11.66	13.57
Tomate	25.00	90.00	0.18	0.00	0.97	0.73	0.41	3.87	5.00
Aj colorado e	3.00	88.00	0.21	0.03	1.79	0.60	0.06	6.60	9.79
Carné de res	100.0	100.00	24.98	2.98	0.00	136.30	33.04	0.00	150.36
Arroz Pilado e	100.00	100.00	12.90	0.70	116.70	46.20	6.70	466.60	520.75
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Espinaca sag	10.00	86.00	0.38	0.11	0.40	1.49	1.80	2.90	4.96
Clemente	20.00	57.00	0.46	0.10	0.60	1.58	1.30	3.18	6.00
Zanahoria	30.00	79.00	0.09	0.08	1.48	0.58	0.71	5.81	6.90
Aj verde (2)	2.00	67.00	0.00	0.01	0.17	0.13	0.10	0.66	0.90
Sal	6.00	100.00	0.10	0.04	0.66	0.56	0.54	3.94	5.06
Ajo	1.00	80.00	0.04	0.01	0.24	0.18	0.06	0.97	1.21
Papa blanca	100.0	82.00	1.72	0.08	18.94	6.66	0.74	73.14	80.77
Arroz fresco	20.00	94.00	0.77	0.06	2.00	3.07	0.58	8.10	11.77
Arroz rubio	20.00	100.00	0.00	0.00	19.00	0.00	0.00	78.04	78.04
Hollos de se	150.0	68.00	1.50	0.31	21.42	6.12	2.75	85.68	94.55
V.O. ALMUERZO									2026.17
% DIETA ALMUERZO									66.66

CENA: Tortilla de verdones, arroz, ensalada + infusion									
Culabaco	100.00	47.00	0.28	0.00	2.60	1	0.40	10.50	12.00
Zanahoria	80.00	78.00	0.24	0.00	3.60	0.90	1.70	14.54	17.24
Harina de trigo	20.00	100.00	2.10	0.40	14.98	6.40	3.60	60.04	71.64
Leche evapor	20.00	100.00	1.40	1.40	2.18	5.60	14.50	8.70	38.66
Huevo de gall	20.00	86.00	2.66	1.80	0.30	10.58	14.60	1.41	20.81
Coliflor	100.0	73.00	3.60	0.14	66.58	11.20	1.20	222.40	234.78
Cebolla de ca	80.00	87.00	0.56	0.09	4.54	2.20	0.70	18.17	21.15
Arroz Pilado e	100.0	100.00	8.30	0.50	77.60	30.60	4.50	311.20	348.60
Ajo	3.00	80.00	0.28	0.05	0.40	0.36	0.10	1.66	2.42
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Perce	4.00	50.00	0.10	0.01	0.10	0.38	0.13	0.50	1.00
Carné de Pol	60.0	70.00	6.80	1.31	0.00	34.61	12.61	0.00	48.33
Tomate	10.00	94.00	0.04	0.01	0.23	0.17	0.10	0.89	1.20
Sal	10.00	100.00	0.14	0.06	0.66	0.56	0.54	3.94	5.06
Hollos	2.00	67.00	0.04	0.01	0.09	0.17	0.10	0.38	0.89
Arroz rubio	20.00	100.00	0.00	0.00	19.00	0.00	0.00	78.04	78.04
V.O. CENA									7120.94
% DIETA CENA									28.2
VOT (gr)			647.18	76.25	671.20				
VOT (kcal)			288.77	713.66	2834.6				
VOT (%)			15	14	87				
V.O.T. MEDIA									2808.78

[Firma]

[Firma]
Dr. Gladys E. Quispe Duran
 NUTRICIONISTA
 C.R.P. 0001



18-19-20 JULIO

18-19-20 JULIO									
ALIMENTO	gr/por 100	convertido %	PROT An kg	GRASA g	CHO g	ALIMENTOS FORMULADOS			TOTAL KG
						PROT	GRASAS	CHO	
DESAYUNO: Ubre, arroz, amar, ensalada + Te y pan									
Te sin azúcar	3.00	94.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Pan de labor	30.0	100.00	2.69	0.09	31.54	11.82	0.81	99.16	90.49
Arroz rubio	35.00	100.00	0.00	0.00	34.41	0.00	0	137.82	137.82
Ubre de res	120.0	85.00	14.99	18.58	1.00	97.83	170.24	4.99	237.85
Harina de Ma	25.00	100.00	2.16	1.60	17.80	9	18.83	71.30	94.53
Cebolla de ca	60.00	80.00	0.76	0.11	6.50	2.99	0.9612	24.14	28.00
Tomate	40.00	90.00	0.29	0.07	1.55	1.10	0.65	8.19	7.90
Laduga rojo	50.00	75.0	0.61	0.08	0.83	2.03	0.70	3.20	6.01
Huevo de gal	15.00	90.00	1.98	1.73	0.25	0	11.11	1.06	26.11
Lacta evapor	37.00	100.00	1.40	1.82	2.18	0	14.58	8.72	28.90
Sal	20.00	100.00	0.24	0.10	1.54	0.90	0.90	6.58	4.43
Limón	4.00	100.00	0.02	0.01	0.39	0.00	0.00	1.50	1.70
Arroz vegetal	35.00	100.00	0.00	0.00	0.00	0	326.00	0.00	225.00
Vinagre	0.50	100.00	0.00	0.01	0.03	0.00	0.00	0.10	0.10
V.C. DESAYUNO									894.94
% DISTR. DESAYUNO									36.76

ALMORZADO: Chivo, puro con asado de pollo, arroz, refresco, fruta									
Trigo, harina	20.00	100.00	4.74	1.13	0.20	18.96	10.68	0.80	29.84
Carne de res	80.00	70.00	8.90	0.87	0.00	90.78	6.044	0.00	41.89
Pure	6.00	88.00	0.11	0.00	0.30	0.43	0.28512	1.30	1.92
Apio	3.00	75.00	0.00	0.00	0.11	0.09	0.0406	0.40	0.54
Trigo	40.00	100.00	3.44	0.60	29.48	13.78	5.4	117.92	127.00
Zapato macu	45.00	47.00	0.15	0.04	1.35	0.59	0.3907	5.41	6.39
Sal	11.00	100.00	0.13	0.06	0.90	0.53	0.490	3.91	4.80
Madr Fresca	45.00	57.00	0.78	0.18	0.34	3.01	1.8416	25.35	30.00
Habas frescas	25.00	55.00	0.06	0.87	2.37	3.99	0.63	9.07	13.65
Zanahoria	10.00	75.00	0.08	0.04	0.73	0.19	0.9066	2.91	3.48
Carne de Pol	180.0	70.00	23.07	4.83	0.99	90.39	36.20	0.00	128.58
Cebolla de ca	30.0	80.00	0.35	0.04	2.03	1.01	0.394	8.14	9.47
Papa blanca	250.0	80.0	4.20	0.20	64.90	16.80	1.8	170.40	197.50
Lacta evapor	20.00	100.00	1.40	1.82	2.18	0.00	14.58	8.72	28.90
Margarina ve	5.00	100.00	0.83	4.10	0.00	0.17	38.9	0.00	37.83
Arroz Pilado e	100.0	100.0	12.30	0.76	116.70	48.20	4.70	496.60	622.75
Pimentón mol	1	100	0.08	0.00	0.94	0.34	0.72	2.24	3.60
Arroz vegetal	10.00	40.00	0.00	0.00	0.00	0.00	54	0.00	54.00
Peeji	3.00	80.00	0.05	0.01	0.07	0.19	0.083	0.38	0.63
Aj colorado e	5.00	68.00	0.24	0.27	2.00	0.95	1.3888	7.99	11.32
Sal	12.00	100.0	0.14	0.08	0.98	0.68	0.54	3.94	5.05
Silba	4.50	100.0	0.51	0.40	0.08	2.83	3.888	0.18	6.10
Refresco	6.00	80.00	0.06	0.03	0.44	0.39	0.24	1.77	2.27
Madr macada	15.00	100.00	1.10	0.51	11.49	4.35	4.39	40.73	64.69
Limón	10.00	100.00	0.00	0.02	0.87	0.30	0.19	3.89	4.38
Arroz rubio	15.00	100.00	0.00	0.00	14.75	0.00	0.00	56.99	56.99
Pfina	150.00	100.00	0.60	0.30	14.70	2.40	2.70	58.20	63.00
V.C. ALMORZADO									1447.19
% DISTR. ALMORZADO									45.83

CENA: Pato a la mexicana, arroz + infusion									
Carne de Pol	100.0	70.00	14.40	2.53	0.90	57.60	22.80	0.00	80.38
Arroz Pilado e	90.0	100.00	7.38	0.46	70.02	29.50	4.00	380.00	313.00
Arroz vegetal	30.00	100.00	0.00	0.00	0.00	0.00	150.00	0.00	150.00
Ajo	4.00	80.00	0.18	0.03	0.37	0.73	0.20	3.89	4.94
Sal	12.00	100.00	0.14	0.08	0.98	0.68	0.54	3.94	5.05
Peeji	10.00	80.00	0.24	0.04	0.33	0.96	0.30	1.30	2.59
Cebolla de ca	60.00	87.00	0.50	0.08	4.54	2.25	0.72	15.17	21.15
Aj colorado e	1.00	68.00	0.05	0.05	0.40	0.19	0.48	1.60	2.20
Vinagre	0.50	100.00	0.00	0.05	0.30	0.00	0.45	1.00	1.45
Hierbas	3.00	54.00	0.56	0.02	0.11	0.20	0.15	0.49	0.90
Arroz rubio	30.00	100.00	0.00	0.00	34.41	0.00	0.00	137.82	137.82
Morote	4.0	100	0.39	0.79	0.38	1.57	7.09	1.60	10.39
V.C. CENA									750.90
% DISTR. CENA									34.41
			111.45	34.86	483.38				
			446.78	893.78	1813.04				
			14.32	27.43	68.95	190.69			
VOT. MENU									3112.96

ELABORADO POR: 
 REVISADO POR: 
 HERRERA, ALFONSO TRIS
 19/07/2018


 C. Carlos R. Quispe Durán
 NUTRICIONISTA
 # 6140



23-23-23 JUNIO

ALIMENTO	gr/m	convertible %	PIROT An (g)	GRASA (g)	CHO (g)	NUTRICIONAL POR 100g			TOTAL (g)
						PIROT	GRASA	CHO	
DESAYUNO: Remolón de chuño, arroz, le + pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Pan de león	30.0	100.00	2.68	0.09	21.54	11.52	0.81	86.14	98.49
Azúcar rubio	30.00	100.00	0.00	0.00	29.5	0.00	0	117.90	117.90
Chufa blanca	80.00	90.00	0.36	0.03	3.13	1.44	0	14.11	15.55
Arroz Pilado c	10.00	100.00	7.30	0.40	73.00	29.50	4.95	280.00	313.05
Papa blanca	100.0	82.00	1.73	0.08	18.29	8.89	0.730	73.14	86.77
Queso para	10.00	100.00	4.20	4.50	0.50	16.80	40.0	1.80	59.28
Leche evapor	30.00	100.00	1.40	1.40	2.18	5.80	14.80	6.72	26.00
Huevo de gall	10.00	85.00	1.05	1.25	0.28	7.44	11.130	1.06	20.11
Arroz vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	0.00	100.00	0.10	0.04	0.06	0.38	0.38	2.62	3.37
Cebolla de co	30.00	87.00	0.58	0.04	2.27	1.10	0.3818	9.09	10.57
Ajo	3.00	88.00	0.08	0.01	0.46	0.36	0.1162	1.95	2.40
Tomate	15.00	98.00	0.12	0.03	0.94	0.48	0.2873	2.35	3.30
Perce	5.00	90.00	0.12	0.02	0.18	0.48	0.1576	0.66	1.29
					V.C. DESAYUNO				888.66
					% DISTR. DESAYUNO				38.47

ALMUERZO: Papa Huancayo + Tallarines verdes con salsa de carne + fruta									
Papa blanca	100.00	82.00	1.73	0.18	18.29	8.89	0.730	73.14	86.77
Tallarines de sa	10.00	100.00	1.01	1.47	0.80	4.04	13.30	27.30	44.47
Mami verde, c	0.00	71.00	0.88	1.71	0.63	3.42	15.40	2.51	21.24
Leche escapa	10.00	85.00	0.67	0.77	1.04	2.68	8.80	4.14	15.19
Queso para	10.00	100.00	2.80	3.00	0.33	11.20	27.00	1.30	39.53
Haricota	3.00	84.00	0.08	0.01	0.20	0.22	0.08	0.36	0.64
Aj. verde (2)	0.00	87.00	0.08	0.03	0.40	0.34	0.2412	1.68	2.24
Fideos tallarin	100.00	100.00	14.25	0.15	104.40	57.00	1.30	417.60	475.95
Carne res, pa	120.0	75.00	19.17	1.44	0.00	76.68	12.86	0.00	89.54
Albahaca	30.00	87.00	0.64	0.03	3.47	3.88	0.6308	13.68	17.24
Esmeralda neg	12.00	97.00	0.30	0.10	0.67	1.30	0.84384	2.28	4.53
Cominos	0.40	100	0.02	0.00	0.32	0.00	0.01	1.27	1.34
Peperina neg	0.10	100.00	0.01	0.01	0.06	0.03	0.00	0.25	0.36
Ajo	4.00	80.00	0.14	0.03	0.97	0.72	0.2304	3.69	4.64
Arroz vegetal	15.00	90.00	0.00	15.00	0.00	0.00	121.5	0.00	121.50
Glutamato ms	3.00	100.00	0.22	0.00	1.74	0.88	0	6.94	7.82
Sal	12.00	100.00	0.14	0.06	0.80	0.54	0.64	3.54	5.05
Soacha	4.00	90.00	0.09	0.03	0.44	0.28	0.24	1.77	2.37
Cebolla de co	6.80	100.00	0.48	0.13	5.06	1.80	1.00	20.22	23.11
Limón	4.00	100.00	0.03	0.01	0.29	0.08	0.07	1.85	1.79
Arroz rubio	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.60	137.62
Manzana	150.00	85.00	0.38	0.13	16.82	1.50	1.15	74.48	77.14
V.C. ALMUERZO									1972.82
% DISTR. ALMUERZO									48

CENA: Sopa a la mina/Ta con res + infusion									
Carne de res	60.0	100.00	13.85	1.04	0.00	55	9.38	0.69	64.74
Arroz vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajo	5.00	85.00	0.24	0.03	1.29	1	0.31	5.17	6.43
Ajo	12.00	75.00	0.58	0.02	0.40	0	0.18	1.73	2.34
Pero	12.00	75.00	0.24	0.07	0.55	1	0.60	2.74	4.36
Nabo	12.00	75.00	0.05	0.00	0.30	0	0.18	1.30	1.67
Sal	18.00	100.00	0.22	0.09	1.40	1	0.61	5.60	7.69
Papa blanca	80.0	82.00	1.38	0.07	14.60	5.51	0.58	50.52	64.02
Fideos	80.00	100.00	7.50	0.16	52.50	30	1.44	390.24	201.76
Orégano seco	3.00	100.00	0.05	0.00	0.34	0	0.14	1.36	1.68
Papa blanca	100.00	82.00	2.07	0.10	21.34	8	0.68	87.77	96.82
Tomate	25.00	80.00	0.20	0.05	1.06	1	0.45	4.28	5.49
Cebolla de co	40.00	94.00	0.71	0.10	5.70	3	0.61	33.78	36.51
Verduras para	5.00	85.00	0.20	0.09	0.29	0	0.37	1.11	2.19
Haricón	3.00	100.00	0.09	0.00	0.21	0	0.37	0.64	1.49
Arroz rubio	40.00	100.00	0.00	0.00	38.50	0	0.00	157.25	157.25
V.C. CENA									869.36
V.C. TOTAL									2941
V.C. GR.									86.87
V.C. HOAL									562.20
V.C. %									13.39
V.C. MCHU									203.36

[Firma]
 D. Carlos E. Quiroz Doras
 COORDINADOR
 1 4 4 8 1 1 0

[Firma]
 D. Carlos E. Quiroz Doras
 COORDINADOR
 1 4 4 8 1 1 0



14-25-26 2020

ALIMENTO	gr/por (g)	cantidad %	PROT An (g)	GRASA (g)	CHO (g)	NUTRIENTES POR LA PORCIÓN			TOTAL ALI
						PROT	GRASA	CHO	
DESAYUNO: Cui cavi de parolla con arroz + Café y 21 pan.									
Café sin azúcar	8.00	100.00	0.01	0.00	0.03	0.06	0.04	0.03	0.21
Pan de salame	30.0	100.00	3.08	0.09	21.64	11.52	0.91	99.19	99.49
Arroz rubio	20.00	100.00	0.00	0.00	19.88	0.00	0	79.64	79.64
Arroz Pilado c	60.00	100.00	7.38	0.45	79.02	29.32	4.05	280.08	313.60
Ajo	1.00	100.00	0.06	0.01	0.30	0.734	0.07	1.22	1.91
Masutanga de	100.0	80.00	13.52	3.69	0.80	94.08	25.2	3.20	62.49
Acorda vegetal	10.00	100.00	0.06	10.00	0.00	0.00	60.00	0.00	90.00
Sal	6.00	100.00	0.08	0.00	0.00	0.01	0.29	3.15	3.44
Orégano seco	1.00	85.00	0.01	0.00	0.10	0.05	0.04	0.39	0.48
Papa blanca	100.00	82.00	1.72	0.58	18.29	6.80	0.74	73.14	80.77
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.1806	4.64	5.29
Zanahoria	15.00	79.00	0.07	0.06	1.90	0.2948	0.52	4.36	5.18
Arroz fresco	30.00	54.00	0.77	0.06	2.03	3.07	0.9932	8.12	11.77
Aji colorado a	1.00	100.00	0.07	0.00	0.00	0.28	0.70	2.38	3.36
						V.O. DESAYUNO			774.83
						% PROT DESAYUNO			30.79
ALMUERZO: Sopa de semola con res + Pollo al sillauarros + refresco y fruta.									
Carné de res	90.0	80.00	9.05	0.68	0.00	36.21	6.12	0.00	42.33
Zapallo mazón	30.00	47.00	0.10	0.03	0.00	0.26	0.25	3.61	4.16
Agua	6.00	75.00	0.00	0.01	0.00	0.13	0.08	0.88	1.07
Pavo	6.00	66.00	0.11	0.00	0.30	0.43	0.36	1.20	1.99
Pollo	6.00	66.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Harina fresca	30.00	30.00	0.79	0.09	1.81	3.18	0.58	7.26	10.97
Zanahoria	30.00	79.00	0.09	0.08	1.40	0.38	0.71	5.81	6.90
Semola de Tr	20.00	90.00	4.60	2.94	12.70	18.53	22.67	91.17	92.61
Papa blanca	80.0	80.00	1.38	0.07	14.63	5.61	0.56	58.52	64.63
Carné de Pol	180.0	70.00	23.07	4.00	0.00	92.35	39.39	0.00	128.88
Sillas	6.00	100.00	0.57	0.46	0.00	2	4.32	0.20	6.78
Peperón	35.00	80.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla china	20.00	71.00	0.33	0.08	1.07	1	0.81	4.28	6.08
Papa blanca	100.0	82.00	1.72	0.08	18.29	6.80	0.74	73.14	80.77
Agua	6.00	80.00	0.13	0.02	0.73	0.64	0.17	2.92	3.69
Sal	10.00	100.00	0.13	0.00	0.60	0.43	0.45	3.28	4.31
Acorda vegetal	15.00	100.00	0.00	15.00	0.00	0.00	150.00	0.00	150.00
Orégano seco	1.00	94.00	0.02	0.01	0.21	0.12	0.0848	0.85	1.00
Aji colorado a	3.00	62.00	0.21	0.12	0.02	0.44	1.0803	3.69	5.19
Arroz Pilado c	150.00	100.00	13.30	0.75	138.70	49.20	6.75	480.80	532.75
Arroz rubio	15.00	166.0	0.00	0.00	14.75	0.00	0.00	98.99	98.99
Minicena	150.00	85.00	0.36	0.13	18.62	1.83	1.15	74.40	77.14
						V.O. ALMUERZO			1297.43
						% PROT ALMUERZO			43.60
CENA: Papa ameboranta, arroz amarillada + infusión									
Papa blanca	180.00	80.00	2.96	0.12	27.43	10.33	1.11	108.72	121.16
Cuero para	30.00	100.00	3.40	0.00	0.99	30.80	81.00	3.68	115.58
Huevo de gall	15.00	88.00	1.98	0.23	0.20	7.94	11.11	1.09	20.11
Harina de trigo	30.00	100.00	3.15	0.68	32.44	12.60	8.40	89.76	107.39
Arroz Pilado c	60.00	100.00	4.60	0.30	40.88	15.08	2.70	186.72	208.10
Taneta	20.00	90.00	0.14	0.04	0.77	0.88	0.32	3.10	4.00
Lechuga rudo	20.00	60.00	0.13	0.02	0.21	0.32	0.18	0.64	1.34
Leche estera	10.00	100.00	0.70	0.81	1.09	3	7.28	4.36	14.45
Sal	6.00	100.00	0.10	0.04	0.89	0.40	0.30	3.76	5.54
Acorda vegetal	25.00	90.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Harina	7.00	54.00	0.00	0.01	0.08	0.13	0.10	0.30	0.53
Arroz rubio	20.00	100.00	0.00	0.00	19.66	0.00	0.00	75.64	75.64
						V.O. CENA			889.39
						% PROT CENA			23.82
			166.38	70.34	480.37				
			417.85	832.18	1092.11				
			14	22	84	109.00			
						VCT. MENU			3397.33

ANEXO 1

[Firma]

COORDINADOR GENERAL DE TRABAJO

MINISTERIO DE SALUD

[Firma]

Dr. Gladys A. Torres Linares

NUTRICIONISTA

C.M.P. 0.000



27-28-29 JULIO

30

28 DE JULIO Muestra: PASTAS PATRIAS									
ALIMENTO	gr/por (g)	conversion %	PROT gr (g)	GRASA (g)	CHO (g)	KCALORIAS POR 100 GRAMOS			100g ALI
						PROT	GRASAS	CHO	
ASADO DE CHARDON									
Cerdo de Cer	225	85.00	25.83	29.34	0.00	110.71	254.15	0.00	381.86
									381.86

ALIMENTO	gr/por (g)	conversion %	PROT gr (g)	GRASA (g)	CHO (g)	KCALORIAS POR 100 GRAMOS			100g ALI
						PROT	GRASAS	CHO	
DESAYUNO: Cereal de galletas + Tc + H ₂ O por									
Cereal de gallet	100.00	83.00	17.87	1.40	0.00	71	13.38	0.00	84.07
Ajete	5.00	88.00	0.27	0.04	1.44	1.08	0.34	5.78	7.18
Leche	50.00	98.00	0.07	0.02	0.48	0.37	0.17	1.83	2.35
Papa	10.00	80.00	0.34	0.07	0.68	0.87	0.05	2.71	4.38
Leche	50.00	98.00	0.05	0.02	0.30	0.23	0.15	1.40	1.87
Papa blanca	100.0	88.00	3.59	0.17	38.13	14.38	1.54	352.53	188.44
Fideos galleta	100.00	100.00	9.50	0.10	88.00	38.00	0.80	378.40	317.50
Sal	10.00	100.00	0.22	0.00	1.48	0.66	0.01	5.90	7.58
Almendra ent	1.00	100	0.08	0.06	0.84	0.34	0.73	3.54	4.60
Almendra m	0.20	100.00	0.03	0.00	0.29	0.13	0.00	1.04	1.17
Arroz vegetal	10.00	100.00	0.00	10.00	0.00	0.00	80.00	0.00	90.00
Papa de labar	30.0	100.00	2.86	0.08	21.54	11.23	0.81	88.18	88.48
Verduras surt	5.00	88.00	0.23	0.08	0.71	0.81	0.30	1.34	2.43
Arroz rojo	20.00	100.00	0.00	0.00	34.58	0.00	0.00	98.00	88.30
						V.C. GRASA			880.84
						% DIST. DES.			28.88

ALMUERZO: Arroz de cerdo + arroz + papa + ensalada + refresco + fruta									
Papa blanca	200.00	82.00	3.44	0.16	30.37	13.73	1.475	140.28	101.54
Leche evapor	20.00	90.0	1.33	1.54	2.07	5.33	13.85	0.29	27.44
Monteagudo e	15.00	100.00	0.09	12.00	0.00	0.34	108.00	0.00	108.30
Cerdo pinto	20.00	100.00	5.80	6.00	0.88	22.40	94.00	0.84	79.04
Leche de gall	25.00	98.00	0.31	0.08	0.44	13	16.82	1.76	33.82
Tortudo	50.00	92.00	0.40	0.10	2.13	1.58	0.807	8.51	10.09
Peperillo a F	45.00	80.00	0.18	0.04	0.84	0.72	0.38	3.74	4.75
Peraji	3.00	88.00	0.10	0.01	0.13	0.38	0.12	0.51	1.03
Lechuga mda	40.00	80.00	0.28	0.05	0.58	1.40	0.90	2.28	4.83
Cebolla de ca	70.00	87.00	0.00	0.00	0.30	9.80	0.84	21.20	24.87
Limon	3.0	100.00	0.02	0.01	0.28	0.28	0.02	1.18	1.28
Melosa	5.0	100	0.78	1.58	0.75	3.14	14.18	3.91	20.33
Papa blanca	100.00	82.00	3.78	0.12	27.43	12.30	1.187	108.73	121.90
Arroz blanco	50.00	100.00	7.88	0.48	70.00	30.50	4.80	380.58	310.60
Aj. colado a	5.00	88.00	0.24	0.07	2.10	0.85	2.28	7.88	11.32
Ajete	4.00	83.00	0.18	0.00	0.87	0.73	0.33	3.84	4.44
Arroz vegetal	25.0	100.00	0.00	25.00	0.00	0.00	220.00	0.00	325.00
Refresco	5.00	88.00	0.08	0.03	0.44	0.38	0.24	1.77	2.27
Mala munda	25.00	100.00	1.89	0.86	19.08	7.38	7.68	78.20	91.18
Limon	10.00	100.00	0.05	0.02	0.87	0.30	0.18	3.84	4.38
Arroz rojo	40.00	100.0	0.00	0.00	38.30	0.00	0.00	157.28	157.28
Melancia	180.00	88.00	0.40	0.13	19.27	1.58	1.18	77.00	79.00
						V.C. ALMUERZO			1488.88
						% DIST. ALMUERZO			44.71

GRASA: Cereal de fideos con refresco + infusion									
Arroz blanco c	50.00	100.00	7.38	0.40	70.00	30.50	4.80	380.58	310.60
Ajete	1.00	100.00	0.06	0.01	0.20	0.204	0.07	1.30	1.51
Cerdo de cer	50.00	100.00	10.00	0.00	0.00	40.00	7.20	0.00	49.80
Arroz vegetal	10.00	100.00	0.00	10.00	0.00	0.00	80.00	0.00	90.00
Sal	4.00	100.00	0.08	0.03	0.83	0.31	0.28	3.13	3.74
Orégano mda	1.00	88.00	0.01	0.00	0.10	0.08	0.04	0.38	0.48
Papa blanca	100.00	82.00	1.72	0.00	18.59	8.88	0.74	73.14	89.77
Cebolla de ca	20.00	87.00	0.19	0.03	1.81	0.79	0.3412	8.08	7.08
Papa	30.00	100.00	2.82	0.00	22.48	11.20	0.84	83.64	105.60
Arroz vegetal	15.00	100.00	0.00	15.00	0.00	0.00	180.00	0.00	180.00
Lechuga	15.00	78.00	0.67	0.00	1.29	0.2844	0.53	4.38	5.18
Arroz blanco	20.00	84.00	0.77	0.03	2.03	0.80	0.6800	8.13	11.37
Aj. colado a	1.00	100.00	0.07	0.03	0.89	0.38	0.70	3.30	3.50
Melancia	1.00	84.00	0.88	0.09	0.18	0.35	0.34	0.76	1.38
Arroz rojo	20.00	100.00	0.00	0.00	28.40	0.00	0.00	117.00	117.00
						V.C. GRASA			683.25
						% DIST. GRASA			28.64
			87.71	88.43	856.36				
			280.83	281.84	2148.61				
			10.84	24.29	64.48	100.00			
						VCT. MENU			3328.18



[Signature]
Lic. Gladys R. Quispe D.
NUTRICIONISTA
C.N.P. 6117

[Signature]
Lic. Gladys R. Quispe D.
NUTRICIONISTA
C.N.P. 6117

30-31 JULIO

ALIMENTO	gr/por 100	comestible %	PROT An (g)	GRASA g	CHO (g)	ALIMENTO (Porcentaje de nutrientes)			TOTAL Kcal
						PROT	GRASAS	CHO	
DESAYUNO: Ollaquillo con changuit, arroz + la + 01 pan									
Té sin azúcar	3.00	94.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Clevo de olor	0.90	94.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00
Canola entero	0.50	94.00	0.01	0.00	0.00	0.00	0.00180	0.01	0.00
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0	50.50	50.50
Peri de labar	30.00	100.00	2.00	0.00	21.50	11.50	0.00	80.10	80.10
Cenqui	30.00	100.00	15.00	0.01	0.00	80.30	01.50	0.00	91.80
Papa blanca	100.0	80.00	1.70	0.00	10.00	0.00	0.700	70.10	80.77
Aluaca	100.00	81.00	1.00	0.00	10.01	0.00	0.010	50.00	50.00
Arroz Pilado c	80.0	100.00	7.30	0.40	70.00	20.00	0.00	200.00	217.70
Aji colorado c	0.00	88.00	0.00	0.00	0.00	0.00	0.00000	0.00	0.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Ajo	0.00	80.00	0.10	0.00	0.00	0.00	0.00000	0.00	0.00
Acido vegetal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla de co	10.00	87.00	0.10	0.00	1.10	0.00	0.00	0.00	0.00
						V.C. DESAYUNO			787.80
						% DIST. DESAYUNO			28.10
ALMUERZO: Maximera de chule + Estofado de res, arroz + refresco + fruta									
Cerdo de res	50.00	70.00	7.40	0.50	0.00	20.00	0.00	0.00	20.00
Chule resido	30.00	100.00	0.10	0.00	1.40	0.00	0.00	0.00	0.00
Estofado res	40.00	47.00	0.10	0.00	1.00	0.00	0.00	0.00	0.00
Ajo	4.00	70.00	0.00	0.01	0.10	0.00	0.00	0.00	0.00
Peri	2.00	60.00	0.00	0.01	0.10	0.10	0.10	0.00	0.00
Papa blanca	200.00	82.00	3.40	0.10	10.00	10.00	1.00	100.00	100.00
Zanahoria	20.00	70.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Maiz fresco	20.00	30.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cerdo de res	150.0	70.00	20.00	0.00	0.00	80.00	20.00	0.00	100.00
Arroz Pilado c	150.00	100.00	12.30	0.70	110.00	40.00	0.70	400.00	552.70
Ajo	0.00	80.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Acido vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sal	12.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Aji colorado c	0.00	80.00	0.10	0.11	0.00	0.00	0.00	0.00	0.00
Comino	2	100	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Tomate	20.00	60.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Arroz fresco	20.00	50.00	1.10	0.10	0.00	0.00	0.00	0.00	0.00
Zanahoria	20.00	70.00	0.10	0.10	0.00	0.00	0.00	0.00	0.00
Financiera res	0	100	0.10	0.10	1.00	0.00	0.00	0.00	0.00
Cebada con c	0.00	100.00	0.00	0.10	0.00	0.00	0.00	0.00	0.00
Limon	4.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	20.00	100.00	0.00	0.00	10.00	0.00	0.00	70.00	70.00
Fritura de se	150.0	80.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00
						V.C. ALMUERZO			1210.00
						% DIST. ALMUERZO			41.90
CENA: Sopa de pollo + Infusion									
Cerdo de Pol	100.00	80.00	17.00	0.00	0.00	10.00	20.00	0.00	0.00
Ajo	0.00	80.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Ajo	10.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa blanca	200.0	80.00	3.00	0.10	10.00	10.00	1.00	100.00	100.00
Infusion de res	80.00	100.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00
Sal	10.00	100.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Financiera res	0.00	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Acido vegetal	10.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Infusion	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	40.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
						V.C. CENA			700.00
						% DIST. CENA			25.00
			507.10	41.30	568.70				
			420.80	37.10	2000.00				
			10.30	10.30	71.40	100.00			
						VOT. MENU			2000.00

WILSON GONZALEZ
 Director General de
 Alimentos y Nutrición

Dr. R. Quiroga Duran
 Nutricionista
 0100

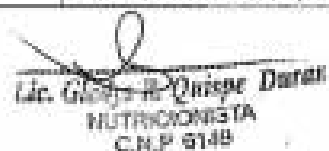


DIETA:DIABETES MELLITUS - POBLACION PENAL - MES DE JULIO 2018

domingo, 01 de julio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	GUISO DE VANITAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
lunes, 02 de julio 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 julio de 2018	TÉ + 02 PANES + ATUN	BIRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
miércoles, 04 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 05 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACELGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 06 de julio de 2018	SOYA CON PIÑA + 02 PANES + HUEVO SANCOCHADO	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
sábado, 07 de julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 08 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON BALSCHICA + INFUSION
lunes, 09 de julio 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 julio de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON POLLO , ARROZ + INFUSION
miércoles, 11 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO GORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
jueves, 12 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ, ENSALADA + INFUSION
viernes, 13 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
sábado, 14 de julio 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 julio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	CHAMFANITA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 16 de julio 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 julio de 2018	TÉ + 02 PANES + ATUN	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
miércoles, 18 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACNEÑA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 20 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
sábado, 21 de julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ESCABECHE DE POLLO A LA LIMEÑA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 22 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VANITAS,ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
lunes, 23 de julio 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 julio de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
miércoles, 25 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
jueves, 26 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
viernes, 27 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
sábado, 28 de julio 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 julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
lunes, 30 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CAIGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 31 de julio de 2018	TÉ + 02 PANES + ATUN	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION


 Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 9149




 Lic. Gladys R. Quispe Duran
 NUTRICIONISTA
 C.N.P. 9149

497



[Signature]



DIETA: DIABETES MELLITUS

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lunes, 02 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + mortadela									
Cebada harin.	35.00	100.00	8.58	0.81	23.59	26	7.25	94.36	127.83
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Mortadela	38.00	100.00	3.43	6.90	3.29	13.72	62.086	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	414.48
								%DIST. D	27.03
Almuerzo: Pescado al horno , ensalada , arroz , refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	169	68.63	2.28	233.82
Arroz Pilado c	120.00	100.00	9.84	0.60	60.36	39	5.40	373.44	418.20
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Papinillo o Pe	60.00	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	0.06
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lchuga reda	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.98	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	68.00	0.25	0.21	3.81	1	1.88	15.24	18.09
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.08	73.79
								VC DES.	821.33
								%DIST. D	53.57
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	40.00	100.00	2.80	3.24	4.36	11	29.18	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

ISSAO CONSULTA MEDICA
 HECTOR CUEVA TRO
 REANALIZANTE



DIETA: DIABETES MELLITUS

295

martes, 03 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Cebolla de ca	85.00	92.00	1.09	0.16	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.05	0.25	0	0.45	1.00	1.45
Pimienta molida	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	38.00	0.00	38.00
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.82	172.32	198.98
Grated de San	30.00	100.00	6.72	2.70	0.90	27	24.30	1.20	52.38
									353.73
									18.41
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.80	0.83	28	67.50	3.30	98.80
Arroz Pilado d	120.0	100.00	9.84	0.60	53.36	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	0.98	1	0.54	3.94	5.06
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.06	0.26	8.60	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	0.66	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	972.45
								% DIS ALM.	50.62
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	88.10
Fideos	30.00	100.00	2.62	0.06	23.48	11	0.54	93.84	105.66
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	5.00	100.00	0.00	5.00	0.00	0.00	45	0.00	45.00
Anchovy 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	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	594.80
								%DIST. D	30.96
			70.15	37.51	325.69				
			280.61	337.61	1302.76				
			14.6	17.6	67.8				
					100.00		V.C.T. MENU		1920.93

INFORMACION DE MENÚ

RECIBO DE MENÚ

Unidad Dura
UNIDAD
UNIDAD



DIETA: DIABETES MELLITUS

224

miércoles, 04 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.87	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
Queso pania	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	186.98
									549.33
									30.53
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas frescas	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.81	60.66	68.98
Sal	18.00	100.00	0.22	0.08	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	0.06	0	0.00	0.32	0.34
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas frescas	35.00	74.00	1.34	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	8.68
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.86	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	87.00	2.80	0.11	6.06	11	0.95	24.23	36.39
Naranja	150.00	88.00	1.76	0.28	16.0	7	2.85	64.09	73.79
								VC Alm	926.77
								% Diet	51.50
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Margarina vej	30.00	100.00	0.18	24.80	0.00	1	221.40	0.00	222.12
Pan de labran	30.00	100.00	2.88	0.09	21.84	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

DIVISION DE SERVICIOS
 Hospital Civil de Tingo
 Tingo, 04 de julio de 2018

Dr. Víctor A. Quiroga Duran
 NUTRICIONISTA
 C.F.P. 8049



DIETA: DIABETES MELLITUS

193

Jueves, 05 de julio de 2018

ALIMENTO	griper (g)	comestible (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	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	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	410.28
								%DIST. D	23.43
Almuerzo: Guiso de acelga, arroz , fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.64	0.00	97.68
Acelgas, hojas	120.00	81.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado c	120.0	100.00	9.84	0.60	93.38	39.36	5.40	373.44	418.20
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.68
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	14.85
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	80.0	88.00	1.48	0.07	15.70	6	0.63	62.80	69.34
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	38.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES	889.59
								%DIST. D	60.80
CENA: Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	90.00	8.55	0.08	62.64	34	0.81	250.56	285.57
Zanahoria	30.0	68.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.89	1	0.28	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.06	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	10.00	100.0	0.00	10.00	0.00	0	90.00	0.00	90.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ají colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.06
									451.44
								%DIST. D	25.78
			70.51	40.68	275.78				
			282.06	366.12	1163.14				
			16.11	20.91	62.99				
					100.00				
								VCT	1751.31

DIETA COMPLEMENTARIA

Hospital de la Cruz Roja
F. 1000

Dr. Carlos A. Quispe Duran
NUTRICIONISTA
C.R.P. 8142



DIETA: DIABETES MELLITUS

192

viernes, 06 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Soya con piña + 02 panes + huevo sancochado									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									375.29
								%DIST. D	24.14
ALMUERZO: Caligua rellena, arroz , refresco y fruta									
Carné de res	80.00	85.00	14.48	1.09	0.00	58	9.79	0.00	67.73
Arroz Pilado c	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.81	60.66	66.96
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caligua Sema	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	46.98
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Arvejas 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	0.9628	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
GENA: Sopa de fideos con cabeza									
Cabeza de res	80.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.87
Fideos	80.00	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
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.87	1	0.23	3.89	4.84
Aceite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	428.04
								%DIST. D	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

Laura COCCURELLA GARCIA
NUTRICIONISTA
CNP 6140

At. Lic. Laura Quique Garcia
NUTRICIONISTA
CNP 6140



DIETA: DIABETES MELLITUS

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sábado, 07 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	469.82
								%DIST. D	30.37
Almuerzo: Arroz con pollo, ensalada + fruta y refresco									
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	130.0	100.00	10.68	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
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cilantro	20.00	57.00	0.38	0.15	0.60	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.09
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Anvejas fresc	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	60.00	0.88	0.10	1.06	3	0.90	4.20	7.70
Tomate	60.00	99.00	0.63	0.16	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	0.06	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.26	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	1.06	114.88	131.32
								VC DES.	207.72
								%DIST. D	12.88
			76.89	36.97	243.41				
			306.34	332.73	973.63				
			19.0	20.6	60.4				
					100.00			VCT	1612.71

Jc. Gladys R. Quispe Duran
ALIMENTACIONISTA
C.N.P. 6149



ENCARGADO DE ATENCION
[Signature]
Nutricionista

DIETA: DIABETES MELLITUS

120

domingo, 08 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Café+ 02 panes + camote sancochado									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.18
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
Camote morado	100.0	82.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de lebrón	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									299.97
									18.30
ALMUERZO: Gau gau de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.85	0.00	98.73
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Sal	18.00	100.00	0.22	0.08	1.48	1	0.81	5.90	7.59
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	92.00	0.28	0.29	2.18	1	2.58	8.64	12.25
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	82.00	0.15	0.12	2.26	1	1.11	9.05	10.75
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	84.09	73.79
									V.C. ALMUERZO
									804.36
									% DISTR. ALMUERZO
									49.07
CENA Arroz a la jardinera con salchicha + infusion									
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.81	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	20.00	100.00	1.88	0.04	15.64	8	0.36	62.56	70.44
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.58	0.18	4.54	5.29
Arvejas fresca	35.00	54.00	1.34	0.11	3.65	5	1.02	14.21	20.80
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
pallito	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									534.97
									32.63
			54.49	26.40	296.94				
			217.87	237.57	1183.76				
			13	14	72				
					100.00			VCT MEN	1639.30

DIETA CORRESPONDIENTE AL DIA 10/07/2018

PREPAREDADO POR: [Firma]

FECHA: 10/07/2018

[Firma]
Dra. Gladys R. Quiroga Duran
NUTRICIONISTA
C.N.P. 8140



DIETA: DIABETES MELLITUS

219

lunes, 09 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Hab	30.00	100.00	7.28	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
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	5.78	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	375.44
								%DIST. D	25.12
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	88.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	120.00	100.00	9.84	0.80	83.36	39	5.40	373.44	418.20
Tomate	50.00	90.00	0.36	0.08	1.84	1	0.81	7.74	9.99
Pepinito 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	0.88	1	0.54	3.94	5.05
Lechuga redo	100.00	92.00	1.20	0.18	1.83	5	1.68	7.73	14.17
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Aji colorado s	3.00	58.00	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	0.88	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	34.66	0.98	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									282.86
									18.93
			80.79	17.93	252.45				
			323.18	181.34	1009.80				
			21.63	10.80	67.58				
					100.00			VCT MEN	1494.32

DIETA CONSEJO DE ENFERMEROS

LEY 1733 DE 2014

Dr. Andrés R. Quiroga Durán
NUTRICIONISTA
C.R.P. 04-0



DIETA: DIABETES MELLITUS

218

martes, 10 de julio de 2018

ALIMENTO	gr/por (g)	comestible (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	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	5.06
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									276.20
									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	23.48	11	0.54	93.84	105.66
Papa blanca	80.0	85.00	1.43	0.07	15.18	6	0.61	60.66	66.88
Arroz Pilado c	120.00	100.00	8.64	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
Tomate	30.00	79.00	0.19	0.08	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
Acelite 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	0.66	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.34	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.85	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	313.85
Cebolla de ca	60.00	67.00	0.66	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.96	15.52	23.94
Papa blanca	60.0	85.00	1.07	0.05	11.37	4	0.46	45.49	50.24
Acelite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.26	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	0.06	0.02	0.11	0	0.15	0.45	0.60
								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	1841.87
					100.00				


 Dr. Gladys R. Quiroga Barco
 NUTRICIONISTA
 C.N.P. 61-0


 Dr. Gladys R. Quiroga Barco
 NUTRICIONISTA
 C.N.P. 61-0



DIETA: DIABETES MELLITUS

217

miércoles, 11 de julio 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:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.66
Pan de labran	60.00	100.00	5.76	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	0.60	93.36	39	5.40	373.44	418.20
Carne de Poli	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegeta	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	80.0	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	5.05
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	0.18	1.93	5	1.66	7.73	14.17
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Aji colorado s	0.50	87.00	0.03	0.03	0.28	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALMU	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	5.80	0.20	13	53.10	0.80	66.46
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	186.99
								%DIST. D	11.21
			74.68	43.77	243.97				
			298.73	393.89	975.87				
			17.9	23.6	58.5				
					100.00			VCT	1668.49

BAJO CONSECUTIVO 2018/07/11

Hecho: Gloria Tito
C. 100.00%

Dr. Gloria E. Quiroga Doria
BIOQUIMICA
C. 100.00%

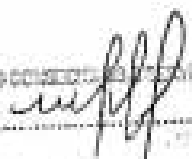


DIETA: DIABETES MELLITUS

216

jueves, 12 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mortadela								
Sémola de Tri	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
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
									410.28
									22.71
ALMUERZO:	Matasquita de pollo , amoz, fruta y refresco								
Carne de Poli	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Amoz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	30.00	78.00	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
Acetia 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 fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	78.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	952.16
								%DIST. D	52.72
CENA:	Pollo sancochado, arroz, ensalada + infusion								
Carne de Poli	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.83
Pepinito o Pe	80.00	72.00	0.28	0.06	1.50	1	0.52	5.99	7.66
Zanahoria	40.00	78.00	0.18	0.16	2.91	1	1.42	11.63	13.81
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
								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

BRUNO COLECTOR DE DATOS


Jc. Gladys E. Quiroz Dávalos
 NUTRICIONISTA
 C.N.P. 8143



DIETA: DIABETES MELLITUS

215

viernes, 13 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
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	6.18	43.08	23	1.62	172.32	196.86
									447.02
									25.29
ALMUERZO:	Caligua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	120.0	100.00	9.84	0.60	99.36	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	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	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
Ajl colorado s	4.00	68.00	0.19	0.21	1.60	1	1.81	6.39	9.06
Acetite 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	6.80
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
					V.C. ALMUERZO				872.37
					% DISTR. ALMUERZO				49.36
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia c	60.00	65.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	40.0	82.00	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	0.16	0	0.08	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	448.10
								%DIST. 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



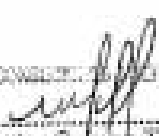
DIANA CONCEPCION GARCIA GARCIA

 Diana García
 Nutricionista

Dr. Carlos E. Quiroga García
 NUTRICIONISTA
 C.R.P. 8040

sábado, 14 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.84	0.88	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	480.56
								%DIST. D	30.70
ALMUERZO:	Arroz chaufa con pollo , refresco y fruta								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.51	1.20	107.01
Arroz Pilado c	120.00	100.00	9.84	0.60	63.36	39	5.40	373.44	418.20
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sel	6.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Cebolla china	30.00	71.00	0.48	0.08	1.60	2	0.77	6.39	9.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	40.00	67.00	0.38	0.06	3.03	2	0.48	12.11	14.10
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.85	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									800.66
								% DIS ALM.	57.53
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.53	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	7.84	4.94	1.08	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.86	0.09	21.54	12	0.61	86.16	98.49
								VC DES.	184.22
								%DIST. D	11.77
			79.12	44.41	212.31				
			316.49	399.79	849.24				
			20.22	25.53	54.25	100			
					100.00			VCT	1565.44

DIETA CONSIDERADA ADECUADA

 Hector Caceres Tito
 FARMACIA


 Dr. Carlos E. Quiroz Lora
 M. D. (Médico)
 C.P. 6100



DIETA: DIABETES MELLITUS

213

domingo, 15 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.06	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labranza	60.00	100.00	5.76	0.18	43.06	23	1.82	172.32	196.98
								VC DES.	306.40
								%DIST. D	18.51
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado cocido	120.0	100.00	9.84	0.80	83.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
Cebolla de ca	30.00	88.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	15.00	88.00	0.12	0.03	0.84	0	0.27	2.33	3.30
Sal	12.00	100.00	0.14	0.08	0.86	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 seco	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	9.06
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	0.08	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.75	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	0.05	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 cocido	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	2.82	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.08	0.86	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	1.61	0.75	0.24	6.06	7.05
Ancejas frescas	30.00	54.00	1.15	0.10	3.06	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	68.08				
					100.00			VCT MEN	1655.68



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Hector Luis Tiz
RESPONSABLE

[Signature]
Lic. María F. Quiroga Larrea
NUTRICIONISTA
C.N.P. 6443

DIETA: DIABETES MELLITUS

2/2

lunes, 16 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + fruta									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Pan de labran	60.00	100.00	5.78	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	2.38	233.62
Arroz Pilado 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	0.05	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	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	836.02
								%DIST. D	57.07
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	30.00	100.00	0.18	0.08	26.01	0.72	0.54	104.04	106.30
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	247.76
								%DIST. D	16.91
			74.82	13.13	261.84				
			299.27	118.18	1047.38				
			20.43	8.07	71.50			VCT MEN	1464.83
					108.00				



[Signature]
Hector Quiroga Tito
ESPECIALISTA

[Signature]
Dr. Yvonne E. Quiroga Linares
LA NUTRICIONISTA
C.P. 2-840

DIETA: DIABETES MELLITUS

211

martes, 17 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + atun								
Té sin azúcar	4.00	100.00	0.32	0.16	2.86	1	1.44	11.42	14.14
Canela entera	0.10	100.0	0.00	0.00	0.06	0.01	0.0081	0.34	0.35
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.69
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Pan de labran	80.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Grated de San	30.00	100.00	6.72	2.70	0.30	27	24.30	1.30	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 paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado d	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Sal	12.0	100.00	0.14	0.06	0.96	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.	30.00	80.00	0.79	0.19	8.67	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	0.82	5.96	7.69
Acetate vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	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 Poli	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	80.0	100.00	6.66	0.40	62.24	26	3.60	248.96	278.80
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	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	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4606	7.78	9.66
Aji colorado si	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	30.00	99.00	0.24	0.06	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	70.2				
					100.00	V.C.T. MENU			1744.73



[Signature]
 NUTRICIONISTA
 HOSPITAL GENERAL DE LIMA

[Signature]
 Dr. Wilfredo A. Gálvez Lora
 NUTRICIONISTA
 CASP GIKO

DIETA: DIABETES MELLITUS

210

miércoles, 18 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	8.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.65	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									518.84
									31.81
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta								
Carne de Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.38	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	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 c	120.0	100.00	9.84	0.60	63.36	39	6.40	373.44	418.20
Pepinillo o Pe	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.38	9.09	10.67
Papa blanca	80.0	92.00	1.55	0.07	16.41	6	0.66	65.65	72.50
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.85	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.87
									860.39
								% DIS ALM.	52.76
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	2.88	5.04
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	30.00	100.00	2.86	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	251.61
								%DIST. D	15.43
			59.52	54.06	226.55				
			238.08	486.55	906.21				
			14.6	29.8	55.6				
					100.00			VCT	1630.84

BRUNO CONCEPCION

BRUNO CONCEPCION

Dr. Carlos E. Quiroz Buitrago

DR. QUIROZ BUITRAGO



DIETA: DIABETES MELLITUS

209

jueves, 19 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.98
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	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 d	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	80.0	86.00	1.44	0.07	15.34	6	0.62	61.37	67.77
Arvejas fresca	40.00	65.00	1.65	0.18	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.66	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Acetite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	506.86
								%DIST. D	37.19
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	50.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	90.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	40.00	57.00	0.32	0.05	2.56	1	0.41	10.31	11.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetite vegeta	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	66.0	0.24	0.27	2.00	1	2.39	7.98	11.32
									486.49
								%DIST. D	35.67
			60.69	27.48	218.41				
			342.75	247.29	873.62				
			17.80	18.13	64.06	100			
					100.00			VCT	1363.67

DIABETES MELLITUS
Hector Cárdena Tito
FOMUNIMAT

DIABETES MELLITUS
Hector Cárdena Tito
FOMUNIMAT
CARP 010

DIETA: DIABETES MELLITUS

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viernes, 20 de julio de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.30	64.53
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	5.76	0.18	43.08	23	1.62	172.32	196.98
									487.68
									30.22
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	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	60.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomato	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serraz	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
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	1.06
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				807.23
					% DISTR. ALMUERZO				50.04
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	30.00	100.0	2.82	0.06	23.46	11	0.54	93.84	105.66
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	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	0.86	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	379.04	1028.01				
			12.78	23.49	63.72				
					100.00			VCT	1613.28

Elaborado por: 
Héctor Cordero Tito
REPRESENTANTE


Dr. Carlos E. Quiroz Doroteo
NUTRICIONISTA
C.R.P. 8143



DIETA: DIABETES MELLITUS

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sábado, 21 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	195.98
								VC DES.	489.82
								%DIST. D	28.07
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado	120.00	100.00	9.84	0.60	93.35	39	5.40	373.44	418.20
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceitunas de	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	60.00	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	0.06	0.74	0	0.41	2.95	3.79
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.06
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Carrote mora	60.00	92.00	1.03	0.22	18.92	4	1.99	75.56	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	127.69
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1072.88
								% DIS ALM.	61.49
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.81	3.20
Huevo de 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	85.16	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]
Hector Cuzco TAC
FARMACIA

[Firma]
Dra. Gladys Q. Quispe Dorado
NUTRIENTISTA
C.O.P.S. 0103



DIETA: DIABETES MELLITUS

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domingo, 22 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote sancochado								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote moro	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.21
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	299.81
								%DIST. D	17.17
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	120.0	100.00	9.84	0.60	93.38	39	5.40	373.44	418.20
Tomate	15.00	92.00	0.11	0.03	0.59	0	0.25	2.37	3.06
Ajos	5.00	85.00	0.24	0.03	1.29	0.96	0.306	5.17	6.43
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Vainitas (2)	140.00	91.00	3.08	0.38	10.32	12.23	3.4398	41.28	56.85
Zanahoria	50.00	79.00	0.24	0.20	3.83	1	1.78	14.54	17.26
Papa blanca	80.0	92.00	1.55	0.07	16.41	6	0.66	65.65	72.50
Cebolla de ca	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
					V.C. ALMUERZO				884.07
					% DISTR. ALMUERZO				60.64
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 "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.39	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.88	0	0.38	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.08	1.60	2	0.77	6.39	9.12
Pimienta	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	561.95
								%DIST. D	32.19
			56.27	42.62	284.28				
			225.08	383.62	1137.13				
			12.89	21.97	65.13				
					100.00			VCT	1745.83

[Firma]
Hector Cárdena Tito
FARMACIA

[Firma]
Dra. Guadalupe Bernal
Médica Generalista
C.M.P. 0-4-0



lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestibi le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
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
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.75	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	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado d	120.00	100.00	9.84	0.60	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	9.89
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lchuga redo	100.00	92.00	1.20	0.18	1.83	5	1.66	7.73	14.17
Zanahoria	80.0	68.00	0.33	0.28	5.08	1	2.48	20.31	24.12
Ajl colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	8.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	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	0.18	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	1.78	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	26.01	0.72	0.54	104.04	105.30
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.18	98.49
Leche evapori	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	168.43	982.38				
			22.06	11.23	66.72				
					100.00			VCT MEN	1472.48

DIAGRAMA DE ALIMENTOS

 Hector Enrique Tellez
 Nutricionista


 Dra. Gloria E. Quintero
 Nutricionista
 C.R.P. 0001



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martes, 24 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	88.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de lebran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.95
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Huevo de gall	60.00	99.00	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 Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	150.0	93.00	2.93	0.14	31.11	12	1.26	124.43	137.41
Arroz Pilado c	120.00	100.00	9.84	0.60	63.38	39	5.40	373.44	418.20
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.89	11.67	14.52
Aji colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Acelite vegeta	10.00	100.00	0.00	10.00	0.00	0	60.00	0.00	60.00
Cebolla de ca	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.00	73.79
					V.C. ALMUERZO				911.62
					% DISTR. ALMUERZO				49.23
CENA:	Guiso de pollo con verduras ,arroz,infusion								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.16	1	1.07	8.72	10.36
Acelgas. hojas	100.00	61.00	1.34	0.18	3.23	5	1.65	12.93	19.95
Cebolla de ca	60.00	87.00	0.56	0.09	4.54	2	0.72	18.17	21.15
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.81	60.66	66.98
Acelite vegeta	10.00	100.00	0.00	10.00	0.00	0	60.00	0.00	60.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
					V.C. CENA				657.23
					% DIST.CENA				35.48
	VCT (Gr.)		79.47	34.37	306.14				
	VCT (kcal.)		317.88	309.33	1224.56				
	VCT (%)		17	17	66	V.C.T. MENU			1851.78
					100.00				

In Gloria E. Quinonez Gomez



miércoles, 25 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	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	5.78	0.18	43.08	23	1.82	172.32	198.98
									611.61
									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	63.36	39	5.40	373.44	418.20
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Aji colorado s	2	68.00	0.10	0.11	0.80	0	0.95	3.19	4.93
Lechuga redo	80.00	50.00	0.52	0.08	0.84	2	0.72	3.36	8.16
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, c	8.00	95.00	1.63	3.68	1.35	7	32.97	5.38	45.68
Plátano	150.00	68.00	0.41	0.21	10.14	2	1.88	40.57	44.09
								VC Alm	587.74
								% Dist	48.46
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	54.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.08	0.08
Jamonada	30.00	100.00	4.71	8.85	0.30	18.64	79.65	1.20	99.68
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	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

[Firma]
Mónica Cordero

[Firma]
M. Gloria E. Quiroga García
NUTRICIONISTA
C.R. 10-01



DIETA: DIABETES MELLITUS

202

jueves, 26 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de 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
Clevo 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	5.81	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	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	0.18	62.56	30	1.44	250.24	281.76
Papa blanca	60.0	82.00	1.38	0.07	14.63	6	0.59	58.52	64.62
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	78.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	97.00	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	18.0	7	2.65	64.09	73.79
								VC DES.	1076.47
								%DIST. D	52.33
CENA: Arroz con huevo sancochado; ensalada + infusion									
Huevo de gali	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	80.00	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	0.98	24.23	28.19
Tomate	50.00	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

MANO CONECTADA

 DR. G. G. G. G.


 Dr. G. G. G. G.
 G. G. G. G.

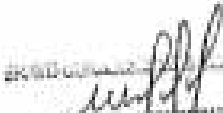


DIETA: DIABETES MELLITUS

201

viernes, 27 de julio de 2018

ALIMENTO	gríper (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 soy	25.00	100.00	2.18	1.83	17.80	9	14.83	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 ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
									448.39
									28.20
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	80.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	120.0	100.00	9.84	0.60	83.38	39	6.40	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	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 Sema	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ajl colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	8.06
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresc	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
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.65	84.09	73.79
					V.C. ALMUERZO				827.37
					% DISTR. ALMUERZO				52.03
CENA:	Sopa de semola con menudencia de pollo								
Menudencia c	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Semola de Tri	30.00	100.00	5.85	3.21	18.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.35
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	0.06	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	314.49
								%DIST. D	19.78
			55.70	41.82	247.76				
			222.78	376.41	991.06				
			14.0	23.7	62.3				
					100.00			VCT	1590.25


Hector Claudio Tello
REPRESENTANTE


J. Carlos A. Quiroz Quiroz
NUTRICIONISTA
C.R.P. 0100



DIETA: DIABETES MELLITUS

sábado, 28 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.84	0.88	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	480.56
								%DIST. D	29.92
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos talarin	120.0	100.00	11.40	0.12	83.52	46	1.08	334.08	380.76
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Tomate	80.00	98.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acete vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Aji colorado s	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Sal	20.00	100.00	0.24	0.10	1.84	1	0.90	6.56	8.42
Cominos	0.60	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Plátano de se	150.0	92.00	2.07	0.41	28.86	8	3.73	115.92	127.93
								VC DES.	908.47
								%DIST. D	56.56
CENA	Mazamorra de frutas + 01 pan								
Mandioca	30.00	100.00	1.82	0.12	23.13	8	1.08	92.52	101.28
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de s	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	217.29
								%DIST. D	13.53
			71.36	33.56	254.72				
			285.44	302.01	1018.86				
			18	19	63				
					100.00				
									1606.31

GRUPO COMITÉ DE ALIMENTACIÓN

 Hector Cuevas Tila
 RESPONSABLE


 J. Carlos A. Ochoa Díaz
 RESPONSABLE
 2018-07-28



domingo, 29 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla + 02 panes + margarina								
Semola de Tr	35.00	100.00	6.83	3.78	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	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	196.66
								VC DES.	634.81
								%DIST. D	35.65
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Sal	18.00	100.00	0.22	0.09	1.48	1	0.61	5.90	7.56
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado s	8.00	98.0	0.55	0.61	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Acetite vegeta	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	8.78
Papinito o Pe	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajo	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	98.00	0.63	0.16	3.41	3	1.43	13.62	17.86
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMU	961.90
									54.02
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.48	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	30.00	100.00	2.88	0.09	21.54	17	0.81	86.16	98.49
								VC DES.	184.00
								%DIST. D	10.33
			61.19	57.37	220.64				
			244.76	516.33	882.55				
			13.75	29.00	49.56				
					92.30			VCT	1780.71

Dr. Carlos A. Quiroz Díaz
 Médico Generalista
 Hospital General de Toluca
 EDO de México

Dr. Carlos A. Quiroz Díaz
 Médico Generalista
 EDO de México



lunes, 30 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	106.81
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	20.00	100.0	0.00	0.00	19.88	0	0.00	78.64	78.64
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	481.86
								%DIST. D	27.75
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	80.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Papa blanca	200.0	85.00	3.57	0.17	37.81	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
Aceto 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	4.06	6	1.17	16.24	23.64
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Azúcar rubia	20.00	100.00	0.00	0.00	19.88	0	0.00	78.64	78.64
Plátano	180.00	92.00	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	21.68	0.60	0.45	88.70	87.75
azúcar rubia	20.00	100.00	0.00	0.00	19.88	0.00	0	78.64	78.64
Canela entera	0.30	84.00	0.00	0.00	0.16	0.02	0.0158	0.65	0.68
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0.00	0.0012	0.08	0.08
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
									316.19
									18.21
			51.24	29.89	315.57				
			204.97	269.03	1262.27				
			11.81	15.49	72.70				
					100.00			VCT MEN	1736.28

BRUNO CONCEPCION MONTAÑANO
FELICIDAD MONTAÑANO
FARMACIA MONTAÑANO

Dr. CARLOS A. QUIROGA DIAZ
FARMACIA MONTAÑANO



DIETA: DIABETES MELLITUS

097

martes, 31 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	4.00	100.00	0.32	0.18	2.86	1	1.44	11.42	14.14
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.82	172.32	196.98
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									292.74
									16.78
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso pane	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado d	120.0	100.00	9.84	0.60	60.36	39	5.40	373.44	418.20
Papa blanca	100.0	92.00	1.83	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	5.06
Calabaza	350.00	47.00	0.99	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
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	40.00	68.00	3.07	0.22	7.04	12	1.96	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
Acetia 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 Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	80.0	100.00	6.56	0.40	62.24	26	3.60	248.96	278.80
Ancejas fresco	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	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	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.38	0.05	1.96	1.43	0.4608	7.78	9.69
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.69
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	517.08
								%DIST. D	29.64
			69.02	27.17	306.04				
			276.08	244.50	1224.16				
			15.8	14.0	70.2				
					100.00			V.C.T. MENU	1744.73


 HECTOR CACERES TITO
 NUTRICIONISTA


 HECTOR CACERES TITO
 NUTRICIONISTA
 C.N.P. 6040



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

domingo, 01 de julio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	QUESO DE VANTAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 02 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 03 de julio de 2018	INFUSION + 02 PANES + FRUTA	PIRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	QUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
miércoles, 04 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 05 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOCO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 06 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	QUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABBETA
sábado, 07 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 08 de julio 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 julio 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 julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	QUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
miércoles, 11 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO ,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
jueves, 12 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO COCADO, ARROZ + INFUSION
viernes, 13 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	QUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON POLLO
sábado, 14 de julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO COCADO,ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
domingo, 15 de julio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAIGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 16 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 17 de julio de 2018	INFUSION + 02 PANES + 02 FRUTAS	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
miércoles, 18 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOSO A LA TACHENA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	AGUADITO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 20 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FRJOL A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABBETA
sábado, 21 de julio 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 julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
lunes, 23 de julio 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 julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
miércoles, 25 de julio 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 julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	QUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
viernes, 27 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	QUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON POLLO
sábado, 28 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
lunes, 30 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CAIGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 31 de julio de 2018	INFUSION + 02 PANES + 02 FRUTAS	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION


 Hector Quijpe Titu
 Representante




 Hector Quijpe Titu
 Representante

096

DIETA: HIPERTENSION ARTERIAL

095

domingo, 01 de julio de 2018

ALIMENTO	gr/per (g)	carbohidr le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Infusion + 02 panes + camote al horno									
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote mora	150.0	98.00	2.02	0.43	37.01	8	3.89	148.03	189.98
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 lebrán	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES	612.74
								%DIST. D	20.19
ALMUERZO: Guiso de vainitas , arroz ,papa + refresco y fruta									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	60.00	92.00	0.69	0.18	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	5.43
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	3.4308	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	160.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1278.43
					% DISTR. ALMUERZO				60.33
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	0.84	0.1728	2.92	3.63
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.88
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	0.38	9.09	10.57
Arvejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
pañillo	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

Dr. Víctor J. García Durán
Médico Generalista
Especialista en
Hipertensión Arterial

Dr. Víctor J. García Durán
Médico Generalista
Especialista en
Hipertensión Arterial



DIETA: HIPERTENSION ARTERIAL

094

lunes, 02 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.83
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	180.50
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.96
								VC DES.	653.65
								%DIST. D	25.77
Almuerzo:	Sudado de pescado ,papa , arroz , refresco y fruta								
Pescado	250.00	68.00	41.13	7.43	0.57	165	66.53	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	523.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.89
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	7.88	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	126.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Orégano	5	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Naranja	150.00	98.00	1.76	0.29	16.02	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1472.32
								%DIST. D	58.65
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de lebran	30.00	100.00	2.88	0.08	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.64	3.62	10	26.52	15.26	50.56
									410.16
									16.17
			90.02	46.10	440.28				
			360.07	414.94	1761.12				
			14.2	16.4	69.4				
					100.00				2536.12

GRUPO DE INVESTIGACIÓN

 Mariana Quintana Yrujo
 INVESTIGADORA PRINCIPAL

Dra. Mariana Quintana Yrujo
 INVESTIGADORA PRINCIPAL



DIETA: HIPERTENSION ARTERIAL

093

martes, 03 de julio de 2018

ALIMENTO	gripier	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Infusion + 02 panes + fruta								
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	0.54	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	39.54	0	0.00	158.56	158.56
Pan de labran	65.00	100.0	6.24	0.20	48.67	25	1.78	185.68	213.40
Plátano	160.00	92.00	0.59	0.28	14.43	2	2.65	57.70	62.71
									441.78
									16.97
ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.81	189.55	208.31
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.08	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
Tomato	35.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.69
Acete vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.54	3	1.06	28.58	30.93
Naranja	180.00	98.00	1.78	0.29	15.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.45	59.45
								VC DES.	1318.74
								% DIS ALM.	60.66
CENA	Guiso de fideos con pollo, arroz , infusion								
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	88.10
Fideos	60.00	100.00	5.84	0.12	48.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Acete vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresc	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	78.00	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
Tomato	30.00	98.00	0.24	0.03	1.28	1	0.53	5.11	6.69
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	842.57
								%DIST. G	32.37
			70.74	45.99	476.56				
			282.98	413.89	1906.23				
			10.9	15.9	73.2				
					100.00	V.C.T. MENU			2603.09

[Firma]

[Firma]
 Dr. Gloria E. Quiroga Barón
 NUTRICIONISTA
 C.F.P. 6140



miércoles, 04 de julio de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									894.18
									27.55
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carné de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Anvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	98.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Aji verde (2)	10.00	87.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Anvejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado s	5.00	92.00	0.18	0.20	1.53	1	1.53	6.10	8.68
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1385.27
								% 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 ves	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	440.29
								%DIST. D	17.47
			81.42	61.73	409.61				
			325.70	555.61	1638.43				
			12.8	22.1	65.0				
					100.00			VCT	2519.74

EXCELENTE
FIRMA: 
FOLIO: 1

18
FOLIO: 2



DIETA: HIPERTENSION ARTERIAL

991

Jueves, 05 de julio de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Sémola con vainilla, pan , margarina								
Sémola de Tr	35.00	100.00	6.83	3.75	16.83	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	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.96
								VC DES.	619.75
								%DIST. D	24.04
ALMUERZO:	Locro de res, arroz , fruta y refresco								
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.87	1	0.23	3.89	4.84
Carne de res	100.00	88.00	18.11	1.38	0.00	72.42	12.24	0.00	84.66
Acete vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de ca	65.00	67.00	0.61	0.09	4.62	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.05	1.28	1	0.53	5.11	6.89
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	0.60	0	0.95	3.19	4.53
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1325.86
								% 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	10.26	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	3.66
Cebolla de ca	40.00	67.00	0.32	0.05	2.68	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acete 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
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.20
								%DIST. D	24.52
			72.76	64.38	426.85				
			291.02	579.38	1707.39				
			11.29	22.48	66.23				
					100.00				
								VCT	2677.79

[Firma]

[Firma]
 Dr. Carlos E. Quiroga Bernal
 MEDICINA GENERAL
 C.M.P. 6140



DIETA: HIPERTENSION ARTERIAL

090

viernes, 05 de julio 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 plña + 02 panes + mermelada								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Plña	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	0.36	58.48	58.18
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
									481.63
								%DIST. D	24.14
Almuerzo:	Guiso de frijol con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballer	120.0	100.00	27.48	1.80	68.98	109.82	16.20	279.84	405.96
Carne de Cerdo	60.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Cebolla de col	80.00	85.00	0.96	0.14	7.68	4	1.22	30.74	35.77
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.86	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.36	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1613.09
								% DIS ALM	60.10
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	81.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	88.00	0.27	0.08	0.76	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	18.88	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.38
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES	512.98
								%DIST. D	20.38
			74.90	48.83	444.66				
			299.61	439.46	1778.64				
			11.90	17.45	78.65				
					100.00			VCT	2517.76



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 INSTITUTO DE NUTRICIÓN Y SALUD
 05 de julio de 2018

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 Dr. Carlos E. Quintana Durán
 NUTRICIONISTA
 C.R. 0400

DIETA: HIPERTENSION ARTERIAL

089

sábado, 07 de julio de 2018

ALIMENTO	g/liter	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.39
Leche evapor	70.00	100.00	4.80	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.87
Almuerzo: Arroz con pollo, ensalada + fruta y refresco									
Carne de Pol	160.00	85.00	28.02	4.30	0.00	112	44.06	0.00	186.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Aceite vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.28	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 fresc	38.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lechuga red	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.82
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	160.0	86.00	2.06	0.41	26.90	8	3.72	115.58	127.56
								VC DES.	1636.09
								%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 gal	55.00	98.00	7.28	4.53	0.87	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	311.98
								%DIST. D	12.35
			84.86	68.69	392.35				
			338.44	618.17	1569.39				
			13.4	24.5	62.1				
					100.00			VCT	2526.99

Dr. Gloria A. Guepe Daza
NÚMERO 1017
CNP 640

Dr. Gloria A. Guepe Daza
NÚMERO 1017
CNP 640



DIETA: HIPERTENSION ARTERIAL

QSS

domingo, 08 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Infusion + 02 panes + camote frito								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.53	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de lebrán	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
									555.44
									21.40
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	88.00	17.72	3.10	0.00	71	27.86	0.00	88.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.38	0.06	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	82.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	136.74	136.74
					Y.G. ALMUERZO				1341.82
					% DISTR. ALMUERZO				61.71
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.09	187.68	211.32
Carne de Pollo	100.00	88.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.68	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	0.08	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
pañito	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.66
									26.88
			78.37	49.48	459.66				
			313.49	445.29	1836.25				
			12	17	71				
					100.00			VCT MEN	2595.03

Dr. Carlos J. R. R. R.
Nutricionista
C.M.F. 0100

Dr. Carlos J. R. R. R.
Nutricionista
C.M.F. 0100



DIETA: HIPERTENSION ARTERIAL

06+

lunes, 09 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 62 panes + fruta								
Harina de Hab	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
Clevo de olor	0.10	64.00	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	198.98
								VC DES.	639.13
								%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 Filado d	160.00	100.00	13.12	0.80	124.45	52	7.20	497.92	557.60
Tamale	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Aceite vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Orégano fresc	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Leche evapor	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.68
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC DES.	1528.03
								%DIST. D	61.02
CENA:	Mazamorra de maizena con leche + 61 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	136.72	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	0.18	0.02	0.0158	0.65	0.68
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	35.00	100.00	3.36	0.11	26.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									437.01
									17.45
			83.00	49.27	432.20				
			332.00	443.39	1728.79				
			13.26	17.71	68.04				
					100.00			VCT MEN	2504.17

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 Dra. Gloria E. Gálvez Lora
 NUTRICIONISTA
 C.H.P. 0003



DIETA: HIPERTENSION ARTERIAL

086

martes, 10 de julio de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 62 panes + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.53	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 libran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.99
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									438.82
									20.55
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	64.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	126.59
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	1.85	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	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.98
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1324.81
								%DIST. D	60.53
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 trig	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.36	11	14.62	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
						V.C , CENA			758.39
						% DIST.CENA			28.82
	VCT (Gr.)		82.16	52.27	455.73				
	VCT (kcal)		328.83	476.48	1822.94				
	VCT (%)		13	18	79	V.C.T. MENU			2632.03
					100.00				

RECIBIDO EN
[Signature]

[Signature]
D. GARCIA GARCIA
M. NUTRICIONISTA
C.O.P. 601



DIETA: HIPERTENSION ARTERIAL

miércoles, 11 de julio de 2018

085

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.55	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.00	30.62	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebran	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 c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceto 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	0.64	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
Lechuga redonda	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.75	0.28	15.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1472.64
									87.95
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
Mermelada Di	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de lebran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES	381.34
								%DIST. D	15.01
			77.66	53.25	437.79				
			310.65	479.24	1781.16				
			12.2	18.9	68.9				
					100.00			VCT	2541.05

RECIBIDO POR:

 FOLIO 11/07/18
 PDA 11/07/18


 Dr. Víctor E. Quiroz López
 MEDICINA INTERNA
 C.V.P. 001



DIETA: HIPERTENSION ARTERIAL

jueves, 12 de julio de 2018

089

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mermelada									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
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	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
								VC DES.	546.74
								%DIST. D	21.23
ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.46	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.75	0.11	6.06	3	0.90	24.23	28.19
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.78
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	50.26
CENA: Pollo dorado, arroz + infusion									
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.66
Ajos	3.00	80.00	0.13	0.02	0.73	0.64	0.1728	2.92	3.63
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.60	59.88
Cominos	0.3	100	0.01	0.00	0.24	0.06	0.0054	0.96	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	734.39
								% DIS ALM	28.52
			77.03	67.66	437.02				
			308.13	618.90	1746.09				
			12.0	20.2	67.9				
					100.00				
								VCT	2576.12

Dr. [Signature]
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DIETA: HIPERTENSION ARTERIAL

083

viernes, 13 de julio de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	84.53
Piña	25.00	64.00	0.06	0.03	1.37	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 vegetal	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	1.82	172.32	196.98
									584.64
									22.21
Almuerzo:	Guiso de arveja partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arveja partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.78	3	0.82	23.05	26.83
Aji colorado e	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	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	88.00	0.40	0.10	2.13	2	0.89	8.51	10.98
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM	57.21
CENA:	Sopa de arroz con pollo								
Carne de Pol	100.00	88.00	17.51	3.06	0.00	70	27.54	0.00	97.88
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
Paro	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	542.82
								%DIST. D	20.59
			78.63	70.04	421.99				
			314.52	630.35	1887.95				
			11.95	23.94	64.11				
					100.00			VCT	2632.81

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Firma del Médico
Firma del Nutricionista

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Firma del Médico
Firma del Nutricionista
Firma del Cardiólogo

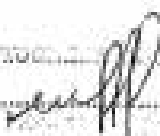


DIETA: HIPERTENSION ARTERIAL

Q82

sábado, 14 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	8.21	80.88	108.65
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	0.69
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	3.68	73.74
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	180.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	24.60
ALMUERZO: Pollo dorado , arroz,papa, ensalada, refresco y fruta									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Filado c	180.00	100.00	14.78	0.90	140.04	59	8.10	560.16	627.50
Aceite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Lechuga redo	55.00	50.0	0.36	0.06	0.58	1	0.60	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.08	1	0.45	4.26	5.49
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Pimiento	35.00	83.00	0.44	0.16	2.24	2	1.31	8.95	12.00
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.78	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
									1467.87
								%DIS ALM	58.26
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.63	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	190.60
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	403.21				
			337.83	568.58	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	2519.66

RECIBIDO POR


 P.A. 14/07/2018

RECIBIDO POR


 D. 14/07/2018



DIETA: HIPERTENSION ARTERIAL

981

domingo, 15 de julio de 2018

ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	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	0.36
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	34.69	0	0.00	138.74	138.74
Camote mora	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	449.68
								%DIST. D	18.29
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carné de res	80.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	99.00	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 Sema	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Acetite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Anvejas 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	2.65	64.08	73.79
					V.C. ALMUERZO				1285.36
					% DISTR. ALMUERZO				52.10
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
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acetite 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	0.36	9.09	10.57
Anvejas 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
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									722.85
									29.41
			68.93	47.27	439.15				
			275.73	425.42	1756.60				
			11.22	17.31	71.47				
					100.00			VCT MEN	2457.75

ALMUERZO
CENA
TOTAL

ALMUERZO
CENA
TOTAL



DIETA: HIPERTENSION ARTERIAL

986

lunes, 16 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.55
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	5.78	0.18	43.08	23	1.82	172.32	188.88
								VC DES.	671.87
								%DIST. D	21.50
Almuerzo:	Sudado de pescado, papa , arroz , refresco y fruta								
Pescado	280.00	68.00	39.92	7.21	0.55	160	84.88	2.22	228.75
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	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
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	22.91	12	1.33	131.66	145.39
Aji colorado si	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ajos	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de col	80.00	75.0	0.84	0.12	8.78	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	0.08	0.45	0	0.81	1.80	2.61
Naranja	150.00	88.00	1.76	0.29	18.0	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.	1651.45
								%DIST. D	62.08
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 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
			84.32	66.01	432.22				
			337.28	694.07	1728.87				
			12.68	22.33	64.99			VCT MEN	2660.22
					100.00				

DIETA: HIPERTENSION ARTERIAL
 16/07/2018
 11:00 AM
 11/07/2018

Dr. Gaby R. Ochoa Lora
 16/07/2018
 11:00 AM



DIETA: HIPERTENSION ARTERIAL

079

martes, 17 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	[g]	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + 02 frutas									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0051	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 lebrar	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	186.88
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									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Papa blanca	300.0	85.00	5.36	0.26	56.87	21	2.30	227.46	251.18
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Melz Fresco.	30.00	60.00	0.79	0.19	6.67	3	1.73	26.69	31.58
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.18	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	35.00	98.00	0.28	0.07	1.49	1	0.52	5.96	7.69
Aceite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.78
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1223.84
								% DES ALM	62.61
CENA Matasquita de pollo , arroz , infusion									
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	20.00	100.00	0.00	0.00	19.86	0	0.00	78.64	78.64
Anvejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.81	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	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	1.96	1.43	0.4808	7.78	8.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	40.00	98.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	683.63
								%DIST. D	29.36
			89.53	20.01	467.64				
			278.11	180.06	1868.17				
			12.0	7.7	80.3				
					100.00	V.C.T. MENU			2326.33

[Firma]
 Dr. [Nombre]
 [Institución]

[Firma]
 Dr. [Nombre]
 [Institución]



DIETA: HIPERTENSION ARTERIAL

078

miércoles, 18 de julio de 2018

ALIMENTO	gr/per	compatib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	84.30
Leche evapor	75.00	100.00	5.28	6.08	8.18	21	54.68	32.70	108.38
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.95	118.55
Azúcar rubi	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
									28.11
ALMUERZO: Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta									
Cerdo de Cer	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acaite veget	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	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado	180.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.06	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubi	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1415.03
								% DIS ALM	56.28
GENA: Infusion + 01 pan + margarina									
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	2.85	5.04
Azúcar rubi	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	442.66
								%DIST. D	17.61
			64.06	83.25	377.17				
			256.23	749.22	1508.70				
			10.2	29.8	60.0				
					100.00			VGT	2514.15

Elaborado por: 
 Responsable de la dieta
 27/07/2018


 Responsable de la dieta
 27/07/2018



DIETA: HIPERTENSION ARTERIAL

077

jueves, 19 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola 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
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	18.40	0.00	0	147.60	0.00	148.08
Pan de lebrat	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	186.88
								VC DES.	561.14
								%DIST. D	33.13
ALMUERZO: Aguadito con pollo, refresco y fruta									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	50.00	100.00	4.10	0.25	38.90	16	2.25	155.60	174.25
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	65.00	0.27	0.08	0.75	1	0.71	3.03	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.58
Papa blanca	300.0	87.00	5.48	0.26	58.20	22	2.35	232.81	257.09
Arvejas fresc	40.00	65.00	1.86	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	40.00	97.00	1.09	0.35	1.90	4	3.14	7.60	15.09
Orégano seco	2.00	90.00	0.03	0.01	0.20	0	0.08	0.81	1.01
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	748.20
								%DIST. D	44.33
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	80.0	100.00	7.60	0.08	55.68	30	0.72	322.72	253.84
Zanahoria	40.0	68.00	0.17	0.14	2.54	1	1.24	10.16	12.06
Tomate	40.00	80.00	0.26	0.06	1.38	1	0.58	5.50	7.10
Cebolla de ca	60.00	57.00	0.48	0.07	3.66	2	0.62	15.46	17.99
Ajos	1.00	80.00	0.04	0.01	0.24	0	0.06	0.97	1.21
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	1.00	88.0	0.05	0.05	0.40	0	0.48	1.60	2.26
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0.00	0	39.32	39.32
									383.64
								%DIST. D	22.65
			61.57	40.15	271.57				
			246.30	361.39	1086.29				
			14.54	21.33	64.13	100			
					100.00			VCT	1693.88

Dr. [Signature]
[Stamp]

[Signature]
Lic. [Signature]
Nutricionista
CNP 0001



DIETA: HIPERTENSION ARTERIAL

076

viernes, 20 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	85.00	0.00	0.00	0.15	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de libran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	198.98
									514.95
									20.45
Almuerzo:	Frijol a la chilena con chanchito, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	6.42	0.00	24	57.78	0.00	82.24
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	8.75	466.80	522.75
Acetate vegeta	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redo	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.18
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo maon	30.00	47.00	0.10	0.03	0.90	0.38	0.25	3.81	4.28
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	8.06	11.20	0.96	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.16
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1597.93
								%DIST. D	58.97
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	88.00	9.93	1.82	0.53	40	18.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.05	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	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
Acetate vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	492.29
								%DIST. D	19.58
			80.57	41.67	454.25				
			322.28	375.00	1816.98				
			12.82	14.91	72.27				
					100.00			VCT	2514.37

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 Lic. en Nutrición
 M. Sc. en Nutrición
 C. F. S. S.



DIETA: HIPERTENSION ARTERIAL

095

sábado, 21 de julio de 2018

ALIMENTO	gr por (g)	comestible le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	8.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	180.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.62
								%DIST. D	28.44
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
Carné de Pol	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
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Acetate vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.58	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 sa	150.00	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1424.17
								% DIS ALM	54.99
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	180.50
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	16.67
			82.00	69.31	409.64				
			328.01	623.80	1638.17				
			12.7	24.1	63.3				
					100.00			VCT	2589.97

Elaborado por:
[Firma]
Nutricionista
Dpto. de Nutrición

[Firma]
Elaborado por:
Nutricionista
Dpto. de Nutrición



DIETA: HIPERTENSION ARTERIAL

Q74

domingo, 22 de julio de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 62 panes + camote frito								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.57	0.49	1.51	2.57
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.45	94.58	102.2
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.88
								VC DES.	527.26
								%DIST. D	20.03
ALMUERZO:	Revuelto de zanahoria ,papa + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	8.26	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	0.37	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
Acetite 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	1.52	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	39.52
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	1.68	164.13	181.24
Huacatay	8.00	100.00	0.40	0.08	0.84	2	0.58	2.56	4.74
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.98	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
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carné de Pol	100.00	88.00	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	0.56	0.18	4.54	5.29
Anvejas fresco	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
patillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									29.50
			68.58	62.51	450.73				
			286.33	562.56	1802.93				
			10	21	69				
					100.00			VCT MEN	2631.82

UNIVERSIDAD NACIONAL
FACULTAD DE CIENCIAS
FARMACIA
FARMACIA

LA GARCIA, JEFFERSON
NOTARIO
C.R. 1000



DIETA: HIPERTENSION ARTERIAL

073

lunes, 23 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Har	35.00	100.00	8.51	0.57	20.86	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	166.98
								VC DES.	596.12
								%DIST. D	23.45
Almuerzo:	Sudado de pescado , papa , arroz , refresco y fruta								
Pescado	280.00	88.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Aceite vegeta	35.00	85.00	0.00	29.75	0.00	0	287.75	0.00	287.75
Leche evapor	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.68
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Vinagre	7.00	100.00	0.00	0.07	0.35	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.	1506.99
								%DIST. D	59.34
GENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	136.72	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	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Lache evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									436.90
									17.21
			84.17	44.05	451.23				
			336.67	396.43	1864.81				
			13.27	15.62	71.12				
					100.00			VCT MEN	2538.01

[Firma]
 Lic. UNG T.2. (C) 1984
 NUTRICIONISTA
 C.R. 1041

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 Lic. UNG T.2. (C) 1984
 NUTRICIONISTA
 C.R. 1041

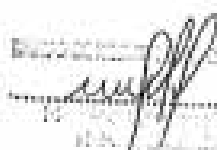


DIETA: HIPERTENSION ARTERIAL

072

martes, 24 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	0.49	1.51	2.57
Canela entera	0.10	100.0	0.00	0.00	0.05	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	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	5.75	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	3.68	73.74
									411.42
									16.48
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	87.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
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
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.87	0.14	7.86	4	1.25	31.46	36.61
Anrejas fresca	36.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1307.30
					% DISTR. ALMUERZO				52.36
CENA: Camote amebocado,arroz,infusion									
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso para	20.00	100.00	5.60	6.00	0.65	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	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	69.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. CENA			778.27
						% DISTR.CENA			31.17
	VCT (Gr.)		73.22	44.57	450.76				
	VCT (kcal.)		292.88	401.09	1803.01				
	VCT (%.)		12	16	72	V.C.T. MENU			2496.99
					100.00				

Revisado por: 

 D.A. _____


 Dr. Carlos Germán López
 Nutricionista
 C.R.P. 043



DIETA: HIPERTENSION ARTERIAL

071

miércoles, 25 de julio 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:	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	64.00	0.00	0.00	0.14	0	0.01	0.56	0.57
Clavo de olor	0.10	64.00	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	3.98	118.58
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.52	172.32	196.98
									628.77
									27.11
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	53	7.20	497.92	557.60
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.67
Aji colorado s	1	88.00	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	7.58	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
Acolla vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, c	3.00	98.00	0.59	1.37	0.60	3	12.36	2.02	17.13
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	68.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								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	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada Di	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.85
Pan de labran	30.00	100.00	2.88	0.08	21.54	12	0.81	86.16	98.49
								VC DES	295.68
								%DIST. D	12.75
			76.15	41.94	409.22				
			304.61	377.48	1636.88				
			13.14	16.28	70.59				
					100.00			VCT	2318.97

RECIBIDO POR

 FIRMADO POR
 FIRMADO POR


 DR. VICTOR J. GARCIA GARCIA
 FARMACIA
 C.R. 6-6-1


 FARMACIA
 C.R. 6-6-1

DIETA: HIPERTENSION ARTERIAL

076

Jueves, 26 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan, mermelada									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.35	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.06	0.04	14.62	0	0.36	58.48	69.16
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.89
								VC DES.	530.83
								%DIST. D	20.28
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	62.55	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	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	1.85	1	0.46	7.78	9.68
Acetite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.05	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.75	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	39.54	39.54
								VC DES.	1359.21
								%DIST. D	51.94
CENA: Arroz con huevo frito + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	726.94
								%DIST. D	27.78
			73.00	48.82	471.40				
			292.01	439.39	1885.58				
			11.18	16.79	72.65				
					100.00			VCT	2618.98

DIETA HIPERTENSION ARTERIAL
 26/07/2018
 15:00
 100g
 100g
 100g

26/07/2018 15:00
 100g
 100g
 100g



DIETA: HIPERTENSION ARTERIAL

369

viernes, 27 de julio de 2018

ALIMENTO	griper (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 + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
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 ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									588.01
									23.03
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.90	1.32	77.28	104	11.88	309.12	424.68
Carne de Cer	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pa	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	85.00	1.91	0.38	28.78	8	3.44	107.10	118.18
									1606.16
								% DES ALM	69.20
CENA:	Sopa de semola con pollo								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Semola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Aglio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Papa blanca	100.0	82.00	1.72	0.08	16.29	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 vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.65
								%DIST, D	17.77
			80.72	67.96	402.37				
			322.88	611.85	1609.48				
			12.7	24.0	63.3				
					100.00			VCT	2544.21

[Firma]
 Lic. Diana Quintana López
 nutricionista
 C.R. 1103

[Firma]
 Lic. Diana Quintana López
 nutricionista
 C.R. 1103



DIETA: HIPERTENSION ARTERIAL

068

sábado, 28 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	704.90
								%DIST. D	27.38
Almuerzo: Tallarines rojos con pollo, refresco y fruta									
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	671.14
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	166.13
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	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	8.00	68.00	0.38	0.42	3.19	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 se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1450.67
								%DIST. D	56.28
CENA Mazamorra de frutas + 01 pan									
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de c	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de lebran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela 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
								VC DES.	421.96
								%DIST. D	16.37
			80.84	56.26	436.95				
			323.38	506.34	1747.81				
			13	20	68				
					100.00				
									2577.53

[Firma]
 Médico Generalista
 C.R.P. 8142

[Firma]
 Médico Generalista
 C.R.P. 8142



DIETA: HIPERTENSION ARTERIAL

067

domingo, 29 de julio de 2018

ALIMENTO	g/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla + 02 panes + margarina									
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	693.79
								%DIST. D	33.45
Almuerzo: Pollo al horno , arroz , ensalada, + fruta y refresco									
Carna de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Acete vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.62	8	0.83	82.06	90.62
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado	8.00	96.0	0.55	0.61	4.60	2	5.60	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Acete vegeta	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	1.83	5	1.68	7.73	14.17
Silao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Pepinillo o Pa	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	180.00	88.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMU	1163.42
									56.09
CENA: Infusion + 01 pan + huevo sancocado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.61	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	40.00	100.00	3.84	0.12	28.72	15	1.00	114.88	131.32
								VC DES.	216.83
								%DIST. D	10.45
			68.85	57.61	287.77				
			267.42	518.49	1151.06				
			12.89	25.00	55.59				
					93.39			VCT	2074.04

DIAGNOSTICO: HIPERTENSION ARTERIAL
 29 de julio de 2018
 17:00

Dr. Carlos E. Guevara Basso
 AUTENTICATA
 CNP-041



DIETA: HIPERTENSION ARTERIAL

086

lunes, 30 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.89
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	5.78	0.18	43.08	23	1.62	171.32	195.98
								VC DES.	521.18
								%DIST. D	25.89
ALMUERZO:	Calgua rellena, arroz , refresco y fruta								
Carne de res	80.00	88.00	10.96	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.76
Papa blanca	200.0	65.00	3.57	0.17	37.81	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	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Sema	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	88.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetite 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
Anvejas 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	1.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.88	57.70	62.71
						V.C. ALMUERZO			1151.80
						% DISTR. ALMUERZO			56.78
CENA:	Mazamorra de maizana con leche + 01 pan								
Maizana	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Lache evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									355.51
									17.53
			55.34	30.14	383.96				
			221.37	271.28	1535.83				
			10.91	13.37	75.71				
					100.00			VCT MEN	2028.49

DIETA QUIMICA
HOSPITAL DE
EDUCACION

Dr. Carlos E. Delgado Linares
NUTRICIONISTA
COP COLO



DIETA: HIPERTENSION ARTERIAL

065

martes, 31 de julio de 2018

ALIMENTO	griper	colectible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	[g]	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + 02 frutas									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clevo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de labran	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
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									
Lache 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	0.86	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	622.75
Papa blanca	300.0	85.00	5.36	0.26	66.87	21	2.30	227.46	251.18
Calabaza	350.00	47.00	0.99	0.18	9.21	4	1.48	36.85	42.28
Maiz 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	0.05	0.84	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acete vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.08	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1223.84
								% DIS ALM.	52.61
CENA Matasquita de pollo , arroz , infusion									
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	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
Anejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	78.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	8.00	80.00	0.38	0.05	1.95	1.43	0.4800	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	683.03
								%DIST. D	29.36
			69.83	28.01	467.04				
			278.11	189.05	1868.17				
			12.0	7.7	80.3				
					100.00		V.C.T. MENU		2328.33

ELABORADO POR: [Firma]
 NOMBRE: [Nombre]
 CARGO: [Cargo]

[Firma]
 Dr. Carlos R. Quiroga Rivas
 NÚMERO: [Número]
 C.M.P. 6743



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

FECHA	DESAYUNO	DESAYUNO	ALMUERZO	DESAYUNO	CENA
domingo, 01 de julio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	ALMUERZO	HIGADO ENCEROLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	VEG 01 01 01	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
lunes, 02 de julio de 2018	HARINA DE CEBADA + 02 PANES + MARGAR	ALMUERZO	PESCADO FRITO, ARROZ, ENSALADA + REFRESCO + FRUTA	VEG 01 01 01	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
martes, 03 de julio de 2018	TE + 02 PANES + JAMONADA	ALMUERZO	HIJO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	GUISO DE FIDEOS CON POLLO + ARROZ + INFUSION
miércoles, 04 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ALMUERZO	ESTOFADO DE RES, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	INFUSION + 01 PAN CON MARGARINA
jueves, 05 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	ALMUERZO	LOCO DE PANZA, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
viernes, 06 de julio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	ALMUERZO	GUISO DE FREJOL CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	VEG 01 01 01	SOPA DE FIDEOS CON CABELLA
sábado, 07 de julio de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	ALMUERZO	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	VEG 01 01 01	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	ALMUERZO	CACUAY DE POLLO, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
lunes, 09 de julio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	ALMUERZO	PESCADO FRITO, ARROZ, ENSALADA + REFRESCO + FRUTA	VEG 01 01 01	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
martes, 10 de julio de 2018	TE + 02 PANES + HUEVO SANCOCHADO	ALMUERZO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	CAMOTE ARROZADO, ARROZ + INFUSION
miércoles, 11 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ALMUERZO	POLLO DORADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	VEG 01 01 01	INFUSION + 01 PAN CON MERMELADA
jueves, 12 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	ALMUERZO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	HIGADO FRITO, ARROZ + INFUSION
viernes, 13 de julio de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	ALMUERZO	GUISO DE ARVEJITA PARTIDA CON CHANCHO, ARROZ, ENSALADA + REFRESCO Y FRUTA	VEG 01 01 01	SOPA DE ARROZ CON MENUDENCIA DE POLLO
sábado, 14 de julio de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCHO	ALMUERZO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	VEG 01 01 01	INFUSION + 01 PAN CON MARGARINA
domingo, 15 de julio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	ALMUERZO	CHUFAMITA, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 16 de julio de 2018	HARINA DE CEBADA + 02 PANES + MARGAR	ALMUERZO	PESCADO FRITO, ARROZ, ENSALADA + REFRESCO + FRUTA	VEG 01 01 01	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
martes, 17 de julio de 2018	TE + 02 PANES + JAMONADA	ALMUERZO	AJ DE CALABAZA, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	MATASQUITA DE POLLO, ARROZ + INFUSION
miércoles, 18 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ALMUERZO	ADOBO A LA TACHERA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	VEG 01 01 01	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	ALMUERZO	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	VEG 01 01 01	TALLARINES ROJOS CON CARNE MOLEDA + INFUSION
viernes, 20 de julio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	ALMUERZO	FRUJOL A LA CHILIPAN CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	VEG 01 01 01	SOPA DE FIDEOS CON CABELLA
sábado, 21 de julio de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	ALMUERZO	ESCABICHE DE POLLO A LA LIMONERA, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	ALMUERZO	HIGADO ENCEROLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	VEG 01 01 01	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
lunes, 23 de julio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	ALMUERZO	PESCADO FRITO, ARROZ, ENSALADA + REFRESCO + FRUTA	VEG 01 01 01	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
martes, 24 de julio de 2018	TE + 02 PANES + HUEVO SANCOCHADO	ALMUERZO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	CAMOTE ARROZADO, ARROZ + INFUSION
miércoles, 25 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ALMUERZO	CARNE DE RES ALVENDRADA, ARROZ, PAPA + REFRESCO Y FRUTA	VEG 01 01 01	INFUSION + 01 PAN CON MERMELADA
jueves, 26 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	ALMUERZO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	ARROZ CON HUEVO FRITO + INFUSION
viernes, 27 de julio de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	ALMUERZO	GUISO DE ARVEJITA PARTIDA CON CHANCHO, ENSALADA, ARROZ, REFRESCO Y FRUTA	VEG 01 01 01	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
sábado, 28 de julio de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCHO	ALMUERZO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	VEG 01 01 01	MAZAMORRA DE FRUTAS + 01 PAN
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MARGARINA	ALMUERZO	POLLO AL HORNO, ARROZ, ENSALADA + FRUTA Y REFRESCO	VEG 01 01 01	INFUSION + 01 PAN + HUEVO SANCOCHADO
lunes, 30 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	ALMUERZO	CACUAY RELLENA, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
martes, 31 de julio de 2018	TE + 02 PANES + JAMONADA	ALMUERZO	AJ DE CALABAZA, ARROZ + REFRESCO Y FRUTA	VEG 01 01 01	MATASQUITA DE POLLO, ARROZ + INFUSION

Prescrita por el Dr. [Firma]
[Firma]
[Firma]

1772
[Firma]

Dr. Gloria E. Osorio Durán
NUTRICIONISTA
C.M.P. 0140

664

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote morado	150.0	58.00	2.06	0.44	37.78	8	3.97	151.12	163.32
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	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	498.59
								%DIST. D	19.77
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encabollado , arroz ,papa + refresco y fruta								
Higado de res	120.0	98.00	23.52	5.41	1.18	94.08	48.686	4.70	147.47
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.308	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	0.86	0.81	5.90	7.58
Pan seco mol	20.00	100.00	2.20	0.56	16.50	8.80	5.04	66.00	79.84
Papa blanca	180.0	92.00	3.48	0.17	38.93	14	1.49	147.72	163.12
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
					V.C. ALMUERZO				1297.28
					% DISTR. ALMUERZO				51.43
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Salchicha "ho	25.00	100.00	2.75	8.68	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.06	280.08	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	0.80	1	0.38	3.20	4.56
Pimienta	30.00	83.00	0.37	0.12	1.92	1	1.12	7.67	10.28
Silao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.65
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	637.34
								%DIST. D	21.30
			79.92	50.78	436.48				
			319.68	457.03	1745.83				
			12.67	18.12	69.21				
					100.00			VCT	2622.54


 Dra. María del Carmen
 Médico Generalista
 EPS - 000


 Dra. María del Carmen
 Médica Generalista
 EPS - 000


 EPS - 000

lunes, 02 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de lebran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.59
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	50.00	80.00	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	7.68
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	0.60	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	1.75	0.28	18.0	7	2.65	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1484.19
								%DIST. D	56.04
REFRIGERIO:	Vaso de leche								
Leche 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	35.00	100.00	0.21	0.07	30.35	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	0.06
Pan de lebran	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	21.67	13.08	43.35
									402.93
									15.21
			97.92	59.39	430.55				
			391.66	534.48	1722.18				
			14.8	20.2	65.0				
					100.00				2648.33


 INGENIERO DE ALIMENTOS
 INSTITUTO VENEZOLANO DE INVESTIGACIONES CIENTÍFICAS
 VENEZUELA


 JEFE DE ALIMENTOS Y NUTRICIÓN
 INSTITUTO VENEZOLANO DE INVESTIGACIONES CIENTÍFICAS
 VENEZUELA



ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Té + 02 panes + jamonada									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	30.00	100.0	0.00	0.00	28.49	0.00	0	117.96	117.96
Pan de libran	80.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Jamonada	30.00	100.00	4.71	8.85	0.30	27	24.30	1.20	52.38
									371.81
									14.75
REFRIGERIO: Huevo sancocado									
Huevo de gall	55.00	80.00	6.68	4.16	0.89	27	37.42	3.56	67.72
								VC DES.	67.72
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	99.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	75.00	3.15	0.15	33.45	13	1.35	133.80	147.75
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
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	6.90	4	2.30	35.58	42.11
Huacatay	5.00	100.00	0.25	0.04	0.40	1	0.36	1.60	2.96
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	80.00	0.00	90.00
Cebolla de ca	30.00	98.00	0.41	0.09	3.32	2	0.53	13.29	15.46
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.08	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1199.99
								% DIS ALM.	47.62
REFRIGERIO: Vaso de leche									
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
								VC DES.	108.38
CENA Guiso de fideos con pollo, arroz, infusion									
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	40.00	100.00	3.78	0.08	31.28	15	0.72	125.12	140.88
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	25.00	54.00	0.96	0.08	2.84	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	7.05
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
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	772.13
								%DIST. D	30.64
			82.54	59.58	425.23				
			338.21	480.89	1700.92				
			13.4	19.1	67.5				
					100.00			V.C.T. MENU	2520.02



 MINISTERIO DE SALUD

 INSTITUTO VENEZOLATINO DE INVESTIGACIONES

 INSTITUTO VENEZOLATINO DE INVESTIGACIONES

 INSTITUTO VENEZOLATINO DE INVESTIGACIONES



 Dr. Carlos E. Gómez Díaz

 DIRECTOR

 INSTITUTO VENEZOLATINO DE INVESTIGACIONES



miércoles, 04 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: 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	5.87	7.63	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	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	5.78	0.18	43.08	23	1.82	172.32	198.98
									629.87
									25.04
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: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Piledo	150.0	100.00	12.30	0.75	118.70	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
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	0.06	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
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	2.60	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	84.09	73.79
								VC Alm	1271.55
								% Dist	50.57
REFRIGERIO: Vaso de leche									
Leche evapora	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + 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	86.16	98.49
								VC DES.	423.88
								%DIST, D	18.86
			90.76	66.49	388.23				
			363.04	598.38	1552.92				
			14.4	23.8	61.8				
					100.00			VCT	2514.33

BRUNO GONZALEZ

 Profesor de VIH y TBC
 RUMH - SANGRE

Lic. Wilson R. Quiroga
 Director de RUMH
 11/07/2018



ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla, pan, mortadela									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.78	0.18	43.06	23	1.82	172.32	196.98
								VC DES.	528.35
								%DIST. D	20.97
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: Locro de panza, arroz, fruta y refresco									
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Mondongo de	120.0	75.00	15.21	3.15	0.90	61	28.35	3.60	92.79
Aceite 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	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.64
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	34.41	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	9.72	22	56.32	34.88	115.60
								VC DES.	115.60
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos talarin	100.0	80.00	8.55	0.09	82.64	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	3.55
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	10.00	100.0	0.00	10.00	0.00	0	90.00	0.00	90.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
									569.31
								%DIST. D	22.60
			83.56	51.58	430.26				
			334.23	464.23	1721.04				
			13.27	18.43	68.31				
					100.00				
								VCT	2519.49



viernes, 06 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	30.00	84.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									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 chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballer	120.0	100.00	27.48	1.80	89.96	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	85.00	6.12	8.42	0.00	24	57.76	0.00	82.24
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Cebolla de cal	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	28.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.96	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	98.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1615.08
								% DIS ALM.	55.82
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de re	80.00	79.00	8.82	1.81	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.82	23	1.08	187.68	211.32
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	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.96	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 vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	19.09
			87.94	59.95	455.68				
			351.76	539.59	1822.73				
			12.96	19.88	67.16				
					100.00			VCT	2714.08

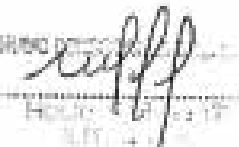


INSTITUTO DE DIAGNÓSTICO Y REFERENCIA
EPIDEMIOLÓGICA
INDEPRE

Dr. Gloria E. Quesada
Médica Generalista
CD 2000

sábado, 07 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harin	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	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	58.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pollo	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	0.64	3.94	5.06
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	6.06
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	0.18	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.68	0.08	5.30	3	0.84	21.70	24.67
Lechuga redo	60.00	55.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.12	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.86	0	0.00	138.74	138.74
Plátano de se	160.0	88.00	2.08	0.41	28.80	8	3.72	115.58	127.56
								VC DES.	1355.11
								%DIST. D	53.57
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	85.16	98.49
								VC DES.	396.99
								%DIST. D	15.69
			93.58	61.38	400.71				
			374.33	562.39	1602.83				
			14.8	21.8	63.4				
					100.00			VCT	2529.55


 DIETISTA
 HOSPITAL GENERAL DE LA CIUDAD DE LA PAZ
 2018


 DR. JUAN P. GARCIA
 MEDICO
 2018



VIH Y TBC

DSG

domingo, 08 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.96	117.96
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.2
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	5.76	0.18	43.08	23	1.62	172.32	196.98
									507.93
									19.63
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:	Cau cau de pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.86	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.88
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	87.00	0.37	0.05	2.95	1	0.47	11.80	13.73
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
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
						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	0.66	0.38	0.36	2.62	3.37
Fideos	80.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	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	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									710.46
									27.46
			76.33	47.42	463.75				
			305.31	426.77	1855.02				
			12	16	72				
					100.00			VCT MEN	2587.09

ANEXO 1
FOLIO 1
15/07/2018

Dr. Víctor Manuel Daza
Médico Generalista
CIP-040



VIH Y TBC

055

lunes, 09 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chancho								
Harina de Hab	30.00	100.00	7.29	0.57	17.98	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	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	86.63	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Papinito o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceita 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	28.88	9	1.26	107.94	118.16
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	28.18	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	180.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC DES.	1539.83
								%DIST. D	57.83
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	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	88.16	88.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.79
			100.02	59.23	432.33				
			400.08	533.10	1729.33				
			15.03	20.62	64.95				
					100.00			VCT MEN	2662.51

RECIBIÓ
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martes, 10 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + 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	0.06	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	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	0.64	3.94	5.05
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	198.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									539.36
									18.47
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Guiso de fideos con pollo, arroz, fruta y refresco									
Carne de Pol	100.00	86.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.06	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 d	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.88
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 fresc	30.00	54.00	1.15	0.10	3.05	5	0.67	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	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	94.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	10.00	100.00	1.05	0.20	7.48	4.20	1.8	29.92	35.92
Arroz Pilado d	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	1.06	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	1887.40				
	VCT (%)		13	22	65		V.C.T. MENU		2920.24
					100.00				

[Firma]
 Lic. en Nutrición y Dietética
 M. T. P. 123456789
 10/07/2018

[Firma]
 Lic. en Nutrición y Dietética
 M. T. P. 123456789
 10/07/2018



miércoles, 11 de julio 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:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	8.00	72.00	84.30
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
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	5.78	0.18	43.08	23	1.62	172.32	186.88
									649.35
									25.14
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Carne de Poll	160.00	88.00	28.02	4.90	0.00	112	44.06	0.00	186.13
Acete vegeta	25.00	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	250.00	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de ca	60.00	89.00	0.75	0.11	6.03	3	0.96	24.14	28.09
Lechuga redo	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Tomate	50.00	98.00	0.40	0.10	2.13	2	0.88	8.51	10.99
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.78	0.29	16.00	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALML	1379.42
									53.40
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:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.83	102.34	103.53
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	364.93
								%DIST. D	14.13
			87.41	58.73	426.19				
			349.65	528.61	1704.78				
			13.5	20.5	66.0				
					100.00			VCT	2583.03


 RESPONSABLE DEL SERVICIO
 Hospital Clínica TBC
 ESTABLECIMIENTO


 RESPONSABLE DEL SERVICIO
 Hospital Clínica TBC
 ESTABLECIMIENTO

VIH Y TBC

jueves, 12 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Semola de Tr	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	196.88
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

509.72

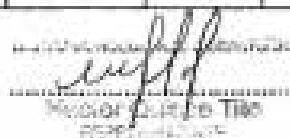
19.63

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	97.58
Papa blanca	200.0	82.00	3.44	0.16	38.57	14	1.48	146.29	161.54
Arroz Pilado o	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
Tomata	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	8.00	80.00	0.36	0.06	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 cal	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.18	0.16	2.81	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	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 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	0.1728	2.92	3.63
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	5.00	100.00	0.06	0.03	0.41	0.24	0.225	1.64	2.11
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	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


 Miguel Quiroga Tito
 ROP-UNAH-107

16 Julio 2018 Miguel Quiroga
 Miguel Quiroga Tito
 C.M.P. 6149




 J. Martin R. Gomez, Mayor
 LAUREL HILLS VCT
 CHAIRMAN

VIH Y TBC

050

sábado, 14 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chancho									
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	5.67	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	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	24.22
REFRIGERIO: Huevo sancocado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Arroz chaufa con pollo , refresco y fruta									
Carne de Poli	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
Salchicha "hot	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado o	180.00	100.00	14.78	0.90	140.04	59	8.10	560.16	627.30
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	0.38	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de cal	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									1312.85
								% DIS ALM.	51.44
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	92.00	0.29	0.09	0.64	1.14	0.83	2.68	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	16.92
			97.67	71.16	380.29				
			390.67	640.44	1521.16				
			15.31	25.09	59.60				
					100.00			VCT	2552.27

RECIBIDO POR

 Autorizada por
 Presidente




 Dr. Gloria E. Quintero Duran
 INEVAL
 C-23-2140

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Café + 02 panes + camote al horno									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote mora	100.0	90.00	1.26	0.27	23.13	5	2.43	92.52	99.99
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	534.82
								%DIST. D	21.30
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Chanfainita , arroz , refresco y fruta									
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cal	30.00	89.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	0.50	68.00	0.02	0.03	0.20	0	0.24	0.80	1.13
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
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1138.09
					% 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 + infusion									
Arroz Pilado o	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
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de cal	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas 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
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

lunes, 16 de julio de 2018

ALIMENTO	gr/por (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	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 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	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Papinillo o Per	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	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	0.80	22.44	13	5.40	89.76	107.76
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1466.28
								%DIST. D	56.37
REFRIGERIO:	Vaso de leche								
Leche evapora	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	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 labran	30.00	100.00	2.88	0.08	21.54	11.52	0.81	86.16	98.49
Leche evapora	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	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				


 Responsable de la
 Unidad de
 VIH y TBC


 Unidad de
 VIH y TBC


 Lic. Gloria Z. Quiroz Duran
 Nutricionista
 C.P. 12-01-18

martes, 17 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + jamonada									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	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	0.06
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.86	117.86
Pan de labran	60.00	100.0	5.78	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	62.38
									367.76
									14.64
REFRIGERIO: Huevo sancocado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	78.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	92.00	5.80	0.28	61.66	23	2.48	246.19	271.86
Sal	12.0	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	35.00	80.00	0.92	0.22	7.76	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.08	0.84	2	0.88	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.67
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.	1290.64
								% DES ALM.	51.63
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.84
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de cal	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	1.00	80.00	0.04	0.01	0.24	0.18	0.0576	0.97	1.21
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	657.58
								%DIST. D	26.18
			84.77	41.34	453.55				
			353.40	343.30	1814.61				
			14.1	13.7	72.3				
					100.00		V.C.T. MENU		2511.31

miércoles, 18 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela en lera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.98
									656.46
									25.90
REFRIGERIO: Huevo sancocado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta									
Cerdo de Cer	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	265.42
Ajo	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	3.70
Acete vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	180.00	98.00	1.75	0.29	16.0	7	2.65	64.09	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									
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 ve	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	405.64
								%DIST. D	18.00
			77.00	75.20	387.44				
			308.02	676.79	1549.77				
			12.2	26.7	61.1				
					100.00			VCT	2534.58


 MARIA DEL CARMEN
 MODULO QUEMOS TBC
 REPOSICION TBC




 MARIA DEL CARMEN
 MODULO QUEMOS TBC
 REPOSICION TBC

jueves, 19 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DEBAYUNO: Semola con vainilla, pan, mortadela									
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
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	78.23
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.37	195.98
								VC DES.	547.90
								%DIST. D	20.87
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: 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 c	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.96
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Arvejas frescas	40.00	65.00	1.85	0.16	4.09	7	1.40	19.55	28.34
Espinaca negr	35.00	97.00	0.95	0.31	1.88	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	1206.21
								%DIST. D	45.95
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	68.60	38	0.90	278.40	317.30
Zanahoria	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	8.86
Cebolla de ca	60.00	57.00	0.48	0.07	3.88	2	0.62	15.46	17.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	128.00	0.00	128.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									681.78
								%DIST. D	25.97
			78.37	101.07	349.53				
			317.48	909.61	1398.12				
			12.09	34.65	53.26	100			
					100.00			VCT	2625.22



 México, Quintana Roo, 19 de Julio de 2018





 Lic. [Nombre] Quintana Roo, 19 de Julio de 2018

viernes, 20 de Julio de 2018

ALIMENTO	gr/por (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 soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									19.20
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:	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 caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Acetite 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	1.26	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga roja	80.00	50.00	0.62	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo macra	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	38.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1512.14
								%DIST. D	56.47
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	40.00	100.0	3.76	0.08	31.28	15	0.72	125.12	140.88
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	462.13
								%DIST. D	17.26
			92.77	52.76	457.82				
			371.08	474.88	1831.69				
			13.86	17.73	68.41				
					100.00			VCT	2677.65

sábado, 21 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	106.65
Leche evaporada	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de 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.	646.71
								%DIST. D	25.14
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Aceitunas de t	8.00	92.00	0.06	2.36	0.54	0	21.28	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	5.81	8.47
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
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	0.56	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 evaporada	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	96.49
								VC DES.	429.26
								%DIST. D	16.71
			91.26	61.19	413.30				
			365.03	550.72	1653.19				
			14.2	21.4	64.4				
					100.00			VCT	2568.93


 Néstor Quiroga Tiza
 C.R. 14.000


 Ministerio de Salud


 Dr. Gloria E. Quiroga Durán
 M.D. M.P. M.T.A.
 C.R. 14.000

domingo, 22 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote 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 mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labranza	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 encabollado , arroz ,papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.18	93.12	48.1896	4.66	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.76
Tomate	50.00	82.00	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	3.84	5.65
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	5.80	3	0.94	23.59	27.46
Papa blanca	180.0	92.00	3.48	0.17	36.93	14	1.49	147.72	163.12
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
						V.C. ALMUERZO			1327.19
						% DISTR. ALMUERZO			50.40
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha "hor	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.38	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.50	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.26	0.08	1.28	1	0.75	5.11	6.86
Silao	12.00	100.00	1.38	1.15	0.12	5	10.37	0.48	10.27
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			VGT	2633.48

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Hector Quiroga Tito
POSICIONADO



Dr. Gálvez R. Quiroga Durrán
NUTRICIONISTA
C.N.P. 6140

lunes, 23 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanche								
Harina de Habas	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	108.81
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	1.62	172.32	196.98
								VC DES.	513.06
								%DIST. D	18.33
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 o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Papinito o Pe	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 vegetal	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	28.99	9	1.28	107.94	118.16
Cebolla de ca	80.00	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	68.36	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	0.28	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1531.68
								%DIST. D	57.69
REFRIGERIO:	Vaso de leche								
Leche evapora	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	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 labran	30.00	100.00	2.58	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
									420.48
									15.84
			100.14	50.52	449.67				
			400.56	454.71	1798.69				
			15.09	17.13	67.77				
					100.00			VCT MEN	2653.98

BRUNO CORREIA DE SAUS
HUGO RUIZ Tito
FPM - 2018/07/23

2

Dr. Hugo R. Ruiz Tito
NUTRICIONISTA
C.R.P. 0140

martes, 24 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + 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	5.78	0.18	43.08	23.04	1.62	172.32	198.98
Sal	18.00	100.00	0.22	0.09	1.43	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									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	83.00	5.86	0.28	82.22	23	2.51	248.87	274.82
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.48
Ancejas frescas	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	1.78	0.29	16.0	7	2.65	64.09	73.78
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				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	53.88
Arroz Pilado o	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.84	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
					V.C. CENA				778.27
					% DIST.CENA				27.78
	VCT (Gr.)		89.54	55.38	488.22				
	VCT (kcal.)		358.17	498.38	1944.90				
	VCT (%)		13	18	69	V.C.T. MENU			2801.45
					100.00				


 HECTOR QUIROGA TITO
 REPRESENTANTE




 E. Gálvez y R. Quiroga Benítez
 REPRESENTANTE

miércoles, 25 de Julio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						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	5.67	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
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.86
									668.09
									25.93
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.83	18.36	0.00	126.99
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cabolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Aji colorado si	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	201.90
Ajos	8.00	80.00	0.36	0.05	1.96	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	80.00	0.00	80.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo. ci	2.00	95.00	0.46	0.92	0.34	2	8.24	1.35	11.42
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1328.84
								% Dist	51.57
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.85
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.96	100.52	114.81
								VC DES.	390.74
								%DIST. D	15.16
			89.62	42.61	458.75				
			358.48	383.53	1835.02				
			13.91	14.88	71.21				
					100.00			VCT	2577.01


 HECTOR QUIROGA TITO
 N° 123456789
 RUC 123456789




 E. Grijalva & E. Quiroga Duran
 N° 123456789
 RUC 123456789

jueves, 26 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de lebran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	647.90
								%DIST. D	19.80
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	82.58	30	1.44	250.24	281.78
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado 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	0.86	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 ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.69
Zanahoria	15.00	78.00	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
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 o	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	0.86	0	0.36	2.62	3.37
Cebolla de ca	40.00	87.00	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	1067.25				
			12.79	19.74	67.47				
					100.00			VCT	2767.50

[Firma]
Módulo: Químico Titulo
de Químico



[Firma]
Dr. Carlos R. Quiroga Durán
Módulo: Químico Titulo
de Químico

viernes, 27 de Julio de 2018

ALIMENTO	g/por (g)	comestible le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	30.00	64.00	0.06	0.04	1.88	0	0.35	7.53	8.18
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
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 Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.82	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
Ácete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	68.00	0.35	0.07	1.83	1	0.63	7.32	9.96
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 se	150.0	65.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1514.56
								% DIS ALM.	58.81
REFRIGERIO:	Vaso de leche								
Leche evapora	80.00	100.00	5.80	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
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	18.14	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	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.06	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
								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			VCT	2575.55

sábado, 28 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chanco									
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	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 chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
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.	618.18
								%DIST. D	23.24
REFRIGERIO: Huevo sancocado									
Huevo de gallina	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 tallarín	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Pollo	160.00	85.00	26.02	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	60.0	60.00	0.50	0.07	4.07	2	0.65	16.27	18.94
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado	1.00	88.00	0.05	0.05	0.40	0	0.48	1.60	2.25
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 ser	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 evaporada	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	1.19	0	0.20	4.41	4.79
Manzana de a	20.00	100.00	0.06	0.02	2.62	0	0.18	11.68	12.10
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.96	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	421.96
								%DIST. D	15.86
			92.55	59.39	438.85				
			370.19	534.50	1755.40				
			14	20	66				
					100.00				
									2660.09

BRUNO COMBES (F. 10/05/2018)
Héctor Quijpe Tito
REPRESENTANTE

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

domingo, 29 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla + 02 panes + margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								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 , arroz ,ensalada, + fruta y refresco									
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite 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	0.08	20.52	8	0.83	82.06	90.62
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado s	8.00	98.0	0.55	0.61	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Aceite vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Lechuga roja	100.00	92.00	1.20	0.18	1.93	5	1.88	7.73	14.17
Silao	5.00	100.00	0.57	0.48	0.06	2	4.32	0.20	6.78
Papinito 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	0.87	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	80.00	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

lunes, 30 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Habas	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	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	521.18
								%DIST. D	23.50
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:	Caligua 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	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.00	85.00	3.57	0.17	37.91	14	1.63	151.64	167.45
Cebolla de cas	30.00	98.00	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
Caligua Sernar	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.45
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
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
						V.C. ALMUERZO			1151.80
						% DISTR. ALMUERZO			51.93
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	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	0.16	0.02	0.01555	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.18	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									355.51
									16.03
			68.22	41.15	393.65				
			272.88	370.35	1574.59				
			12.30	16.70	71.00				
					100.00			VGT MEN	2217.83

www.consejo-nutricional.org

 CONSEJO NUTRICIONAL
 VIH Y TBC


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



martes, 31 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: 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	0.38
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de labran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									367.76
									14.64
REFRIGERIO: Huevo sancocado									
Huevo de gall	55.00	58.00	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	116.70	49	8.75	466.80	522.75
Papa blanca	300.0	92.00	5.80	0.28	61.56	23	2.48	246.19	271.88
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
Maíz Fresco.	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.08	0.84	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.18	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.38	3.41	4.40
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1296.64
								% DIS ALM.	51.63
REFRIGERIO: Vaso de leche									
Leche evapor	60.00	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 Polv	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anchovy 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	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	1.00	80.00	0.04	0.01	0.24	0.18	0.0576	0.97	1.21
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	657.58
								%DIST. D	26.18
			84.77	41.34	453.55				
			353.40	343.30	1814.61				
			14.1	13.7	72.3				
					100.00		V.C.T. MENU		2811.31

Dr. Carlos A. Quiroga Duran
Médico Generalista
C.M.P. 61/0

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C.M.P. 61/0

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

domingo, 01 de julio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 02 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 03 de julio de 2018	INFUSION + 02 PANES + JAMONADA	HIJO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
miércoles, 04 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 05 de julio 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 julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
sábado, 07 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
domingo, 08 de julio de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
lunes, 09 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 10 de julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO, ARROZ + INFUSION
miércoles, 11 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO ,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
jueves, 12 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO , ARROZ + INFUSION
viernes, 13 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON POLLO
sábado, 14 de julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO SANCOCHADO,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
domingo, 15 de julio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAJUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
lunes, 16 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 17 de julio de 2018	INFUSION + 02 PANES + MORTADELA	ALI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
miércoles, 18 de julio de 2018	AVENA CON LECHE +02 PANES + QUESO	ASADO DE POLLO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	CALDO BLANCO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
viernes, 20 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
sábado, 21 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA UMEÑA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
domingo, 22 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	REVUELTO DE ZAHORIÑA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
lunes, 23 de julio de 2018	HARINA DE HABAS + 02 PANES + MORTADELA	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 24 de julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO, ARROZ + INFUSION
miércoles, 25 de julio 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 julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FIITO + INFUSION
viernes, 27 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON POLLO
sábado, 28 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
lunes, 30 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CAJUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
martes, 31 de julio de 2018	INFUSION + 02 PANES + MORTADELA	ALI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION


 DIRECTOR
 INSTITUCION PENAL
 10 de Julio de 2018




 Lic. Gloria R. Quiroga Dávalos
 INSTITUCION PENAL
 01 de Julio

022

DIETA: GASTRITIS CRONICA Y CANCER

031

domingo, 01 de julio de 2018

ALIMENTO	gr/por (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote morado	150.0	95.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	46.87	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.44
ALMUERZO:	Guiso de vainitas , arroz ,papa + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	80.00	92.00	0.58	0.16	3.15	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4388	41.28	56.96
Zanahoria	60.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.80	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	15.00	87.00	0.16	0.03	1.47	1	0.23	5.90	6.86
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1228.11
					% DISTR. ALMUERZO				48.86
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.60
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 cal	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.08	10.57
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	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

DIETISTA
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D. LUIS J. GARCIA DERECH
NUTRICIONISTA
C.N.P. 6140

DIETA: GASTRITIS CRONICA Y CANCER

030

lunes, 02 de julio de 2018

ALIMENTO	g/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + manjar									
Cebada harina	40.00	100.00	7.52	0.02	26.96	30	8.28	107.84	148.20
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	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	35.00	100.00	9.49	17.85	5.92	38	180.65	23.66	222.25
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.84
								VC DES.	769.33
								%DIST. D	30.76
Almuerzo: Pollo sancochado ,papa , arroz , refresco y fruta									
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Zanahoria	50.00	85.00	0.25	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.81	0.19	41.48	16	1.87	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
Aceite 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	34.68	0	0.00	138.74	138.74
								VC DES.	1270.86
								%DIST. D	50.82
CENA: Mazamorra de malzena con leche + 01 pan									
Malzena	40.00	100.00	0.24	0.08	34.68	0.86	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0166	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	2.84	3.82	10	25.52	15.26	50.58
									480.65
									18.42
			77.81	43.64	449.20				
			311.25	392.78	1796.81				
			12.4	15.7	71.8				
					100.00				2500.84

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 Hospital General de
 Pinar del Río

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 Hospital General de
 Pinar del Río

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 Hospital General de
 Pinar del Río
 C.P. 5100

martes, 03 de julio de 2018

ALIMENTO	g/por	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + jamonada									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de lebrar	65.00	100.0	6.24	0.20	46.67	25	1.78	186.68	213.40
Jamonada	30.00	100.00	4.71	8.88	0.30	19	79.65	1.20	99.68
									478.77
									18.37
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Queso pane	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	622.75
Papa blanca	250.0	85.00	4.48	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
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	98.00	0.28	0.07	1.49	1	0.62	5.96	7.68
Aceite vegeta	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	1.66	1	0.28	6.64	7.73
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1284.45
								% DIS ALM.	49.29
CENA Guiso de fideos con pollo, arroz , infusion									
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Arroz Pilado c	60.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresc	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	98.00	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	455.85				
			292.29	490.10	1823.40				
			11.2	18.8	70.0				
					100.00		V.C.T. MENU		2605.79

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 Lic. en Nutrición
 Lic. en Dietética
 Lic. en Alimentos
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miércoles, 04 de julio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	116.56
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	198.98
									694.18
									27.32
Almuerzo: Estofado de pollo , arroz , refresco y fruta									
Carne de Pollo	160.00	65.00	28.02	4.80	0.00	112	44.08	0.00	156.13
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.65	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	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.06	0.85	1.05
Arvejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Acete 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	0.58	0.29	14.43	2	2.65	57.70	62.71
								VC Alm	1369.13
								% Dist	53.88
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	36.00	100.00	3.36	0.11	25.13	13	0.66	100.52	114.91
								VC DES.	477.31
								%DIST. D	18.79
			80.15	68.24	401.47				
			320.60	514.16	1606.87				
			12.6	24.2	63.2				
					100.00			VCT	2540.62

[Firma]
 NOMBRE DEL PACIENTE
 NOMBRE DEL MEDICO
 NOMBRE DEL NUTRICIONISTA

[Firma]
 Dra. Gladys R. Quiroga Arce
 NUTRICIONISTA
 C.O.P. 2101

[Firma]

DIETA: GASTRITIS CRONICA Y CANCER

0 27

jueves, 05 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Semola 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
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	196.98
								VC DES.	693.79
								%DIST. D	27.47
ALMUERZO: Cau cau de pollo, arroz , fruta y refresco									
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	455.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Papa blanca	200.0	82.00	3.44	0.16	38.57	14	1.48	146.29	161.54
Ancejas fresca	35.00	62.00	1.54	0.13	4.06	6	1.17	16.32	23.68
Cebolla de ca	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	6.58
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.18	0.45	0.64
Plátano	180.00	82.00	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
GENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.80	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.66	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	0.08	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	0.03	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	28.48	0.00	0	117.96	117.96
									671.43
								%DIST. D	26.58
			70.34	64.16	416.65				
			281.37	577.40	1666.61				
			11.14	22.86	85.99				
					100.00				
								VCT	2525.39

[Firma]
Dra. María Elena Gutiérrez
Dra. María Elena Gutiérrez
Dra. María Elena Gutiérrez

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Dra. María Elena Gutiérrez
Dra. María Elena Gutiérrez
Dra. María Elena Gutiérrez

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Dra. María Elena Gutiérrez
Dra. María Elena Gutiérrez
Dra. María Elena Gutiérrez

DIETA: GASTRITIS CRONICA Y CANCER

0 26

viernes, 05 de julio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	30.00	100.00	2.18	1.83	17.80	9	14.83	71.20	84.53
Piña	30.00	84.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									521.21
								%DIST. D	24.14
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Acelgas. hojas	120.00	61.00	1.81	0.22	3.88	6.44	1.98	15.52	23.94
Carne de Pollo	100.00	85.00	17.51	3.06	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	0.89	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	0.53
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	86.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									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	5.64	0.12	48.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.98	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	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				
			288.97	316.79	1471.34				
			13.08	15.40	71.52				
					100.00			VCT	2057.10

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LA GASTRONOMIA DEL MUNDO
FOLIO 100/1000
C/10/1000

sábado, 07 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	25.00	100.00	4.70	0.58	16.65	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
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	6.76	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	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado d	200.0	100.00	18.40	1.00	156.60	66	9.00	622.40	687.00
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	6.06
Arvejas fresco	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.66
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Lechuga rojo	80.00	50.00	0.52	0.06	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 de se	160.0	86.00	2.08	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1337.80
								%DIST. D	57.04
CENA: Infusion + 01 pan + huevo sancochado									
Herbas	8.00	54.00	0.13	0.04	0.30	0.54	0.36	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	36.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								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

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 14/07/2018
 17:00

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 14/07/2018
 17:00

DIETA: GASTRITIS CRONICA Y CANCER

024

domingo, 08 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Infusion + 02 panes + camote sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	30.00	100.00	0.00	0.00	26.49	0	0.00	117.96	117.96
Camote mora	150.0	98.00	2.06	0.44	37.78	8	3.97	151.12	163.32
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									547.32
									23.45
ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.68	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.69	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	82.00	0.33	0.08	1.79	1	0.74	7.05	9.10
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Acete vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	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
Plátano	160.00	92.00	0.69	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				1229.49
					% DISTR. ALMUERZO				52.68
CENA Arroz a la jardinera con pollo+ infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	20.00	100.00	1.88	0.04	15.64	8	0.38	62.56	70.44
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cab	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.69
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									556.78
									23.86
			75.90	24.34	462.72				
			303.62	219.09	1810.89				
			13	9	78				
					100.00			VCT MEN	2333.60

[Signature]
 Dr. [Name]
 [Address]
 [Phone]

[Signature]
 Dr. [Name]
 [Address]
 [Phone]

[Signature]

DIETA: GASTRITIS CRONICA Y CANCER

043

lunes, 09 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	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	89.69
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	5.75	0.18	43.08	23	1.62	172.32	190.98
								VC DES.	521.18
								%DIST. D	24.57
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carné de Pollo	160.00	85.00	29.02	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	6.75	466.80	622.75
Zanahoria	60.00	85.00	0.25	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	84.00	2.98	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	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Orégano	5.0	88.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	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	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	0.0158	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	60.58
									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

ANEXO 1
Firma: [Firma]
Fecha: 09/07/2018

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022

martes, 10 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	92.00	0.28	0.09	0.64	1.14	0.83	2.58	4.64
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	195.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									538.82
									20.83
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
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	125.58
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	0.06	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
Acetla vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Arvejas frescas	67.00	54.00	2.57	0.22	6.60	10	1.85	27.21	38.44
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.85	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
Acetla 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	0.08	1.36	1	0.67	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.06	0.02	0.11	0	0.15	0.45	0.60
						V.C . CENA			727.84
						% DIST.CENA			28.14
	VCT (Gr.)		80.64	38.08	458.01				
	VCT (kcal.)		362.55	351.72	1872.03				
	VCT (%)		14	14	72	V.C.T. MENU			2586.31
					100.00				

miércoles, 11 de julio 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	4.50	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	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	5.78	0.18	43.08	23	1.62	172.32	198.98
									687.07
									30.32
ALMUERZO:	Pollo al horno, arroz,papa, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Poli	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	98.00	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
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.68	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	1281.55
									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	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada De	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				
			306.71	298.97	1661.59				
			13.5	13.2	73.3				
					100.00			VCT	2266.27

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2

DIETA: GASTRITIS CRONICA Y CANCER

020

jueves, 12 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla , pan ,mermelada:									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.65
									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	0.76	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.06	1.95	1	0.45	7.78	9.66
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.76	0.11	6.06	3	0.96	24.23	26.19
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	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.	1192.92
								%DIST. D	61.67
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	0.46	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
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	75.4				
					100.00				
								VCT	2313.41

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 DIETISTA
 T. 3-12345678
 12/07/2018

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 LA UNIDAD DE CUIDADO INTEGRAL
 AL PACIENTE
 CNP 6401

2

DIETA: GASTRITIS CRONICA Y CANCER

019

viernes, 13 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	282.64
									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	0.80	124.48	52.48	7.20	487.92	557.60
Aceite vegeta	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	0.06	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	20.00	87.00	2.80	0.03	1.51	11.20	0.24	6.06	17.50
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1237.45
								%DIST. D	53.89
CENA:	Sopa de arroz con pollo								
Carne de 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	66.00	0.27	0.06	0.75	1	0.71	3.01	4.78
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	98.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.78
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	407.02
								%DIST. D	17.73
			73.84	46.82	394.85				
			295.36	421.38	1579.41				
			12.86	18.35	68.79				
					100.00			VCT	2298.13

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sábado, 14 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.96
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	27.53
ALMUERZO: Pollo sancochado , arroz papa, refresco y fruta									
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	180.00	100.00	14.78	0.90	140.04	59	8.10	560.16	627.30
Aceite vegeta	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	145.35
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
									1200.18
								% DIS ALM.	53.29
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanc	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.64	12	0.81	86.16	98.49
								VC DES.	431.80
								%DIST. D	19.18
			81.95	38.11	396.31				
			327.79	342.95	1581.23				
			14.56	15.23	70.22				
					100.00			VCT	2281.97

Dr. C. M. Rodríguez
 Médico Generalista
 R. P. 14.000.000

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DIETA: GASTRITIS CRONICA Y CANCER

0/7

domingo, 15 de julio de 2018

ALIMENTO	gr/per (g)	comestible la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % FOR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Infusion+ 02 panes + camote al horno									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	106.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	548.05
								%DIST. D	22.62
ALMUERZO: Caligua rellena, arroz , refresco y fruta									
Carné de res	60.00	85.00	10.86	0.62	0.00	43	7.34	0.00	50.60
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	0.06	3.02	1	0.48	12.07	14.04
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caligua Serran	150.00	97.00	2.18	0.15	5.11	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
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 frescas	40.00	54.00	1.83	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	0.15	0.27
Orégano seco	2.00	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	29.48	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1151.80
					% DISTR. ALMUERZO				47.64
CENA Arroz amarillo con pollo + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.60	33	4.50	311.20	348.60
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Acetate 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	9.08	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.06	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
palillo	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	333.62	1809.87				
			11.53	13.77	74.71				
					100.00			VCT MEN	2422.69

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lunes, 16 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	19.85	19	5.18	67.40	81.38
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	81.80	13.52	127.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	533.94
								%DIST. D	27.65
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 d	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	622.75
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	93.00	2.83	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	3.83
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
Sel	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.66	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	28.01	0.72	0.54	104.04	105.30
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.98	117.98
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.18	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				

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martes, 17 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + mortadela									
Hierbas	10.00	98.00	0.30	0.10	0.69	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	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
Pen de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
mortadela	35.00	100.00	3.43	6.90	3.28	14	62.05	13.16	88.94
									409.13
									17.73
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Queso para	20.00	100.00	5.60	8.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	160.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	91.00	3.82	0.18	40.99	15	1.64	162.34	179.27
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Malz Fresco.	35.00	80.00	0.62	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.66	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 vegeta	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	67.00	0.56	0.06	4.54	2	0.72	18.17	21.15
Plátano	150.00	92.00	0.55	0.28	13.82	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 Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Anvejas fresca	35.00	54.00	1.34	0.11	3.56	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	8.00	80.00	0.38	0.05	1.95	1.43	0.4608	7.78	9.88
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

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miércoles, 18 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(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	5.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	80.00	100.00	7.66	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 Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
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
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	12.52	2	2.48	54.10	58.78
									1206.99
								% DIS ALM.	50.54
CENA: Infusion + 01 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	21.8	66.6				
					100.00			VCT	2388.19

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 R.O.P. 11.11.18

Jueves, 19 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan, margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de laborar	60.00	100.00	5.78	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									
Carne de Pol	100.00	88.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.78
Zanahoria	40.00	88.00	0.21	0.18	3.28	1	1.60	13.10	15.58
Papa blanca	300.0	88.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuflo blanco	23.00	90.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	82.00	80.00	0.52	0.13	25.78	2	1.18	103.12	106.40
Orégano seco	1.00	80.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Acetate vegeta	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	1293.82
								%DIST. D	50.31
CENA Tallarines rojos con carne molida + infusion									
Carne de res	80.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.68
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.80	278.40	317.30
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cat	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
Acetate vegeta	20.00	70.0	0.00	14.00	0.00	0	128.00	0.00	128.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	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	33.61	55.40				
					100.00			VCT	2571.87

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 Médico Nutricionista
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DIETA: GASTRITIS CRONICA Y CANCER

018

viernes, 20 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.15	0	0.02	0.66	0.68
Clevo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	30.00	100.00	0.12	0.08	21.93	0	0.54	87.72	88.74
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									694.50
									25.57
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado c	180.00	100.00	13.12	0.80	124.48	52	7.20	497.92	567.60
Acelgas. hojas	120.00	61.00	1.61	0.22	3.88	8.44	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)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos.	2.00	80.00	0.08	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	6.58
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	2.85	57.70	62.71
									1047.59
								% DIS ALM.	45.06
CENA:	Sopa de fideos con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	7.52	0.16	62.56	30	1.44	250.24	281.76
Apio	15.00	75.00	0.08	0.02	0.64	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	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	1.88	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 vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	682.64
								%DIST. D	29.36
			73.66	35.41	427.85				
			294.62	318.72	1711.39				
			12.67	13.71	73.62				
					100.00			VGT	2324.73

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Licenciado en Nutrición
Licenciado en Dietética

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Licenciado en Nutrición
Licenciado en Dietética

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DIETA: GASTRITIS CRONICA Y CANCER

011

sábado, 21 de julio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	5.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.58
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	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	60.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	1.00	54.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Camote mora	200.00	92.00	2.56	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	28.96	8	3.73	115.92	127.63
									1313.90
								% DIS ALM.	52.99
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	17.31
			81.46	59.03	405.67				
			325.86	531.25	1622.68				
			13.1	21.4	65.4				
					100.00			VCT	2479.79

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DIETA: GASTRITIS CRONICA Y CANCER

010

domingo, 22 de julio de 2018

ALIMENTO	grper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	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
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	156.93
								VC DES.	302.26
								%DIST. D	14.09
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.05	25.02	29.72
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.88	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.96	0.309	5.17	6.43
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	10.00	100.00	2.60	3.00	0.33	11	27.00	1.32	38.62
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	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
Platano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
						V.C. ALMUERZO			1173.02
						% DISTR. ALMUERZO			54.66
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado d	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	105.66
Carne de Pol	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	0.28	4.06	5.88
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									670.64
									31.25
			61.47	27.36	413.45				
			245.87	246.28	1853.79				
			11	11	77				
					100.00			VCT MEN	2145.93

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Dr. Hector Lugo YP
2018-07-22

DIETA: GASTRITIS CRONICA Y CANCER

09

lunes, 23 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + mortadela								
Harina de Hab	25.00	100.00	6.08	0.48	14.90	24	4.28	59.60	88.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.54
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	512.33
								%DIST. D	26.46
Almuerzo:	Pollo sancochado, papa, arroz, refresco y fruta								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	622.75
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	28.43	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
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Peró	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.08	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	82.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1039.46
								%DIST. D	53.66
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	30.00	100.00	0.18	0.08	28.01	0.72	0.54	104.04	105.30
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.62	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
									385.38
									19.89
			64.94	16.80	382.01				
			269.74	149.40	1528.03				
			13.41	7.71	78.88				
					100.00			VCT MEN	1937.18


 VÍCTOR HUGO TORRES
 Médico Nutriólogo
 POPALCA, NL


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DIETA: GASTRITIS CRONICA Y CANCER

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martes, 24 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancocado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de lebrán	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									548.44
									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	87.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
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	0.68	11.67	14.52
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Plátano	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	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1368.17
					% 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	87.58
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	0.68	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.08	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				

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FARMACIA GONZALEZ GONZALEZ

miércoles, 25 de julio 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:	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	0.58	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	5.75	0.18	43.08	23	1.62	172.32	186.88
									668.09
									27.31
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.83	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	5.88	8.88
Cebolla de ca	40.00	57.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.63
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, c	5.00	95.00	1.14	2.29	0.84	5	20.61	3.36	28.55
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Piñano	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	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	54.00	0.00	0.00	0.18	0	0.02	0.58	0.58
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	390.74
								%DIST. D	15.97
			77.33	37.88	448.94				
			309.31	340.83	1795.77				
			12.65	13.94	73.42				
					100.00			VCT	2446.01

Dr. Hugo Quiroga

Hector Quiroga

Dr. Hugo Quiroga

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Jueves, 26 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: <i>Sémola con vainilla, pan, mermelada</i>									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	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	166.98
								VC DES.	530.83
								%DIST. D	20.99
ALMUERZO: <i>Guiso de fideos con pollo, arroz, fruta y refresco</i>									
Carne de Pollo	100.00	65.00	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	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
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	0.06	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 vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1287.03
								%DIST. D	50.90
CENA: <i>Arroz con huevo sancochado + infusion</i>									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Tomate	30.00	79.00	0.19	0.06	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 vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	710.69
								%DIST. D	28.11
			59.41	28.79	464.20				
			277.65	258.10	1856.78				
			10.98	10.25	73.43				
					100.00			VCT	2528.54

UNIVERSIDAD NACIONAL DE TRUJILLO

Fac. de Medicina

Trujillo, 26 de julio de 2018

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viernes, 27 de julio 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:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									586.01
									25.64
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carno de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	81.00	1.61	0.22	3.88	6	1.98	15.52	23.04
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	62.48	7.20	487.92	657.80
Acelga vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	30.00	99.00	0.24	0.06	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	0.50	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	40.00	87.00	2.80	0.05	3.03	11.20	0.48	12.11	23.80
Plátano	160.00	84.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1247.04
								%DIST. D	54.57
CENA:	Sopa de semola con pollo								
Carno de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sémola de Tr	30.00	100.00	5.85	3.21	15.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.84	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.78
Zanahoria	30.00	78.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.06	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acelga vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	19.78
			74.11	59.75	362.72				
			296.45	537.79	1450.86				
			13.0	23.5	63.5				
					100.00			VCT	2285.10

ISSMO CONSULTA Y FARMACIA
Hector Quintana
FARMACIA

RECIBIDO
27

RECIBIDO
27

sábado, 28 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.68	20.22	23	6.21	80.88	108.65
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	0.68
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	6.79	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	190.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	704.90
								%DIST. D	29.46
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cebolla de ca	50.0	60.00	0.42	0.06	3.38	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	18.28	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	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 se	180.0	92.00	2.21	0.44	30.81	9	3.97	123.65	136.45
								VC DES.	1270.78
								%DIST. D	53.11
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Manzana de a	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	417.17
								%DIST. D	17.43
			79.60	40.65	427.14				
			318.41	365.89	1708.55				
			13	15	71				
					100.00				
									2382.85


 Héctor Gilgado Tito
 FOMECU-BOGOTÁ


 FOMECU-BOGOTÁ


 FOMECU-BOGOTÁ

domingo, 29 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla + 02 panes + margarina									
Semola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	30.00	100.00	0.18	24.80	0.00	1	221.40	0.00	222.12
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	683.79
								%DIST. D	33.33
Almuerzo: Pollo al horno , arroz ,ensalada, + fruta y refresco									
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Acete vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.82	8	0.83	82.06	90.62
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado s	8.00	88.0	0.55	0.81	4.80	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Acete vegeta	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Silao	5.00	100.00	0.57	0.48	0.08	2	4.32	0.20	6.78
Papinito o Pe	80.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	88.00	0.09	0.01	0.48	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	88.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.28	13.90	6.12	2.205	55.59	64.01
								VC ALML	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	0.48	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	3.64	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	216.83
								%DIST. D	10.42
			67.07	57.70	289.24				
			268.28	519.30	1156.97				
			12.89	24.95	55.58				
					93.42			VCT	2081.62

BRUNO GONZALEZ
 Director Clínico
 Hospital de la Cruz

3

Dr. Juan Carlos GARCIA
 17/07/2018

DIETA: GASTRITIS CRONICA Y CANCER

02

lunes, 30 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Habas	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	28.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	98.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	521.18
								%DIST. D	25.69
ALMUERZO:	Caligua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.81	14	1.63	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
Caligua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajcs	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
Anvejas frescas	40.00	54.00	1.53	0.13	4.08	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	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.96	117.96
Platano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
						V.C. ALMUERZO			1161.80
						% DISTR. ALMUERZO			56.78
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	25.00	100.00	0.15	0.05	21.88	0.60	0.45	88.70	87.76
azúcar rubia	30.00	100.00	0.00	0.00	28.49	0.00	0	117.96	117.96
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.68
									355.51
									17.53
			55.34	30.14	383.96				
			221.37	271.28	1636.83				
			10.91	13.37	75.71				
					100.00			VCT MEN	2028.49

INFORMACIÓN CONSEJO DE ALIMENTOS

Hector Quinto Tito
PRESIDENTE

INFORMACIÓN CONSEJO DE ALIMENTOS
ALIMENTOS
CAMPESINOS

2

DIETA: GASTRITIS CRONICA Y CANCER

02

martes, 31 de julio de 2018

ALIMENTO	grper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
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	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	196.86
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
									409.13
									17.73
ALMUERZO:	Aji de calabaza , arroz , fruta y refresco								
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Papa blanca	200.0	91.00	3.82	0.16	40.59	15	1.64	162.34	179.27
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	38.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	8.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.18	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	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Plátano	150.00	92.00	0.55	0.28	13.52	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 Pol	100.00	88.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas 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	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	8.00	80.00	0.36	0.05	1.96	1.43	0.4609	7.78	9.68
Tomate	30.00	99.00	0.24	0.06	1.26	1	0.53	5.11	6.59
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.38	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

SEALADO CONSECUTIVO
 Rector Claudio Tito
 Presidente

SEALADO CONSECUTIVO
 Rector Claudio Tito
 Presidente

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 Rector Claudio Tito
 Presidente