MENUS PROPUESTOS PARA POBLACION PENAL CAMANA - MES DE JULIO 2018

domingo, 01 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MANJAR
lunes, 02 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	SOPA DE TRIGO + REFRESCO + FRUTA	POLLO ENCEBOLLADO + ARROZ + INFUSION
martes, 03 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE FREJOL CON CHANCHO + ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
miércoles, 04 de julio de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	POLLO AL MANI + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN + M ERMELADA
jueves, 05 de julio de 2018	CAFÉ + 02 PANES + CAMOTE FRITO	LOCRO DE PANCA+ ARROZ+ REFRESCO + FRUTA	HUEVO FRITO + ARROZ + INFUSION
viernes, 06 de julio de 2018	SIETE CEREALES + 02 PANES + MANJAR	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE + 01 PAN
sábado, 07 de julio de 2018	COCOA + 02 PANES + ATUN	CAU CAU DE POLLO + ARROZ + REFRESCO + FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
domingo, 08 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO DE CERDO + PAPA+ ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN + MARGARINA
lunes, 09 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	POLLO AL SILLAO + ARROZ + REFRESCO + FRUTA	PAPA ARREBOZADA + ARROZ + INFUSION
martes, 10 de julio de 2018	SOYA CON MANZANA + 02 PANES + MERMELADA	GUISO DE ARVEJITA PARTIDA CON CHANCHO + ARROZ + ENSALADA +REFRESCO + FRUTA	CALDILLO DE HUEVOS
miércoles, 11 de julio de 2018	CEBADA CON LECHE+ 02 PANES + ACEITUNA	ESCABECHE DE POLLO A LA LIMEÑA + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN + MANJAR
jueves, 12 de julio de 2018	CAFÉ + 02 PANES + CAMOTE FRITO	CHAMPANITA + ARROZ + REFRESCO + FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
viernes, 13 de julio de 2018	SIETE CEREALES + 02 PANES + JAMONADA	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE HARINA CON LECHE+ 01 PAN
sábado, 14 de julio de 2018	COCOA + 02 PANES + HUEVO SANCOCHADO	REVUELTO DE CHULLO + ARROZ + REFRESCO + FRUTA	TALLARINES ROJOS CON CARNE MOLIDA+ INFUSION
domingo, 15 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	SECO DE RES + ARROZ+ REFRESCO+ FRUTA	INFUSION + 01 PAN + MERMELADA
lunes, 16 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	CALDO DE GALLINA + REFRESCO + FRUTA	POLLO ENVOLTURA + ARROZ + INFUSION
martes, 17 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	FREJOL A LA CHALENA CON CHANCHO + ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
miércoles, 18 de julio de 2018	CEBADA CON LECHE + 02 PANES + JAMONADA	POLLO A LA OLLA + ARROZ + ENSALADA + REFRESCO + FRUTA	INFUSION + 01 PAN + MANJAR
jueves, 19 de julio de 2018	CAFÉ + 02 PANES + CAMOTE FRITO	PICANTE A LA TACNEÑA+ ARROZ+ REFRESCO + FRUTA	HUEVO FRITO + ARROZ + INFUSION
viernes, 20 de julio de 2018	SIETE CEREALES + 02 PANES + MANJAR	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE+ 01 PAN
sábado, 21 de julio de 2018	COCOA + 02 PANES + ATUN	MATARIFITA DE POLLO + ARROZ + REFRESCO + FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
domingo, 22 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ALMONDIGADO DE RES + PAPA+ ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN + MARGARINA
lunes, 23 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	POLLO AL DINO + ARROZ + REFRESCO + FRUTA	CAMOTE ARREBOZADO + ARROZ + INFUSION
martes, 24 de julio de 2018	SOYA CON MANZANA + 02 PANES + MERMELADA	GUISO DE ARVEJITA PARTIDA CON CHANCHO + ARROZ + ENSALADA +REFRESCO + FRUTA	CALDILLO DE HUEVOS
miércoles, 25 de julio de 2018	CEBADA CON LECHE + 02 PANES + ACEITUNA	POLLO A LA MOSTAZA + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN + MANJAR
jueves, 26 de julio de 2018	CAFÉ + 02 PANES + CAMOTE FRITO	HIGADO ENCEBOLLADO + ARROZ + REFRESCO + FRUTA	ASADO DE POLLO + INFUSION
viernes, 27 de julio de 2018	SIETE CEREALES + 02 PANES + JAMONADA	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE HARINA CON LECHE+ 01 PAN
sábado, 28 de julio de 2018	COCOA + 02 PANES + HUEVO SANCOCHADO	HIGADO DE ZAPALLO + ARROZ + REFRESCO + FRUTA	CAU CAU DE POLLO + INFUSION
domingo, 29 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	INCHA DE QUINUA + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN + MERMELADA
lunes, 30 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	POLLO AL HUACATAY + ARROZ + REFRESCO + FRUTA	TALLARINES ROJOS CON CARNE MOLIDA+ INFUSION
martes, 31 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE FREJOL CON CHANCHO + ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO

C...ASO ...CO EDINSA / GRAVO ELIAS

M C ... A CHURATA G.
PRESIDENTE

N. Vega Benites
ECONOMISTA
CIP 3900

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

domingo, 03 de julio de 2016

ALIMENTO	gramos	porción	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			CHO DIA %
	(g)	%	Kc (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	AVENA CON LECHE + 02 PANES + QUESO								
Avena, hojuelas	20.00	100.00	3.80	1.20	11.00	30	10.80	44.00	110.80
Leche evaporada	70.00	100.00	4.90	5.67	7.00	20	51.03	28.00	99.03
Queso amaro	5.00	54.00	5.00	5.00	0.14	0	0.00	0.55	0.55
Clara de huevo	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso parrilla	30.00	100.00	6.90	6.00	0.90	24	54.00	3.60	81.60
Azucar rubia	40.00	100.0	0.00	0.00	38.04	0	0.00	152.16	152.16
Pan de harina	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.94
								VC DIA	660.53
								%DIST. DIA	37.54

Almuerzo:	ESTOFADO DE RES + ARROZ + REFRESCO + FRUTA								
Carne de res pol	150.00	87.00	27.90	2.00	0.00	111.60	18.00	0.00	129.60
Arveja fresca	35.00	54.00	1.94	0.11	3.99	8	1.00	14.31	23.31
Tomate	15.00	99.00	0.28	0.07	1.49	1	0.63	5.96	7.60
Ajo	5.00	69.00	0.35	0.00	1.09	1	0.45	7.75	9.20
Arroz Pilado crud	100.0	100.00	13.00	3.70	119.73	48	6.73	479.00	533.73
Papa blanca	200.0	90.00	3.67	0.07	37.91	14	1.03	151.64	167.47
Sal	5.00	100.00	0.15	0.04	0.00	0	0.36	0.00	0.37
Orégano seco	3.00	94.00	0.03	0.01	0.21	0	0.05	0.85	1.00
Comino	0.10	100.00	0.00	0.00	0.06	0	0.00	0.22	0.24
Glutamato monos	0.10	100.00	0.00	0.00	0.17	0	0.00	0.68	0.68
Pimienta entera	0.3	100	0.00	0.00	0.15	0	0.00	0.60	1.20
Ají verde (El	10.00	87.00	0.17	0.08	0.00	1	0.45	0.00	4.45
Ají colorado seco	5.00	90.00	0.24	0.07	3.06	1	0.39	7.84	11.23
Zanahoria	40.00	90.00	0.36	0.23	4.72	1	2.07	18.88	20.95
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	224.00	0.00	224.00
Cebolla de cabe	50.00	87.00	0.93	0.13	6.99	3	1.05	26.74	31.79
Naranja	160.00	35.00	1.76	0.23	16.8	7	2.03	64.00	73.79
Azucar rubia	40.00	100.00	0.00	0.00	38.04	0	0.00	152.16	152.16
								VC ALM.	1398.34
								%DIST. ALM.	38.89

CENA:	INFUSION + 01 PAN + MANZANA								
Hierba	12.00	54.00	0.28	0.08	0.45	0.60	0.72	1.81	3.20
Azucar rubia	30.00	100.00	0.00	0.00	34.45	0	0.00	137.80	137.80
Manzana roja	25.00	100.00	0.75	0.25	6.22	3	2.25	24.90	29.15
Pan de harina	30.00	100.00	0.38	0.11	25.13	1.5	0.99	100.52	103.01
								VC CEN	274.48
								%DIST. CEN	16.37
		VCT (Gr.)	82.49	59.25	499.62				
		VCT (kcal.)	329.94	533.25	1998.48				
		%VCT (%)	16.51	26.7	56.8				
					100				
								VCT REAL	2501.48

Lic. Jessica M. Vilca Benites
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Paola Yolanda Barrios Soria
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lunes, 02 de julio de 2018

ALIMENTO	gramos (g)	porción %	PROT Ar. (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	SEMOLA CON VAINILLA + 02 PANES + MORTADELA								
Sémola de Trigo	40.00	100.00	1.60	4.00	31.60	31	36.00	126.40	193.40
Vainilla	0.10	100.00	0.00	0.00	0.00	0	0.00	0.11	0.11
Canela en rama	0.00	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	51.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.99	0	0.00	139.74	139.74
Pan de sémola	60.00	100.00	5.76	0.99	40.08	23	1.62	160.32	184.95
Mortadela	30.00	100.00	3.99	6.91	2.82	11.76	62.09	11.28	85.13
								VC DES.	604.40
								%DIST. DES.	22.33

Almuerzo:	SOPA DE TRIGO + REFRESCO + FRUTA								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.72	0.00	97.72
Zapallo españa	45.00	72.00	0.27	0.09	2.07	1	0.36	8.28	9.64
Habas frescas	25.00	84.00	1.88	0.14	4.73	8	1.26	18.92	27.30
Ajos	10.00	75.00	0.30	0.01	0.86	0	0.24	3.44	3.67
Poro	15.00	80.00	0.45	0.13	1.13	2	1.08	4.52	7.60
Nabo	10.00	90.00	0.80	0.01	0.63	0	0.27	2.52	2.79
Trigo	80.00	100.00	7.74	1.30	66.00	31	12.15	264.00	308.40
Zanahoria	40.00	50.00	0.31	0.10	3.24	1	1.08	12.96	15.05
Cha'a negra	20	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	5.00	80.00	0.22	0.01	1.23	1	0.09	4.92	6.05
Aj. colorado seco	0.00	80.00	0.00	0.00	0.00	0	0.04	0.00	0.13
Papa blanca	250.00	85.00	4.40	0.21	47.00	18	1.91	188.00	209.21
Sal	0.00	100.00	0.13	0.04	0.00	0	0.36	0.00	0.37
Zanahoria seca	0.15	70.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Cebolla de rabo	80.00	85.00	0.71	0.19	5.10	4	0.93	20.40	26.43
Verduras surtidas	5.00	90.00	0.38	0.06	0.48	1	0.45	1.91	3.76
Naranja	150.00	90.00	1.78	0.29	18.9	7	2.62	84.60	73.79
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
								VC ALM.	1126.79
								%DIST. DEL.	44.12

CENA:	POLLO ENCEBOLLADO + ARROZ + INFUSION								
Carne de Pollo E	100.00	75.00	19.42	2.52	0.00	64	22.68	0.00	86.68
Arroz Pilada a la	90.00	100.00	7.20	0.45	75.60	29	4.05	302.40	315.45
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	0.00	100.00	0.13	0.04	0.00	0.39	0.36	0.00	0.77
Ajos	4.00	80.00	0.18	0.00	0.97	1	0.01	3.88	4.88
Cebolla de rabo	80.00	87.00	0.47	0.07	3.72	1.88	0.63	14.94	17.50
Sal	0.00	100.00	0.07	0.00	0.48	0	0.01	1.91	2.93
Tomate	80.00	92.00	0.12	0.00	0.71	1	0.00	2.82	3.84
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Glutamato mono	0.00	100.00	0.00	0.00	0.00	0	0.00	1.34	1.17
Aj colorado seco	2.00	99.00	0.10	0.11	0.00	0	0.00	0.00	4.65
								VC CEN.	809.83
								%DIST. CEN.	32.00
		VET (Gr.)	75.27	64.21	440.21				
		VET (kcal)	301.47	604.31	1760.83				
		VET (%)	17.1	34.3	100.0				
					100.00			VOT REAL	2536.01

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martes, 31 de julio de 2018

ALIMENTO	gramos	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIET CAL %
	(g)	%	Kc (g)	(g)	(g)	PROT	GRASAS	CHO	TOT MENU
DESAYUNO:	SOYA CON PIÑA + CEREALES + MANZANIRIA								
Harina de soya	28.00	100.00	3.36	1.82	17.36	8	14.63	71.22	94.03
Piña	20.00	84.30	0.60	0.00	1.20	2	0.00	5.00	5.45
Canela molida	0.30	100.0	0.81	0.00	0.25	0.03	0.0243	1.03	1.08
Clavo de olor	0.10	84.30	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de bananaza	50.00	100.0	3.70	0.95	42.00	20.04	1.93	172.32	196.28
Margarina vegetal	10.00	100.00	0.10	24.00	0.00	1	221.40	0.00	222.13
								VC DIEA	519.18
								%DIET. DIEA	25.95

ALMUERZO:	SUERO DE FRIJOL CON CHANCHO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Arroz Pilado x p	150.0	100.00	10.50	0.75	116.70	44	6.75	466.80	532.15
Frijol caballero c/	120.0	100.00	27.48	1.80	69.60	139.92	16.20	278.40	434.58
Cuaro de Tocino	50.0	85.00	6.12	6.42	0.00	64	57.78	0.00	62.24
Sal	5.00	100.00	0.10	0.00	0.00	0	0.00	0.00	0.07
Cebolla de rabo	50.00	87.00	0.75	0.11	6.00	1	0.99	24.01	26.15
Ají Cobanero del	5.00	87.00	0.24	0.23	0.77	1	1.80	3.08	11.88
Ajo	5.00	80.00	0.38	0.05	1.00	2	0.45	3.94	5.00
Cilantro	1.00	100.00	0.04	0.00	0.70	0	0.63	2.94	3.28
Hierba buena	2.00	94.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Chiltoma verde	2.00	94.00	0.00	0.00	0.00	0	0.00	0.00	1.84
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Mantequilla mono	5.00	100.00	0.00	0.00	0.00	0	0.00	0.00	1.11
Tomate	20.00	89.00	0.18	0.04	3.60	1	0.36	14.41	4.40
Banana	120.00	98.00	1.76	0.00	19.6	7	3.60	82.00	79.19
Aguacate maduro	40.00	100.00	0.00	9.00	28.00	8	0.00	80.10	137.29
								V.C. ALMUERZO	2576.58
								% DIET. ALMUERZ	50.55

CENA:	SOPA DE ARROZ CON VERDURAS DE POLLO								
Mervelenza de p	50.00	85.00	10.10	2.40	0.00	40	21.60	0.00	61.93
Arroz Pilado x p	40.00	100.00	3.20	0.20	31.12	12	1.80	124.48	139.47
Ajo	15.00	70.00	0.00	0.01	0.54	0	0.09	2.16	2.65
Poro	15.00	90.00	0.21	0.00	0.78	1	0.71	3.01	4.78
Zanahoria	30.00	79.00	0.17	0.14	2.54	1	1.24	10.18	13.08
Papa blanca	100.0	92.00	1.72	0.07	18.20	7	0.74	72.14	80.72
Sal	0.00	100.00	0.10	0.04	0.00	0	0.36	0.02	0.37
Chiltoma verde	3.00	70.00	0.02	0.01	0.16	0	0.08	0.63	0.79
Ajo	5.00	80.00	0.22	0.00	1.22	1	0.09	4.88	6.20
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0	108.00	0.00	108.00
								VC DIEA	418.69
								%DIET. DIEA	16.09
		VCT (kcal)	72.04	81.18	272.75				
		VCT (kcal)	284.14	729.48	1092.71				
		VCT (%)	13	33.04	49.57				
					100.00			VCT	2106.41

Lic. Jessica W. Vega Benites
NUTRICIONISTA
C.N.P. 1223

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NUTRICIONISTA
C.N.P. 5799

Valencia, 04 de julio de 2016

ALIMENTO	[illegible]	[illegible]	PROT	GRASA	CHO	VALOR CALÓRICO TOTAL			COSTO TOTAL Bs.
	(g)	%	% (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	CELBADA CON LECHE + 02 PANES + JAMONADA								
Cebada tostada	25.00	100.00	4.70	0.50	15.00	19	5.00	61.40	61.40
Leche evaporada	100.00	100.00	4.90	8.00	7.80	20	31.00	30.02	181.70
Canela molida	0.25	54.00	0.00	0.00	0.14	0	0.00	0.00	0.00
Clavo de olor	0.15	54.00	0.00	0.00	0.07	0	0.00	0.00	0.00
Jamonada	30.00	100.00	4.71	5.00	0.00	18.84	20.00	1.20	60.00
Azúcar rubia	15.00	100.00	0.00	0.00	14.91	0	0.00	121.00	121.00
Par de panes/ava	60.00	100.00	5.76	0.10	40.08	23	0.60	172.32	196.92
								VC DIA	637.44
								% Cho	39.00

ALMUERZO:	POLLO AL BAXO + ARROZ + REFRESCO + FRUTA								
Carne de Pollo [illegible]	150.00	75.00	31.72	4.33	0.00	95	38.00	0.00	137.70
Arroz Pregcocido	100.0	100.00	12.00	0.75	116.70	49	5.75	466.80	520.75
Sal	10.00	100.00	0.12	0.00	0.00	0	0.45	0.00	4.21
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Mayonesa sal	20.00	85.00	4.55	9.15	5.30	24	82.45	31.45	114.10
Papa blanca	250.00	85.00	0.48	0.21	47.30	19	1.81	189.00	208.21
Cebolla de rama	0.50	100.00	0.00	0.00	0.17	0	0.00	0.00	0.78
Pimienta molida	0.2	100	0.00	0.00	0.10	0	0.21	0.78	1.00
Ajo cebolla rec	1.00	80.00	0.00	0.00	0.40	0	0.40	0.00	0.39
Cebolla	0.50	100.00	0.00	0.00	0.40	0	0.01	0.00	1.00
Ajo	0.50	80.00	0.20	0.00	1.00	5	0.40	1.00	0.83
Cebolla de cabeza	80.00	87.00	0.78	0.17	6.08	0	0.00	24.31	26.19
Azúcar rubia	40.00	100.0	0.00	0.00	38.64	0	0.00	128.64	128.00
Harina	150.00	92.00	1.00	0.20	15.04	6.02	2.484	60.17	69.20
								VC AM	1326.79
								%PROT. AMM.	63.00

CENA:	INFUSIÓN + GALLINA + MORMOLADA								
Harina	80.00	84.00	0.12	0.05	0.38	0.47	0.40	1.53	2.57
Azúcar rubia	40.00	100.00	0.00	0.00	39.60	0	0.00	157.28	157.28
Mermelada De F	30.00	100.00	0.10	0.00	21.60	0	2.94	87.72	88.74
Par de galletas	30.00	100.00	2.68	0.00	21.94	10	0.01	88.15	88.16
								VC CEN	347.18
								%PROT. CENA	13.00
		VCT (Gr.)	75.38	68.48	417.78				
		VCT (kcal.)	678.21	644.39	1670.78				
		VCT (%)	11.3	21.2	66.7				
					100.00			VCT	2394.35

Lic. Jessica M. Vera Benítez
NUTRICIONISTA
M.P. 5309

Paola [illegible] Herrera Soria
NUTRICIONISTA
M.P. 5309

Jueves, 05 de Julio de 2018

ALIMENTO	peso	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (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	0.01	0	0.04	0.10	0.21
Canela entera	0.10	100.00	0.00	0.00	0.00	0.01	0.0001	0.34	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.00	0.00	0.00	39.94	0	0.00	159.68	159.68
Pan de labranza	60.00	100.00	5.70	0.18	43.08	23	1.62	172.32	196.98
Camote morado	100.0	92.00	1.20	0.28	33.64	5	2.48	84.58	102.21
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108	0.00	108.00
								VC DES.	895.37
								%DIST. DES.	22.48

ALMUERZO:	LOCRO DE PANZA+ ARROZ+ REFRESCO + FRUTA								
Arroz Pilado o p	100.0	100.00	12.30	0.15	115.70	49	6.75	464.80	523.75
Ajos	8.00	80.00	0.38	0.05	1.96	1	0.46	7.85	9.68
Mandonga de na	120.0	100.00	20.28	4.20	1.20	91	37.80	4.80	123.72
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	9	90.00	0.00	90.00
Sal	6.00	100.00	0.07	0.02	0.49	3	0.27	1.97	2.50
Ají Colorado pur	3.00	87.00	0.24	0.21	2.17	1	1.90	8.68	11.66
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	246.20	271.68
Cebolla de cabeza	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Hierba buena	1.00	94.00	0.02	0.01	0.04	0	0.05	0.13	0.27
Cilantro	2.00	97.00	0.05	0.02	0.19	0	0.18	0.46	0.64
Glutamato mono	0.30	100.00	0.00	0.00	0.30	0	0.00	1.04	1.17
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.63	5.11	6.59
Naranja	150.00	92.00	1.68	0.28	15.04	6.62	2.484	60.17	69.26
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC ALM.	1270.19
								%DIST. ALM.	32.88

CENA:	HUEVO FRITO + ARROZ+ INFUSION								
Huevo de gallina	60.00	93.00	7.94	4.94	1.00	302	44.46	4.20	80.44
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	90	4.05	280.08	313.53
Cebolla de cabeza	40.00	87.00	0.38	0.05	3.03	3	0.48	12.11	14.10
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	4.00	100.00	0.05	0.02	0.33	0.13	0.18	1.31	1.62
Glutamato mono	0.60	100.00	0.06	0.00	0.40	0.22	0	1.74	1.96
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.63	5.11	6.76
Sillao	12.00	100.00	2.52	1.15	0.12	10	10.37	0.48	20.85
Azúcar rubia	30.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								VC CEN.	711.89
							%	DIS CEN.	27.85
			96.92	50.88	459.54				
			387.70	450.93	1838.16				
			19	17.6	71.5				
					100.00				
								VCT MENU	2555.35

IGNACIO ERNESTO BRAVO E.I.R.L.
M. CIRUJANO DENTISTA
R.E. [illegible]

Paola Yuliana Barrios Soria
NUTRICIONISTA
C.N.P 5769

viernes, 06 de julio de 2018

ALIMENTO	peso (g)	comestible %	PROT Kcl (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	LECHE CEREALES + GALLETAS + MANZANA								POR MENU
Avena hojuelas	12.00	100.00	1.32	0.48	7.80	5	5.52	28.80	37.12
Harina de soya	5.00	100.00	2.44	0.93	3.06	2	8.82	14.24	19.91
Harina de trigo	5.00	100.00	1.32	0.10	3.88	5	0.90	11.92	17.84
Galleta hojuela	5.00	100.00	0.94	0.13	3.37	4	1.94	13.48	19.76
Galleta trigo dulce	5.00	100.00	0.48	0.13	3.61	2	1.17	14.42	17.61
Canela entera	0.50	94.00	0.08	0.05	0.14	0	0.61	0.55	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.00	0.00
Azucar edulcorante	30.00	100.00	0.00	0.00	29.44	0	0.00	117.76	117.76
Manjar blanco	25.00	100.00	5.75	12.75	4.75	23	114.75	19.00	156.75
Pan de manteca	60.00	100.00	5.76	5.76	42.06	23	1.67	172.22	196.89
								VC DES	664.24
								%DIST. DES.	33.83

Almuerzo:	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + PALTA								
Pescado	300.00	17.00	46.57	8.41	0.00	186	75.69	0.00	261.34
Arroz Pilado crudo	150.0	100.00	52.50	0.75	118.75	48.24	6.75	475.00	530.75
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
Tomate	15.00	96.00	0.72	0.24	0.04	2.88	2.16	0.16	5.20
Cebolla de cabeza	60.00	97.00	0.90	0.06	3.03	11.22	0.48	12.12	23.82
Sal	5.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Manzanilla	30.00	100.00	0.24	0.14	30.00	1	1.26	120.00	119.16
Ajo	1.00	80.00	0.22	0.03	1.02	1	0.24	4.08	5.06
Aj. colorado seco	0.50	80.00	0.34	0.21	1.50	1	2.08	7.58	10.66
Harina de trigo	40.00	100.00	4.00	0.80	29.88	16	7.20	119.52	143.68
Chirimoya madura	0.50	100.00	0.00	0.00	0.17	0	0.00	0.68	0.68
Vinagre	7.00	100.00	0.00	0.00	0.35	0	0.00	1.40	2.00
Naranja	140.00	86.00	1.70	0.56	18.0	7	2.00	66.00	72.78
Azucar blanca	34.00	100.0	0.00	0.00	34.41	0	0.00	137.52	137.52
								VC ALMUERZ	1691.18
									52.04

CENA:	MAZAMORRA DE MADERA CON LECHE + CIFRAS								
Maizena	34.00	100.00	0.24	0.07	30.00	0.84	0.63	121.20	122.67
azucar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela entera	0.50	94.00	0.08	0.05	0.14	0	0.61	0.55	0.61
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.01	0.01
Pan de manteca	30.00	100.00	2.88	2.88	21.04	11	0.81	85.16	86.42
Leche condensada	30.00	100.00	2.10	2.40	3.27	8	21.60	13.08	43.31
								VC CENA	388.37
								%DIST. CENA	19.04
		VCT (Kcal)	93.88	97.47	415.70				
		VCT (Kcal)	570.72	917.24	1886.78				
		VCT (%)	14.55	26.28	60.16				
					100.00			VCT	3448.73

Lic. Jhoselyn M. Vera Benites
NUTRICIONISTA
CNP 3389

Paola Yanet Barrios Soria
NUTRICIONISTA
CNP 5458

sábado, 07 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:	COCOA + 02 PANES + ATUN								
Cocoa	5.00	100.00	0.95	0.88	2.39	4	7.70	9.56	21.06
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.56	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	45.00	100.00	0.00	0.00	44.34	0	0.00	178.94	178.94
Cebolla de cabe	40.00	67.00	0.36	0.05	3.63	2	0.46	12.11	14.10
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Pan de labranza	60.00	100.00	5.79	0.18	43.08	23	1.62	172.32	196.95
Cereal de Sandía	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.35
								VC DES.	466.47
								%DIST. DES.	18.54

Almuerzo:	CAU CAU DE POLLO + ARROZ + REFRESCO + FRUTA								
Carne de Pollo E	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Ají colorado seco	5.00	68.00	0.34	0.27	2.00	1	2.39	7.98	11.32
Cebolla de cabe	30.00	67.00	0.66	0.04	2.27	3	0.36	9.09	12.09
Arvejas frescas	25.00	54.00	0.86	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	30.00	92.00	0.17	0.14	2.54	1	1.24	10.16	12.00
Azúcar rubia	45.00	100.0	0.00	0.00	44.60	0	0.00	178.38	178.38
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1311.73
								% Dist	52.13

CENA:	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION								
Huevo de gallina	35.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha Tipo d	20.00	100.00	2.20	6.86	0.20	9	61.74	0.80	71.34
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.86
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato mono	0.50	100.00	0.00	0.00	0.43	0	0.00	1.74	1.98
Cebolla china (2	10.00	71.00	0.16	0.03	0.53	1	0.26	2.13	3.04
Pimiento	8.00	83.00	0.10	0.03	0.31	0	0.30	2.00	2.74
Sillao	7.00	100.00	0.79	0.67	0.07	3	6.05	0.28	9.49
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC CEN.	738.09
								%DIST. CEN.	29.33
		VCT (Gr.)	63.28	58.75	433.60				
		VCT (kcal.)	253.19	528.78	1734.41				
		VCT (%.)	10.06	21.01	68.93				
					100.00			VCT MENU	2516.29

CONSORCIO EDINCA Y BRAVO E.I.R.L.
M.C. ... CHURAJA ...
PRESIDENTE

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

Lic. ... W. Vica Bastos
NUTRICIONISTA
C.N.P. 5588

Santiago, 08 de julio de 2019

ALIMENTO	PESO	REPARTIDO	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Ap (g)	(g)	(g)	PROT	GRASAS	CHO	POR ALIMA
DESAYUNO:	AVENA CON LECHE + EL PANES + QUESO								
Avena instantánea	30.00	100.00	3.90	1.20	21.60	31	10.80	86.40	118.18
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela molida	0.20	94.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso pasta	30.00	100.00	9.40	9.00	0.60	34	81.00	3.00	118.06
Azúcar rubia	20.00	100.00	0.00	0.00	20.00	0	0.00	108.10	108.10
Pan de almorzo	30.00	100.00	3.70	0.10	45.00	23	0.93	172.32	196.08
								VC DIA	649.21
								%DIST. DIA	36.09

Almuerzo:	ACUERDO DE CERDO + PAPA + ARROZ + REFRESCO + FRUTA								
Carne de Cerdo	180.00	89.00	19.80	19.80	0.00	76	178.20	0.00	254.42
Ajo	4.00	89.00	0.30	0.00	1.07	1	0.00	4.28	5.32
Sal	10.00	100.00	0.12	0.00	0.00	0	0.00	0.00	0.21
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de valen	60.00	89.00	0.72	0.00	6.00	3	0.00	23.04	26.03
Orégano seco	1.00	89.00	0.00	0.00	0.11	0	0.04	0.44	0.15
Ají colorado molido	3.00	70.00	0.18	0.18	1.37	1	1.64	5.48	7.79
Arroz Pilado o pu	150.0	100.00	10.50	0.75	110.30	49	6.75	456.95	512.70
Papa blanca	150.0	89.00	2.08	0.14	31.50	13	1.26	121.11	142.36
Ajos	8.00	89.00	0.28	0.08	2.14	1.50	0.72000	8.56	10.94
Ají verde (2)	5.00	100.00	0.10	0.04	0.60	1	0.36	2.40	3.34
Azúcar rubia	20.00	100.00	0.00	0.00	20.00	0	0.00	127.60	127.60
Naranja	150.00	89.00	1.79	0.23	15.3	7	2.03	61.20	71.79
Durazno	1	100.00	0.04	0.00	0.79	0	0.02	3.15	3.20
								VC DIA	1271.88
								% DIS ALM.	74.39

CENA:	EMPANADA + EL PAN + MARGARINA								
Harina	12.00	84.00	1.20	1.08	9.48	0.60	0.36	1.61	2.57
Azúcar rubia	40.00	100.00	0.00	0.00	39.52	0	0.00	157.28	157.28
Margarina vegetal	20.00	100.00	0.18	20.00	0.02	0	180.00	0.00	180.18
Pan de almorzo	30.00	100.00	2.88	0.30	21.24	12	0.81	85.10	97.40
								VC CENA	681.83
							%DIST CENA		19.87
		VCT (Kc.)	84.05	50.39	391.04				
		VCT (Kcal.)	336.20	151.17	1564.16				
		VCT (%.)	10.17	25.40	56.43				
					100.00		VCT MENU		3512.18

Lic. Jessica Martínez Sandoval
NUTRICIONISTA
CNP 5368

Paola Yshaic Barrios Sorio
NUTRICIONISTA
CNP 5760

lunes, 09 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT AN (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	MEMELA CON VAINILLA + 01 PANES + MORTADELA								
Sémola de Trigo	40.00	100.00	7.60	4.00	31.00	31	36.00	124.00	159.00
Vainilla	0.10	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Canela entera	0.50	54.00	0.00	0.00	0.10	0	0.00	0.00	0.00
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.00	0.00
Mortadela	50.00	100.00	3.04	5.00	2.00	11.56	45.10	11.20	70.00
Pan de sémola	60.00	100.00	6.78	0.18	40.00	27	1.62	170.00	198.88
Azúcar rubia	30.00	100.00	0.00	0.00	30.00	0	0.00	120.00	120.00
								NC DES.	568.88
								%DIST. DES.	28.47
Almuerzo:	POLLO AL BILLAR + ARROZ + REFRESCO + FRUTA								
Arroz Pilado (pr)	180.0	100.00	12.30	0.70	119.12	49	6.72	476.48	532.20
Carne de Pollo B	100.00	75.00	24.40	2.37	0.00	98	22.68	0.000	120.68
Gelatina	8.00	100.00	1.27	0.00	0.00	5	7.72	0.00	12.72
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajo	5.00	90.00	0.22	0.03	1.02	1	0.28	4.08	5.36
Papa blanca	200.0	80.00	3.57	0.17	37.31	14	1.40	151.24	167.40
Sal	0.80	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Cebolla de verde	80.00	67.00	0.96	0.03	4.54	3	0.72	18.17	21.89
Cebolla china (2	30.00	85.00	0.79	0.01	1.26	1.58	0.013	5.13	7.28
Mandarina	45.00	100.00	2.00	0.18	24.00	12	1.62	108.00	121.62
Pimienta	10.00	80.00	0.22	0.07	1.64	1	0.63	6.56	8.19
Azúcar rubia	30.00	100.00	0.00	0.00	30.00	0	0.00	120.00	120.00
Naranja	150.00	85.00	1.50	0.28	25.50	6.15	2.52	102.00	110.67
								NC ALMUERZO	1402.84
									67.51
CENA:	PAPA ARREBOZADA + ARROZ + INFUSIÓN								
Papa blanca	180.0	100.00	1.79	0.08	18.00	7	0.72	72.00	80.72
Harina de trigo	24.00	100.00	2.88	0.60	18.72	11	5.40	74.90	89.80
Arroz Pilado (pr	50.0	100.00	1.38	0.40	28.00	52	4.00	280.00	316.00
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Queso parrilla	15.00	100.00	4.20	4.50	0.52	17	40.50	1.90	59.50
Leche evaporada	16.00	100.00	1.00	1.20	1.84	4	10.94	0.54	21.88
Huevo de gallina	20.00	88.00	2.64	1.80	0.20	11	14.92	1.41	28.61
Azúcar rubia	30.00	100.0	0.00	0.00	30.00	0	0.00	120.00	120.00
Canela	2.00	85.00	0.06	0.00	0.10	0.31	0.00	0.71	1.02
								NC CEN.	899.94
								%DIST. CEN.	50.71
		VCT (Gr.)	73.66	72.02	484.01				
		VCT (kcal.)	350.99	864.18	1679.04				
		VCT (%)	10.8	26	51.9				
					100				
								VCT DIARIO	2494.27

Lic. Jessica M. Vilca Bazán
NUTRICIONISTA
CNP 4338

Pedro Franco Barrios Soria
NUTRICIONISTA
CNP 5799

martes, 19 de julio de 2016

ALIMENTO	peso	rendimiento	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIET CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	SOYA CON MANZANA + EL PANES + MERMELADA								
Hojuelas de soya	100.00	100.00	2.61	1.80	24.36	10	17.00	98.44	125.42
Manzana de agua	120.00	86.00	0.22	0.01	5.17	0	0.07	4.67	4.94
Canela entera	0.50	34.00	0.00	0.00	0.14	0	0.00	0.68	0.67
Clavo de olor	0.10	34.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	28.00	100.00	0.00	0.00	34.08	0	0.00	136.32	136.32
Pan de Mermelada	60.00	100.00	5.76	3.18	43.08	23	1.82	172.32	196.93
Mermelada De fr	20.00	100.00	0.13	0.06	24.96	0	0.54	87.72	88.24
								VC DES.	843.35
								%DIET. DES.	21.80

ALMUERZO:	CARNE DE ARVEJITA PARTIDA CON ENVUELTO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Arroz Blanco p	200.00	100.00	12.80	0.70	158.70	48	5.15	635.80	688.95
Arveja partida	120.00	100.00	23.88	1.32	77.28	504	11.88	309.12	824.88
Carne de Cerdo	60.00	75.00	9.24	5.79	0.00	35	47.07	0.00	82.74
Sal	5.00	100.00	0.00	0.04	0.00	0	0.30	0.00	0.37
Cebolla de cabe	60.00	87.00	0.96	0.08	4.04	2	0.72	16.17	21.10
Ají colorado pic	4.00	68.00	0.16	0.21	1.40	7	1.87	5.59	8.85
Ajo	8.00	80.00	0.38	0.08	1.90	3	0.40	7.59	8.88
Comino	5.00	100.00	0.04	0.06	0.79	0	0.53	3.16	3.75
Hierba buena	5.00	84.00	0.08	0.00	0.11	0	0.45	0.45	0.90
Orégano seco	2.00	94.00	0.03	0.01	0.27	0	0.09	0.95	1.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Tomate	20.00	88.00	0.18	0.04	0.88	1	0.32	3.51	4.40
Naranja	100.00	88.00	1.18	0.28	15.3	1	2.52	54.36	57.78
Azúcar rubia	30.00	100.00	0.00	0.00	30.00	0	0.00	120.24	120.24
								VC ALM.	1466.34
							%	DIS ALM.	37.38

CENA:	CALDILLO DE HUEVOS								
Huevo de gallina	30.00	88.00	2.68	1.68	0.30	11	14.82	1.41	26.81
Leche evaporada	15.00	100.00	1.00	1.32	1.44	4	10.94	8.64	21.58
Papas	50.00	100.00	0.58	0.14	24.14	90	1.26	219.96	348.54
Aceite vegetal	20.00	47.00	0.18	0.06	1.60	1	0.47	0.32	2.15
Ajo	0.50	4.00	0.00	0.00	0.01	0	0.00	0.03	0.04
Pan	2.00	85.00	0.04	0.01	0.10	0.14	0.09464	0.40	0.64
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Papa blanca	100.00	80.00	2.08	0.12	27.43	10.33	1.101	109.72	121.16
Zanahoria	20.00	82.00	0.18	0.02	1.31	0	0.74	5.24	7.17
Sal	4.40	100.00	0.00	0.00	0.00	0.01	0.30	1.68	1.99
								VC CEN.	522.38
								%DIET. CEN.	26.75
		VCT (Gr.)	83.24	45.99	465.41				
		VCT (kcal.)	373.04	382.17	1861.64				
		VCT (%)	11	15.02	73.97				
					100.00			VCT	2616.87

Lic. Jeniffer M. Vila Benites
NUTRICIONISTA
CNP 3808

Paola Yolanda Rodrigues Soria
NUTRICIONISTA
C.N.P. 5798

miércoles, 11 de julio de 2018

ALIMENTO	gramos	comestible %	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST CAL %
	(g)	%	Ani (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	ESTANDA CON LECHE + EL PANES + ACEITUNA								
Cereal de harina	30.00	100.00	4.54	0.81	28.04	24	7.29	96.16	127.69
Leche evaporada	70.00	100.00	4.80	5.07	7.83	20	51.03	30.32	101.15
Canela molida	0.50	94.00	0.00	0.00	0.10	0	0.01	0.38	0.37
Clavo de olor	0.10	94.00	0.00	0.00	0.07	0	0.00	0.25	0.25
Aceituna	20.00	88.0	0.41	0.08	1.88	3	74.94	7.53	10.71
Azúcar rubia	40.00	100.00	0.00	0.00	39.33	0	0.00	157.28	157.28
Pan de minuta	60.00	100.00	5.16	0.16	43.08	21	1.42	172.33	196.88
								NO DISE.	667.97
								% Dist	26.69

Alimentos	ENCEBICHE DE POLLO A LA UNIÑA + ARROZ + REFRESCO + PALTA								
Arroz Pilado (c.p)	150.0	100.00	12.00	0.15	110.30	48	0.75	408.95	522.70
Carne de Pollo	100.0	66.00	20.02	4.90	0.00	512	44.09	0.00	156.13
Aceituna	5.00	88.0	0.41	1.58	0.31	3	12.42	1.26	15.92
Ajo	10.00	88.00	2.48	0.07	3.80	1.81	0.6206	15.20	13.21
Ají verde (c)	15.00	100.00	0.38	0.12	1.86	2	1.08	7.44	12.32
Sal	5.00	100.00	0.18	0.00	0.00	2	0.00	0.00	2.07
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	225.90	0.00	225.90
Orégano seco	0.10	70.00	0.00	0.00	0.01	0	0.00	0.03	0.04
Ají colorado seco	1.00	88.00	0.00	0.00	0.43	0.13	0.46	1.80	2.39
Cebolla morada	200.0	87.00	2.08	0.68	47.23	10	6.57	188.78	221.02
Cebolla de cabeza	80.00	87.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	40.00	100.00	0.00	0.00	39.33	0	0.00	157.28	157.28
Naranja	100.00	80.00	1.76	0.38	16.8	7	3.45	64.80	75.76
Camote	1	100.00	0.04	0.00	0.79	0	0.07	3.16	3.23
								VC ALM.	1495.24
								%DIST. ALM.	56.88

CENA:	INFUSIÓN + EL PAN + MAILAR								
Hierbas	10.00	94.00	0.10	0.06	0.65	0.80	0.54	2.61	3.95
Azúcar rubia	35.00	100.00	0.00	0.00	35.33	0	0.00	141.32	141.32
Mazapán blanco	28.00	100.00	6.78	13.70	4.23	27	114.73	16.92	158.72
Pan de minuta	75.00	100.00	3.36	0.11	35.13	15	0.94	140.51	156.51
								VC CENA	460.49
								%DIST. CENA	16.79
		VCT (Kc.)	74.86	61.73	412.94				
		VCT (kcal.)	299.43	555.11	1651.77				
		VCT (%)	11.81	21.84	66.04				
					100.00			VCT DIARIA	2501.37

Lic. Angela W. Vilca Benites
NUTRICIONISTA
C.N.P. 5300

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

jueves, 23 de julio de 2020

ALIMENTO	peso neto	porciones	PROT.	GRASA	CHO	VALOR CALÓRICO (KCAL)			COST CAL %
	(g)	%	Ad. (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	CAFÉ + EL PANDO + GANSITE FRITO								
Café en polvo	1.00	100.00	0.01	0.00	0.01	0	0.04	0.13	0.17
Canela molida	0.10	100.0	0.00	0.00	0.08	0.01	0.0001	0.34	0.36
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	25.00	100.00	0.00	0.00	24.80	0	0.00	104.16	104.16
Pan de leche rico	50.00	100.00	3.70	0.08	45.08	23	1.02	172.18	196.18
Canela molida	100.0	92.00	1.20	0.33	22.64	5	2.48	94.94	102.21
Huevo regular	50.00	100.00	0.00	10.00	0.00	0.00	150	0.00	150.00
								VC DIA	873.69
								%DIST. DIA	22.51

ALMUERZO:	CHAMPAÑITA + ARROZ + REFRESCO + FRUTA								
Pollo en red	120.0	100.00	20.64	1.10	1.10	83	11.00	4.38	98.34
Arroz Pilado c.p.	150.0	100.00	12.30	0.15	118.12	49	6.75	456.00	502.75
Papa blanca	200.0	84.00	3.57	0.17	37.97	34	1.83	151.46	187.45
Ensalada de cebolla	45.00	67.00	1.38	0.09	3.00	6	0.40	12.11	14.51
Tomate	30.00	46.00	0.18	0.04	0.55	1	0.36	2.21	4.46
Sal	10.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.52
Ají	5.00	96.00	0.20	0.00	0.93	1	0.79	3.88	6.67
Ají colorado seco	4.00	98.00	0.15	0.21	1.66	1	1.91	6.70	9.60
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	207.00	0.00	207.00
Maní	5.00	100.00	0.57	0.48	0.36	2	4.97	0.30	5.75
Vinagre	5.00	100.00	0.00	0.00	0.30	0	0.00	1.20	1.14
Cerveza	1.00	100.00	0.04	0.00	0.79	0	0.00	3.16	3.16
Huesillo suelto	1.00	94.00	0.01	0.01	0.84	0	0.08	0.33	0.37
Durazno seco	2.00	94.00	0.03	0.01	0.71	0	0.08	0.83	1.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.63	137.63
Naranja	150.00	80.00	1.10	0.30	18.00	1	2.00	69.00	72.75
								VC Alm	1208.78
								% Dist	48.87

CENA:	JUGO DE AMARILLO CON POLLO + INFUSION								
Carne de Pollo c	100.00	73.00	14.40	2.62	0.00	58	23.65	0.00	80.34
Arroz Pilado c.p.	80.0	100.00	7.38	0.45	73.00	63	4.05	292.00	313.85
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ají	3.00	98.00	0.14	0.00	0.75	1	0.18	3.01	3.20
Ají colorado seco	4.00	98.00	0.15	0.21	1.66	1	1.91	6.70	9.60
Sal	5.00	100.00	0.10	0.04	0.98	0	0.36	3.92	3.27
Cebolla de verdeo	30.00	97.00	0.75	0.04	2.47	3	0.33	9.88	10.21
Zanahoria	5.00	94.00	0.03	0.03	0.71	0	0.13	1.38	1.50
Perejil	5.00	94.00	0.13	0.04	0.50	1	0.36	1.11	2.13
Azúcar rubia	20.00	100.0	0.00	0.00	24.80	0.00	0	99.20	99.20
								VC CEN	708.09
								%DIST CEN	28.22
		VCT (Gr.)	69.73	65.29	417.38				
		VCT (kcal.)	278.90	587.66	1669.53				
		VCT (%)	11.1	23.4	66.5				
					100.00			VCT MENU	2516.30

Lic. Jorge Luis Vilca Benites
NUTRICIONISTA
C.N.P. 1000

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

DIRECTOR

viernes, 13 de julio de 2018

ALIMENTO	peso bruto (g)	porcentaje neto (%)	PROT (kcal)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	CAL % POR MENU
DESAYUNO:	SIETE CEREALES + 03 PANES + JARDIALDA								POR MENU
Avena, tojuelas	90.00	100.00	1.50	0.40	1.20	5	3.60	18.00	22.72
Harina de soya	5.00	100.00	0.48	0.33	2.80	2	2.97	14.24	18.91
Harina de trigo	5.00	100.00	1.32	0.10	2.96	5	0.90	11.92	17.84
Cebada harina	5.00	100.00	0.94	0.32	3.27	4	1.04	13.48	18.25
Quinua Harina 2	5.00	100.00	0.46	0.10	3.01	2	1.17	14.42	17.61
Canela molida	0.30	94.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Arroje rojo	20.00	100.00	0.00	0.00	20.40	0	0.00	117.00	117.00
Almendra	65.00	100.00	4.71	6.83	8.00	24.84	59.48	1.20	85.52
Pan de leche	80.00	100.00	5.50	0.15	42.80	23	1.02	172.20	196.05
								VC DIA	555.28
								SOBT. DIS.	28.98

ALMUERZO:	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Pescado	280.00	70.00	47.17	0.10	0.00	199	19.60	2.02	267.58
Arroz Frito c.p.	150.00	100.00	12.33	0.75	130.70	49	6.75	458.80	524.73
Cebolla de rabo	50.00	87.00	0.47	0.07	2.79	1	0.60	10.14	12.60
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.18	4.06
Sal	0.00	100.00	0.13	0.04	0.00	0	0.36	0.00	0.37
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	315.00	0.00	315.00
Menestra	65.00	100.00	3.38	0.16	20.80	9	1.70	207.94	218.64
Ají colorado pico	3.00	98.0	0.10	0.10	1.75	1	2.96	0.00	3.78
Harina de trigo	90.00	100.00	8.40	0.60	23.82	17	7.20	119.08	144.08
Ajo	3.00	90.00	0.00	0.00	0.60	0	0.12	1.80	2.52
Mollejas de res	0.10	100.00	0.02	0.00	0.10	0	0.00	0.00	0.70
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	180.00	66.00	1.18	0.26	18.0	7	2.60	64.20	73.79
Azucar rubia	50.00	100.0	0.00	0.00	39.40	0	0.00	157.60	157.60
Gelatina	5	100.00	0.04	0.00	0.79	0	0.03	3.16	3.19
								VC ALM.	1681.64
								% DIS ALM.	63.79

CENA:	MAZAMORRA DE HARINA CON LECHE + 01 PAN								
Harina de trigo	40.00	100.00	4.20	0.00	35.52	17	1.20	142.08	160.28
Arroje rojo	20.00	100.00	0.00	0.00	20.40	0.00	0	80.80	80.80
Canela molida	0.30	94.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de leche	50.00	100.00	3.00	0.00	31.94	12	0.60	96.20	108.80
Leche evaporada	28.00	100.00	2.10	2.42	8.27	8	21.67	12.00	43.33
								VC CEN.	394.44
								%DIS. CEN.	15.69
		VCT (Dia)	93.76	59.38	401.78				
		VCT (kcal)	371.31	534.39	1606.82				
		VCT (%)	14.8	21.3	64.0				
					100.00			VCT KRAM	2512.52

Lic. Jessica M. Vilca Benites
NUTRICIONISTA
C.N.P. 3060

Paola Yohana Barrios Soria
NUTRICIONISTA
C.N.P. 3092

sábado, 14 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	COCOA + 03 PANES + HUEVO SANCOCHADO								
Cocoa	4.50	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.00	0.00	0.00	39.64	0	0.00	158.56	158.56
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	453.44
								%DIST. DES.	17.21
ALMUERZO:	REVUELTO DE CHUÑO + ARROZ + REFRESCO + FRUTA								
Huevo de gallina	25.00	98.00	3.31	2.08	0.44	13	18.52	1.76	33.52
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	30.00	100.00	8.40	9.00	0.99	36	81.00	3.96	118.56
Arroz Pilado o p	150.00	100.00	12.39	0.75	116.70	49	6.75	466.80	522.75
Sal	6.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Ajos	2.00	90.00	0.09	0.01	0.49	0.36	0.12	1.95	2.42
Chuño	80.0	100.00	3.20	0.16	63.52	13	1.44	254.08	268.52
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ají colorado seco	2.00	66.00	0.10	0.11	0.80	0.36	0.95	3.18	4.53
Huacatay	4.00	66.00	0.13	0.02	0.21	0.53	0.19	0.84	1.56
Cebolla de cabez	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.18
								VC DES.	1437.80
							%	DIS ALM.	54.58
CENA:	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION								
Carne de res mo	50.0	100.00	10.66	0.80	0.00	43	7.20	0.00	49.80
Fideos	100.00	100.00	9.40	0.20	78.20	38	1.80	312.80	352.20
Zanahoria	20.00	88.00	0.11	0.09	1.62	0	0.79	6.48	7.68
Tomate	15.00	90.00	0.12	0.03	0.64	0	0.27	2.56	3.30
Cebolla de cabez	15.00	85.00	0.18	0.03	1.44	1	0.33	5.76	6.71
Ajos	5.00	90.00	0.22	0.03	1.22	1	0.29	4.88	6.06
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Hongos	0.30	54.00	0.01	0.00	0.02	0	0.01	0.08	0.10
Laurel	0.50	54.00	0.01	0.00	0.06	0	0.01	0.24	1.11
Ají colorado seco	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
								VC CENA.	743.03
								% DIS CENA	28.21
		VCT (Gr.)	68.93	52.25	471.87				
		VCT (kcal)	275.71	470.29	1884.27				
		VCT (%)	10.4	18	72				
					100.00			VCT MENU.	2634.27

CONSORCIO FONIS / PRAVO EIRL
CHIRINOS
INGENIERO CIVIL

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

Lic. Ivonne M. Vilca Benites
NUTRICIONISTA
C.N.P. 5990

domingo, 15 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:	AVENA CON LECHE + 02 PANES + QUESO								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	669.21
								%DIST. DES.	25.85

Almuerzo:	SECO DE RES + ARROZ + REFRESCO + FRUTA								
Carne de res del	150.00	87.00	27.80	2.69	0.00	111.19	18.79	0.00	129.98
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	220.0	92.00	4.25	0.20	45.14	17	1.82	180.54	199.36
Culantro	20.00	57.00	0.38	0.16	0.83	2	1.33	3.19	6.53
Esparraga negra	35.00	97.00	0.66	0.31	1.66	4	2.75	6.65	22.32
Cebolla de cabe	25.00	67.00	0.23	0.03	2.51	1	0.30	10.04	31.03
Glutamato mono	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	8.00	80.00	0.36	0.03	1.95	1	0.46	7.78	16.05
Arvejas frescas	40.00	62.00	1.76	0.15	8.05	7	1.34	24.32	51.66
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	34.30
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Plátano de seda	150.0	86.00	2.06	0.41	28.90	8	3.72	115.58	129.85
								VCALM.	1581.82
								%DIST. ALM.	61.47

CENA:	INFUSION + 01 PAN + MERMELADA								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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 F	30.00	100.00	0.13	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CEN.	328.14
								%DIST. CEN	12.66
		VCT (Gr.)	76.80	45.70	435.14				
		VCT (kcal.)	307.21	411.26	1740.55				
		VCT (%)	11.9	15.9	67.2				
					100.00			VCT MENU	2589.67

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

Lic. Jessica Vega Barrios
NUTRICIONISTA
C.N.P. 3856

Lunes, 16 de julio de 2018

ALIMENTO	gr/por (g)	porcentaje (%)	PROT A4 (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL) PROT	GRASAS	CHO	DIST. CAL % POR MENU
DESAYUNO:	MAZOLA CON VAINILLA + DE PANELA + MANZANILLA								
Harina de Trigo	45.00	100.00	7.80	4.28	71.52	31	38.52	286.08	162.80
Vainilla	0.16	100.00	0.00	0.00	0.00	0	0.00	0.00	0.12
Canela molida	0.20	94.00	0.20	0.30	0.14	0	0.00	0.56	0.07
Clavo de olor	0.30	94.00	0.00	0.00	0.21	0	0.00	0.00	0.00
Mantequilla	30.00	100.00	2.04	5.94	0.03	21.15	53.39	0.30	30.00
Pan de banano	60.00	100.00	6.70	0.10	45.06	23	3.42	270.37	190.70
Aceite mezcla	45.00	100.0	0.00	0.00	15.94	0	0.00	159.94	159.94
								VC DES.	596.31
								MAYOR. DES.	24.84
ALMUERZO:	CALDO DE GALLINA + REFRESCO + FRUTA								
Carne de gallina	100.00	87.00	19.60	1.39	0.00	80.10	12.528	0.00	78.00
Apio	12.00	80.00	0.04	0.00	0.03	0.16	0.00027	0.107	14.32
Pollos	1.00.00	100.00	9.80	0.30	18.32	37.80	1.8	312.36	352.23
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.90	100	0.00	100.00
Sal	10.00	100.00	0.12	0.06	0.02	0.45	0.45	0.20	4.21
Cebolla china (c)	20.00	85.00	0.38	0.07	1.25	1.60	0.612	5.00	7.26
Papa blanca	200.00	82.00	3.44	0.16	38.57	13.76	1.408	145.28	181.94
Cilantro	2.00	97.00	0.04	0.01	0.05	0.18	0.13008	0.02	0.50
Ajo	15.00	75.00	0.08	0.00	0.68	0.345	0.243	2.92	3.21
Pan	18.00	48.00	0.30	0.15	0.99	1.35	0.86304	3.61	3.75
Huevo	18.00	68.00	3.07	0.00	0.60	0.36	0.21384	1.71	2.21
Cebolla de rabo	12.00	97.00	0.11	0.00	0.07	0.48	0.15372	0.63	4.31
Pimienta molida	0.00	100.00	0.00	0.00	0.13	0.00	0.144	0.51	0.22
Verduras surtidas	8.00	90.00	0.31	0.04	0.40	1.20	0.48307	1.60	2.30
Hojas	2.00	40.00	0.40	0.00	0.40	1.60	0.45	1.60	2.55
Glutamato monos	0.20	100.00	0.00	0.00	0.17	0	0.02	0.68	0.78
Naranja	150.00	94.00	1.70	0.20	19.6	7	2.65	94.00	73.78
Azúcar rubia	30.00	100.0	0.00	0.00	27.88	0	0.00	111.00	109.03
								VC ALMUERZ	1038.47
								MAYOR. ALM.	41.19
CENA:	POLLO ENCEBOLLADO + ARROZ + LIMONADA								
Carne de Pollo P	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	90.26
Arroz Blanco c.p.	30.0	100.00	7.38	4.45	10.02	30	4.35	38.00	313.87
Aceite vegetal	30.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	0.00	100.00	0.12	0.04	0.00	0.36	0.36	0.00	0.27
Ajo	4.00	69.00	0.18	0.00	0.97	1	0.27	3.88	3.81
Gelatina de carne	30.00	97.00	0.41	0.01	0.73	1.98	0.66	15.14	11.61
Sal	0.30	100.00	0.01	0.01	0.08	0	0.27	1.07	0.02
Tomate	15.00	95.00	0.70	0.00	0.53	0	0.00	2.12	2.70
Azúcar rubia	28.00	100.00	0.00	0.00	24.41	0	0.00	97.62	97.62
Glutamato mono	0.30	100.00	0.00	0.00	0.26	0	0.00	1.04	1.17
Aj. condimento suc	3.00	40.00	0.10	0.11	0.80	0	0.00	3.19	4.53
								VC CENA	693.42
								MAYOR. CEN.	25.28
		VCT (Kcal)	77.03	55.37	896.76				
		VCT (kcal)	308.07	554.31	1357.07				
		VCT (%)	22.69	24	63.40				
					100.00			VCT MENU	2562.98

Lic. Carolina W. Vica Benites
NUTRIÓLOGA
C.N.P. 3000

Dra. Juana Barrios Soria

martes, 27 de julio de 2010

ALIMENTO	g/porc	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CALN.
	(g)	%	Arr (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	SOPA CON PAPA + ED PAMES + VERDURAMIX								
Harina de trigo	35.00	100.00	2.13	1.02	17.85	8	14.91	71.40	94.32
Pan	70.00	84.00	3.08	0.02	0.04	0	0.17	3.70	4.28
Canela entera	0.10	100.0	0.00	0.00	0.28	0.00	0.00000	1.01	1.08
Clavo de olor	0.10	84.00	0.00	0.00	0.07	0	0.00	0.27	0.27
Pollo de Granja	60.00	100.0	3.73	0.18	43.05	28.04	1.63	172.21	196.08
Aceite vegetal	35.00	100.0	0.00	3.00	34.41	0.00	0.00	137.63	137.63
Margarina vegetal	33.00	100.00	0.13	24.00	0.00	1	221.40	0.00	222.12
								VC DES.	858.40
								%DIST. DES.	30.64

ALMUERZO:	FRIJOL A LA CHILENA CON CHANCHO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Carne de Cerdo	90.0	55.00	8.10	8.40	0.00	34	67.76	0.00	82.24
Frijol caballero c	120.0	100.00	27.48	1.50	68.88	103.02	18.00	275.64	402.66
Arroz Pilado c/ac	150.0	100.00	12.90	0.75	118.10	49.20	6.75	472.40	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
sal	0.50	100.00	0.00	0.04	0.00	0.00	0.36	0.00	0.37
Tomate	20.00	90.00	0.90	0.04	0.80	3.60	0.36	3.20	6.96
Hierba buena	1.00	84.00	0.00	0.01	0.07	0.00	0.09	0.27	0.36
Fideos	30.00	100.00	3.60	0.06	23.46	11.25	0.54	93.84	105.66
Papaya madura	30.00	47.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gelatina (polvo)	0.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pan	3.00	100.00	0.24	0.04	1.62	1.12	0.36	6.48	7.96
Azucar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.63	137.63
Canela de canela	60.00	87.00	2.58	0.06	6.54	11.22	0.72	18.17	30.39
Naranja	100.00	85.00	1.19	0.20	16.0	7	2.80	64.00	73.79
								VC DES.	1494.55
								%DIST. DES.	53.40

CENA:	SOPA DE SEMOLA CON REMARINGUA DE POLLO								
Sémola de trigo	60.00	88.00	12.10	2.40	8.00	60	21.60	0.00	81.60
Gelatina de Trigo	30.00	120.00	1.80	3.21	18.54	13	28.89	84.36	116.85
Aceite	10.00	70.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Pollo	12.00	55.00	0.77	0.84	0.75	3	7.71	3.03	14.74
Zanahoria	20.00	85.00	0.12	0.11	1.90	0	0.98	7.60	8.58
Papa blanca	100.0	85.00	1.70	0.08	16.80	7	0.77	23.80	32.57
Sal	5.00	100.00	0.00	0.00	0.40	0	0.00	1.60	2.00
Ajo	4.00	80.00	0.15	0.02	0.97	1	0.23	3.88	4.84
Orégano seco	1.00	70.00	0.03	0.00	0.00	0	0.00	0.00	0.00
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC CEN.	377.83
								%DIST. CEN.	14.56
		VCT (Kc)	88.84	63.95	465.94				
		VCT (Kcal)	355.40	575.51	1863.57				
		VCT (%)	19	31	50				
					100.00			VCT MENU	2595.47

LIC. Jessica W. Vilca Benites
NUTRICIONISTA
C.N.P. 3508

miércoles, 28 de julio de 2010

ALIMENTO	PESO	CONVERSIÓN	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DISTCAL N.
	(g)	N.	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	CEBADA CON LECHE + EZ PANES + JAMONADA								
Cebada perlada	25.00	100.00	4.70	0.55	16.85	19	5.13	67.40	91.38
Leche evaporada	50.00	100.00	6.90	6.67	7.80	28	61.03	31.20	101.13
Canela molida	0.50	94.00	0.00	0.00	0.14	0	0.01	0.56	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	5.65	0.30	18.84	75.65	1.20	96.68
Azúcar rubia	31.00	100.00	0.00	0.00	31.41	0	0.00	127.60	127.60
Pan de leonesa	50.00	100.00	5.50	0.15	40.00	22	1.62	172.00	195.62
								KCAL DES.	527.44
								N DIAS	30.00

Almuerzo:	POLLO A LA OLLA + ARROZ + REMOLACHA + FRUTA								
Carne de Pollo M	180.00	85.00	28.00	4.60	0.00	112	84.28	0.00	196.13
Arroz Fortificado	100.00	100.00	13.10	0.60	134.48	52	7.20	537.92	597.00
Sal	15.00	100.00	0.12	0.00	1.48	1	0.01	5.92	7.00
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	200.00	80.00	3.60	0.18	41.60	13	1.62	164.13	181.24
Zanahoria cocida	0.00	100.00	0.00	0.00	0.11	0	0.00	0.44	0.19
Remolacha cocida	0.11	100.0	0.00	0.00	0.18	0	0.00	0.73	1.08
Ají colorado (ma)	0.00	98.0	0.00	0.01	0.60	0	0.00	2.40	36.11
Cilantro	0.50	100.00	0.00	0.00	0.40	0	0.01	1.60	1.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	5.00	100.00	0.07	0.48	0.05	1	4.32	0.20	5.75
Ajo	0.00	80.00	0.06	0.01	0.49	0	0.07	1.96	3.40
Azúcar rubia	40.00	100.00	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.35	0.38	15.90	6.75	3.285	63.60	84.61
								VT. ALM.	1455.58
								%DIST. ALM.	67.58

CENA:	INFUSIÓN + EZ PAN + NARANJA								
Hinojo	12.00	94.00	0.20	3.00	3.48	0.80	0.55	1.91	3.20
Azúcar rubia	38.00	100.00	0.00	0.00	34.40	0	0.00	137.60	137.60
Mayor blanco	32.00	100.00	8.13	15.38	3.07	52	137.50	20.29	180.80
Pan de leonesa	38.00	100.00	3.08	8.11	26.13	12	0.86	100.02	114.91
								VT CENA	436.22
								%DIST. CEN.	17.79
		VCT (g.)	79.79	85.18	302.60				
		VCT (kcal)	718.13	766.65	1209.59				
		VCT (%)	12.73	34.44	53.83				
					100.00			VCT MENU	2207.61

Lic. Jessica R. Vega Bedoya
NUTRICIONISTA
C.N.P. 3000

Paola Valeria Barrios Soria
NUTRICIONISTA
C.N.P. 3768

Jueves, 19 de Julio de 2018

ALIMENTO	peso	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Ala (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	CAFE + 02 PANES + CAMOTE FRITO								
Café sin azúcar	4.00	100.00	0.01	0.00	0.00	0	0.04	0.12	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0001	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.00	0.00	0.00	39.94	0	0.00	158.50	158.50
Pan de labranza	80.00	100.00	3.76	0.18	43.00	20	1.62	172.32	199.96
Camote morado	100.0	92.00	1.29	0.23	23.64	5	2.45	94.56	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
								VC DES.	599.37
								%DIST. DES.	23.11

ALMUERZO:	PICANTE A LA TACNEÑA + ARROZ + REFRESCO + FRUTA								
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.10	49.20	6.75	496.60	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.88	4.34
Mondongo de res	125.0	100.00	20.20	4.20	1.25	81	37.80	5.00	123.79
Papa blanca	550.0	82.00	4.31	0.21	45.72	17.22	1.845	182.90	201.95
Aceite vegetal	80.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.06	0.54	0.54	2.04	3.08
Glutamato monos	0.30	100.00	0.03	0.00	0.17	0.09	0	0.69	0.78
Ají colorado seco	2.00	52.00	0.07	0.00	0.61	0.28	0.73008	2.44	3.46
Cebolla de cabez	30.00	87.00	0.28	0.04	2.37	1.13	0.3918	9.00	10.51
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Culantro	2.80	97.00	0.08	0.02	0.11	0.21	0.18072	0.45	0.84
Naranja	100.00	98.00	1.78	0.29	19.0	7	2.65	64.06	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1398.08
					% DISTR. ALMUERZO				46.32

CENA:	HUEVO FRITO + ARROZ + INFOMON								
Huevo de gallina	60.00	98.00	7.34	4.04	1.08	32	44.48	4.32	80.44
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.92	30	4.05	283.68	313.63
Cebolla de cabez	30.00	87.00	0.28	0.04	2.37	1	0.36	9.48	10.57
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	6.00	100.00	0.12	0.04	0.66	0.36	0.36	2.64	3.37
Glutamato mono	0.50	100.00	0.00	0.00	0.45	0.23	0	1.74	1.99
Tomate	20.00	90.00	0.16	0.04	0.86	1	0.36	3.43	4.80
Sillao	12.00	100.00	2.60	1.15	0.12	10	10.37	0.48	20.85
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC CEN.	707.85
								DIS CEN.	23.57
		VCT (Gr.)	64.09	62.83	435.60				
		VCT (kcal)	258.56	565.33	1742.41				
		VCT (%)	10	22	67.9				
					100.00			VCT	2567.30

CONSULTORIO NUTRICIONAL

M. CRISTINA CHURATA O.
NUTRICIONISTA

Paola Yohana Barrios Soria
NUTRICIONISTA
C.N.P 5769

viernes, 09 de julio de 2021

ALIMENTO	gr/porc (g)	comestible %	PROT (kcal)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL) PROT	GRASAS	CHO	DIST. CAL % POR MENU
DESAYUNO:	SUERO CRIOLLO + EG PAYES + MANZANA								POR MENU
Avena hojuelas	10.00	100.00	1.30	0.40	7.50	5	3.60	30.00	37.12
Harina de maíz	5.00	100.00	0.44	0.33	3.80	2	2.97	15.20	18.21
Harina de trigo	5.00	100.00	1.27	0.30	3.80	6	2.69	15.20	17.64
Galleta harina	5.00	100.00	0.84	0.12	3.31	4	1.04	13.24	18.23
Quinua harina c	5.00	100.00	0.49	0.12	3.81	3	1.17	15.12	17.61
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.00	0.00	0.42
Clavo de olor	0.10	64.00	0.00	0.00	0.51	0	0.00	2.00	0.00
Arroz crudo	30.00	100.00	0.00	0.00	29.40	0	0.00	117.60	117.60
Mango blanco	28.00	100.00	0.70	0.28	4.03	27	114.24	16.12	146.12
Pan de leche	55.00	100.00	3.74	0.16	43.00	23	1.62	172.00	196.62
								VC DIA	884.38
								PORCT. DIA	22.11

Almuerzo:	PERCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Pescado	280.00	70.00	47.57	6.93	0.00	333	76.00	2.00	387.00
Arroz Pipián e m	150.00	100.00	12.00	0.75	118.72	48	6.75	475.00	532.75
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.42
Ajo	5.00	100.00	0.07	0.04	0.98	0	0.35	3.92	4.27
Cebolla de cabe	40.00	89.00	0.71	0.10	3.78	3	0.90	15.12	19.02
Manteca	15.00	100.00	0.24	0.14	26.99	9	1.26	107.94	118.20
Comino	1.00	100.00	0.04	0.00	0.70	0	0.00	3.00	3.00
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajo	3.00	89.00	0.13	0.03	0.73	1	0.27	2.92	3.92
Harina de trigo	30.00	100.00	3.10	0.60	22.44	12	5.40	89.76	107.76
Vinagre	7.00	100.00	0.28	0.07	0.35	0	0.63	1.40	2.03
Azúcar crudo	30.00	100.00	0.00	0.00	29.43	0	0.00	117.72	117.72
Naranja	100.00	38.00	1.79	0.20	10.8	7	2.00	64.00	73.79
								VC Alm	1586.35
								% Porc. Alm	39.65

CENA:	MAZAMORRA DE MARENA CON LECHE + EL PAN								
Maizena	30.00	100.00	0.24	0.06	24.09	0.96	0.72	135.72	140.40
Azúcar crudo	30.00	100.00	0.00	0.00	30.41	0.00	0	121.62	121.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.00 0.00	0.57	0.57
Pan de leche	30.00	100.00	2.08	0.09	21.34	11.40	0.47	85.36	98.23
Leche evaporada	30.00	100.00	2.10	2.43	3.27	6	21.87	13.08	40.95
								VC CENA	402.47
								PORCT. CENA	10.07
		VCT (kcal)	88.80	82.17	417.96				
		VCT (kcal)	355.20	328.68	1671.84				
		VCT (%)	14	21.80	64.03				
					100.00			VCT MENU	3986.95

Lic. Jessica M. Vega Benites
NUTRICIONISTA
C.P.P. 3500

Paola Vanessa Barrios Sorio

sábado, 21 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Ah (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	COCOA + 02 PANES + ATUN								
Cocoa	5.00	100.00	0.95	0.85	2.39	4	7.70	9.56	21.06
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	39.32	0	0.00	157.28	157.28
Cebolla de cabe	45.00	67.00	0.38	0.05	3.03	2	0.46	12.11	14.10
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Pan de labranza	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Grated de Sardi	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
								VC DES.	446.81
								%DIST. DES.	17.84
Almuerzo:	MATASQUITA DE POLLO + ARROZ + REFRESCO + FRUTA								
Carne de Pollo f	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	6.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	6.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Papa blanca	200.0	82.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Cebolla de cabe	45.00	67.00	0.38	0.05	3.03	2	0.46	12.11	14.10
Zanahoria	60.00	79.00	0.28	0.24	4.36	1	2.13	17.44	20.71
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Glutamato mono	0.30	100.00	0.00	0.00	0.26	0	0.00	1.04	1.17
Arvejas frescas	30.00	42.00	1.32	0.11	3.50	5	1.00	13.99	20.27
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALM	1319.49
								% DIST. ALM	52.69
CENA:	ARROZ CHAUFA CON HUEVO Y HOTDOG + INFUSION								
Huevo de gallina	35.00	98.00	3.97	2.47	0.63	16	22.23	2.12	40.22
Salchicha hot d	20.00	100.00	2.20	6.86	0.20	9	61.74	0.80	71.34
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	6.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato mono	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96
Cebolla china (2	10.00	71.00	0.16	0.03	0.53	1	0.26	2.13	3.04
Pimiento	8.00	53.00	0.10	0.03	0.51	0	0.30	2.05	2.74
Sillao	7.00	100.00	0.79	0.67	0.07	3	6.05	0.28	9.49
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC CEN.	738.09
								%DIST. CEN.	29.47
		VCT (Gr.)	66.42	59.13	426.42				
		VCT (kcal.)	265.69	532.21	1706.48				
		VCT (%)	10.61	21.25	68.14		V.C.T. MENU		2504.38
					100.00				

CRISTINA CHUMPITAZ
REPRESENTANTE

Paola Yokdric Barrios Soria
NUTRICIONISTA
C.N.P 5759

Lic. Jeanette Vera Benites
NUTRICIONISTA
C.N.P 2000

domingo, 22 de julio de 2018

ALIMENTO	peso	porcentaje	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	(en g)	(g)	(g)	PROT	GRASAS	CHO	POR HORA
DESAYUNO:	AVENA CON LECHE + 01 PANES + QUESO								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.90	16	10.80	87.60	115.16
Leche evaporada	70.00	100.00	4.00	5.67	7.80	20	51.03	31.20	101.23
Canela molida	0.10	94.00	0.00	0.00	0.14	0	0.00	0.55	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.48	8.00	2.00	34	81.00	8.00	119.00
Azucar rubia	10.00	100.0	0.00	0.00	10.00	0	0.00	139.74	139.74
Pan de hojuela	60.00	100.00	6.78	3.18	42.06	33	1.82	171.53	206.35
								VC DES.	682.21
								%DIST. DES.	26.83

Almuerzo:	ALMENDRADO DE AVES + PAPA + ARROZ + ENSALADA + FRUTA								
Carne de res pura	100.00	75.00	20.90	1.90	3.00	20.90	19.20	0.00	112.00
Arroz Pilado o p	150.0	100.00	12.09	0.79	118.79	48	6.75	475.00	531.75
Tomate	18.00	90.00	0.10	0.20	0.50	0	0.02	2.00	2.00
Cebolla de cabeza	40.00	87.00	0.08	0.20	3.00	2	0.48	12.00	14.10
Ajo	8.00	100.00	0.51	0.03	0.40	0	0.27	1.60	2.02
Aji amarillo seco	3	90.00	0.24	0.27	2.00	1	2.38	7.00	11.32
Glutamato mono	0.20	100.00	0.01	0.00	0.17	0	0.00	0.68	0.68
Pan seco molido	30.00	100.00	3.90	0.84	24.75	12.00	7.56	99.00	118.56
Pasa blanca	200.0	87.00	3.46	0.16	36.57	14	1.49	146.28	161.64
Ajo	8.00	80.00	0.96	0.05	1.60	1	0.46	7.10	8.56
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Dientes ajo	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.04
Maiz morado con	10.00	85.00	0.28	0.08	1.68	0	0.72	6.72	7.44
Naranja	150.00	86.00	1.16	0.15	18.00	1	2.62	64.00	72.62
Azucar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.60	137.60
								VC DES.	1368.73
								% DIS ALM.	54.13

CENA:	INFUSION + 01 PAN + MARGARINA								
Hojuelas	15.00	90.00	0.10	0.18	9.72	1.16	0.67	1.80	3.63
Azucar rubia	40.00	100.00	0.00	0.00	39.42	0	0.00	157.68	157.68
Margarina vegetal	15.00	100.00	0.00	14.90	0.00	0	121.43	0.00	121.43
Pan de jabonera	35.00	100.00	2.85	0.24	21.34	13	0.83	85.18	99.43
								VC CEN.	382.55
								%DIST. DES.	15.32
		VCT (kcal)	74.60	84.70	408.80				
		VCT (kcal.)	298.51	762.24	1638.80				
		VCT (%)	11.96	30.57	65.93				
					100.00			VCT	2499.51

Lic. Jessica W. Vera Benites
NUTRICIONISTA
C.M.P. 3360

Paola Yolanda Barrans Garay

Ibarra, 23 de julio de 2018

ALIMENTO	gr/per	porcentaje	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	gr	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	PORCIENTO
DESAYUNO	MEROLA CON VAINILLA + 02 PANES + MORTADELA								
Harina de Trigo	60.00	100.00	7.60	1.20	21.57	31	10.81	86.28	125.09
Vainilla	0.40	100.00	0.00	0.00	0.01	0	0.00	0.11	0.11
Canela en polvo	0.05	94.00	0.00	0.00	0.14	0	0.00	0.55	0.57
Clavo de olor	0.05	94.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	20.00	100.00	1.99	1.91	3.42	11.70	33.18	13.68	58.57
Pan de leche	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.95
Aceite vegetal	30.00	100.0	0.00	3.00	34.41	0	27.00	137.62	164.62
								VC DIA	687.27
								%DIST. DES	21.99

Almuerzo	POLLO A GUSTO + ARROZ + PERSICO + FRUTA								
Arroz Filado o pl	50.0	100.00	37.00	0.75	159.50	148.00	6.75	638.00	792.75
Carne de Pollo C	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.54
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajo	1.00	80.00	0.19	0.02	0.74	1	0.17	2.93	4.09
Papa blanca	100.0	85.00	2.08	0.13	18.43	11	1.17	73.73	85.90
Sal	5.00	100.00	0.15	0.00	0.00	0	0.00	0.00	0.00
Cebolla de cabeza	30.00	87.00	0.28	0.04	2.27	1	0.36	9.08	10.47
Manzanilla	20.00	100.00	0.00	0.00	21.57	0	0.00	86.28	86.28
Glutamato monos	0.10	100.00	0.00	0.00	0.10	0	0.00	0.00	0.00
Vinagre	7.00	100.00	0.00	0.07	0.00	0	0.63	0.00	0.63
Naranja	150.00	80.00	1.16	0.39	18.00	7	3.51	64.08	75.59
Aceite vegetal	50.00	100.0	0.00	0.00	54.00	0	0.00	216.00	216.00
								VC Alm	1175.80
								% Dist	37.57

CENA	CAMOTE ZARANDEADO + ARROZ + INFUSION								
Camote morado	200.0	92.00	1.18	0.18	21.64	5	3.42	86.56	95.21
Harina de trigo	45.00	100.00	4.73	0.90	33.08	18	8.10	132.32	158.42
Arroz Filado o pl	60.0	100.00	7.38	1.48	79.00	30	4.05	316.00	350.05
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0	108.00	0.00	108.00
Queso paria	15.00	100.00	4.20	4.50	0.58	17	40.50	2.32	59.82
Leche evaporada	15.00	100.00	3.39	1.23	1.68	4	10.89	6.72	21.61
Huevo de gallina	20.00	100.00	3.07	2.47	0.43	12	22.23	1.72	36.23
Aceite vegetal	25.00	100.00	0.00	5.00	24.41	0	45.00	137.62	182.62
Infusiones	10.00	94.00	0.17	0.00	0.38	0.67	0.45	1.51	2.63
								VC CENA	995.04
								%DIST. CENA	31.80
		VCT (Kcal)	70.44	31.23	479.91				
		VCT (kcal)	281.76	468.37	1918.64				
		VCT (%)	11.2	17.8	71.3				
					100.00			VCT MENUS	3090.15

Lic. Jessica R. Vega Benítez
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NUTRICIONISTA
C.I.P. 3750

martes, 29 de julio de 2025

ALIMENTO	gr/cor	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Ani (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	SOYA CON MANZANA + 02 PANES + MERMELADA								
Harina de soya	50.00	100.00	2.61	1.00	21.36	10	11.10	85.44	117.53
Manzana de agua	10.00	80.00	0.03	0.01	1.17	0	0.01	4.68	4.69
Canela molida	0.50	94.00	0.08	0.03	0.14	0	0.01	0.56	0.57
Clavo de olor	0.10	94.00	0.08	0.03	0.00	0	0.00	0.00	0.00
Azúcar rubia	40.00	100.00	0.08	0.03	38.54	0	0.00	155.00	155.00
Pan de tabaquera	60.00	100.00	5.78	2.10	42.06	23	1.82	170.32	195.90
Mermelada De H	30.00	100.00	0.12	0.09	21.90	0	0.54	87.72	88.71
								VC DIA	662.37
								%DIST. DES.	32.41

Almuerzo:	SUERO DE ARVEJITA PARTIDA CON CHANCHO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Arroz Pilado c/ p	150.00	100.00	12.00	0.75	115.75	48	6.75	463.00	522.75
Arveja partida	100.0	100.00	25.00	1.00	77.28	100	11.65	309.12	424.95
Carne de Cerdo	80.0	75.00	9.54	6.28	0.00	38	47.07	0.00	87.13
Sal	5.00	100.00	0.00	0.34	0.68	0	0.00	2.72	2.72
Cebolla de verde	60.00	60.00	0.71	0.12	4.08	3	0.60	32.65	36.65
Aj. colorado seco	3.00	60.00	0.10	0.11	1.50	0	0.99	5.99	4.98
Comino	1.00	100.00	0.04	0.05	0.76	0	0.00	3.05	3.05
Huevos frescos	2.00	54.00	0.32	0.31	0.08	0	3.13	0.30	3.43
Cilantro fresco	1.00	94.00	0.02	0.00	0.11	0	0.00	0.45	0.00
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajo	3.00	50.00	0.03	0.07	0.49	0	0.13	1.96	2.42
Tomate	20.00	80.00	0.16	0.04	0.00	1	0.36	0.00	0.42
Azúcar rubia	40.00	100.00	0.00	0.00	38.00	0	0.00	152.00	152.00
Naranja	100.00	68.00	0.76	0.20	10.6	3	1.80	64.00	71.80
								VC DIA	1027.16
								%DIST. D.S.	50.73

CENA:	CALDO DE HUEVOS								
Huevo de gallina	30.00	90.00	2.61	1.66	0.36	11	14.94	1.44	28.81
Leche evaporada	75.00	100.00	1.05	1.02	1.84	4	10.94	8.54	21.88
Rosca	70.00	100.00	6.58	0.14	54.18	26	1.26	216.96	246.54
Canela molida	50.00	47.00	0.16	0.06	1.50	1	0.42	6.00	7.42
Agua	4.00	4.00	0.00	0.00	0.01	0	0.00	0.00	0.04
Pisco	2.00	80.00	0.08	0.01	0.10	0.14	0.09	0.40	0.64
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Papa blanca	100.00	92.00	2.08	0.12	27.40	10.33	1.07	109.72	121.12
Zanahoria	22.00	82.00	0.13	0.08	1.61	0	0.74	6.44	7.17
Sal	4.48	100.00	0.00	0.00	0.00	0.01	0.00	1.44	1.44
								VC CENA	522.58
								%DIST. CEN.	25.41
		VCT (D.)	68.00	38.45	473.87				
		VCT (ALM.)	275.58	344.08	3065.37				
		VCT (S.)	18.82	23.77	75.43				
					1209.00			VCT MENU	1611.00

Lic. Jessica M. Vica Benites
NUTRICIONISTA
C.N.P. 3300

Paola Yobana Barrios Garcia

Villaviciosa, 26 de julio de 2018

ALIMENTO	ED/per	cantidad/día	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. KCAL %
	(g)	(%)	Ac. (g)	(g)	(g)	PROT	GRASAS	CHO	ZONA MEDIA
DESAYUNO:	CEBADA CON LECHE + CE PANES + ACEITUNA								
Cebada tostada	35.00	100.00	8.58	2.61	22.18	29	7.23	88.72	124.95
Leche semidesnatada	125.00	100.00	4.30	2.07	7.03	22	61.00	30.93	113.93
Galletas integrales	2.00	34.00	0.00	0.00	0.14	0	0.00	0.04	0.04
Cacao de sobre	3.00	34.00	0.00	0.00	0.01	0	0.00	0.01	0.01
Aceitunas	30.00	86.00	0.01	0.00	1.68	0	0.00	7.00	7.01
Azúcar rubio	30.00	100.00	0.00	0.00	29.40	0	0.00	117.60	117.60
Pan de hamburguesa	60.00	100.00	5.79	2.19	40.08	23	19.71	170.33	213.04
								VC DES.	648.00
								% DES	20.79

Almuerzo:	POLLO A LA MOSTAZA + ARROZ + REPOLLO + FRUTA								
Arroz Filipino p.p.	350.0	100.00	10.50	0.35	120.50	42	8.75	482.00	532.75
Ajos	5.00	80.00	0.12	0.03	1.41	0.60	0.28	5.64	6.52
Carne de Pollo c.	180.00	85.00	30.02	4.86	0.00	120	44.00	0.00	164.13
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	5.00	100.00	0.15	0.00	0.000	0	0.00	0.00	0.00
Cebolla de cabeza	30.00	87.00	0.39	0.00	7.77	1	0.00	9.00	10.01
Mostaza	5.00	180	0.75	1.38	0.75	4.50	14.88	3.00	22.38
Papa blanca	200.0	82.00	3.44	3.16	30.57	64	1.40	244.28	191.54
Ajos	1.00	80.00	0.12	0.07	0.71	1	0.63	2.92	3.55
Harina de trigo	20.00	100.00	2.10	0.40	14.80	8	3.60	59.04	71.04
Sal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Bicarbonato sódico	0.200	100.00	0.00	0.00	0.27	0	0.00	0.00	0.00
Vinagre	7.00	100.00	0.00	0.07	0.00	0	0.63	1.40	2.03
Manzana	150.00	88.00	1.75	0.30	16.00	7	2.70	64.00	73.70
Azúcar rubio	30.00	100.0	0.00	0.00	29.40	0	0.00	117.60	117.60
								VC ALM.	1467.02
								%DIST. ALM.	56.39

CENA:	INFUSIÓN + CE PAN + MANZANA								
Infusión	50.00	94.00	0.22	0.00	0.45	0.80	0.00	1.81	2.61
Azúcar rubio	30.00	100.00	0.00	0.00	29.41	0	0.00	117.60	117.60
Mangue blanco	25.00	100.00	0.75	0.75	4.25	3.0	6.75	16.00	25.75
Pan de hamburguesa	30.00	100.00	2.69	0.69	21.34	10	6.21	85.12	99.33
								VC CEN	245.29
								%DIST. CEN.	16.91
		VET (Kc)	79.77	35.16	291.94				
		VET (kcal.)	317.09	316.44	1166.42				
		VET (%)	13.2	13.1	48.3				
					48.31			VET	2413.89

Lic. Jonatan Vico Benitez
NUTRICIONISTA
M.P. 3300

Paola Soledad Barrios Sorie

Jueves, 19 de julio de 2018

ALIMENTO	g (Gr)	porción	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	Gr. (g)	(g)	(g)	PROT	GRASAS	CHO	POR ALIMEN.
DESAYUNO:	CAFE + EZ PANES + CANASTA FRUTA								
Café sin azúcar	4.00	100.00	0.01	0.00	0.01	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.00	0.01	0.0004	0.014	0.16
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.03
Azúcar refina	40.00	100.00	0.00	0.00	39.84	0	0.00	158.36	158.36
Pan de tahonera	80.00	100.00	8.16	0.16	42.88	33	1.32	172.32	199.28
Canela molida	100.0	92.00	1.34	0.30	23.64	5	2.68	94.56	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
								VC DIA.	595.57
								%DIST. DES.	23.81

ALMUERZO:	HIGADO PLUMRIO LADO + ARROZ + REFRESCO + FRUTA								
Higado de res	100.0	87.00	23.26	0.35	1.16	93.12	31.1808	4.64	128.97
Arroz Pilado o p	150.0	100.00	12.00	0.75	111.70	48	6.75	446.80	502.13
Tomate	20.00	90.00	0.36	0.06	1.58	1	0.53	6.32	8.18
Ajo	4.00	80.00	0.16	0.00	0.67	0.72	0.0004	2.68	4.04
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	10.00	100.00	0.14	0.00	0.88	1	0.14	3.54	5.08
Sazonador natural	0.30	100.00	0.00	0.00	0.30	0.03	0	1.04	1.12
Tajadas maduras	20.00	100.00	2.20	0.06	16.00	8.80	0.54	64.00	73.34
Cebolla de cabeza	80.00	85.00	0.88	0.16	7.68	3.52	1.4304	30.72	35.77
Pimiento morrón	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.5	100	0.00	0.00	0.25	0.05	0.0004	0.98	1.01
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.60	137.60
Naranja	100.00	78.00	1.76	0.20	15.6	7	0.08	62.08	71.19
								VC ALM.	1341.28
								%DIST. ALM.	48.38

CENA:	ASADO DE POLLO + ARROZ + REFRESCO								
Carne de Pollo C	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.55
Arroz Pilado o p	90.0	100.00	7.38	0.18	79.60	30	4.68	318.08	372.68
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Cebolla de cabeza	30.0	87.00	0.26	0.04	2.27	1	0.36	9.08	10.51
Tomate	15.00	96.00	0.57	0.00	0.84	0	0.27	3.36	3.63
Hortalizas	0.00	84.00	0.00	0.01	0.08	0	0.10	0.32	0.42
						V.C. CENA			675.80
						% DIST. CENA			27.00
	VCT (Kc.)		73.53	98.33	409.01				
	VCT (Kcal)		294.13	393.32	1636.05				
	VCT (%)		11.7	24	65		V.C. T. DIA KJ		2503.10
					100.00				

Lic. Jeisson W. Vino Benites
NUTRICIONISTA
C.P.P. 3000

Paola Valadez Barrios Soto
N.J. RIC.CNHST.

Viernes, 27 de julio de 2018

ALIMENTO	peso (g)	porcentaje (%)	PROT (kc (g))	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL) PROT	GRASAS	CHO	DIST CAL % (POR MENU)
DESAYUNO:	SIETE CEREALES + 03 PANES + JARDINERA								POR MENU
Crema Tricolor	75.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de maíz	5.00	100.00	0.44	0.50	3.58	2	3.02	14.34	18.93
Harina de Haba	5.00	100.00	1.23	0.10	2.88	5	0.90	11.52	17.64
Galleta harina	5.00	100.00	0.34	0.10	3.31	4	1.04	13.46	18.38
Galleta Harina de	5.00	100.00	0.48	0.18	3.61	4	1.17	14.42	17.44
Galleta entera	5.00	54.00	0.00	0.00	0.14	0	0.01	0.56	0.07
Queso de cabra	0.00	84.00	0.00	0.00	0.24	0	0.00	0.00	0.00
Ensalada rusa	30.00	100.00	0.00	0.00	29.40	0	0.00	117.60	117.60
Jardinera	50.00	100.00	4.71	0.55	5.00	18.84	19.65	1.50	39.99
Pan de Menestras	80.00	100.00	5.76	0.16	41.60	23	1.52	172.32	196.88
								VC DIA	525.08
								SUMT. DIA %	22.87

Almuerzo:	PESCADO FRITO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Pescado	250.00	75.00	47.17	8.02	0.00	189	72.10	0.00	261.10
Arroz Frito o p	150.00	100.00	12.00	9.75	110.70	48	87.75	442.80	578.55
Tomate	30.00	60.00	0.14	0.04	3.72	1	0.27	14.88	16.15
Ají	8.00	100.00	0.13	0.04	0.60	0	0.36	2.40	2.76
Cebolla en cuadr	60.00	60.00	0.98	0.14	7.68	4	1.26	30.74	36.27
Mandioca	80.00	100.00	2.48	0.24	26.00	9	1.20	104.00	114.20
Cocoa	1.00	100.00	0.04	0.00	0.78	0	0.00	3.12	3.12
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	9	270.00	0.00	270.00
Ajos	3.00	90.00	0.13	0.00	0.78	1	0.17	3.12	3.29
Harina de trigo	20.00	100.00	2.70	0.60	22.44	10	5.40	89.76	105.16
Vinagre	5.00	100.00	0.00	0.07	0.15	0	0.63	1.40	2.03
Azúcar rubia	30.00	100.00	0.00	0.00	34.41	0	0.00	137.64	137.64
Naranja	150.00	90.00	1.76	0.29	16.0	7	2.63	64.00	73.70
								VC DIA	1944.37
								SUMT. DIA %	84.68

CENA:	MAYONESA DE HAVANA CON LECHE + 01 PAN								
Harina de trigo	40.00	100.00	4.20	0.80	28.80	17	7.20	115.20	140.00
Azúcar rubia	20.00	100.00	0.00	0.00	20.00	0.00	0	80.00	80.00
Canela entera	0.00	54.00	0.00	0.00	0.14	0	0.01	0.56	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.07	0	0.00	0.28	0.28
Pan de Menestra	50.00	100.00	2.88	0.08	27.04	11	0.81	108.16	120.16
Leche evaporada	50.00	100.00	3.10	0.40	5.27	6	21.60	10.50	42.30
								VC CENA	483.31
								SUMT. CEN	15.51
			33.00	33.00	481.18				
			106.11	132.13	1095.57				
			14.70	21.17	65.13				
					100.00			VCT	3094.85

Lic. Jessica W. Vika Benites
NUTRICIONISTA
C.M.P. 3353

Paola Ishara

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:	COCOA + 02 PANES + HUEVO SANCOCHADO								
Cocoa	4.00	100.00	0.76	0.68	1.21	3	6.18	7.05	16.84
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.00	0.00	0.00	39.64	0	0.00	158.56	158.56
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Huevo de gallina	60.00	96.00	7.94	4.54	1.06	32	44.46	4.24	80.44
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.95
								VC DES.	553.13
								%DIST. DES.	19.77
ALMUERZO:	HIRO DE ZAPALLO + ARROZ + REFRESCO + FRUTA								
Leche evaporada	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado o p	100.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Papa blanca	300.0	85.00	5.36	0.35	56.87	21	2.80	227.46	251.18
Cebolla de cabe	40.00	92.00	0.52	0.07	4.16	2	0.66	16.63	19.36
Huacatay	8.00	54.00	0.22	0.03	0.35	0.86	0.31	1.38	2.56
Habas frescas	20.00	35.00	0.79	0.06	1.31	3.16	0.504	7.26	10.92
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Zapallo macre	300.00	47.00	0.99	0.28	9.02	4	2.54	36.10	42.58
Maiz Fresco. Ch	20.00	57.00	0.38	0.09	3.17	1.50	0.8208	12.68	15.00
Glutamato mono	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.00	73.79
								VC ALM.	1410.43
								%DIST. ALM.	50.48
CENA:	CAU CAU DE POLLO + INFUSION								
Arroz Pilado o p	100.0	100.00	8.20	0.00	77.80	33	4.50	311.20	348.50
Carne de Pollo f	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.55
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	100.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.18
Cebolla de cabe	10.00	67.00	0.09	0.01	0.76	0	0.12	3.08	3.52
Aj amarillo, pare	4.00	100.00	0.29	0.25	2.58	1.17	2.27	10.37	13.80
Zanahoria	20.00	88.00	0.11	0.09	1.62	0	0.79	6.48	7.69
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.63	137.63
Arvejas frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
								VC DES.	834.59
								% DIS CEN.	29.83
			78.12	62.89	479.91				
			312.47	566.04	1919.65				
			11.2	20.2	68.6				
					100.00				
								VCT MENU	2798.16

M. CRISTINA CHURRETA
REPRESENTANTE

Paola Yohana Barrios Soria
NUTRICIONISTA
C.N.P 5799

Lic. Jessica de Vico Benites

Domingo, 29 de Julio de 2018

ALIMENTO	IF/PIF (g)	comestible %	PROT Ant (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL.% POR MENU
DESAYUNO:	AVENA CON LECHE + 02 PANES + QUESO								
Avena, hojuelas	40.00	100.00	5.32	1.82	28.80	21	16.40	115.20	152.60
Leche evaporada	70.00	100.00	4.90	5.67	7.00	20	51.03	30.52	101.55
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
Queso paria	30.00	100.00	8.40	0.00	0.00	34	81.00	3.96	118.56
Azucar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labranza	60.00	100.00	8.78	0.18	43.08	23	1.62	172.32	196.95
								VC DES.	728.75
								% DES	28.88

Alimento:	SACTA DE GALLINA + ARROZ + REFRESCO + FRUTA								
Carne de gallina	160.00	87.00	26.08	5.00	0.00	114.72	45	0.00	159.72
Arroz Pilado o p	150.00	100.00	22.30	0.75	116.75	40	6.75	466.30	522.75
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	0.11	2.93	3.03
Papa blanca	200.0	85.00	3.57	1.13	37.91	14	10.17	151.64	170.06
Sal	5.00	100.00	0.10	0.05	0.00	3	0.38	2.62	3.37
Cebolla de cabe	80.00	67.00	0.75	0.11	6.06	3	0.99	24.23	28.19
Maní molido con	8.00	71.00	1.37	2.74	1.81	5.48	24.63954	4.32	34.14
Glutamato monos	0.50	100.00	0.00	0.00	0.43	0	0.00	1.74	1.96
Pan seco molido	12.00	100.00	1.32	0.34	9.00	5.28	3.02	39.60	47.90
Tomate	30.00	90.00	0.24	0.06	1.26	1	0.53	5.11	6.64
Ají colorado seco	8.00	68.00	0.43	0.06	3.08	2	0.53	14.17	24.90
Azúcar rubia	40.00	70.0	0.00	0.00	27.53	0	0.00	110.10	110.10
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.75
								VT. ALM.	1483.13
								% DIS. ALM.	56.89

CENA:	INFUSION + 01 PAN + MERMELADA								
Hierbas	12.00	54.00	0.20	0.28	0.45	0.80	0.08	1.81	3.20
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De F	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.26
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.97
								VC CEN.	328.67
								% DIST. CEN.	13.05
			78.29	58.12	420.57				
			313.17	523.09	3783.14				
			12.4	20.8	66.8				
					100				
								VCT MENU	2518.56

CONSORCIO LUMAY BRAVO E.I.R.L.

Paola Yohana Barrios Soria
NUTRICIONISTA
C.N.P 5799

lunes, 30 de julio de 2018

ALIMENTO	cantidad	porcentaje	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL. %
	(g)	%	(g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	BEBIDA CON VAINILLA + 02 PANES + MORTADELA								
Bebida de Trigo	40.00	100.00	7.60	4.00	21.32	31	36.00	85.28	153.63
Vainilla	0.10	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Goma xantica	0.20	94.00	0.00	0.00	0.19	0	0.00	0.76	0.76
Oleo de soja	0.10	94.00	0.00	0.00	0.21	0	0.00	0.00	0.00
Azucar rubia	40.00	100.00	0.00	0.00	39.84	0	0.00	159.36	159.36
Pan de naranjas	60.00	100.00	5.70	6.70	45.00	23	60.30	180.00	263.30
Mortadela	30.00	100.00	2.64	5.61	2.82	11.76	50.49	11.28	73.53
								VC DES	589.61
								% DIST. DES.	29.37

Almuerzo:	POLLO AL HUACATAY + ARROZ + REFRESCO + FRUTA								
Arroz Filetes p	180.0	100.00	12.10	0.70	126.72	48.60	6.30	506.88	561.78
Carne de Pollo	100.00	85.00	17.53	0.06	0.00	70	27.90	0.00	97.90
Huacatay	15.00	94.00	0.21	0.04	0.43	1.05	0.36	1.72	3.13
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	5.00	95.00	0.19	0.02	0.73	1	0.17	2.92	4.09
Papa blanca	150.0	90.00	2.00	0.10	28.43	11	7.19	113.73	132.92
Sal	5.00	100.00	0.13	0.04	0.00	0	0.36	0.00	0.36
Cebolla de cabe	30.00	97.00	0.38	0.04	2.77	1	0.36	11.08	12.47
Mandioca	15.00	100.00	0.10	0.06	21.57	4	0.54	86.28	90.84
Ajo entero sin	0.03	100.00	0.00	0.00	0.17	0	0.00	0.68	0.68
Vinagre	7.00	100.00	0.00	0.00	0.35	0	0.00	1.40	1.40
Naranja	150.00	90.00	1.74	0.15	18.0	7	1.35	54.00	62.35
Azucar rubia	34.00	100.00	0.00	0.00	34.41	0	0.00	137.63	137.63
								VC Alm	1151.85
								% Dist. Alm.	44.55

CENA:	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION								
Carne de res ma	50.0	100.00	10.00	3.00	0.00	40	27.00	0.00	67.00
Fideos	100.00	100.00	8.40	1.20	78.00	34	1.80	312.00	347.80
Zanahoria	20.00	88.00	0.11	0.06	1.82	0	0.36	6.48	7.20
Tomate	15.00	95.00	0.12	0.03	0.04	0	0.27	0.15	0.42
Cebolla de cabe	15.00	95.00	0.18	0.03	1.14	1	0.27	4.56	5.83
Ajos	5.00	95.00	0.22	0.03	1.00	1	0.27	4.00	5.27
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Hongos	5.00	94.00	0.21	0.06	0.00	0	0.51	0.00	0.51
Laurel	0.50	94.00	0.21	0.06	0.06	0	0.51	0.24	1.11
Ají colorado seco	5.00	94.00	0.38	0.40	3.16	2	3.60	12.64	18.24
Azucar rubia	34.00	100.00	0.00	0.00	34.41	0	0.00	137.63	137.63
								VC CEN	867.69
								% DIST. CENA	32.94
			72.88	51.57	426.73				
			294.00	464.13	1706.00				
			11.7	18	65.8				
					100				
								VCT DIARIO	2617.92

Lic. Paola W. Vica Benites
NUTRICIONISTA
C.N.P. 3303

Paola Yoselyne Barrios Sario
NUTRICIONISTA
C.N.P. 5799

martes, 31 de julio de 2018

ALIMENTO	p/porc	comestible	PROT	GRASA	CHO	VALOR NUTRITIVO (KCAL)			% DEL CAL.
	(g)	%	en (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	JUGO CON PIÑA + 02 PANES + MANTEQUILLA								
Tostada de pan	25.00	100.00	2.75	1.00	17.00	8	14.63	71.20	94.83
Piña	30.00	60.00	0.30	0.00	1.26	0	0.00	5.03	5.03
Queso panela	5.00	100.0	0.91	0.00	0.25	3.00	0.0455	1.11	4.16
Clara de huevo	0.10	90.00	0.00	0.00	0.01	0	0.00	0.04	0.03
Pan de hamburg	50.00	100.0	0.75	1.10	43.00	23.04	1.02	172.32	196.35
Margarina veget.	30.00	100.00	0.18	24.00	0.00	1	221.40	0.00	222.13
								VC DEL	539.10
								%DEL DES.	20.68

ALMUERZO	SUGO DE FRESA CON CHAMCHO + ARROZ + ENSALADA + REFRESCO + FRUTA								
Arroz Pilado con	150.0	100.00	0.30	0.75	115.75	49	0.75	496.80	522.75
Pechuga sabaleta c	120.0	100.00	27.48	1.80	00.00	108.00	16.20	379.68	485.88
Carne de Cerdo	90.0	90.00	8.10	5.40	0.00	34	57.15	0.00	92.34
Sal	8.00	100.00	0.10	0.04	0.00	0	0.00	0.00	0.01
Cebolla de cabe	80.00	97.00	0.72	0.11	8.08	3	0.66	34.72	35.38
Ají Cebolinado par	8.00	97.00	0.24	0.21	3.17	1	1.90	9.49	11.39
Ajos	8.00	90.00	0.36	0.05	1.95	1	0.45	7.75	8.20
Zanahoria	1.00	100.00	0.04	0.00	0.79	0	0.00	3.16	3.16
Hierba buena	3.00	94.00	0.60	0.21	0.36	0	0.19	0.30	0.50
Cilantro picado	2.00	94.00	0.60	0.21	0.21	0	0.08	0.81	1.89
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cilantro picado	2.00	100.00	0.60	0.00	0.29	0	0.00	1.16	1.17
Tomate	20.00	88.00	0.16	0.04	0.88	1	0.08	3.41	4.42
Aguacate	150.00	88.00	1.70	0.29	30.0	7	2.61	88.06	98.34
Aceite vegetal	40.00	100.00	0.00	0.00	30.00	0	0.00	117.30	117.30
								VC ALM.	1878.33
							%	DEL ALM.	69.83

CENA:	SOPA DE ARROZ CON MENUDENCIA DE POLLO								
Menudencia de po	60.00	85.00	16.00	2.40	0.00	16	21.87	0.00	61.87
Arroz Pilado con	60.00	100.00	1.20	0.30	51.11	19	1.89	194.43	196.42
Apio	15.00	75.00	0.60	0.02	2.34	0	0.08	2.16	2.24
Poro	15.00	98.00	0.27	0.00	3.75	1	0.75	3.00	4.75
Zanahoria	20.00	75.00	0.27	0.00	3.94	1	1.08	12.08	12.08
Papa blanca	100.00	82.00	1.70	0.00	18.29	7	0.74	72.14	80.77
Sal	8.00	100.00	0.10	0.04	0.00	0	0.08	0.00	0.13
Dengano seco	3.00	75.00	0.60	0.01	0.16	0	0.06	0.60	0.75
Ajos	5.00	80.00	0.12	0.01	1.21	1	0.29	4.68	4.96
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0	108.00	0.00	108.00
								VC DEL	403.39
								%DEL DES.	15.00
			75.15	51.16	172.70				
			194.14	150.48	1498.79				
			12	25.64	58.27				
					100.00	1		VCT	2515.40

Lic. Jaqueline Vilca Benites
NUTRICIONISTA
CNP 3208

Paola Barrios Soria
NUTRICIONISTA
CNP 5295

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

FECHA	DESAYUNO	ALMUERZO	CENA
01-02 JULIO	Guiso de fideos con res + arroz + te + 01 pan	Sopa de chochoca + arroz con pollo + ensalada + refresco + fruta	Pollo frito + arroz + ensalada + infusión
03-04-05 JULIO	Patita con maní + arroz + infusión + 01 pan	Cazuela de res + Milanesa de pollo + arroz + ensalada + refresco + fruta	Sopa de almeja de res + infusión
06-07-08 JULIO	Caldo de gallina + avena + 01 pan	Sopa de pollo + Frejoles con seco de res + arroz + refresco + fruta	Tortillas de verduras + ensalada + arroz + infusión
09-10-11 JULIO	Cau cau de mondongaito + arroz + infusión + 01 pan	Sopa de quinua con res + Asado de pollo + puré + arroz + refresco + fruta	Estofado de pollo + arroz + infusión
12-13-14 JULIO	Revuelto de chuño + arroz + te + 01 pan	Chupe de huevos + Pescado frito + arroz + ensalada + refresco + fruta	Guiso de fideos con res + arroz + ensalada + infusión
15-16-17 JULIO	Caldo de pata + avena + 01 pan	Cazuela de verduras con pollo + Estofado de res + arroz + refresco + fruta	Tallarín saltado de pollo + infusión
18-19-20 JULIO	Olla de cabeza de cerdo + papa + te + 01 pan	Menestrón + Pollo broster + arroz + ensalada + refresco + fruta	Sopa a la minuta de res + infusión
21-22-23 JULIO	Pebre + avena + 01 pan	Bonga de res + Pollo al sillao + arroz + refresco + fruta	Revuelto de verduras + arroz + infusión
24-25-26 JULIO	Arroz a la cubana + infusión + 01 pan	Crema de verduras + Mamitcada de res + arroz + refresco + fruta	Aeropuerto de pollo + infusión
27-28-29 JULIO	Papa rellena + arroz + ensalada + café + 01 pan	Pastel de papa + Chuleta de cerdo + arroz + chaufa + ensalada + refresco + fruta	Sopa de pollo + infusión
30-31 JULIO	Olluquito con carne + te + 01 pan	Papa a la huancaína + Tallarín verde con pollo frito + refresco + fruta	Papa arrebujada + arroz + ensalada + infusión

Lic. Nutr. Vicky R. Vera Benites
NUTRICIONISTA
C.N.P. 5760

CONSORCIO EDINSA Y BRAVO E.I.R.L.
M. CP
A. G.

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

01-02 JUNIO 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	KILOCALORIAS POR NUTRIENTES			TOTAL KCAL
	kg	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Quinua de frutas con nata + arroz + fa + fruta									
Té con azúcar	0.00	94.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Azúcar rubia	15.00	100.00	0.00	0.00	14.7	0.00	0.00	58.58	58.58
Kin de fécula de Pa	30.00	100.00	2.88	0.09	21.5	11.52	0.81	86.16	98.49
Frutas	80.00	100.00	7.92	0.16	62.96	31.04	1.44	250.14	281.76
Arroz Pilado o pulido	90	100.00	7.38	0.03	91.07	29.52	4.05	280.08	313.65
Ajos	0.50	100.00	0.03	0.00	0.15	0.11	0.0036	0.61	0.76
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Papa blanca	150.00	88.00	2.79	0.14	29.26	11.09	1.188	117.74	130.02
Carne de res pecho	80.00	70.00	7.48	0.56	0.00	29.92	5.04	0.00	34.96
Cebolla de cabeza (1	10.00	67.00	0.08	0.01	0.76	0.32	0.12	3.00	3.32
Sal	0.00	100.00	0.10	0.04	0.00	0.40	0.36	2.82	3.57
Perejil	3.00	100.00	0.15	0.02	0.21	0.61	0.18	0.88	1.66
Arvejas frescas (4)	15.00	64.00	0.48	0.05	1.52	1.92	0.44	6.08	8.44
Zanahoria	20.00	79.00	0.08	0.08	1.45	0.88	0.72	5.81	6.59
Ají verde de seco, pa	5.00	100.00	0.21	0.23	1.76	0.84	2.106	7.04	9.99
						V.C. DESAYUNO			1042.81
						% DIST. DESAYUNO			33.47
ALMUERZO: Sopa de cherchesa + arroz con pollo + ensalada + refresco + fruta									
Carne de res	60.00	90.00	8.08	1.32	0.00	32.28	10.98	0.00	43.22
Cherchesa de Maíz	30.00	100.00	0.30	0.00	6.44	1.80	0	17.72	19.52
Zapallo reseco	40.00	47.00	0.19	0.04	1.20	0.76	0.34	4.82	5.92
Ajos	4.10	75.000	0.03	0.01	0.15	0.09	0.05	0.59	0.73
Perejil	2.00	66.000	0.04	0.01	0.10	0.24	0.10	0.40	0.64
Papa blanca	100.00	82.000	1.72	0.08	28.28	6.88	0.72	78.54	80.77
Zanahoria	20.00	79.000	0.08	0.08	1.45	0.38	0.72	5.81	6.90
Habas frescas	25.00	35.000	0.88	0.07	2.17	3.96	0.63	6.07	10.65
Ají verde (2)	5.00	67.00	0.08	0.01	0.42	0.24	0.2412	1.66	2.14
Arroz Pilado o pulido	200.0	100.00	16.40	1.00	155.00	65.60	9	622.43	697.03
Carne de pollo entier	800.00	85.00	38.02	4.00	0.00	152.08	36.06	0.00	188.14
Arvejas frescas (4)	25.00	64.00	1.28	0.11	3.05	5.12	1.0296	14.21	20.36
Cilantro	20.00	57.00	0.38	0.15	0.80	1.52	1.3518	3.19	6.06
Manitas (2)	50	52.00	0.88	0.08	2.24	3	0.72	8.94	12.34
Zapallo reseco	30.00	87.00	0.34	0.17	0.96	1.17	1.5714	3.83	7.57
Zanahoria	30.00	79.00	0.14	0.12	2.18	0.57	1.0665	8.72	10.36
Ají verde (2)	5.00	67.00	0.08	0.01	0.42	0.24	0.2412	1.68	2.14
Pimiento	10.00	82.00	0.12	0.04	0.64	0.36	0.3816	2.56	3.30
Ajos	4.00	80.00	0.18	0.03	0.07	0.72	0.2304	0.28	1.24
Aceite vegetal	13.00	90.00	0.00	13.50	0.00	0.00	121.5	0.00	121.50
Glutamato monosódi	0.60	100.00	0.07	0.00	0.52	0.28	0	2.08	2.36
Sal	10.50	100.00	0.15	0.05	0.86	0.60	0.4725	3.44	4.52
Maicena	6.00	90.00	0.06	0.01	0.44	0.24	0.18	1.77	2.17
Plátano de seda	250.00	68.00	1.63	0.61	21.42	6	1.75	85.68	93.43
Azúcar rubia	30.00	100.00	0.00	0.00	19.56	0	0.00	78.24	78.24
Cebolla con cabeza (1	6.00	100.00	0.48	0.13	3.06	1.92	1.17	10.22	13.31
Limón	4.00	100.00	0.03	0.01	0.20	0.08	0.07	1.55	1.70
						V.C. ALMUERZO			1938.02
						% DIST. ALMUERZO			49.43
CENA: Pollo frito + arroz + ensalada + infusión									
Carne de Pollo Entier	400.00	90.00	14.40	1.92	0.00	57.60	17.28	0.00	80.16
Arroz Pilado o pulido	90.0	100.00	7.38	0.40	70.02	29.52	4.86	280.08	314.46
Papa blanca	100.0	88.00	2.00	0.10	21.20	7.98	0.86	84.74	93.58
Ajos	1.00	80.00	0.08	0.01	0.49	0.36	0.1152	1.96	2.42
Sal	7.00	100.00	0.08	0.04	0.57	0.34	0.42	2.28	2.96
Aceite vegetal	20.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Cebolla de cabeza (1	15.00	67.00	0.15	0.05	1.89	0.94	0.30	7.57	8.81
Tomate	15.00	88.00	0.13	0.03	0.64	0.48	0.27	2.55	3.30
Lechuga redonda	80.00	50.0	0.39	0.06	0.62	1.56	0.54	2.52	4.62
Perejil	6.00	96.00	0.10	0.01	0.15	0.58	0.126	0.52	1.03
Ají colorado seco, pa	1.00	68.00	0.02	0.02	0.40	0.14	0.47916	1.60	2.24
Huevos	5.00	84.00	0.13	0.04	0.30	0.54	0.36	1.21	2.11
Azúcar rubia	65.00	100.00	0.00	0.00	54.41	0.00	0.00	217.62	217.62
							V.C. CENA		842.74
							% DIST. CENA		25.13
			936.81	57.31	489.68				
			427.25	514.02	1832.71				
			37.89	15.04	58.31				
							VCT. MENU		3314.85

Lic. Jessica N. Vega Benites
NUTRICIONISTA
CNP 5799

CONSORCIO FLORA
M. CRISTINA CHURATA
INGENIERA QUÍMICA

Paola Yoberto Barrios Soria
NUTRICIONISTA
C.N.P 5790

08-04-09 JULIO 2018

ALIMENTO	ETAPAS	CONVERSIÓN	PROT	GRASA	CHO	RELACIONAD POR NUTRIENTES			TOTAL REAL
	(g)	%	Ave (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Pollo con maní + arroz + infusión + 01 pan									
Pollo de carne	100.00	94.00	21.29	1.13	0.54	45.34	10.206	2.16	57.51
Arroz Pilado o quirido	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.67
Ajos	5.00	88.00	0.22	0.02	1.22	0.88	0.09	4.88	6.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	225.00
Sal	13.00	100.00	0.14	0.00	0.00	0.56	0.54	0.04	0.0
Maní molido con pell	5.00	79.00	0.85	1.50	0.70	3.41	17.14	2.80	23.3
Papa blanca	100.0	82.00	1.72	0.08	18.29	6.88	0.74	73.14	80.77
Ají colorado seco, pa	1.50	68.00	0.07	0.06	0.60	0.29	0.71	1.35	3.40
Cebolla de cabeza (2	5.00	67.00	0.08	0.01	0.38	0.33	0.06	1.51	1.76
Pimienta entero	0.70	67.00	0.01	0.01	0.09	0.03	0.10	0.36	0.48
Cochinayo	5.0	100.00	0.00	0.00	0.51	0.00	0.00	2.10	2.10
Cilantro	1.00	88.00	0.03	0.01	0.05	0.11	0.09	0.22	0.42
Azúcar rubia	50.00	100.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.36	1.21	2.12
Pan de Ishrama o Fr	30.00	100.00	2.88	0.09	21.5	11.52	0.81	86.16	98.49
					V.C. DESAYUNO				848.52
					% DISTR. DESAYUNO				27.01
ALMUERZO: Cazuela de res + Milanesa de pollo + arroz + ensalada + refresco + fruta									
Carne de res	60.00	78.00	8.06	1.22	0.00	12.24	10.98	0.00	43.22
Zapallo moscar	30.00	67.00	0.18	0.02	0.90	0.39	0.25	3.61	4.25
Maíz Frescos. Choclo	80.00	57.00	1.58	0.96	12.60	6.03	3.28	50.71	60.01
Ajos	10.00	75.00	0.05	0.02	0.30	0.24	0.225	1.46	1.79
Poro	10.00	66.00	0.18	0.02	0.90	0.71	0.4752	3.01	3.89
Habas frescas	20.00	35.00	0.79	0.06	1.81	3.16	0.60	7.25	10.82
Zanahoria	20.00	79.00	0.08	0.09	1.45	0.32	0.71	5.81	6.84
Papa blanca	50.0	82.00	0.86	0.04	9.14	3.44	0.37	36.57	40.39
Carne de Pollo Entera	160.0	70.00	21.03	4.02	0.00	92.29	36.29	0.00	128.58
Arroz Pilado o quirido	150.00	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Vinagre	1.50	100.00	0.00	0.00	0.00	0.00	0.14	0.30	0.44
Pan seco molido	20.00	100.00	2.20	0.56	16.50	8.80	5.04	66.00	79.84
Pimienta molida	0.15	100	0.01	0.01	0.10	0.05	0.11	0.35	0.54
Comino	0.15	100	0.01	0.00	0.12	0.02	0.00	0.48	0.50
Ajos	3.00	80.00	0.08	0.01	0.40	0.36	0.12	1.65	2.43
Ají colorado seco, pa	0.70	68.00	0.02	0.04	0.38	0.13	0.33	1.13	1.59
Cebolla de cabeza (2	42	67.00	0.49	0.06	3.26	3.01	0.52	13.02	16.55
Huevo de gallina, cru	15.00	98.00	1.98	1.23	0.29	7.94	11.13	1.05	20.12
Remolacha rall	40.0	89.0	0.54	0.03	3.04	2.18	0.29	12.16	14.62
Zanahoria	55.00	79.00	0.26	0.22	4.80	1.04	1.98	19.99	18.99
Manzana de agua	52.60	100.00	0.16	0.05	7.68	0.61	0.47	30.72	31.82
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
Manzana	150.00	85.00	0.38	0.13	18.67	1.53	1.15	74.66	77.34
					V.C. ALMUERZO				1889.12
					% DISTR. ALMUERZO				42.58
CENA: Sopa de sémola de res + infusión									
Sémola de Trigo	80.00	100.00	15.04	0.55	43.04	62	77.84	172.16	311.60
Carne de res pulpa	80.00	100.00	17.04	1.28	0.00	68.16	11.52	0.00	79.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Ajos	8.00	80.00	0.36	0.03	1.95	1.41	0.48	7.79	9.68
Apio	12.00	76.00	0.06	0.02	0.48	0.25	0.162	1.73	2.14
Poro	12.00	66.00	0.21	0.06	0.69	0.84	0.57024	2.41	3.83
Cebolla de cabeza (2	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.27	21.15
Sal	25.00	100.00	0.22	0.00	1.46	1	0.81	5.95	7.58
Papa blanca	100.0	82.00	1.72	0.08	18.29	6.88	0.74	73.14	80.77
Tomate	15.00	99.00	0.20	0.05	1.08	1	0.45	4.29	5.45
Verduras surtidas	5.00	85.00	0.20	0.03	0.28	1	0.27	1.12	2.13
Hierbas	8.00	100.00	0.25	0.08	0.56	1	0.72	2.24	3.96
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
							V.C. CENA		918.94
							% DIST. CENA		28.97
			95.73	81.78	481.19				
			383.92	736.28	1652.62				
			12.10	26.40	52.60				
							VCT. MENU		3141.58

Lic. Jessica Villca Benites
NUTRICIONISTA
C.N.P. 3358

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

06-01-08 JULIO 2008

ALIMENTO	peso neto (g)	comestible %	PROT kcal (g)	GRASA (g)	CHO (g)	KILOCALORIAS POR NUTRIENTES PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Caldo de pollo + Avena + Bl pan									
Avena hojuelas crud	30.00	100.00	3.90	0.30	21.6	15.59	10.80	86.40	112.19
Mezcla de agua	60.00	95.00	0.07	0.02	3.50	1	0.20	14.00	14.20
Pan de leche crudo o P	30.0	100.00	2.88	0.50	16.54	11.52	0.01	66.16	77.69
Azúcar rubia	60.00	100.00	0.00	0.00	34.4	0.00	0.00	137.60	137.60
Carne de gallina	100.00	70.00	17.67	1.40	0.00	71	12.60	0.00	84.07
Ajos	5.00	96.00	0.27	0.04	1.44	1.08	0.34	5.76	7.18
Apio	10.00	95.00	0.07	0.02	0.40	0.27	0.17	1.62	2.06
Poro	10.00	95.00	0.16	0.07	0.60	0.67	0.65	2.70	4.02
Leche evaporada	20.00	100.00	1.40	1.62	2.12	5.60	14.58	8.72	28.88
Papa blanca	100.0	95.00	2.60	0.10	21.19	7.98	0.90	84.76	93.66
Huevos tallarin	80.00	100.00	9.60	0.08	85.08	38.42	0.72	342.32	381.46
Sal	10.00	100.00	0.12	0.05	0.00	0.48	0.45	0.00	0.93
Pimienta entera	1.00	100	0.05	0.08	0.04	0.24	0.72	0.16	1.12
Bicarbonato comercial	0.20	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aceite vegetal	10.00	67.00	0.00	8.70	0.00	0.00	80.30	0.00	80.30
Vinagres surtidos	3.00	95.00	0.23	0.03	0.01	0.92	0.30	1.24	2.46
						V.C. DESAYUNO			989.70
						% DISTR. DESAYUNO			27.96
ALMUERZO: Sopa de pollo + Frejoles con sopa de res + arroz + refresco + fruta									
Carne de Pollo Entera	80.0	70.00	8.63	0.51	0.00	34.52	13.61	0.00	48.13
Ajos	5.00	75.00	0.66	0.01	0.18	0.14	0.07	0.72	0.99
Poro	2.00	96.00	0.06	0.01	0.10	0.14	0.10	0.40	0.64
Nabo	2.00	96.00	0.01	0.00	0.05	0.02	0.02	0.19	0.23
Zapallo verde	40.00	47.00	0.73	0.04	1.20	0.93	0.34	4.81	5.68
Zanahoria	10.00	75.00	0.09	0.08	1.45	0.18	0.72	5.81	6.69
Papa blanca	80.0	90.00	1.68	0.05	10.97	4.18	0.45	43.89	48.48
Habas frescas	80.00	35.00	1.17	0.05	2.71	4.73	0.76	10.84	16.33
Habas	80.00	100.00	7.52	0.16	62.56	30.08	1.44	250.24	281.76
Sal	1.00	100.00	0.00	0.02	0.25	0.14	0.14	0.98	1.26
Ajos	2.00	90.00	0.00	0.01	0.40	0.16	0.13	1.96	2.42
Carne de res	160.00	70.00	19.85	0.70	0.00	79.02	37.27	0.00	116.29
Arroz Pilado o pulido	150.00	100.00	13.50	0.75	126.70	45.15	6.75	406.80	452.70
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Bicarbonato negro	15.00	90.00	0.15	0.11	0.02	1.43	1.03	2.50	4.96
Cilantro	10.00	97.00	0.16	0.03	0.60	1.52	1.44	5.19	8.15
Zanahoria	15.00	75.00	0.09	0.08	1.45	0.58	0.72	5.81	6.90
Ají verde (2)	2.00	67.00	0.00	0.01	0.17	0.18	0.10	0.68	0.96
Sal	8.00	100.00	0.10	0.04	0.00	0.58	0.36	0.02	0.97
Ajos	2.00	90.00	0.04	0.01	0.34	0.18	0.09	0.07	1.31
Papa blanca	100.0	92.00	1.72	0.06	18.39	6.89	0.54	73.56	80.97
Arvejas frescas (4)	20.00	54.00	0.77	0.00	2.03	3.07	0.00	8.12	11.19
Azúcar rubia	60.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Maíz molido	15.00	100.00	1.33	0.51	11.41	4.38	4.59	45.72	54.69
Limón	10.00	100.00	0.05	0.02	0.97	0.20	0.18	3.88	4.26
Naranja	100.0	90.00	0.72	0.24	12.12	2.88	2.16	48.48	53.52
						V.C. ALMUERZO			1492.75
						% DISTR. ALMUERZO			44.37
CENA: Tortillas de verduras + arroz + ensalada + infusión									
Calabaza	100.00	47.00	0.78	0.05	2.61	3	0.45	10.44	13.89
Zanahoria	50.00	75.00	0.24	0.20	3.63	0.96	1.79	14.54	17.29
Harina de trigo	20.00	100.00	0.15	0.40	12.84	12.00	3.60	89.78	107.38
Leche evaporada	20.00	100.00	1.40	1.62	2.12	5.60	14.58	8.72	28.90
Huevo de gallina cru	20.00	88.00	1.65	1.45	0.45	10.58	13.11	1.41	24.81
Coliflor	100.0	90.00	2.2	0.6	4.4	8	5.40	17.60	31.00
Cebolla de cabeza (2	60.00	67.00	0.16	0.08	4.54	2.16	0.72	18.17	21.05
Arroz Pilado o pulido	90.0	100.00	7.65	0.45	75.81	29.52	4.05	300.08	333.65
Ajos	2.00	90.00	0.08	0.01	0.49	0.16	0.11	1.88	2.42
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Perejil	4.00	50.00	0.12	0.01	0.14	0.48	0.13	0.53	1.13
Tomate	15.00	94.00	0.06	0.02	0.49	0.24	0.18	1.95	2.37
Huevos	2.00	87.00	0.04	0.01	0.35	0.17	0.12	0.58	0.87
Sal	11.00	100.00	0.14	0.06	0.00	0.56	0.54	0.00	1.10
Azúcar rubia	60.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			932.84
						% DIST. CENA			28.27
			84.33	54.53	404.50				
			337.32	491.17	1616.5				
			18	25	50				
							V.C.T. MENU		3300.49

Lic. Juana M. Vica Barrios
NUTRICIONISTA
C.N.P. 6790

Paola Yadanc Barrios Soria
NUTRICIONISTA
C.N.P. 6790

08-10-11 JULIO 2018

ALIMENTO	g/per (g)	comestible %	PROT Ar (g)	GRASA (g)	CHO (g)	KILOCALORIAS POR NUTRIENTES PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:Cau cau de mondongquito + arroz + infusión + 01 pan									
Hierbas	2.00	94.00	0.05	0.01	0.08	0.12	0.10	0.33	0.53
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0.00	0	117.88	117.88
Pan de harina o fra	30.0	100.00	2.88	0.09	21.54	11.52	0.84	86.16	98.48
Arroz Pilado o pulido	80.00	100.00	7.38	0.16	59.90	29.52	4.05	239.60	313.65
Sal	6.00	100.00	0.07	0.00	0.49	0.28	0.27	1.97	2.53
Mondongo de res	100.00	50.0	8.45	1.75	0.50	34	15.75	2.00	51.75
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	1.00	100.0	0.02	0.00	0.12	0	0.09	0.48	0.56
Papa blanca	150.00	92.0	2.00	0.14	30.77	12	1.24	123.10	136.34
Cebolla de cabeza	80.00	84.0	1.16	0.21	3.28	4	1.88	13.12	21.57
Zanahoria	40.00	87.0	0.24	0.17	3.20	1	1.53	12.80	15.33
Arvejas frescas (H)	30.00	67.0	1.05	0.06	2.69	4	0.78	10.80	15.57
Ají colorado seco, pa	2.00	85.0	0.04	0.02	0.14	0	0.18	0.54	0.84
						V.C. DESAYUNO			809.19
					% DISP. DESAYUNO				28.68
ALMUERZO: Sopa de quinua con res + Asado de pollo + puré + jugo + refresco + fruta									
Desgrasado res	40.00	77.00	0.18	0.04	1.20	0.53	0.34	4.81	5.68
Maíz Fresco, Choclo	40.00	57.00	0.75	0.18	6.34	3.01	1.04	25.35	30.00
Apio	10.00	76.00	0.09	0.02	0.36	0.21	0.14	1.44	1.79
Poro	10.00	66.00	0.18	0.06	0.56	0.71	0.48	2.00	3.19
Col blanca	10.00	68.00	0.09	0.02	0.33	0.35	0.18	1.32	1.84
Quinua Cruda	30.00	100.00	4.08	1.74	19.88	16.32	15.66	79.56	111.54
Habas frescas	20.00	95.00	0.79	0.06	1.81	3.16	0.54	7.25	10.95
Nabo	6.00	66.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	6.90
Papa blanca	180.0	82.00	1.72	0.08	18.28	6.88	0.74	73.14	80.77
Carne de res	80.0	85.80	8.79	3.46	0.00	35.17	13.83	0.00	51.00
Ajos	3.00	99.00	0.17	0.00	0.99	0.67	0.21	3.61	4.49
Carne de Pollo Entera	160.0	70.00	25.07	4.00	0.00	91.29	36.25	0.00	128.58
Arroz Pilado o pulido	130.00	100.00	52.30	0.75	116.78	209.20	6.75	466.68	622.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Cebolla de cabeza (2)	30.00	84.00	0.35	0.06	2.88	1	0.45	11.52	12.97
Tomate	30.00	95.00	0.24	0.00	1.28	1	0.03	5.12	6.15
Ají colorado seco, pa	2.00	68.00	0.05	0.05	0.40	0.19	0.48	1.60	2.26
Papa blanca	180.0	82.00	3.33	0.15	32.91	13.40	1.35	131.66	146.39
Sal	12.00	100.00	0.23	0.00	0.90	0.93	0.00	3.61	4.61
Manzanilla	25.00	100.00	0.22	0.00	3.95	0.90	0.23	15.80	16.93
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0.00	0.00	58.98	58.98
Plátano de seda	150.0	68.00	1.53	0.31	21.42	6.12	2.75	85.68	94.55
					V.C. ALMUERZO				1455.26
					% DISTR. ALMUERZO				45.25
CENA:	Estofado de pollo + arroz + infusión								
Carne de Pollo Entera	100.0	70.00	14.42	3.52	0.00	57.68	31.68	0.00	89.36
Arroz Pilado o pulido	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Papa blanca	150.00	67.00	1.12	0.10	22.41	8.44	0.90	89.65	98.99
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Ajos	4.00	90.00	0.18	0.00	0.97	0.72	0.18	3.88	4.78
Sal	12.00	100.00	0.23	0.00	0.98	0.93	0.54	3.94	5.41
Tomate	30.00	95.00	0.22	0.00	1.16	0.88	0.40	4.64	5.92
Arvejas Frescas (H)	20.00	54.00	0.77	0.06	1.03	3.07	0.5532	8.12	11.77
Cebolla de cabeza (2	60.00	67.00	0.56	0.08	4.54	2.24	0.72	18.17	21.13
Ají colorado seco, pa	1.00	68.00	0.05	0.05	0.40	0.19	0.45	1.60	2.24
Zanahoria	30.00	79.00	0.14	0.12	1.18	0.57	1.07	8.72	10.36
Hierbas	5.00	94.00	0.08	0.00	0.19	0.33	0.20	0.76	1.33
Azúcar rubia	36.00	100.00	0.00	0.00	35.39	0.00	0.00	141.55	141.55
								VC CENA	892.51
								%DIST CENA	26.27
			186.14	60.66	896.32				
			424.57	546.90	2691.28				
			13.15	17.16	67.07			VET MENU	3280.78

Lic. Jessica A. Vera Benites
NUTRICIONISTA
C.N.P. 3500

M. CRISTINA CHUQUIPIAO
REPRESENTANTE

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

13-13-14 JULIO 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	KILOCALORIAS POR NUTRIENTES			TOTAL KCAL
DESAYUNO: Revuelto de chuño + arroz + te + OJ pan						PROT	GRASAS	CHO	
Te sin azúcar	1.00	100.00	0.00	0.00	0.01	0.01	0.00	0.05	0.06
Pan de leche con O.J.	85.0	100.00	1.88	5.95	21.94	11.52	53.51	90.18	155.21
Azúcar rubia	30.00	100.00	0.00	0.00	24.4	0.00	0.00	117.62	117.62
Chuño blanco	80.00	90.00	0.38	0.00	8.33	1.44	0	14.13	15.57
Arroz filado o pulido	90.00	100.00	7.38	0.45	78.01	29.52	4.05	280.08	313.65
Queso parrilla	15.00	100.00	4.25	4.50	0.38	15.30	40.50	1.38	57.18
Leche evaporada	25.00	100.00	2.75	2.85	2.75	7	25.65	10.00	42.65
Huevo de gallina, cru	15.00	98.00	1.66	1.22	0.36	7.94	11.13	1.29	20.36
Aceite vegetal	15.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Papa blanca	100.00	85.00	1.79	0.09	18.96	7.16	0.79	75.82	83.79
Cebolla de cabeza (2	20.00	97.00	0.29	0.05	1.81	0.12	0.24	6.08	7.05
Sal	1.00	100.00	0.10	0.04	0.06	0.10	0.36	0.22	0.67
Tomate	15.00	99.00	0.12	0.05	0.40	0.42	0.27	1.55	2.30
Perejil	5.00	50.00	0.12	0.02	0.10	0.48	0.16	0.66	1.29
Ajos	3.00	80.00	0.09	0.01	0.49	0.36	0.12	1.95	2.42
					V.C. DESAYUNO				872.02
					% DISTR. DESAYUNO				25.51
ALMUERZO: Chupe de huevos + Pescado frito + arroz + ensalada + refresco + fruta									
Huevo de gallina, cru	15.00	98.00	1.66	1.22	0.36	7.4	11.13	1.09	17.77
Pavo	6.00	90.00	0.11	0.03	0.00	0.43	0.29	1.23	1.95
Apio	5.00	75.00	0.03	0.01	0.22	0.13	0.09	0.96	1.07
Queso parrilla	15.00	70.00	1.96	2.10	0.25	7.04	18.9	0.90	27.00
Leche evaporada	25.00	100.00	1.43	1.47	2.18	5.02	24.59	6.72	36.30
Zapallo macre	45.00	40.00	0.15	0.06	1.89	0.24	0.36	8.41	8.99
Habas frescas	50.00	35.00	1.25	0.00	2.71	4.75	0.75	10.08	16.20
Zanahoria	20.00	70.00	0.12	0.54	2.64	0.66	1.38	10.18	12.22
Fideos	45.00	100.00	5.75	0.80	32.50	23.04	0.72	129.43	153.20
Papa blanca	100.00	78.00	1.38	0.08	16.70	6.50	0.66	66.92	73.08
Vainitas verdes	5.00	90.00	0.19	0.05	0.26	0.77	0.22	1.04	2.03
Maíz fresco, Choclo	40.00	57.00	0.75	0.16	6.34	3.00	1.44	25.36	29.80
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
Cereales	1	100	0.08	0.00	1.59	0.32	0.04	6.35	6.71
Ajos	4.00	80.00	0.13	0.02	0.75	0.54	0.17	2.99	3.69
Pescado	150.0	100.00	24.58	0.24	0.40	188.24	92.16	1.60	196.22
Sal	1.00	100.00	0.12	0.05	0.01	0.48	0.45	0.04	0.97
Arroz filado o pulido	150.00	100.00	12.30	0.75	130.02	49.20	6.75	466.07	522.02
Cebolla de cabeza (2	20.00	97.00	0.29	0.11	2.02	1.16	0.99	8.08	10.23
Tomate	45.00	90.00	0.38	0.07	1.50	1.15	0.63	6.00	7.78
Aj colorado seco, pa	3.00	88.00	0.14	0.15	2.30	0.57	1.40	9.19	11.16
Orégano seco	0.30	94.00	0.00	0.00	0.04	0.00	0.01	0.13	0.14
Vinagre	15.00	100.00	0.00	0.17	0.03	0.00	1.49	0.12	1.61
Harina de trigo	20.00	100.00	2.12	0.40	14.96	8.48	3.60	59.84	71.92
Rocoto	5.00	90.00	0.08	0.05	0.47	0.25	0.45	1.93	2.63
Cocoda con cáscara	8.00	100.00	0.46	0.12	8.02	1.84	1.07	32.12	35.03
Limón	4.00	100.00	0.02	0.01	0.09	0.08	0.07	0.36	0.51
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
Pilla	150.00	100.00	0.60	0.40	14.70	2.40	3.60	58.80	64.80
					V.C. ALMUERZO				1555.35
					% DISTR. ALMUERZO				45.87
CENA: Bajas de Fideos con ajo + arroz + infusión									
Arroz filado o pulido	90.00	100.00	7.38	0.45	78.01	29.52	4.05	280.08	313.65
Carne de res pulpa	80.00	100.00	17.04	1.28	0.00	68.16	11.52	0.00	79.68
Sal	1.00	100.00	0.10	0.04	0.00	0.20	0.36	0.00	0.57
Orégano seco	1.00	99.00	0.00	0.00	0.31	0.00	0.00	0.45	0.45
Papa blanca	100.00	85.00	1.79	0.09	18.96	7.16	0.77	75.82	83.75
Cebolla de cabeza (2	25.00	97.00	0.29	0.05	1.89	0.94	0.45	7.57	8.97
Fideos	50.00	100.00	2.62	0.50	23.40	11.20	0.54	93.64	105.40
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Zanahoria	25.00	70.00	0.12	0.30	1.82	0.47	0.89	7.27	8.63
Arveja fresca (4)	25.00	54.00	0.96	0.08	3.60	3.03	0.74	10.18	13.77
Aj colorado seco, pa	1.00	88.00	0.05	0.05	0.40	0.15	0.47	1.61	2.23
Hierbas	5.00	94.00	0.08	0.03	0.10	0.24	0.24	0.19	1.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
							V.C. CENA		805.69
							% DIST.CENA		25.59
			330.42	79.77	558.43				
			402.66	717.84	2232.71				
			33.62	33.80	65.45				
					100.00		VCT. MENU		3148.97

Lic. J. Jorge W. Vila Berlitz
NUTRICIONISTA
CNP 1888

M. CRISTINA LINGÁN Q.
REPRESENTANTE

Paola Yohana Barrios Soria
NUTRICIONISTA
C.N.P. 5795

15-10-17 JUAN 2018

ALIMENTO	gr/porc (g)	comestible %	PROT kcal (g)	GRASA (g)	CHO (g)	APORTE NUTRIENTES PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Caldo de pata + avena + 01 pan									
Avena, hojuelas crud	30.00	100.00	3.99	1.20	21.8	15.96	10.80	98.40	115.16
Vinagre de vino	30.00	80.00	0.07	0.02	0.59	0	0.18	16.02	16.02
Pata de ternera c/ h	60.0	100.00	1.98	0.20	21.54	11.52	0.90	96.93	98.43
Azúcar rubia	15.00	100.00	0.00	0.00	14.4	0.000	0.000	137.61	137.61
Pata de res	300	55.00	20.75	4.70	0.85	62.25	42.04	2.40	106.02
Poro	0.05	80.00	0.04	0.02	0.18	0.04	0.17	0.75	1.05
Apio	4.10	75.00	0.02	0.01	0.15	0.09	0.06	0.59	0.73
Nabo	3.00	85.00	0.02	0.01	0.09	0.06	0.05	0.37	0.47
Ajo	0.02	100.00	0.02	0.01	0.98	0.02	0.02	3.92	3.91
Maíz pelado, pera m	35.00	92.00	1.95	0.85	25.21	7.00	5.05	100.82	114.54
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0.000	108	0.00	108.00
Sal	12.00	100.00	0.14	0.06	0.00	0.02	0.54	0.00	0.55
Papa blanca	150.00	85.00	3.77	0.17	25.44	11.09	0.180	117.74	130.02
Cebolla de cabeza (2	35.00	67.00	0.38	0.01	3.65	1.31	0.01251	16.60	19.41
Chuño blanco	45.00	82.00	0.16	0.00	1.61	0.06	0	6.49	7.06
Verduras surtidas	5.00	94.00	0.13	0.01	0.18	0.52	0.17001	0.70	1.39
Ají colorado secos, pa	2.00	100.00	0.14	0.01	1.17	0.06	0.006	4.70	4.86
						V.C. DESAYUNO			879.57
					% DIST. DESAYUNO				29.54
ALMUERZO: Caldo de verduras con pollo + Ensalada de res + arroz + refresco + fruta									
Caldo de Pollo Steve	60.00	30.00	0.05	0.01	0.08	14.61	33.01	0.00	48.12
Cebolla china	30.00	47.00	0.10	0.01	0.08	0.39	0.23	0.61	4.24
Apio	12.00	75.00	0.04	0.01	0.46	0.15	0.16	1.79	2.10
Poro	12.00	60.00	0.07	0.00	0.08	0.05	0.57	2.41	3.03
Papas frescas	22.00	35.00	0.75	0.05	1.01	1.16	0.50	7.21	10.87
Zanahoria	22.00	76.00	0.08	0.00	1.46	0.16	0.71	1.61	2.38
Papa blanca	60.00	82.00	1.58	0.01	20.97	4.15	0.48	49.85	48.45
Carne de res	100.0	100.00	30.73	4.84	0.00	122.80	41.70	0.00	164.64
Arroz Pilado o polvito	150.00	100.00	12.00	0.71	106.78	49.50	6.75	464.80	522.79
Tomate	30.00	99.00	0.04	0.04	1.18	0.45	0.55	5.11	6.39
Arvejas frescas (3)	25.00	54.00	0.08	0.00	2.54	5.85	0.729	18.15	14.72
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.000	225.00	0.00	225.00
Cebolla de cabeza (2)	60.00	67.00	0.38	0.01	4.34	2.35	0.72	18.67	21.73
Ají colorado secos, pa	5.00	68.00	0.14	0.01	1.39	0.57	0.45000	4.70	5.70
Sal	10.00	100.00	0.14	0.01	0.00	0.06	0.81	0.00	0.81
Zanahoria	30.00	76.00	0.08	0.00	1.46	0.35	0.71	5.81	6.90
Ajos	5.00	95.00	0.32	0.01	1.18	0.80	0.25	4.81	5.86
Tocosh	5.00	80.00	0.06	0.01	0.60	0.35	0.36	2.71	3.39
Limón	3.00	100.00	0.02	0.01	0.09	0.06	0.03	0.36	0.39
Mayonesa	25.00	100.00	0.23	0.01	3.55	0.50	0.25	15.80	16.55
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0.000	0.000	78.64	78.64
Naranja	150.0	80.00	0.73	0.24	17.13	2.55	2.15	68.46	73.52
						V.C. ALMUERZO			1256.04
					% DISTR. ALMUERZO				42.18
CENA: Fideos con salsa de pata + infusión									
carne de pollo pecho	100.0	85.00	20.30	2.47	0.00	85.20	22.19	0.00	107.47
Sal	12.00	100.00	0.14	0.06	0.00	0.02	0.54	0.00	0.55
Aceite vegetal	25.0	100.00	0.00	25.0	0.00	0.000	225	0.00	225.00
Miel	0.50	100.00	0.79	0.02	0.07	2.04	0.616	0.26	0.81
Vinagre	1.00	100.00	0.00	0.00	0.00	0.000	0.14	0.00	0.49
Fideos tallarín	100.0	90.00	0.55	0.09	62.64	34.20	0.81	208.56	205.57
Queso rallado	0.30	100.00	0.00	0.00	0.26	0.13	0.00	0.88	1.27
Pimienta molida	0.1	100	0.00	0.00	0.13	0.07	0.144	0.51	0.72
Pimienta	5.00	85.00	0.08	0.02	0.52	0.25	0.10875	1.88	1.71
Cebolla de cabeza (2)	50.00	67.00	0.28	0.04	2.27	1.13	0.3619	8.89	10.37
Ají colorado secos, pa	0.70	68.00	0.09	0.04	0.28	0.13	0.49	1.10	1.79
Ajos	4.00	95.00	0.32	0.01	1.18	0.80	0.20	4.82	5.88
Cebolla china (2)	15.00	75.00	0.21	0.04	0.08	0.35	0.1575	1.71	2.18
Ají verde (2)	3.00	85.00	0.06	0.02	0.02	0	0.18	0.20	0.38
Perejil	3.00	100.00	0.13	0.02	0.12	0.61	0.20	0.83	1.63
Azúcar rubia	20.00	100.00	0.00	0.00	19.7	0.00	0.00	78.64	78.64
Manzana	0.00	86.00	0.00	0.00	0.11	0.00	0.00	0.45	0.00
Pepa blanca	100.00	82.00	2.98	0.12	27.40	33.35	1.14	108.72	175.18
						V.C. CENA			843.85
					% DISTR. CENA				28.24
	VET (Kcal)		136.87	79.94	396.83				
	VET (Kcal)		450.87	715.87	1584.8				
	VET (%)		15	24	53				
					V.C.T. MENU				2977.62

Lic. Jessica M. Vica Benites
NUTRICIONISTA
C.N.P. 1395

Paola Yoselne Barrios Soria
NUTRICIONISTA
C.N.P. 0958

18-19-20 JULIO 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	KKCALORIAS POR NUTRIENTES			TOTAL KCAL
DESAYUNO: Jugo de cítricos de cerdo + pan + fr = 01 per									
Té con azúcar	3.00	84.00	0.00	0.00	0.01	0.03	0	0.03	0.03
Pan de labranza c fr	30.0	100.00	2.88	0.09	21.54	11.52	0.81	86.10	98.43
Azúcar rubia	30.00	100.00	0.00	0.00	24.4	0.00	0.00	187.61	187.61
Carne de Cerdo	150.0	100.00	21.60	22.65	0.00	86.40	203.85	0.00	290.25
Aceite vegetal	35.0	100.00	0.00	35.0	0.00	0.00	0.00	0.00	315.00
Vinagre	3.00	100.00	0.00	0.02	0.02	0.02	0.1800	0.20	0.40
Pimienta molida	0.5	100	0.04	0.01	0.32	0.17	0.09	1.27	1.53
Tomate	25.00	90.00	0.18	0.05	0.87	0.72	0.450	3.47	4.63
Cebolla de cabeza (2	100.00	87.00	0.54	0.19	7.57	2.16	1.710	30.30	34.18
Sal	11.00	100.00	0.18	0.06	0.00	0.72	0.495	0.01	1.21
Papa blanca	150.0	82.00	2.58	0.12	27.41	10.32	1.107	109.72	121.15
Rocoto	8.00	90.00	0.09	0.01	0.22	0.36	0.13	0.88	1.14
					V.C. DESAYUNO				830.31
					% DISTR. DESAYUNO				35.08
ALMUERZO: Mazamorra + Pollo broster + arroz + ensalada + refresco + fruta									
Carne de res	60.0	76.00	4.44	3.43	0.00	18	31.07	0.00	50.43
Espinaca negra	15.00	85.00	0.36	0.11	0.62	1	1.08	2.50	4.46
Alcachofa (4)	15.0	85.00	0.57	0.15	0.85	1	1.38	3.72	6.09
Pollos	40.00	100.00	4.36	0.88	43.28	16	0.72	123.11	140.00
Zapallo macre	10.00	81.00	0.06	0.02	2.52	0	0.18	2.07	2.25
Acelga	6	75.00	0.09	0.01	0.32	0	0.09	0.09	1.07
Pavo	8.00	75.0	0.12	0.04	0.84	0	0.32	1.97	2.18
Nabo	8.00	75.00	0.09	0.01	0.16	0	0.09	0.09	0.94
Habas frescas	30.00	90.00	1.80	0.30	8.31	0	0.00	23.43	23.73
Zanahoria	30.00	87.00	0.30	0.13	3.48	1	1.17	9.45	11.61
Papa blanca	150.00	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Sal	4.00	100.00	0.06	0.00	0.88	0	0.18	1.51	1.69
Cebolla de cabeza	8.00	84.00	0.12	0.02	0.68	0	0.18	1.61	2.18
Ajos	3.00	85.00	0.10	0.01	0.52	0	0.12	2.07	2.57
Verduras surtidas	5.00	80.00	0.20	0.04	0.34	1	0.77	1.11	2.19
Carne de pollo pechu	180.0	70.00	23.50	3.25	0.00	94.22	29.25	0.00	123.47
Arroz Pilado a pulido	150.00	100.00	12.00	0.75	116.70	48.00	6.75	466.80	522.75
Aceite vegetal	30.0	100.00	0.00	30.0	0.00	0.00	270	0.00	270.00
Al colorado seco, pe	2.50	88.00	0.07	0.08	0.00	0.28	0.72	2.20	3.20
Ajos	4.00	99.00	0.22	0.03	1.23	0.89	0.27	4.92	5.99
Cebolla de cabeza (2	60.00	57.00	0.48	0.07	3.86	1.92	0.63	15.44	17.99
Tomate	30.00	90.00	0.22	0.05	1.38	0.88	0.495	4.64	5.99
Perejil	10.00	100.00	0.11	0.07	0.69	0.44	0.63	2.76	3.40
Cebolla con chicharo	8.00	100.00	0.48	0.12	3.06	1.88	0.54	46.06	50.48
Mandioca	15.00	100.00	0.75	0.06	11.57	3.04	0.54	46.06	50.64
Limón	4.00	100.00	0.00	0.01	0.09	0.00	0.07	1.55	1.70
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0.00	0.000	117.96	117.96
Naranjas	150.00	85.00	0.58	0.13	18.02	1.53	1.17	74.40	77.14
					V.C. ALMUERZO				1620.17
					% DISTR. ALMUERZO				68.87
Cena: Sopa a la minuta con ajo + infusión									
Carne de res pulpa	80.0	100.00	17.04	1.19	0.00	68	10.71	0.00	78.69
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	3.00	85.00	0.24	0.03	1.39	2	0.31	5.57	8.43
Apio	12.00	75.00	0.06	0.02	0.44	0	0.18	1.79	1.97
Poro	12.00	75.00	0.24	0.07	0.68	1	0.63	2.74	4.36
Nabo	12.00	75.00	0.09	0.02	0.92	0	0.18	3.69	3.87
Sal	18.00	100.00	0.22	0.03	1.46	1	0.81	5.88	7.68
Papa blanca	90.0	82.00	1.38	0.07	14.63	5.52	0.63	58.52	64.67
Fideos	50.00	100.00	3.63	0.36	62.94	19	1.44	251.79	271.79
Ortiguera seca	3.00	100.00	0.05	0.02	0.14	0	0.18	0.56	1.09
Tomate	25.00	90.00	0.20	0.03	1.08	1	0.45	4.39	5.49
Cebolla de cabeza (2	60.00	84.00	0.72	0.10	6.79	3	0.91	22.78	26.31
Verduras surtidas	3.00	85.00	0.20	0.03	0.28	1	0.27	1.11	2.38
Hierbas	3.00	100.00	0.09	0.03	0.21	0	0.27	0.84	1.11
Azúcar rubia	40.00	100.00	0.00	0.00	39.92	0	0.00	157.28	157.28
					V.C. CENA				867.87
					% DISTR. CENA				36.85
	VCT (Gr.)		115.43	102.83	479.59				
	VCT (kcal.)		445.72	927.28	1918.34				
	VCT (%)		11	23	58				
					V.C.T. MENU				3538.87

Lic. Jorge E. M. Vila Bonilla
NUTRICIONISTA
C.N.P. 5799

CONTRATISTA
M. CRISTINA CHURATA Q.
REPRESENTANTE

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

21-22-23 JULIO 2018

ALIMENTO	g/cm³	comestible	PROT	GRASA	CHO	KJ POR NUTRIENTES			TOTAL KJ/g
DESAYUNO: Pelon + avena + Huevos									
Avena, hojuelas crud	80.00	100.00	8.00	6.00	71.0	18.46	55.00	86.00	159.34
Mermelada de agua	80.00	80.00	0.00	0.00	0.00	0	0.00	14.00	14.00
Pan de Molde rico e fre	50.0	100.00	2.00	0.00	21.54	11.52	0.00	90.16	101.68
Azúcar rubia	15.00	100.00	0.00	0.00	94.4	0.00	0.00	157.62	157.62
Carne de Pollo Entera	100.00	70.00	14.42	2.52	0.00	57.68	22.68	0.00	80.36
Arroz Pilado o pulido	80.00	100.00	8.00	0.20	81.12	18.12	1.80	324.48	344.40
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Ajo	6.00	75.00	0.05	0.01	0.22	0.18	0.054	0.88	1.07
Pimienta	6.00	66.00	0.01	0.00	0.30	0.40	0.20912	1.20	1.80
Nuez	6.00	66.00	0.01	0.01	0.14	0.00	0.07126	0.57	0.64
Garbanzo crudo	15.00	90.00	2.00	0.03	0.11	10.37	7.4515	32.40	50.18
Papa blanca	100.00	80.00	1.70	0.00	16.19	6.80	0.700	75.60	82.77
Yuca blanca	30.00	70.00	0.80	0.07	18.78	1.12	0.63	84.82	86.77
Chuño blanco	20.00	90.00	0.00	0.00	0.08	0.00	0	3.60	3.60
Pimienta entera	0.00	100	0.01	0.01	0.00	0.00	0.0079	0.00	0.29
Sal	4.00	100.00	0.00	0.01	0.00	0.00	0.200	1.44	1.60
Cebolla de cabeza (2)	10.00	67.00	0.00	0.01	0.78	0.00	0.1206	3.00	3.12
Ajos	2.00	80.00	0.00	0.01	0.49	0.00	0.1052	1.95	2.42
Verduras variadas	5.00	80.00	0.20	0.00	0.36	0.77	0.252	1.84	2.94
					V.C. DESAYUNO				879.08
					% DISTR. DESAYUNO				20.93
ALMUERZO: Tanga de res + Pollo al ellas + arroz + refresco + fruta									
Carne de res	60.00	70.00	8.04	3.72	0.00	32.28	33.96	0.00	49.72
Chuño blanco	50.00	90.00	0.14	0.00	3.51	0.54	0	5.20	5.74
Yuca blanca	50.00	70.00	0.54	0.00	18.51	1.54	0.750	90.02	92.12
Arroz Pilado o pulido	50.00	100.00	2.40	0.30	23.34	9.64	1.20	93.36	104.20
Aceite	10.00	75.00	0.00	0.10	0.00	0.00	0.180	1.44	1.78
Pollo	10.00	66.00	0.10	0.00	0.00	0.70	0.6732	2.01	3.18
Col blanca	10.00	66.00	0.14	0.00	0.00	0.56	0.20	1.96	2.76
Zanahoria	80.00	66.00	0.12	0.00	2.00	0	0.90	7.00	8.08
Dalgarina verde	2.00	90.00	0.00	0.01	0.00	0.00	0.09000	0.04	0.13
Sal	10.00	100.00	0.12	0.00	0.00	0.48	0.00	1.20	1.68
Ajos	5.00	50.00	0.22	0.00	1.21	0.90	0.200	4.24	5.08
Cebolla de cabeza (2)	50.00	67.00	0.73	0.11	6.00	3.00	0.90	24.12	28.02
Tomate	40.00	90.00	0.20	0.07	1.00	0.80	0.63	6.00	7.43
Ají colorado seco, pa	8.00	66.00	0.18	0.16	1.20	0.60	1.44	4.20	6.24
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Dalgarina verde	0.00	90.00	0.00	0.00	0.00	0.00	0.00	0.12	0.12
Carne de Pollo Entera	100.0	70.00	23.07	4.03	0.00	92.28	36.20	0.00	128.50
Sillao	5.00	100.00	0.57	0.40	0.05	2	4.32	0.20	6.52
Pimiento	20.00	90.00	0.25	0.00	1.20	1	0.70	5.16	6.86
Cebolla china (2)	20.00	71.00	0.20	0.00	1.67	1	0.51	4.16	6.08
Arroz Pilado o pulido	150.00	100.00	12.00	0.75	165.70	48.20	6.75	666.08	720.75
Papa blanca	110.00	80.00	1.00	0.10	19.94	8.00	0.90	87.77	96.67
Azúcar rubia	40.00	100.00	0.00	0.00	94.41	0.00	0.00	157.62	157.62
Mermelada	20.00	100.00	0.20	0.00	0.80	0.80	0.20	13.60	14.60
Pitaya de carne	200.0	80.00	1.50	0.30	21.42	6.00	2.70	85.68	94.38
					V.C. ALMUERZO				1398.76
					% ALMUERZO				49.31
CENA: Revuelto de verduras + arroz + infusión									
Arroz Pilado o pulido	80.00	100.00	7.20	0.40	70.02	28.12	3.60	280.08	312.60
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	1.00	1.00
Papa blanca	100.00	80.00	1.70	0.00	16.19	6.80	0.70	75.14	82.77
Cebolla de cabeza (2)	30.00	67.00	0.28	0.04	2.17	1.12	0.9033	9.09	10.57
Zanahoria	40.00	90.00	0.15	0.10	2.92	0.7984	1.42	11.00	13.81
Revuelto Proteo H1	30.00	94.00	1.13	0.10	5.05	4.80	0.8748	12.18	17.85
Queso parte	20.00	180.00	5.00	8.00	0.00	22.40	54.00	2.04	78.44
Leche evaporada	20.00	180.00	6.00	6.00	8.00	8.20	10.80	6.04	25.04
Huevo de gallina, co	40.00	80.00	5.00	4.00	0.16	7.40	12.12	0.04	20.61
Ajos	5.00	180.00	0.20	0.00	1.12	1.12	0.90	6.00	7.90
Perejil	4.00	50.00	0.50	0.00	0.13	0.80	0.18	0.52	1.50
Tomate	30.00	54.00	0.09	0.00	0.46	0.36	0.18	1.08	1.62
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Hierbas	3.00	54.00	0.03	0.01	0.09	0.18	0.09	0.30	0.57
Azúcar rubia	40.00	100.00	0.00	0.00	39.10	0.00	0.00	157.86	157.86
					V.C. CENA				826.39
					% DISTR. CENA				20.98
			98.85	58.85	521.71				
			396.31	506.21	2085.00				
			13.79	18.01	67.15				
							VCT. DIARIA		3693.13

Lic. Jessica M. Vega Gastelo
NUTRICIONISTA
CNP 5750

M. CRISTINA CHURATA Q.
REPRESENTANTE

Paola Yohana Barrios Soria
NUTRICIONISTA
CNP 5750

24-25-26 JULIO 2018

ALIMENTO	Et/per (g)	comestible %	PROT Ani (g)	GRASA (g)	CHO (g)	KILOCALORIAS POR NUTRIENTES PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Avena a la cabana + infusión + 02 pan									
Hierbas	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	34.4	0.00	0	137.62	137.62
Pan de harina o fra	30.00	100.00	2.88	0.09	21.5	11.52	0.81	86.16	98.49
Arroz Pilado o pulido	90.0	100.00	7.38	0.40	70.02	29.52	4.05	280.08	313.65
Aceite vegetal	25.0	100.00	0.00	25.0	0.00	0.00	225	0.00	225.00
Plátano de seda	100.0	88.00	1.02	0.10	14.28	4.08	1.84	57.12	63.04
Huevo de gallina, cru	60.00	98.00	7.84	4.94	1.06	31.75	44.46	4.23	80.44
Tomate	30.00	90.00	0.22	0.06	1.16	0.88	0.486	4.64	5.99
Cebolla de cabeza (2	100.00	67.00	0.94	0.11	7.57	3.75	1.008	30.28	35.24
Sal	7.00	100.00	0.00	0.04	0.57	0.00	0.315	2.30	2.61
						V.C. DESAYUNO			864.55
				% DIST. DESAYUNO					31.44
ALMUERZO: Crema de verduras + Alternado de res + arroz + refresco + fruta									
Carne de Pollo Entero	60.00	70.00	8.65	1.51	0.00	34.61	13.61	0.00	48.22
Zapallo moqui	40.00	47.00	0.13	0.04	1.20	0.53	0.36	4.81	5.68
Ajos	12.00	75.00	0.06	0.02	0.45	0.25	0.18	1.73	2.16
Poro	12.00	86.00	0.21	0.06	0.60	0.86	0.57	2.41	3.83
Papa blanca	150.00	82.00	2.58	0.12	27.45	10.33	1.11	109.77	121.16
Zanahoria	40.00	78.00	0.28	0.16	3.01	0.76	1.42	11.83	13.81
Habas frescas	30.00	35.00	1.08	0.08	2.72	4.75	0.76	10.88	16.38
Carne de res pulpa	320.0	100.00	25.54	3.93	0.00	102.24	37.28	0.00	119.52
Cebolla de cabeza (2	60.0	65.00	0.50	0.07	4.07	2.02	0.648	16.27	18.94
Arroz Pilado o pulido	150.0	100.0	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Zanahoria	35.00	78.00	0.12	0.10	1.82	0.47	0.88	7.27	8.62
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Perejil picado	0.2	100	0.02	0.00	0.13	0.07	0.144	0.51	0.72
Ajos	2.00	80.00	0.09	0.03	0.49	0.36	0.1152	1.96	2.42
Aceite vegetal	30.00	40.00	0.00	12.00	0.00	0.00	108	0.00	108.00
Perejil	1.00	50.00	0.02	0.00	0.03	0.10	0.0315	0.13	0.26
Ají colorado seco, pa	2.00	60.00	0.10	0.11	0.80	0.38	0.9504	3.19	4.53
Sal	10.50	100.0	0.13	0.05	0.88	0.50	0.4725	3.44	4.42
Sillao	4.50	100.0	0.51	0.43	0.05	2.05	3.888	0.18	6.12
Rocoto	6.00	90.00	0.06	0.03	0.44	0.26	0.24	1.77	2.27
Maíz morado	35.00	100.00	1.19	0.51	11.41	4.76	4.59	45.72	54.69
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Piña	150.00	100.00	0.00	0.00	34.70	2.40	2.70	138.80	143.90
						V.C. ALMUERZO			1272.57
						% DISTR. ALMUERZO			41.49
CENA: Aeropuerto de pollo + infusión									
Carne de Pollo Entero	100.00	70.00	14.42	2.52	0.00	57.68	22.68	0.00	80.36
Huevo de gallina, cru	20.00	95.00	1.15	0.71	0.35	4.59	6.39	1.41	12.39
Arroz Pilado o pulido	200.0	100.00	8.20	0.50	77.80	32.80	4.5	311.20	348.50
Cebolla china (2)	8.00	71.00	0.13	0.02	0.43	0.52	0.18648	1.72	2.43
Perejil	5.00	83.00	0.06	0.02	0.32	0.25	0.18675	1.28	1.71
Tallarín chino	25	40.0	0.00	0.00	1.00	0.00	0	4.00	4.00
Sillao	3.00	100.00	0.34	0.29	0.04	1.36	2.592	0.12	4.07
Ajos	5.00	80.00	0.22	0.03	1.32	0.90	0.27	5.28	6.45
Aceite vegetal	30.00	80.00	0.00	24.00	0.00	0.00	216.00	0.00	216.00
Kión	0.50	101.00	0.00	0.00	0.02	0.0	0.00	0.08	0.08
Ají colorado seco, pa	5.00	68.00	0.24	0.77	2.07	0.95	2.32	7.88	11.17
Sal	12.00	100.00	0.14	0.06	0.98	0.56	0.54	3.92	5.02
Hierbas	5.00	54.00	0.00	0.03	0.33	0.33	0.243	0.76	1.33
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
							V.C. CENA		814.03
							% DIST.CENA		27.09
			79.35	46.81	341.00				
			317.39	421.35	1364.01				
			10	14	44				
							VCT. MENU		3068.15

DRSA
Lic. Juana R. Vega R.
NUTRICIONISTA
C.N.P. 3399

Lic. CRISTINA CHURATA C.
CEPNUTRIEN N° NTS.

Paola Yohana Barrios Saria
NUTRICIONISTA
C.N.P. 5799

27-28-29 JUEVO 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	KILOCALORIAS POR NUTRIENTES PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Papa rellena + arroz + ensalada + café									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0.04	0.00	0.10	0.16
Azúcar rubia	25.00	100.00	0.00	0.00	24.8	0.00	0.00	98.20	98.20
Pan de tabaquira o fra	30.00	100.00	2.88	0.09	22.3	11.52	0.83	89.16	98.49
Carne de res molida	80.0	100.00	12.78	0.88	0.00	51	8.64	0.00	59.76
Arroz Pilado o pulido	90.0	100.00	7.38	0.45	70.03	29.52	4.05	280.08	313.65
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Ajos	4.00	80.00	0.18	0.00	0.87	0.72	0.00	3.48	4.04
Aceitunas de botija	5.00	92.00	0.04	1.48	0.34	0	13.33	1.34	14.70
Huevo de gallina, cru	15.00	90.00	1.98	1.23	0.24	7.94	11.13	1.06	20.11
Leche evaporada	10.00	100.00	0.70	0.83	1.09	2.8	7.25	4.36	14.42
Dextrosa	15.00	79.00	0.07	0.00	1.09	0.2844	0.53	4.36	5.18
Arvejas frescas (B)	20.00	54.00	0.77	0.06	2.03	3.07	0.5832	8.12	11.77
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.32	1.11	109.72	121.16
Sal	12.00	100.00	0.14	0.00	0.98	0.56	0.54	3.94	5.05
Tomate	30.00	90.00	0.21	0.05	1.18	0.84	0.45	4.64	5.94
Perejil	10.00	50.00	0.20	0.04	0.34	1.01	0.33	1.38	2.73
Cebolla de cabeza (2	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Ají colorado seco, pa	5.00	68.00	0.26	0.27	2.00	0.95	2.43	7.93	11.32
					V.C. DESAYUNO				898.88
					% DISTR. DESAYUNO				30.97
ALMUERZO: Pastel de papa + Chularte de cerdo + shodo + ensalada + refresco + fruta									
Papa blanca	198.0	82.00	1.72	0.08	28.29	6.88	0.738	73.24	80.77
Huevo de gallina, cru	20.00	90.00	2.02	1.65	0.35	10.58	14.8175	1.41	26.81
Chorizo parrilero	30.00	500.00	5.60	6.00	0.60	22.40	54	2.64	79.04
Leche evaporada	25.00	96.0	1.68	1.92	2.58	6.72	17.28	10.16	34.16
Margarina vegetal (c	20.00	100.00	0.12	16.40	0.00	0.48	147.6	0.00	148.08
Harina de trigo	20.00	100.00	2.10	0.40	14.58	8.40	3.6	59.84	71.84
Ajos	2.30	94.00	0.04	0.00	0.00	0.16	0.00828	0.00	0.17
Carne de Cerdo	150	73.00	15.77	16.53	0.00	63.07	148.83	0.00	211.88
Maní Freiro. Chorizo	100.00	57.00	1.88	0.46	15.85	7.52	4.15	63.38	75.01
Aceite vegetal	25.00	90.00	0.00	22.50	0.00	0.00	202.5	0.00	202.50
Cebolla de cabeza (2	50.00	67.00	0.47	0.07	3.78	1.88	0.63	15.14	17.62
Tomate	30.00	90.00	0.21	0.05	1.18	0.84	0.484	4.64	5.96
Lechuga redondeta	30.00	70.00	0.21	0.03	0.39	0.87	0.1944	2.33	3.40
Ají colorado seco, pa	2.00	68.00	0.10	0.13	0.80	0.38	0.95	3.19	4.52
Sal	13.00	100.00	0.15	0.06	0.90	0.58	0.495	3.61	4.69
Ajos	4.00	80.00	0.18	0.00	0.97	0.72	0.2304	3.89	4.84
Rocoto	6.00	90.00	0.06	0.03	0.44	0.24	0.14	1.77	2.17
Cebolla cola cilindrica	8.00	100.00	0.46	0.12	5.09	1.84	1.07	20.32	23.23
Limón	4.00	100.00	0.02	0.01	0.38	0.08	0.07	1.53	1.70
Azúcar rubia	35.00	100.00	0.00	0.00	34.43	0.00	0.00	137.62	137.62
Mandarina	150.00	85.00	0.38	0.13	18.62	1.53	1.17	74.46	77.14
					V.C. ALMUERZO				1313.87
					% DISTR. ALMUERZO				45.37
CENA: Sopa de pollo + infusión									
Carne de Pollo Entero	100.00	70.00	14.42	2.52	0.00	57.68	22.68	0.00	80.36
Ajos	5.00	80.00	0.22	0.02	1.22	0.90	0.18	4.88	5.96
Apio	10.00	75.00	0.05	0.02	0.28	0.21	0.14	1.44	1.79
Papa blanca	190.0	85.00	3.99	0.14	42.37	15.96	1.71	169.48	187.15
Fideos tallarín	60.00	100.00	5.70	0.96	41.76	22.80	8.64	167.04	198.48
Sal	15.00	100.00	0.18	0.08	1.23	0.72	0.68	4.92	6.32
Perejil entero	0.00	100	0.01	0.01	0.05	0.03	0.06	0.20	0.29
Hierbas	3.00	50.00	0.05	0.02	0.13	0.20	0.18	0.52	0.90
Aceite vegetal	15.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.43	0.00	0.00	137.62	137.62
Orégano seco	3.00	90.00	0.03	0.00	0.18	0.06	0.04	0.72	0.86
							V.C. CENA		793.89
							% DIST. CENA		27.26
			89.18	92.27	188.55				
			356.72	830.45	1188.2				
			12.29	28.61	55.06				
							VCT. MENU		2912.51

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

30-31 JULIO 2018

ALIMENTO	gr/por (g)	comestible %	PROT Kc (g)	GRASA (g)	CHO (g)	KILOCALORIAS POR NUTRIENTES PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Dilluquito con carne + te + 01 pan									
Té sin azúcar	5.00	100.00	0.00	0.00	0.01	0.01	0.00	0.05	0.06
Pan de fabrorina o fra	30.0	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Azúcar rubia	25.00	100.00	0.00	0.00	24.6	0.00	0.00	98.30	98.30
Carne de res pulpa	50.00	100.00	10.85	0.80	0.00	42.60	7.20	0.00	49.80
Papa blanca	100.0	82.00	1.72	0.08	18.29	6.88	0.738	73.14	80.77
Cebolla de cabeza (2	10.00	67.00	0.19	0.03	1.51	0.75	0.24	6.06	7.05
Ajos	4.00	80.00	0.16	0.03	0.97	0.77	0.23	3.89	4.84
Ají colorado seco, pe	2.00	68.00	0.10	0.13	0.80	0.38	0.95	3.19	4.53
Olluco	100.00	91.00	1.30	0.09	13.01	4.10	0.810	52.05	56.88
Arroz Pilado o pulido	100	100.00	8.10	0.50	77.00	32.80	4.50	311.20	348.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Glutamato monosód	0.50	100.00	0.06	0.00	0.43	0.22	0.00	1.74	1.96
					V.C. DESAYUNO				846.22
					% DISTR. DESAYUNO				27.38
ALMUERZO: Papa a la huancaína + Tallarin verde con pollo frito + refresco + fruta									
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.88	0.738	73.14	80.77
Galletas de soda	15.00	100.00	1.52	2.21	10.20	6.08	19.85	40.80	66.71
Maní crudo, con pel	5.00	71.00	0.86	1.71	0.63	3.42	15.40	2.51	21.34
Leche evaporada	20.00	95.0	1.33	1.54	2.07	5.32	13.85	8.28	27.46
Queso paria	30.00	100.00	8.40	9.00	0.99	33.60	81.00	3.96	118.56
Huacatay	2.00	54.00	0.05	0.01	0.09	0.32	0.08	0.36	0.64
Ají verde (2)	5.00	67.00	0.08	0.03	0.41	0.34	0.2412	1.66	2.24
Fideos tallarin	150.0	90.00	12.83	0.14	93.96	51	1.22	375.84	428.36
Espinaca negra	20.00	97.00	0.54	0.17	0.96	2.17	1.5714	3.80	7.55
Aceite vegetal	25.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Alfalfa	20.00	97.00	1.09	0.16	5.46	4.35	1.3968	21.59	28.33
Carne de Pollo Entera	160.00	70.00	23.07	4.00	0.00	92.28	36.20	0.00	128.48
Comino	0.15	100	0.01	0.00	0.12	0.02	0.00	0.48	0.50
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.12	1.95	2.42
Kocoto	4.00	90.00	0.04	0.02	0.90	0.17	0.16	3.18	3.51
Manaicuyá	20.00	100.00	0.18	0.02	3.16	0.72	0.18	12.64	13.54
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Naranja	150.0	80.00	0.72	0.14	12.12	2.88	2.16	48.48	53.52
					V.C. ALMUERZO				1300.63
					% DISTR. ALMUERZO				42.08
CENA: Papa arrebozada + arroz + ensalada + infusión									
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.88	0.74	73.14	80.77
Queso paria	25.00	100.00	7.00	7.50	0.83	28.00	67.50	3.32	98.82
Huevo de gallina cru	15.00	88.00	1.08	1.25	0.26	7.94	11.11	1.06	20.11
Harina de trigo	30.00	100.00	3.45	0.60	22.44	12.60	5.40	89.76	107.76
Arroz Pilado o pulido	90.00	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Tomate	40.00	90.00	0.29	0.07	1.55	1.15	0.63	6.20	7.98
Pepinillo o Pepino de	80.00	72.00	0.29	0.06	1.50	1	0.52	5.98	7.66
Leche evaporada	35.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.48
Sal	8.40	100.00	0.10	0.04	0.69	0.40	0.38	2.76	3.54
Aceite vegetal	20.00	80.00	0.00	16.00	0.00	0.00	144.00	0.00	144.00
Hierbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
							V.C. CENA		944.11
							% DIST.CENA		30.54
			100.64	77.38	495.69				
			402.56	696.44	1982.7				
			13.02	23.53	64.15				
							VCT. MENU		3090.96

Vilca Ben
NUTRICIONISTA
CMP

CONSORCIO EL
M. CRISTINA CHURATA Q.
REPRESENTANTE

Paola Yolanda Barrios Soria
NUTRICIONISTA
CNP 5786

28/07/2018 (MEJORA)

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	KILOCALORIAS POR NUTRIENTES			TOTAL KCAL
						PROT	GRASAS	CHO	
MEJORA : Chuleta de cerdo + ocopa									
Carne de Cerdo	100	73.00	10.51	11.02	0.00	42.05	99.21	0.00	141.26
Galletas de soda	10.00	100.00	1.01	1.47	6.80	4.04	13.23	27.20	44.47
Queso paria	25.00	100.00	7.00	7.50	0.83	28.00	67.5	3.30	98.80
Leche evaporada	20.00	95.0	1.33	1.54	2.07	5.32	13.85	8.28	27.46
Huacatay	2.00	54.00	0.05	0.01	0.09	0.22	0.08	0.35	0.64
Ají verde (2)	5.00	67.00	0.08	0.03	0.42	0.34	0.2412	1.66	2.24
						VC ALMUERZO			314.86

[redacted]

M. CRISTINA CHURATA [redacted]
REPRESENTANTE

Paola Yohana Barrios Soria
NUTRICIONISTA
C.N.P 5799

ORSA

MENU NIÑOS E.P. CAMANA - JULIO 2018

FECHA	DESAYUNO	REFRIGERIO	ALMUERZO	REFRIGERIO	CENA
domingo, 01 de julio de 2018	AVENA CON LECHE,PAN,TORTILLA	YOGURT	PESCADO FRITO,ARROZ,ENSALADA,REFRESCO	MAZAMORRA DE PIÑA	POLLO DORADO,ARROZ + INFUSION
lunes, 02 de julio de 2018	PONCHE DE CEBADA CON LECHE,PAN,ATUN	DURAZNO	GUISO DE FIDEOS CON POLLO,ARROZ + REFRESC	GRANADILLA	VASO DE LECHE
martes, 03 de julio de 2018	LECHE CON COCOA,PAN,MERMELADA	GELATINA	SALTADO DE CARNE,ARROZ,REFRESCO	MAZAMORRA DE MANZANA	REVUELTO DE VERDURAS,ARROZ + INFUSION
miércoles, 04 de julio de 2018	SEMOLA,PAN,PALTA	COMPOTA DE PIÑA	GUISO DE FREJOL,ARROZ,ENSALADA,REFRESCO	PAPAYA	POLLO A LA OLLA,ARROZ + INFUSION
jueves, 05 de julio de 2018	MANDIOCA CON LECHE,PAN,ACEITUNA	MANDARINA	ATOMATADA DE RES,ARROZ,REFRESCO	FLAN	SOPA DE MENUDENCIA
viernes, 06 de julio de 2018	LECHE CON VAINILLA,PAN,JAMONADA	HUEVO DURO	CAMOTE ARREBOZADO,ARROZ,REFRESCO,ENSA	MAZAMORRA DE MANDIOCA CON LECHE	ASADO DE RES,ARROZ + INFUSION
sábado, 07 de julio de 2018	QUINUA CON LECHE,PAN,QUESO	PIÑA	SALTADO DE HIGADO,ARROZ,REFRESCO	PLATANO	VASO DE LECHE
domingo, 08 de julio de 2018	SIETE CEREALES CON LECHE,PAN,HUEVO S	YOGURT	PESCADO FRITO,ARROZ,ENSALADA,REFRESCO	MAZAMORRA DE PIÑA	ALMENDRADO DE POLLO,ARROZ + INFUSION
lunes, 09 de julio de 2018	AVENA CON LECHE,PAN,MANJAR	GRANADILLA	ASADO DE POLLO,ARROZ,REFRESCO	DURAZNO	CALDILLO DE HUEVOS
martes, 10 de julio de 2018	LECHE CON COCOA,PAN,TORTILLA DE HUEV	GELATINA	TALLARIN SALTADO DE POLLO Y REFRESCO	MAZAMORRA DE MANZANA	VASO DE LECHE
miércoles, 11 de julio de 2018	HARINA DE HABAS,PAN,MORTADELA	PAPAYA	GUISO DE LENTEJA,ENSALADA,ARROZ Y REFRES	MANZANA	POLLO BROSTER,ARROZ + INFUSION
jueves, 12 de julio de 2018	SEMOLA CON LECHE,PAN,ACEITUNA	PLATANO	ARROZ A LA JARDINERA CON CARNE PICADA,EN	MAZAMORRA MORADA	CAZUELA DE POLLO
viernes, 13 de julio de 2018	CHOCOLATADA,PAN,SALCHICHA	HUEVO DURO	QUINUA BATIDA ,ARROZ,REFRESCO	MAZAMORRA DE MAZENA CON LECHE	CARNE ALMENDRADA,ARROZ + INFUSION
sábado, 14 de julio de 2018	SOYA CON LECHE,PAN,QUESO	DURAZNO	HIGADO FRITO,ARROZ,ENSALADA,REFRESCO	MANDARINA	VASO DE LECHE
domingo, 15 de julio de 2018	MACA CON LECHE,PAN,TORTILLA HUEVO	YOGURT	MILANESA DE PESCADO,ARROZ,ENSALADA,REFR	MAZAMORRA DE PIÑA	ASADO DE POLLO,ARROZ + INFUSION
lunes, 16 de julio de 2018	7 CEREALES CON LECHE,PAN,MANJAR	MANGO	POLLO BROSTER,ARROZ,REFRESCO,ENSALADA	GRANADILLA	CREMA DE ESPINACA
martes, 17 de julio de 2018	LECHE CON VAINILLA,PAN, MORTADELA	GELATINA	CAU-CAU DE POLLO,ARROZ,REFRESCO	MAZAMORRA DE MANZANA	VASO DE LECHE

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miercoles, 18 de julio de 2018	AVENA ,PAN,PALTA	MANZANA	GUISO DE ARVEJITA PARTIDA,ARROZ,ENSALADA,	PAPAYA	POLLO ESTOFADO,ARROZ + INFUSION
jueves, 19 de julio de 2018	HARINA DE HABAS CON LECHE,PAN,SALCHIC	MANDARINA	ESTOFADO DE RES,ARROZ Y REFRESCO	PLATANO	SOPA DE CASA
viernes, 20 de julio de 2018	COCOA CON LECHE, PAN, MERMELADA	HUEVO DURO	ARROZ CON POLLO,ARROZ Y REFRESCO	ARROZ CON LECHE	REVUELTO DE ZANAHORIA,ARROZ + INFUSION
sábado, 21 de julio de 2018	QUINUA CON LECHE,PAN,QUESO	PIÑA	HIGADO APANADO,ARROZ,ENSALADA,REFRESCO	MANZANA	VASO DE LECHE
domingo, 22 de julio de 2018	HARINA DE HABAS CON LECHE,PAN,HUEVO SANCOCHADO	YOGURT	PESCADO FRITO,ARROZ,ENSALADA,REFRESCO	MAZAMORRA DE PIÑA	ASADO DE POLLO,ARROZ + INFUSION
lunes, 23 de julio de 2018	SEMOLA CON LECHE,PAN,MANJAR	GRANADILLA	ALMENDRADO DE POLLO,ARROZ,REFRESCO	PLATANO	VASO DE LECHE
martes, 24 de julio de 2018	VAINILLA CON LECHE, PAN, MARGARINA	HUEVO DURO	ATOMATADA DE RES,ARROZ Y REFRESCO	GELATINA	ARROZ CHAUFA CON POLLO ,INFUSION
miércoles, 25 de julio de 2018	QUINUA CON MANZANA,PAN,ATUN	PLATANO	GUISO DE LENTEJITAS,ENSALADA,ARROZ Y REFRESCO	MANDARINA	CAZUELA DE POLLO
jueves, 26 de julio de 2018	AVENA CON LECHE,PAN ,JAMONADA	YOGURT	HIRO DE ZAPALLO ,ARROZ Y REFRESCO	MAZAMORRA DE MANZANA	VASO DE LECHE
viernes, 27 de julio de 2018	COCOA CON LECHE,PAN,ACEITUNA	GRANADILLA	TALLARINES ROJOS CON POLLO + REFRESCO	PLATANO	SOPA DE FIDEOS CON CARNE
sábado, 28 de julio de 2018	SOYA CON LECHE,PAN,SALCHICHA	GELATINA	HIGADO FRITO,ENSALADA,ARROZ Y REFRESCO	MAZAMORRA DE MANZANA	POLLO FRITO,ARROZ,INFUSION
domingo, 29 de julio de 2018	CEBADA CON LECHE,PAN,MERMELADA	PAPAYA	CHICHARRON DE PESCADO,ENSALADA,ARROZ Y REFRESCO	DURAZNO	SOPA DE SEMOLA
lunes, 30 de julio de 2018	SIETE CEREALES CON LECHE,PAN,HUEVO SANCOCHADO	MANZANA	QUINUA BATIDA,ARROZ Y REFRESCO	PUDIN	GUISO DE FIDEOS CON POLLO,INFUSION
martes, 31 de julio de 2018	AVENA CON LECHE,PAN,TORTILLA	YOGURT	PESCADO FRITO,ARROZ,ENSALADA,REFRESCO	MAZAMORRA DE PIÑA	POLLO DORADO,ARROZ + INFUSION

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C.N.P 5765

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domingo, 01 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	AVENA CON LECHE,PAN,TORTILLA									
Avena, hojuel	20.00	100.00	69.40	2.66	0.80	14.40	11	7.20	57.60	75.44
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Huevo de gall	20.00	92.00	25.94	2.48	1.55	0.33	10	13.91	1.32	25.17
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	347.14
									% DIST	24.15
REFRIGERIO	YOGURT									
Yogurt	200.00	100.00	92.00	8.20	2.00	10.40	33	18.00	41.60	92.40
									VC .ALM	92.40
									%DIST F	6.43
ALMUERZO:	PESCADO FRITO,ENSALADA,ARROZ Y REFRESCO									
Pescado jurel	100.0	66.0	85.14	14.28	2.57	0.20	57	23.17	0.79	80.98
Arroz Filado c	80.00	100.00	215.40	4.82	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.64	5.29
Tomate	10.00	59.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Aceite vegeta	20.00	100.00	176.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	62.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Harina de trig	15.00	100.0	53.85	1.58	0.30	11.22	6	2.70	44.88	53.88
Pepinillo o Pe	30.00	72.00	2.38	0.11	0.02	0.66	0	0.18	2.25	2.87
Azúcar rubia	5.0	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	559.11
									% DIST	38.90
REFRIGERIO	MAZAMORRA DE PIÑA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Piña	20.00	93.00	7.07	0.07	0.04	1.82	0	0.33	7.29	7.92
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Canela entera	1.00	100.00	3.53	0.02	0.01	0.84	0	0.08	3.37	3.54
Clavo de olor	1.00	100.00	0.82	0.01	0.00	0.22	0	0.02	0.88	0.92
									VC .ALM	116.44
									%DIST F	8.10
CENA:	POLLO DORADO,ARROZ + INFUSION									
Carne de Polle	100.00	70.00	75.50	13.44	2.03	0.00	54	18.27	0.00	72.03
Arroz Filado c	40.00	100.00	143.50	3.26	0.20	31.12	13	1.80	124.48	138.40
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	322.35
									%DIST C	22.43
		VCT GR.		60.74	51.58	182.67				
		VCT KCAL		242.98	464.29	730.27			VCT ME	1437.43
		VCT %		16.90	32.2936	50.80				
						100.00				

Paola Tatiana Barrios Torres
NUTRICIONISTA

lunes 2 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	PONCHE DE CEBADA CON LECHE,PAN,ATUN									
Cebada harin	20.00	100.00	74.00	3.76	0.46	13.48	15	4.14	53.92	73.10
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.83	20	51.03	30.52	101.15
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.87	0.00	0.00	0.14	0	0.01	0.55	0.57
Grated de San	20.00	100.00	53.10	6.72	2.70	0.30	27	24.30	1.20	52.38
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	327.01
									% DIST	25.85
REFRIGERIO	DURAZNO									
du	140.0	85.00	76.16	0.71	0.12	20.35	3	1.07	81.40	85.32
									VC DES	85.32
									% DIST R	6.75
ALMUERZO	GUISO DE FIDEOS CON POLLO,ARROZ,REFRESCO									
Fideos	50.0	100.00	180.00	4.70	0.10	39.10	19	0.90	156.40	176.10
Carne de Poll	80.00	100.00	96.00	15.48	2.88	0.00	66	25.92	0.00	91.84
Papa blanca	40.00	100.00	38.80	0.84	0.04	8.92	3	0.36	35.68	39.40
Ajos	4.00	54.00	1.23	0.05	0.02	0.27	0	0.18	1.07	1.44
Zanahoria	25.00	35.00	3.56	0.05	0.04	0.81	0	0.36	3.22	3.82
Arvejas fresca	15.00	54.00	8.59	0.58	0.05	1.52	2	0.44	6.09	8.53
Aceite vegeta	15.00	100.00	132.60	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	15.00	54.00	3.97	0.11	0.02	0.92	0	0.18	3.66	4.26
Tomate	15.00	54.00	1.54	0.06	0.02	0.35	0	0.18	1.38	1.80
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	482.16
									% DIST A	38.12
REFRIGERIO	GRANADILLA									
Granadilla	140.00	89.00	99.68	2.74	2.49	19.44	11	22.43	77.76	111.14
									VC DES	111.14
									% DIST R	8.79
CENA:	VASO DE LECHE									
Azúcar rubia	20.00	100.00	76.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Leche evapor	125.0	100.00	178.75	8.75	10.13	13.03	35	91.13	54.50	180.63
									VC CEN	259.27
									%DIST C	20.50
		VCT GR.		53.26	49.63	171.56				
		VCT KCAL		213.04	365.67	686.20				
		VCT %		16.84	28.91	54.2491		VCT ME	1264.90	
					100.00					

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martes 3 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	LECHE CON COCOA,PAN,MERMELADA									
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Cocoa	2.00	92.00	7.43	0.35	0.31	0.68	1	2.83	3.92	7.75
Mermelada D	7.00	92.00	18.42	0.03	0.01	4.71	0	0.12	18.83	19.05
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	271.68
									% DIST	30.34
REFRIGERIO	GELATINA									
Gelatina Con	35.00	70.00	93.10	2.70	0.00	21.5	11	0.00	85.06	96.84
									VC .ALM	96.84
									%DIST R	7.18
ALMUERZO:	SALTADO DE CARNE,ARROZ Y REFRESCO									
Carne de res	70.0	85.00	62.48	12.67	0.95	0.00	51	8.57	0.00	59.26
Arroz Pilado c	85.00	79.00	184.35	4.21	0.25	39.95	17	2.31	159.80	179.95
Cebolla de ca	20.00	87.00	8.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Papa blanca	100.00	82.00	79.54	1.72	0.08	18.29	7	0.74	73.14	80.77
Tomate	25.00	99.00	4.70	0.20	0.05	1.08	1	0.45	4.26	5.49
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	16.00	80.00	127.30	0.00	14.40	0.00	0	129.60	0.00	129.60
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	487.18
									% DIST	36.48
REFRIGERIO	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	15.00	95.00	7.79	0.04	0.01	2.08	0	0.13	8.32	8.62
									VC CEN	114.91
									%DIST C	8.60
CENA:	REVUELTO DE VERDURAS,ARROZ + INFUSION									
Vainitas (2)	20.00	91.00	6.73	0.44	0.05	1.47	2	0.49	5.90	8.14
Zanahoria	20.00	78.00	6.48	0.09	0.08	1.45	0	0.71	5.81	6.90
Queso parra	10.00	100.00	39.60	2.80	3.00	0.33	11	27.00	1.32	39.52
Leche evapor	15.00	100.00	21.45	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	10.00	98.00	13.62	1.32	0.82	0.18	5	7.41	0.71	13.41
Cebolla de ca	20.00	87.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Aceite vegeta	5.00	80.00	36.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Perejil	1.00	50.00	0.28	0.02	0.00	0.03	0	0.03	0.13	0.26
Sal	5.00	100.00	1.80	0.08	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	366.01
									%DIST C	27.40
		VCT GR.		44.79	34.82	210.87				
		VCT KCAL		178.79	313.37	843.46			VCT ME	1335.62
		VCT %		13.39	23.46	63.15				
						100.00				

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miércoles 4 de julio de 2018

ALIMENTO	gripar	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal.	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	**SEMOLA,PAN,PALTA**									
Sémola de Tri	25.00	100.00	90.50	1.95	0.28	19.60	8	2.48	78.40	88.88
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Palta	25	100.00	32.75	0.43	3.13	1.40	2	28.13	5.60	35.43
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	**244.14**
									% DIST	**20.76**
REFRIGERIO	**COMPOTA DE PIÑA**									
Mandioca	10.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Piña	30.00	93.00	10.60	0.11	0.06	2.73	0	0.50	10.94	11.69
									VC ALM	**96.29**
									%DIST R	**8.19**
ALMUERZO:	**GUISO DE FREJOL,ENSALADA,ARROZ Y REFRESCO**									
Frejol canario	50.00	100.00	169.50	10.95	1.05	30.10	44	9.45	120.40	173.85
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	52.0	0.47	0.01	0.00	0.16	0	0.03	0.61	0.66
Carne de res p	40.00	100.0	42.00	8.52	0.64	0.00	34	5.76	0.00	39.84
Pepinillo o Pe	10.00	72.00	0.79	0.04	0.01	0.19	0	0.06	0.75	0.96
Azúcar rubia	5.0	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	**503.02**
									% DIST	**42.78**
REFRIGERIO	**PAPAYA**									
Papaya	180.00	98.00	56.45	0.71	0.18	14.46	3	1.59	57.86	62.27
									VC ALM	**62.27**
									%DIST R	**5.30**
CENA:	**POLLO A LA OLLA,ARROZ +INFUSION**									
Carne de Poll	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.06
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Pilado c	40.00	82.00	117.76	2.69	0.16	25.52	11	1.46	102.07	114.31
Tomate	20.00	99.00	3.79	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	5.00	80.00	35.38	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.9	0	0.00	19.66	19.66
									VC ALM	**279.19**
									% DIST	**22.98**
		VCT GR	**49.30**	**18.16**	**203.82**					
		VCT KCA	**197.21**	**163.42**	**815.28**				**VCT ME**	**1175.91**
		VCT %	**16.77**	**13.90**	**69.33**					
					100.00					

Paola Tatiana Barrios Soria
NUTRICIONISTA
CNP 5219

jueves 5 de julio de 2018										
ALIMENTO	gripar	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal.	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO: MANDIOCA CON LECHE,PAN,ACEITUNA										
Mandioca	20.00	100.00	68.40	1.28	0.08	15.42	5	0.72	61.68	67.52
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Aceitunas de	20.00	92.00	54.83	0.15	5.91	1.34	1	53.16	5.37	59.12
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	328.17
									% DIST	26.70
REFRIGERIO MANDARINA										
Mandarina	180.00	100.00	63.00	1.08	0.54	15.5	4	4.86	88.00	95.18
									VC .ALM	95.18
									%DIST R	7.74
ALMUERZO: ATOMATADA DE RES,ARROZ Y REFRESCO										
Carne de res	70.0	66.0	48.51	9.84	0.74	0.00	39	6.66	0.00	46.02
Arroz Pilado c	60.00	100.00	219.40	4.92	0.30	48.68	20	2.70	186.72	209.10
Cebolla de ca	30.00	67.00	9.66	0.28	0.04	2.27	1	0.36	9.00	10.57
Tomate	30.00	99.00	5.64	0.24	0.06	1.28	1	0.53	5.11	6.59
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	80.00	52.0	40.35	0.87	0.04	9.28	3	0.37	37.11	40.98
Azúcar rubia	10.0	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	447.85
									% DIST	36.37
REFRIGERIO FLAN										
Flan Con gel y	15.00	96.00	56.30	0.03	0.00	14.51	0	0.00	58.04	58.15
Leche evapor	15.00	96.00	21.02	1.03	1.19	1.60	4	10.72	6.41	21.24
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	99.05
									%DIST R	8.06
CENA: SOPA DE MENUDENCIA										
Menudencia c	80	70.00	75.60	11.09	2.53	0.00	44	23.69	0.00	68.04
Fideos	50.0	100.00	180.00	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	3.00	75.00	0.47	0.02	0.00	0.11	0	0.04	0.43	0.54
Poro	3.00	96.00	0.79	0.05	0.02	0.15	0	0.14	0.66	0.96
Nabo	2.00	96.00	0.21	0.01	0.00	0.05	0	0.02	0.19	0.25
Zanahoria	50.00	79.00	9.72	0.14	0.12	2.16	1	1.07	8.72	10.36
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
									VC CEN	259.87
									%DIST C	21.14
		VCT GR.		43.71	28.39	193.72				
		VCT KCAL		174.85	255.52	774.87			VCT MR	1229.32
		VCT %		14.22	20.7854	63.03				
						100.00				

Paola Yaburo Barrios Soria
NUTRICIONISTA
C.N.P 5799

viernes 6 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	**LECHE CON VAINILLA,PAN,JAMONADA**									
Vainilla	2.00	100.00	1.32	0.01	0.00	0.35	0	0.02	1.42	1.47
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Jamonada	20.00	92.00	61.27	2.89	5.43	0.18	12	48.85	0.74	61.14
Azúcar rubia	8.00	100.00	30.40	0.00	0.00	7.88	0	0.00	31.46	31.46
Pan francés [2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	**319.39**
									% DIST	**21.97**
REFRIGERIO	**HUEVO DURO**									
Huevo de gall	85.00	96.00	116.06	11.02	6.85	1.5	44	61.69	5.68	111.63
									VC .ALM	**111.63**
									%DIST F	**7.68**
ALMUERZO:	**CAMOTE ARREBOZADO,ENSALADA,ARROZ Y REFRESCO**									
Camote morá	100.00	70.00	77.00	0.88	0.21	17.98	4	1.89	71.96	77.77
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Huevo de gall	15.00	100.00	21.15	2.02	1.28	0.27	8	11.34	1.08	20.52
Leche evapor	25.00	79.00	28.24	1.38	1.80	2.15	6	14.40	8.61	28.54
Tomate	30.00	99.00	5.64	0.24	0.06	1.28	1	0.53	5.11	6.56
Cebolla de cal	40.00	67.00	13.13	0.38	0.05	3.03	2	0.46	12.11	14.10
Harina de trig	15.00	80.00	43.05	1.25	0.24	8.98	5	2.16	35.90	43.10
Limón	3.00	100.00	0.90	0.02	0.01	0.29	0	0.06	1.16	1.28
Lechuga redo	50.00	50.00	3.00	0.33	0.05	0.53	1	0.45	2.10	3.55
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	1.26	0.04	0.02	0.25	0	0.14	0.98	1.26
Queso fresco	20.00	100.00	46.00	3.16	3.50	0.44	13	31.50	1.76	45.90
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	**581.33**
									% DIST	**40.90**
REFRIGERIO	**MAZAMORRA DE MANDIOCA CON LECHE**									
Mandioca	20.00	100.00	66.40	1.28	0.08	15.42	5	0.72	61.68	67.52
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0.00	0	19.66	19.66
Canela entera	0.10	54.00	0.19	0.00	0.00	0.05	0.00	0.0044	0.18	0.18
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Leche evapor	15.00	100.00	21.45	1.05	1.22	1.64	4.20	10.935	6.54	21.68
										109.10
										7.51
CENA:	**ASADO DE RES,ARROZ + INFUSION**									
Carne de res	70.0	100.00	73.50	14.91	1.12	0.00	60	10.08	0.00	69.72
Cebolla de ca	40.00	67.00	13.13	0.38	0.05	3.03	2	0.46	12.11	14.10
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Pilado c	60.00	82.00	176.63	4.03	0.25	38.28	16	2.21	153.11	171.46
Tomate	20.00	99.00	3.76	0.18	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.65	0	0.36	2.62	3.37
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0.00	0	19.66	19.66
									VC .ALM	**332.08**
									% DIST	**22.85**
		VCT GR.		**60.58**	**46.51**	**200.38**				
		VCT KCAL		**242.34**	**409.58**	**801.52**			**VCT ME**	**1453.44**
		VCT %		**16.67**	**28.1802**	**55.15**				
						100.00				

CONGRESO

Paola Juana Barrios Sorti
NUTRICIONISTA

sábado 7 de julio de 2018										
ALIMENTO	gripar (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: QUINUA CON LECHE,PAN, QUESO										
Quinua Crude	25.00	100.00	93.50	3.40	1.45	16.58	14	13.05	66.30	92.95
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Leche evapor	70.00	100.00	100.10	4.90	6.67	7.63	20	61.03	30.52	101.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Queso fresco	20.00	89.00	40.94	2.81	3.12	0.39	11	28.04	1.57	40.85
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	335.33
									% DIST	23.40
REFRIGERIO PIÑA										
Piña	150.00	89.00	50.73	0.53	0.27	13.08	2	2.40	52.33	56.87
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	96.19
									%DIST R	6.71
ALMUERZO: SALTADO DE HIGADO,ARROZ Y REFRESCO										
Higado de res	80.00	93.00	94.49	14.88	3.42	0.74	60	30.80	2.98	93.30
Arroz Pilado c	60.00	100.00	215.40	4.02	0.30	46.68	20	2.70	186.72	209.10
Pieza blanca	80.00	85.00	65.96	1.43	0.07	15.16	6	0.61	60.68	66.68
Tomate	15.00	99.00	2.82	0.12	0.03	0.64	0	0.27	2.55	3.30
Cebolla de cal	20.00	87.00	6.57	0.19	0.03	1.51	1	0.24	6.08	7.05
Ajos	2.00	80.00	2.08	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	12.00	100.00	108.00	0.00	12.00	0.00	0	108.00	0.00	108.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.88	0	0.00	31.46	31.46
									VC ALM	532.66
									% DIST	36.49
REFRIGERIO PLATANO										
Plátano de se	140.00	70.00	81.34	1.47	0.29	20.6	6	2.65	82.32	90.65
									VC DES	90.65
									% DIST R	6.34
CENA: VASO DE LECHE										
Leche evapor	120.00	100.00	171.60	8.40	9.72	13.08	34	87.48	52.32	173.40
Azúcar rubia	30.00	100.0	114.00	0.00	0.00	29.49	0	0.00	117.96	117.96
									VC CEN	291.36
									%DIST C	20.34
		VCT GR	45.97	37.29	204.27					
		VCT KCA	183.88	335.63	817.08					
		VCT %	12.83	23.43	57.03			VCT ME	1432.78	

Paola Viviana Barrios Sarmo
NUTRICIONISTA

domingo 8 de julio de 2018										
ALIMENTO	gr/per	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal.	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	SIETE CEREALES CON LECHE,PAN,HUEVO SANCOCHADO									
Quinua Harin	5.00	100.00	17.05	0.46	0.13	3.61	2	1.17	14.42	17.41
Avena, hojuel	5.00	100.00	17.35	0.67	0.20	3.60	3	1.80	14.40	18.86
Harina de Haz	5.00	100.00	17.18	1.22	0.10	2.98	5	0.88	11.92	17.64
Cebada harin	5.00	100.00	18.50	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.00	19.05	0.44	0.33	3.56	2	2.93	14.24	18.91
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.06
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Huevo de gall	60.00	100.00	84.60	8.10	5.04	1.08	32	45.36	4.32	82.00
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	374.70
									% DIST	23.69
REFRIGERIO	YOGURT									
Yogurt	280.00	100.00	128.80	11.48	2.80	14.56	46	25.20	58.24	129.36
									VC .ALM	129.36
									%DIST F	8.14
ALMUERZO:	PESCADO FRITO,ENSALADA,ARROZ Y REFRESCO									
Pescado jurel	100.0	66.0	85.14	14.26	2.57	0.20	57	23.17	0.79	80.96
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	30.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	20.00	59.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceite vegeta	20.00	100.00	176.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Limón	3.00	52.0	0.47	0.01	0.00	0.10	0	0.03	0.61	0.66
Harina de trig	25.00	100.0	89.75	2.63	0.50	18.70	11	4.50	74.80	89.80
Pepinillo o Pe	60.00	72.00	6.34	0.25	0.06	1.50	1	0.52	5.99	7.86
									VC .ALM	580.49
									% DIST	36.54
REFRIGERIO	MAZAMORRA DE PIÑA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Piña	30.00	66.00	7.41	0.08	0.04	1.91	0	0.35	7.64	8.31
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela entera	0.50	54.00	0.95	0.01	0.00	0.23	0	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.22	0.00	0.00	0.06	0	0.00	0.23	0.25
									VC .ALM	133.23
									%DIST F	8.39
CENA:	ALMENDRADO DE POLLO,ARROZ + INFUSION									
Carne de Poll	120.00	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Maní crudo, c	1.00	71.00	3.97	0.17	0.34	0.13	1	3.06	0.50	4.27
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	30.00	67.00	9.85	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	2.00	80.00	2.08	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	3.00	100.00	26.52	0.00	3.00	0.00	0	27.00	0.00	27.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	370.71
									%DIST C	23.34
		VCT GR.		77.94	45.66	216.44				
		VCT KCAL		311.76	410.97	865.76			VCT MEI	1588.49
		VCT %		19.63	25.872	54.50				
						100.00				

Paola Yahaira Barrios Soria
NUTRICIONISTA
CNP 5799

lunes 9 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT Ani (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	**AVENA CON LECHE, PAN, MANJAR**									
Avena, hojuel	25.00	100.00	86.75	3.33	1.00	16.00	13	9.00	72.00	94.30
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela enter	0.30	54.00	0.67	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Manjar blanc	7.00	100.00	41.30	1.90	3.57	1.18	8	32.13	4.73	44.45
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	**340.28**
									% DIST	**26.10**
REFRIGERIO	**GRANADILLA**									
Granadilla	140.00	85.00	95.20	2.62	2.38	18.58	10	21.42	74.26	**106.15**
									VC DES	**106.15**
									% DIST R	**8.14**
ALMUERZO:	**ASADO DE POLLO,ARROZ Y REFRESCO**									
Carne de Poll	120.00	100.00	144.00	24.72	4.32	0.00	99	38.88	0.00	137.76
Arroz Pilado c	62.00	92.00	204.77	4.68	0.29	44.38	19	2.57	177.51	198.78
Cebolla de ca	35.00	67.00	11.49	0.33	0.06	2.66	1	0.42	10.60	12.33
Tomate	30.00	99.00	5.84	0.24	0.06	1.28	1	0.53	5.11	6.59
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	12.00	100.00	108.08	0.00	12.00	0.00	0	108.00	0.00	108.00
Sal	12.00	100.00	4.32	0.14	0.06	0.98	1	0.54	3.94	5.05
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.88	0	0.00	31.46	31.46
									VC .ALM	**503.00**
									% DIST	**38.58**
REFRIGERIO	**DURAZNO**									
du	140.0	85.00	76.15	0.71	0.12	20.35	3	1.07	81.40	85.32
									VC DES	**85.32**
									% DIST R	**6.54**
CENA:	**CALDILLO DE HUEVOS**									
Huevo de gall	40.00	88.00	56.27	5.29	3.29	0.71	21	29.64	2.82	53.63
Fideos	30.00	100.00	108.00	2.82	0.06	23.46	11	0.54	93.84	105.66
Zapallo macre	15.00	47.00	1.83	0.05	0.01	0.45	0	0.13	1.80	2.13
Zanahoria	15.00	79.00	4.86	0.07	0.08	1.09	0	0.53	4.36	5.18
Sal	5.00	100.00	1.80	0.06	0.03	0.41	0	0.23	1.64	2.11
Orégano seco	1.00	70.00	0.34	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	1.00	50.00	1.03	0.04	0.01	0.24	0	0.06	0.97	1.21
Queso paria	15.00	100.00	59.40	4.20	4.50	0.50	17	40.50	1.98	59.28
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC CEN	**268.90**
									%DIST C	**20.63**
		VCT GR.		**59.02**	**38.39**	**183.52**				
		VCT KCAL		**236.06**	**345.50**	**722.09**			**VCT ME**	**1303.66**
		VCT %		**18.1077**	**26.5026**	**55.3898**				
						100.00				

Lic. Nilda Benites

Lic. Bertha Soria
NUTRICIONISTA

martes 10 de julio de 2018										
ALIMENTO	gripar (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	LECHE CON COCOA,PAN,TORTILLA DE HUEVO									
Cocoa	1.50	100.00	5.06	0.29	0.26	0.72	1	2.31	2.67	6.32
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.80	28	72.90	43.60	144.50
Huevo de gall	55	92.00	71.35	6.83	4.25	0.91	27	38.25	3.64	69.22
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	340.08
									% DIST	23.52
REFRIGERIO	GELATINA									
Gelatina Con	34.00	89.00	114.99	3.33	0.00	26.27	13	0.00	105.06	118.38
									VC DES	118.38
									% DIST R	8.19
ALMUERZO:	TALLARIN SALTADO DE POLLO Y REFRESCO									
Carne de Pol	120.00	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Fideos tallarin	80.00	100.00	259.20	7.60	0.08	55.68	30	0.72	222.72	253.94
Papa blanca	80.00	79.00	61.30	1.33	0.06	14.08	5	0.57	56.37	62.25
Tomate	20.00	99.00	3.79	0.16	0.04	0.85	1	0.36	3.41	4.40
Cebolla de cal	30.00	67.00	9.85	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	2.00	80.00	2.06	0.05	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.88	0	0.00	31.46	31.46
									VC .ALM	552.83
									% DIST A	38.22
REFRIGERIO	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	30.00	99.00	15.55	0.09	0.03	4.20	0	0.26	16.82	17.42
									VC DES	143.37
									% DIST R	9.92
CENA:	VASO DE LECHE									
Leche evapor	120.00	100.00	171.60	8.40	9.72	13.08	34	87.48	52.32	173.40
Azúcar rubia	30.00	100.0	114.00	0.00	0.00	29.49	0	0.00	117.96	117.96
									VC CEN	291.36
									%DIST C	20.15
		VCT GR.		57.14	38.64	221.65				
		VCT KCAL		228.55	329.74	887.53			VCT ME	1445.82
		VCT %		15.81	22.81	61.39				
					100.00					

Vilma Sanchez
Nutricionista
CNP 3500
PROFESIONAL NUTRICIONISTA
DISA

CONSORCIO CHAVINDULO E.I.R.L.
M. CRISTINA
NUTRICIONISTA

Paola Sabrina Garcia Sarili
NUTRICIONISTA
CNP 6795

miércoles 11 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	HARINA DE HABAS,PAN,MORTADELA									
Harina de Hab	30.00	100.00	102.90	7.29	0.57	17.88	29	5.13	71.52	105.81
Mortadela	20.00	100.00	51.40	1.98	3.94	1.88	8	35.46	7.52	50.82
Clavo de olor	0.30	54.00	0.13	0.00	0.00	0.09	0	0.00	0.14	0.15
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	8.00	100.00	30.40	0.00	0.00	7.88	0	0.00	31.48	31.48
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	268.91
									% DIST	20.28
REFRIGERIO	PAPAYA									
Papaya	180.00	96.00	45.15	0.61	0.18	12.60	2	1.38	50.38	54.22
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC DES	93.54
									% DIST R	7.05
ALMUERZO:	GUISO DE LENTEJA,ENSALADA,ARROZ Y REFRESCO									
Lentejas	50.00	91.00	154.25	10.28	0.46	27.70	41	4.10	111.02	156.25
Carne de res p	30.0	80.00	25.20	5.11	0.38	0.00	20	3.46	0.00	23.90
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	188.72	209.10
Papa blanca	60.00	100.00	58.20	1.26	0.06	13.38	5	0.54	53.52	59.10
Limón	1.00	98.00	0.29	0.00	0.00	0.10	0	0.02	0.38	0.42
Cebolla de co	15.00	87.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	59.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.0	80.00	2.06	0.09	0.01	0.48	0	0.12	1.95	2.42
Aceite vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.65	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	517.70
									% DIST	39.04
REFRIGERIO	MANZANA									
Manzana	180.00	98.00	95.26	0.53	0.18	25.8	2	1.59	103.02	106.72
									VC DES	106.72
									% DIST R	8.05
CENA:	POLLO BROSTER,ARROZ = INFUSION									
Carne de Poll	100.00	70.00	79.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Mandioca	5.0	100.00	16.50	0.32	0.02	3.86	1	0.18	15.42	16.58
Arroz Pilado c	40.00	100.00	143.50	3.28	0.20	31.12	13	1.80	124.48	139.40
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	1.05	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN.	339.23
									%DIST C	25.58
		VCT GR.		52.25	23.39	226.85				
		VCT KCAL		209.00	209.70	907.40			VCT MEI	1326.10
		VCT %		15.76	15.8135	68.43				
						100.00				

Lic. Jessica M. Ulloa Benítez
N.P. 1008

Paola Johana Barrios Sosa
NUTRICIONISTA
CNP 576

jueves 12 de julio de 2018										
ALIMENTO	gr/per	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal.	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	SEMOLA CON LECHE,PAN,ACEITUNA									
Sémola de Tri	20.00	100.00	72.40	1.56	0.22	15.68	6	1.98	62.72	70.94
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Aceitunas de	25.00	89.00	66.31	0.18	7.14	1.62	1	64.28	6.50	71.48
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés [2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	343.96
									% DIST	22.88
REFRIGERIO	PLATANO									
Plátano de se	140.00	95.00	110.39	2.00	0.40	27.5	8	3.59	111.72	123.29
									VC DES	123.29
									% DIST R	8.20
ALMUERZO:	ARROZ A LA JARDINERA CON CARNE PICADA ,ENSALADA Y REFRESCO									
Carne de res p	70.0	100.00	75.50	14.91	1.12	0.00	60	10.08	0.00	69.72
Arroz Pilado c	90.00	100.00	323.10	7.38	0.45	70.02	30	4.05	280.08	313.85
Zanahoria	20.00	85.00	6.97	0.10	0.09	1.56	0	0.77	6.28	7.43
Arvejas fresca	20.0	44.00	9.33	0.62	0.06	1.68	2	0.48	6.62	9.59
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Ajos	3.00	100.00	3.87	0.17	0.02	0.91	1	0.22	3.65	4.54
Sal	3.00	57.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.85
Tomate	30.00	91.00	5.19	0.22	0.05	1.17	1	0.49	4.70	6.06
Ají amarillo m	2.00	67.00	0.70	0.03	0.02	0.12	0	0.21	0.49	0.80
Fideos	16.00	100.00	57.60	1.50	0.00	12.51	6	0.29	50.05	56.35
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	553.31
									%DIST A	36.80
REFRIGERIO	MAZAMORRA MORADA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Piña	30.00	93.00	10.60	0.11	0.06	2.73	0	0.50	10.94	11.89
Maíz morado	20.00	57.00	40.70	0.83	0.39	8.69	3	3.49	34.75	41.56
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	157.51
									%DIST F	10.48
CENA:	CAZUELA DE POLLO									
Carne de Pollo	40.00	70.00	30.24	5.38	0.81	0.00	22	7.31	0.00	28.81
Zapallo macro	45.00	89.00	10.41	0.28	0.08	2.56	1	0.72	10.25	12.10
Apio	5.00	90.00	0.96	0.03	0.01	0.22	0	0.08	0.86	1.07
Poro	5.00	98.00	1.96	0.13	0.04	0.37	1	0.35	1.48	2.37
Nabo	5.00	95.00	0.76	0.03	0.01	0.17	0	0.09	0.68	0.88
Zanahoria	35.00	85.00	12.20	0.18	0.15	2.74	1	1.34	10.95	13.00
Aceite vegeta	8.00	100.00	79.72	0.00	9.00	0.00	0	72.00	0.00	72.00
Aceite vegeta	12.00	100.00	109.08	0.00	12.00	0.00	0	108.00	0.00	108.00
Papa blanca	50.00	95.00	74.50	1.51	0.08	17.13	6	0.69	68.51	75.66
Sal	12.00	100.00	4.32	0.14	0.00	0.98	1	0.04	3.94	5.06
Tomate	30.00	99.00	5.64	0.24	0.06	1.28	1	0.53	5.11	6.59
									VC CEN	325.53
									%DIST C	21.65
		VCT GR		46.95	43.02	232.15				
		VCT KCAL		187.80	387.20	928.60				
		VCT %		12.49	25.7516	61.76			VCT ME	1503.60
						100.00				

Lic. Jessica W. Sandoval Sandoval
Nutricionista
Colegiado 1-2-2-2-2
Nutricionista Distrital

Paola Rosario Barrios Torres

viernes 13 de julio de 2018										
ALIMENTO	gr/por	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	CHOCOLATADA,PAN,SALCHICHA									
Chocolate Am	3.00	100.00	1.47	0.02	0.00	0.15	0	0.00	0.59	0.59
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Salchicha "ho	20.00	92.00	67.34	2.02	6.31	0.18	8	56.80	0.74	65.53
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	16.21	11	8.10	60.84	80.10
									VC DES	356.16
									% DIST	21.40
REFRIGERIO	HUEVO DURO									
Huevo de gall	60.00	97.00	109.42	10.48	6.52	1.40	42	58.67	5.59	106.16
									VC DES	106.16
									% DIST R	6.38
ALMUERZO:	QUINUA BATIDA,ARROZ Y REFRESCO									
Leche evapor	20.00	100.00	28.60	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	15.00	100.00	59.40	4.20	4.50	0.50	17	40.50	1.98	59.28
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	48.68	20	2.70	186.72	209.10
Papa blanca	90.0	82.00	71.59	1.56	0.07	16.46	6	0.68	65.83	72.69
Queso paria	20.00	100.00	79.20	5.60	6.00	0.66	22	54.00	2.64	79.04
Sal	5.00	100.00	1.80	0.08	0.03	0.41	0	0.23	1.64	2.11
Quinua Crude	20.00	100.00	74.80	2.72	1.16	13.26	11	10.44	53.04	74.36
Huacatay	2.00	54.00	0.51	0.05	0.01	0.09	0	0.08	0.35	0.04
Ajos	1.50	90.00	1.55	0.07	0.01	0.36	0	0.09	1.46	1.61
Aceite vegeta	8.00	100.00	79.72	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de ca	50.00	67.00	16.42	0.47	0.07	3.78	2	0.60	15.14	17.62
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ALM	656.87
									% DIST	39.47
REFRIGERIO	MAZAMORRA DE MAIZENA CON LECHE									
Maizena	25.00	100.00	87.75	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0.00	0	39.32	39.32
Canela entera	0.10	54.00	0.19	0.00	0.00	0.05	0.00	0.0044	0.18	0.19
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Leche evapor	10.00	100.00	14.30	0.70	0.81	1.09	3	7.29	4.36	14.45
									VC ALM	141.76
									%DIST R	8.52
CENA:	CARNE ALMENDRADA,ARROZ + INFUSION									
Carne de res	70.0	85.00	62.48	12.67	0.95	0.00	51	8.57	0.00	59.26
Maní pruda. c	5.00	71.00	19.84	0.88	1.71	0.63	3	15.40	2.51	21.34
Papa blanca	80.00	79.00	61.30	1.33	0.06	14.09	5	0.57	56.37	62.25
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	48.68	20	2.70	186.72	209.10
Cebolla de ca	30.00	67.00	9.85	0.28	0.04	2.27	1	0.36	9.06	10.57
Zanahoria	15.00	79.00	4.88	0.07	0.06	1.09	0	0.53	4.36	5.18
Arvejas fresca	25.00	54.00	14.31	0.96	0.08	2.54	4	0.73	10.15	14.72
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	403.34
									%DIST C	24.23
		VCT GR.		65.32	52.68	232.22				
		VCT KCAL		261.30	474.10	928.90			VCT MEI	1664.29
		VCT %		15.70	28.4865	55.81				
						100.00				

Lic. Jessica W. Alva Benites
NUTRICIONISTA
C.N.P. 5710

Paola Barrios Soria
NUTRICIONISTA
C.N.P. 5710

sábado 14 de julio de 2018										
ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	SOYA CON LECHE,PAN,QUESO									
Soya (18)	20.00	100.00	80.20	5.64	3.78	7.14	23	34.02	28.56	85.14
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela enter	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Queso paria	20.00	100.00	79.20	5.60	6.00	0.66	22	54.00	2.64	79.04
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	365.71
									% DIST	29.65
REFRIGERIO	DURAZNO									
du	140.0	85.00	76.16	0.71	0.12	20.35	3	1.07	81.40	85.32
									VC DES	85.32
									% DIST R	6.92
ALMUERZO:	HIGADO FRITO,ENSALADA,ARROZ Y REFRESCO									
Hígado de Pol	80.0	68.0	70.22	10.36	2.43	0.00	41	21.86	0.00	63.25
Arroz Pilado c	80.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	96.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Aceite vegeta	8.00	100.00	70.72	0.00	8.00	0.00	0	72.00	0.00	72.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	82.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.68
Harina de trig	17.00	100.0	61.03	1.79	0.34	12.72	7	3.06	50.88	61.06
Pepinillo o Po	60.00	72.00	4.75	0.22	0.04	1.12	1	0.39	4.49	5.75
Azúcar rubia	8.0	100.00	30.40	0.00	0.00	7.88	0	0.00	31.48	31.48
									VC .ALM	455.24
									% DIST	36.91
REFRIGERIO	MANDARINA									
Mandarina	150.00	72.00	37.80	0.65	0.32	9.29	3	2.92	75.00	80.51
									VC .ALM	80.51
									%DIST R	6.53
CENA:	VASO DE LECHE									
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.50	28	72.90	43.60	144.50
Azúcar rubia	26.00	100.0	98.80	0.00	0.00	25.56	0	0.00	102.23	102.23
									VC CEN	246.73
									%DIST C	20.00
		VCT GR.		44.95	36.08	172.79				
		VCT KCAL		179.81	324.71	691.15				
		VCT %		14.58	26.32	56.03			VCT ME	1233.52

Paola Tatiana Barrios Soria
NUTRICIONISTA
C.N.P. 5[illegible]

domingo 15 de julio de 2018										
ALIMENTO	gripar (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	MACA CON LECHE,PAN,TORTILLA DE HUEVO									
Maca	20.00	100.00	70.00	1.22	0.24	16.02	5	2.16	64.08	71.12
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.06	0.06
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Huevo de gall	60.00	89.00	75.29	7.21	4.49	0.96	29	40.37	3.84	73.85
Aceite vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	381.70
									% DIST	27.21
REFRIGERIO	YOGURT									
Yogurt	250.00	100.00	115.00	10.25	2.50	13.00	41	22.50	52.00	115.50
									VC .ALM	115.50
									%DIST R	8.23
ALMUERZO:	MILANESA DE PESCADO,ENSALADA,ARROZ Y REFRESCO									
Pescado Jurel	90.00	100.00	116.10	19.44	3.51	0.27	78	31.59	1.08	110.43
Arroz Pilado c	60.00	79.00	170.17	3.99	0.24	38.88	16	2.13	147.51	165.19
Pepinillo o Pe	35.00	87.00	2.58	0.12	0.02	0.61	0	0.21	2.44	3.12
Tomate	30.00	99.00	5.64	0.24	0.06	1.28	1	0.53	5.11	6.59
Ajos	6.0	90.00	5.18	0.22	0.03	1.22	1	0.29	4.88	6.06
Aceite vegeta	25.00	80.00	175.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	4.32	0.14	0.06	0.98	1	0.54	3.94	5.06
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	515.75
									% DIST	36.77
REFRIGERIO	MAZAMORRA DE PIÑA									
Mandioca	18.0	100.00	59.76	1.15	0.07	13.88	5	0.65	55.51	60.77
Piña	30.00	93.00	10.60	0.11	0.06	2.73	0	0.50	10.94	11.89
Canela entera	1.00	100.00	3.53	0.02	0.01	0.84	0	0.08	3.37	3.54
Clavo de olor	1.00	100.00	0.82	0.01	0.00	0.22	0	0.02	0.88	0.92
Azúcar rubia	8.00	100.00	30.40	0.00	0.00	7.88	0	0.00	31.48	31.48
									VC .ALM	108.56
									%DIST R	7.74
CENA:	ASADO DE POLLO,ARROZ + INFUSION									
Carne de Pollo	100.00	70.00	75.60	13.44	2.00	0.00	54	18.27	0.00	72.03
Cebolla de ca	20.00	67.00	6.57	0.19	0.00	1.51	1	0.24	6.06	7.05
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Pilado c	40.00	82.00	117.75	2.69	0.16	25.52	11	1.43	102.07	114.31
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	9.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.56	0	0.36	2.52	3.37
Papa blanca	60.00	52.0	30.28	0.66	0.03	6.96	3	0.28	27.83	30.73
									VC .ALM	281.26
									% DIST	20.05
		VCT GR.		69.20	46.32	172.77				
		VCT KCAL		276.79	434.92	691.07			VCT MI	1402.78
		VCT %		19.73	31.0038	49.26				
						100.00				

Paola Johana Barrios Soria
NUTRICIONISTA
CNP 5799

lunes 16 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	SIETE CEREALES CON LECHE,PAN,MANJAR									
Quinua Harina	5.00	100.00	17.05	0.49	0.13	3.81	2	1.17	14.42	17.41
Avena, hojuel	5.00	100.00	17.35	0.67	0.20	3.60	3	1.80	14.40	18.85
Harina de Hal	5.00	100.00	17.15	1.22	0.10	2.98	5	0.88	11.92	17.84
Cebada harina	5.00	100.00	18.50	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.00	19.05	0.44	0.33	3.56	2	2.93	14.24	18.91
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Manjar blanco	7.00	100.00	41.30	1.90	3.67	1.18	8	32.13	4.73	44.45
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	337.07
									% DIST	26.45
REFRIGERIO	MANGO									
Mango	150	85.00	76.50	0.51	0.28	20.27	2	2.50	81.09	85.43
									VC DES	85.43
									% DIST R	6.70
ALMUERZO:	POLLO BROSTER,ENSALADA,ARROZ Y REFRESCO									
Carne de Pollo	120.0	85.00	122.40	21.01	3.67	0.00	84	33.05	0.00	117.10
Arroz Pilado c	60.00	79.00	170.17	3.89	0.24	36.88	16	2.13	147.51	165.19
Cebolla de co	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.05	7.05
Lechuga redo	30.00	67.00	2.41	0.26	0.04	0.42	1	0.38	1.69	3.10
Limón	3.00	54.00	0.49	0.01	0.00	0.16	0	0.03	0.63	0.69
Mandioca	10.00	82.00	27.22	0.52	0.03	6.32	2	0.30	25.29	27.60
Tomate	20.00	99.00	3.75	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	2.68	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	20.00	80.00	141.44	0.00	16.00	0.00	0	144.00	0.00	144.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	6.00	100.0	22.80	0.00	0.00	5.90	0	0.00	23.59	23.59
									VC ALM	499.18
									% DIST	39.17
REFRIGERIO	GRANADILLA									
Granadilla	120.00	85.00	85.44	2.35	2.14	15.66	9	19.22	66.64	95.27
									VC DES	95.27
									% DIST R	7.48
CENA:	CREMA DE ESPINACA									
Espinaca neg	150.00	97.00	46.66	4.07	1.31	7.13	16	11.79	28.52	56.60
Ajos	2.00	80.00	2.08	0.09	0.01	0.49	0	0.12	1.95	2.42
Papa amarilla	70.00	76.00	54.80	1.06	0.21	12.40	4	1.92	49.58	55.75
Leche evapor	25.00	100.00	35.75	1.75	2.03	2.73	7	18.23	10.80	36.13
Harina de trig	10.00	100.00	35.90	1.05	0.20	7.46	4	1.80	29.82	35.92
Margarina veg	5.00	100.00	36.00	0.03	4.10	0.00	0	36.90	0.00	37.02
Cebolla de ca	11.00	67.00	3.61	0.10	0.01	0.83	0	0.13	3.33	3.66
Margarina veg	4.00	100.00	26.80	0.02	3.26	0.00	0	29.62	0.00	29.62
									VC CEN	257.33
									%DIST C	20.19
		VCT GR.		50.59	44.66	167.49				
		VCT KCAL		202.37	401.94	669.96			VCT MIE	1274.27
		VCT %		15.88	31.5428	52.58				
						100.00				

Dra. Johana Barrios Soria
NUTRICIONISTA
CMP 5799

martes 17 de julio de 2018

ALIMENTO	gr/per (g)	consumo le %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	LECHE CON VAINILLA,PAN,MORTADELA									
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela enters	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Vainita	2.00	100.00	1.32	0.01	0.00	0.35	0	0.02	1.42	1.47
Mortadela	20.00	100.00	51.40	1.96	3.94	1.88	8	35.46	7.52	50.82
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	316.84
									% DIST	23.33
REFRIGERIO	GELATINA									
Gelatina Con	35.00	89.00	118.37	3.43	0.00	27.04	14	0.00	108.16	121.86
									VC DES	121.86
									% DIST R	8.97
ALMUERZO:	CAU-CAU DE POLLO,ARROZ Y REFRESCO									
Carne de Poll	120.00	100.00	144.00	24.72	4.32	0.00	99	38.88	0.00	137.76
Arroz Pilado c	80.00	79.00	226.89	5.18	0.32	49.17	21	2.84	196.68	220.26
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Ají verde (2)	8.00	67.00	3.06	0.13	0.04	0.56	1	0.36	2.66	3.58
Arvejas fresca	15.00	54.00	8.59	0.58	0.05	1.52	2	0.44	6.09	8.83
Zanahoria	20.00	79.00	6.48	0.09	0.08	1.45	0	0.71	5.81	6.90
Papa blanca	60.00	82.00	47.72	1.03	0.05	10.97	4	0.44	43.89	48.48
Tomate	10.00	99.00	1.86	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.5	80.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ALM	497.09
									% DIST A	36.60
REFRIGERIO	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.50	0.10	19.25	6	0.90	77.10	84.40
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela enteri	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	30.00	96.00	15.55	0.09	0.03	4.20	0	0.28	16.82	17.42
									VC ALM	143.37
									%DIST R	10.56
CENA:	VASO DE LECHE									
Azúcar rubia	25.00	100.00	95.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Leche evapor	125.0	100.00	178.75	8.75	10.13	13.63	35	91.13	54.50	180.63
									VC CEN	278.93
									%DIST C	20.54
		VCT GR.		57.86	32.16	209.50				
		VCT KCAL		231.43	289.45	837.20				
		VCT %		17.04	21.31	61.65			VCT ME	1358.08
					100.00					

Paola Yolanda Barrios Sorio
NUTRICIONISTA
CNP 1709

miércoles 18 de julio de 2018

ALIMENTO	gripar	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal.	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	AVENA ,PAN,PALTA									
Avena, hojuel	30.00	100.00	104.10	3.99	1.20	21.60	16	10.80	86.40	113.16
Clavo de olor	0.10	84.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	84.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Palta	20.0	92.00	24	0.31	2.3	1.0	1	20.70	4.12	25.07
Azúcar rubia	15.00	100.00	57.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	278.94
									% DIST	20.69
REFRIGERIO	MANZANA									
Manzana	170.00	93.00	86.37	0.47	0.16	23.1	2	1.42	92.33	95.65
									VC .ALM	95.65
									%DIST F	7.09
ALMUERZO:	GUISO DE ARJEJAS PARTIDAS,ENSALADA,ARROZ Y REFRESCO									
Arvejita partid	50.00	100.00	173.00	10.80	0.65	32.20	43	4.95	128.80	176.95
Carne de res p	30.00	79.00	24.89	5.05	0.38	0.00	20	3.41	0.00	23.61
Pepinillo o Pe	20.00	100.00	2.20	0.10	0.02	0.52	0	0.18	2.08	2.56
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	1.98	0.08	0.02	0.43	0	0.16	1.70	2.20
Papa blanca	30.0	82.00	23.86	0.52	0.02	5.49	2	0.22	21.94	24.23
Arroz Pilado c	60.0	100.00	216.40	4.92	0.30	46.88	20	2.70	188.72	209.10
Aceite vegeta	3.00	80.00	21.22	0.00	2.40	0.00	0	21.60	0.00	21.60
Limón	2.00	50.00	0.30	0.01	0.00	0.10	0	0.02	0.39	0.43
Sal	5.00	100.00	1.80	0.08	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	507.48
									% DIST	37.64
REFRIGERIO	PAPAYA									
Papaya	150.00	85.00	43.52	0.84	0.14	11.15	2	1.22	44.61	48.01
Azúcar rubia	10.00	70.00	26.60	0.00	0.00	6.9	0	0.00	27.53	27.53
									VC .ALM	75.53
									%DIST F	5.60
CENA:	POLLO ESTOFADO, ARROZ + INFUSION									
Carne de Polle	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Arroz Pilado c	60.0	100.00	216.40	4.92	0.30	46.88	20	2.70	188.72	209.10
Ajos	1.00	80.00	1.03	0.04	0.01	0.24	0	0.06	0.97	1.21
Aceite vegeta	2.00	100.00	17.88	0.00	2.00	0.00	0	18.00	0.00	18.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Papa blanca	60.0	82.00	47.72	1.03	0.06	10.97	4	0.44	43.89	48.46
Cebolla de cal	15.50	67.00	5.09	0.15	0.02	1.17	1	0.19	4.69	5.46
Tomate	8.60	99.00	1.62	0.07	0.02	0.37	0	0.15	1.46	1.80
Arvejas fresca	15.00	54.00	8.59	0.58	0.06	1.52	2	0.44	6.09	8.83
Zanahoria	15.00	78.00	4.86	0.07	0.06	1.06	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	350.66
									% DIST	26.00
		VCT GR.		58.11	12.98	257.76				
		VCT KCAL		209.43	116.80	1031.04			VCT MI	1348.26
		VCT %		14.87	8.66289	76.47				
						100.00				

Paola Fabiola Barrios Soria
NUTRICIONISTA
CNP 5799

jueves, 19 de julio de 2018

ALIMENTO	gripar (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	HARINA DE HABAS CON LECHE,PAN,SALCHICHA									
Harina de Hab	5.00	100.00	17.15	1.22	0.10	2.88	5	0.86	11.92	17.64
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.83	20	51.03	30.52	101.15
Clavo de olor	0.10	64.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.00	19.00
Salchicha "ho	20.00	92.00	67.34	2.02	6.31	0.18	8	56.80	0.74	65.63
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	284.80
									% DIST I	22.08
REFRIGERIO	MANDARINA									
Mandarina	160.00	98.00	53.76	0.92	0.46	13.2	4	4.16	56.00	93.83
									VC .ALM	93.83
									%DIST R	7.28
ALMUERZO:	ESTOFADO DE RES,ARROZ Y REFRESCO									
Carne de res	70.0	100.00	73.50	14.91	1.12	0.00	60	10.08	0.00	69.72
Arroz Pilado c	50.0	100.00	215.40	4.92	0.30	46.88	20	2.70	188.72	209.10
Ajos	1.00	80.00	1.03	0.04	0.01	0.24	0	0.06	0.97	1.21
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.63	0.84
Papa blanca	100.0	82.00	79.54	1.72	0.06	18.29	7	0.74	73.14	80.77
Cebolla de cal	15.50	67.00	6.09	0.15	0.02	1.17	1	0.19	4.69	5.46
Tomate	6.60	98.00	1.62	0.07	0.02	0.37	0	0.16	1.46	1.69
Arvejas fresca	32.70	54.00	18.72	1.25	0.11	3.32	5	0.95	13.28	19.25
Zanahoria	23.30	79.00	7.55	0.11	0.09	1.69	0	0.83	6.77	8.04
Azúcar rubia	21.00	100.0	79.80	0.00	0.00	20.64	0	0.00	82.57	82.57
									VC .ALM	523.86
									% DIST A	40.62
REFRIGERIO	PLATANO									
Plátano de se	140.00	95.00	110.39	2.00	0.40	27.9	8	3.59	111.72	123.29
									VC DES	123.29
									% DIST R	9.56
CENA:	SOPA DE CASA									
Carne de Poll	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Fideos	50.0	100.00	180.00	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	3.00	76.00	0.47	0.02	0.00	0.11	0	0.04	0.43	0.54
Poro	3.00	68.00	0.79	0.05	0.02	0.15	0	0.14	0.60	0.96
Nabo	2.00	66.00	0.21	0.01	0.00	0.05	0	0.02	0.19	0.25
Zanahoria	30.00	79.00	8.72	0.14	0.12	2.16	1	1.07	8.72	10.36
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
									VC CEN	263.86
									%DIST C	20.46
		VCT GR.		55.54	22.88	207.09				
		VCT KCAL		222.17	205.94	828.37			VCT ME	1289.64
		VCT %		17.23	15.969	64.23				

Lic. Jessica Rivas Benites
NUTRICIONISTA
C.N.P. 5700

Paola Abad Barrios Sario
NUTRICIONISTA
C.N.P. 5797

viernes 20 de julio de 2018

ALIMENTO	gripor (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DEBAYUNO:	COCOA CON LECHE, PAN, MERMELADA									
Cocoa	1.00	100.00	4.04	0.19	0.17	0.48	1	1.54	1.91	4.21
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Azúcar rubia	12.00	100.00	45.60	0.00	0.00	11.80	0	0.00	47.18	47.18
Mermelada D	12.00	100.00	34.32	0.05	0.02	8.77	0	0.22	35.09	35.50
Pan francés (2	30.00	100.00	81.00	2.79	0.90	16.21	11	8.10	60.84	80.10
									VC DES	312.11
									% DIST	20.36
REFRIGERIO	HUEVO DURO									
Huevo de gall	80.00	98.00	110.54	10.58	6.59	1.41	42	59.27	5.64	107.25
									VC DES	107.25
									% DIST R	7.00
ALMUERZO:	ARROZ CON POLLO,ARROZ Y REFRESCO									
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Carne de Poll	120.0	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Arvejas fresc	15.00	54.00	8.58	0.58	0.06	1.52	2	0.44	6.09	8.83
Espinaca neg	15.00	85.00	4.08	0.38	0.11	0.62	1	1.03	2.50	4.96
Cilantro	20.00	57.00	5.02	0.38	0.15	0.80	2	1.33	3.19	6.09
Zanahoria	20.00	79.00	6.48	0.09	0.08	1.45	0	0.71	5.81	6.90
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.96	2.42
Aceite vegeta	20.00	100.00	176.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	4.32	0.14	0.06	0.98	1	0.54	3.94	5.05
Pimiento	3.00	50.00	0.63	0.02	0.01	0.12	0	0.07	0.48	0.62
Cebolla de cal	15.00	100.00	7.35	0.21	0.03	1.70	1	0.27	6.78	7.89
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ,ALM	567.56
									% DIST	37.03
REFRIGERIO	ARROZ CON LECHE									
Leche evapor	20.00	100.00	28.60	1.40	1.62	2.18	6	14.58	8.72	29.90
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Arroz Pilado c	25.00	100.00	89.75	2.05	0.13	19.45	8	1.13	77.80	87.13
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
									VC ,ALM	137.91
									%DIST R	9.00
CENA:	REVUELTO DE ZANAHORIA, ARROZ + INFUSION									
Leche evapor	10.0	100.00	14.30	0.70	0.81	1.09	3	7.28	4.36	14.45
Queso fresco	5.0	100.00	11.50	0.79	0.88	0.11	3	7.88	0.44	11.46
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Papa blanca	40.00	50.00	19.40	0.42	0.02	4.46	2	0.18	17.84	19.70
Sal	2.00	97.00	0.70	0.02	0.01	0.16	0	0.09	0.64	0.82
Zanahoria	60.00	72.00	17.712	0.26	0.22	3.97	1	1.94	15.90	18.88
Huevo de gall	5.00	57.00	4.02	0.38	0.24	4.75	2	2.16	19.02	22.50
Cebolla de ca	5.00	54.00	1.32	0.04	0.01	0.31	0	0.05	1.22	1.42
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC ,ALM	408.00
									% DIST	26.62
		VCT GR.		55.71	53.83	206.42				
		VCT KCAL		222.84	484.59	825.69				
		VCT %		14.54	31.6079	53.87			VCT ME	1532.83

Paola Vanessa Barrios Soria
NUTRICIONISTA
N° 5710

sábado 21 de julio de 2018

ALIMENTO	gr/per (g)	consumible %	E Kcal	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	QUINUA CON LECHE, PAN, QUESO									
Quinua Crude	25.00	100.00	93.50	3.40	1.45	16.58	14	13.05	66.30	92.95
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela enteri	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.57	7.53	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Queso parie	20.00	100.00	79.20	5.60	6.00	0.56	22	54.00	2.64	79.04
Pan francés (2	30.00	100.00	81.00	2.79	0.90	16.21	11	8.10	60.84	80.10
									VC DES	373.52
									% DIST	27.07
REFRIGERIO	PIÑA									
Piña	150.00	89.00	50.73	0.53	0.27	13.06	2	2.40	52.33	56.67
Azúcar rubia	10.00	100.00	39.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	96.19
									%DIST R	6.97
ALMUERZO:	HIGADO APANADO,ENSALADA,ARROZ Y REFRESCO									
Higado de res	100.0	82.00	119.84	18.40	4.23	0.92	74	38.09	3.68	115.37
Arroz Pilado c	62.0	100.00	222.58	5.08	0.31	46.24	20	2.79	192.94	216.07
Sal	8.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegeta	8.00	70.00	49.50	0.00	5.60	0.00	0	50.40	0.00	50.40
Pepinillo o Pe	30.0	82.00	2.71	0.12	0.02	0.64	0	0.22	2.66	3.27
Limón	3.00	62.00	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Tomate	20.00	98.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Pan esco mol	20.00	100.00	81.20	2.20	0.56	16.50	9	5.04	66.00	79.84
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.96	2.42
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
									VC .ALM	507.25
									% DIST	36.76
REFRIGERIO	MANZANA									
Manzana	170.00	96.00	88.13	0.49	0.18	23.8	2	1.47	95.31	98.74
									VC .ALM	98.74
									%DIST R	7.16
CENA:	VASO DE LECHE									
Leche evapor	125.00	100.00	178.75	8.75	10.13	13.63	35	91.13	54.50	180.63
Cocoa	6.00	100.00	24.24	1.14	1.00	2.67	5	8.23	11.47	25.27
Azúcar rubia	25.00	100.0	95.00	0.00	0.00	24.58	0	0.00	98.30	98.30
									VC CEN	304.19
									%DIST C	22.04
		VCT GR.		53.77	36.42	209.23				
		VCT KCAL		215.07	327.82	837.00				
		VCT %		15.59	23.76	60.66			VCT ME	1379.89
					100.00					

Liliana Barrios Sorto
NUTRICIONISTA
CNP 5700

domingo 22 de julio de 2018

ALIMENTO	gr/per	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal.	Am (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	HARINA DE HABAS CON LECHE,PAN,HUEVO SANCOCHADO									
Harina de Hab	20.00	100.00	68.60	4.86	0.38	11.92	19	3.42	47.68	70.54
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.06	0.06
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	20.00	100.00	28.60	1.40	1.52	2.18	6	14.58	8.72	28.90
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Huevo de gall	60.00	100.00	84.60	9.10	5.04	1.08	32	45.36	4.32	82.08
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	281.90
									% DIST	20.94
REFRIGERIO	YOGURT									
Yogurt	250.00	100.00	115.00	10.25	2.50	13.0	41	22.50	52.00	115.50
									VC .ALM	115.50
									%DIST R	8.58
ALMUERZO:	PESCADO FRITO,ENSALADA,ARROZ Y REFRESCO									
Pescado jurel	100.0	66.0	85.14	14.26	2.57	0.20	57	23.17	0.79	80.96
Arroz Pilado c	90.00	100.00	215.40	4.02	0.90	46.88	20	2.70	188.72	209.10
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Aceite vegeta	20.00	100.00	178.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.68	0.84
Ajos	3.00	90.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	52.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Harina de trig	15.00	100.0	53.85	1.58	0.30	11.22	6	2.70	44.88	53.88
Pepinillo o Pe	30.00	72.00	2.38	0.11	0.02	0.56	0	0.18	2.25	2.87
Azúcar rubia	5.0	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	559.11
									% DIST	41.53
REFRIGERIO	MAZAMORRA DE PIÑA									
Mandioca	20.0	100.00	68.40	1.26	0.08	15.42	5	0.72	61.68	67.52
Piña	30.00	85.00	7.41	0.08	0.04	1.91	0	0.36	7.64	8.31
azúcar rubia	8.00	100.00	30.40	0.00	0.00	7.88	0	0.00	31.46	31.46
Canela entera	0.50	54.00	0.95	0.01	0.00	0.23	0	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.22	0.00	0.00	0.06	0	0.00	0.23	0.25
									VC CEN	108.49
									%DIST C	8.06
CENA:	ASADO DE POLLO,ARROZ									
Carne de Polle	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Cebolla de ca	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Zanahoria	30.00	76.00	9.72	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Pilado c	40.00	82.00	117.75	2.89	0.16	25.52	11	1.44	102.07	114.31
Tomate	20.00	99.00	3.76	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	60.00	2.58	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegeta	5.00	60.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Sal	8.00	100.00	2.88	0.10	0.04	0.68	0	0.36	2.62	3.37
Papa blanca	60.00	52.0	30.28	0.86	0.03	6.96	3	0.28	27.83	30.73
									VC .ALM	281.26
									% DIST	20.89
		VCT GR.		67.50	40.30	178.40				
		VCT KCAL		269.99	362.68	713.60			VCT MI	1346.27
		VCT %		20.06	26.94	53.01				
						100.00				

Paola Valeria Barrios Soria
NUTRICIONISTA
T.N.P. 6705

lunes 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	SEMOLA CON LECHE,PAN,MANJAR									
Sémola de Tri	20.00	100.00	72.40	1.56	0.22	15.66	6	1.98	62.72	70.94
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Manjar blanco	7.00	100.00	41.30	1.90	3.57	1.16	8	32.13	4.73	44.45
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Pan francés [2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	316.92
									% DIST	24.71
REFRIGERIO	GRANADILLA									
Granadilla	140.00	86.00	95.20	2.62	2.38	18.56	10	21.42	74.26	106.15
									VC DES	106.15
									% DIST R	8.28
ALMUERZO:	ALMENDRADO DE POLLO,ARROZ Y REFRESCO									
Carne de Poll	120.00	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Maní crudo, c	1.00	71.00	3.97	0.17	0.34	0.13	1	3.06	0.50	4.27
Papa blanca	80.00	79.00	61.30	1.33	0.06	14.09	5	0.57	56.37	62.25
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de cal	30.00	67.00	9.85	0.28	0.04	2.27	1	0.36	9.09	10.57
Zanahoria	15.00	79.00	4.88	0.07	0.06	1.09	0	0.53	4.36	5.18
Arvejas frescs	25.00	54.00	14.31	0.96	0.08	2.54	4	0.73	10.15	14.72
Ajos	2.00	80.00	3.08	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
									VC ALM	470.86
									% DIST	36.71
REFRIGERIO	PLATANO									
Plátano de se	130.00	70.00	75.53	1.37	0.27	19.1	5	2.46	76.44	84.30
									VC ALM	84.36
									%DIST R	6.58
CENA:	VASO DE LECHE									
Leche evapor	125.00	100.00	178.75	8.75	10.13	13.63	35	91.13	54.50	180.63
Cocoa	6.00	100.00	24.24	1.14	1.03	2.57	5	9.23	11.47	25.27
Azúcar rubia	25.00	100.0	95.00	0.00	0.00	24.58	0	0.00	98.30	98.30
									VC CEN	304.19
									%DIST C	23.72
		VCT GR.		50.18	33.10	195.96				
		VCT KCAL		200.73	297.93	783.82				
		VCT %		15.66	23.23	61.12			VCT ME	1282.48
					100.00					

Paola Verónica Barrios Sarna
NUTRICIONISTA
C.N.P. 590

martes, 24 de julio de 2018

ALIMENTO	gripor (g)	comestible %	E Kcal.	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	VAINILLA CON LECHE, PAN, MARGARINA									
Vainilla	2.00	100.00	1.32	0.01	0.00	0.35	0	0.02	1.42	1.47
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Azúcar rubia	15.00	100.00	57.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Margarina ve	10.00	100.00	72.00	0.06	8.20	0.00	0	73.80	0.00	74.04
Pan francés (2	30.00	100.00	91.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	359.72
									% DIST I	25.53
REFRIGERIO	HUEVO DURO									
Huevo de gall	80.00	98.00	110.54	10.58	6.59	1.4	42	59.27	5.64	107.25
									VC .ALM	107.25
									%DIST R	7.61
ALMUERZO:	ATOMATADA DE RES,ARROZ Y REFRESCO									
Carne de res p	70.0	66.0	48.51	9.84	0.74	0.00	39	6.65	0.00	46.02
Arroz Pilado c	70.00	100.00	251.30	5.74	0.35	54.46	23	3.15	217.84	243.95
Cebolla de ca	60.00	67.00	19.70	0.58	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	99.00	5.64	0.24	0.06	1.28	1	0.53	5.11	6.59
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	15.00	100.00	5.40	0.10	0.06	1.23	1	0.58	4.92	6.32
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	100.00	52.0	50.44	1.09	0.06	11.60	4	0.47	46.38	51.22
Azúcar rubia	15.0	100.00	57.00	0.00	0.00	14.75	0	0.00	58.98	58.98
									VC .ALM	527.85
									% DIST A	37.47
REFRIGERIO	GELATINA									
Gelatina Con	32.00	85.00	103.36	2.99	0.00	23.61	12	0.00	94.44	106.41
									VC .ALM	106.41
									%DIST R	7.55
CENA:	ARROZ CHAUFA CON POLLO ,INFUSION									
Carne de Polle	40.00	70.00	30.24	5.38	0.81	0.00	22	7.31	0.00	28.81
Huevo de gall	15.00	98.00	20.73	1.96	1.23	0.26	8	11.11	1.06	20.11
Arroz Pilado c	40.00	100.00	143.60	3.28	0.20	31.12	13	1.80	124.48	139.40
Ajos	1.00	80.00	1.03	0.04	0.01	0.24	0	0.06	0.97	1.21
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla china	10.00	71.00	2.77	0.16	0.03	0.53	1	0.26	2.13	3.04
Pimiento	8.00	83.00	2.32	0.10	0.03	0.51	0	0.30	2.06	2.74
Sillao	2.00	100.00	2.70	0.23	0.10	0.02	1	1.73	0.08	2.71
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	307.68
									%DIST C	21.84
		VCT GR.		52.40	47.67	192.56				
		VCT KCAL		209.61	429.04	770.26			VCT ME	1408.91
		VCT %		14.88	30.452	54.67				
						100.00				

Paola Yohana Barrios Soria
NUTRICIONISTA
CNP 5799

miércoles, 25 de julio de 2018

ALIMENTO	gr/par (g)	comestible %	E Kcal.	PROT Ani (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	QUINUA CON MANZANA,PAN,ATUN									
Quinua Cruda	25.00	100.00	93.50	3.40	1.45	16.58	14	13.05	66.30	92.95
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Manzana	30.00	100.00	16.20	0.09	0.03	4.38	0	0.27	17.52	18.15
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Grated de Sar	23.00	100.00	40.71	5.15	2.07	0.23	21	18.63	0.92	40.16
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	251.64
									% DIST	20.65
REFRIGERIO:	PLATANO									
Plátano de se	140.00	70.00	81.34	1.47	0.29	20.6	6	2.65	82.32	90.85
									VC DES	90.85
									% DIST R	7.46
ALMUERZO:	GUISO DE LENTEJITAS,ENSALADA,ARROZ Y REFRESCO									
Lentejas	50.00	91.00	154.25	10.28	0.46	27.76	41	4.10	111.02	156.25
Carne de res p	40.00	79.00	33.18	6.73	0.51	0.00	27	4.55	0.00	31.47
Pepinillo o Pe	15.00	100.00	1.65	0.08	0.02	0.39	0	0.14	1.56	2.00
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	60.00	1.14	0.05	0.01	0.26	0	0.11	1.03	1.33
Papa blanca	30.0	82.00	23.86	0.52	0.03	5.49	2	0.22	21.94	24.23
Arroz Pilado c	60.0	100.00	215.40	4.92	0.30	46.58	20	2.70	186.72	209.10
Ajos	2.0	80.00	2.06	0.09	0.01	0.49	0	0.12	1.96	2.42
Aceite vegeta	5.00	80.00	35.36	0.00	4.00	0.00	0	36.00	0.00	36.00
Limón	2.00	50.00	0.30	0.01	0.00	0.10	0	0.02	0.39	0.43
Sal	5.00	100.00	1.80	0.06	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	490.28
									% DIST	40.23
REFRIGERIO:	MANDARINA									
Mandarina	160.00	96.00	53.76	0.92	0.46	13.2	4	4.15	85.00	93.83
									VC .ALM	93.83
									%DIST R	7.70
CENA:	CAZUELA DE POLLO									
Carne de Polli	70.00	98.00	82.32	14.13	2.47	0.00	57	22.23	0.00	78.75
Zapallo macre	47.00	47.00	5.74	0.15	0.04	1.41	1	0.40	5.66	6.57
Apio	4.10	76.00	0.65	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.53	0.04	0.01	0.10	0	0.10	0.40	0.64
Zanahoria	25.50	79.00	8.26	0.12	0.10	1.85	0	0.91	7.41	8.80
Fideos	35.50	100.00	131.40	3.43	0.07	28.54	14	0.66	114.17	128.55
Papa blanca	54.70	82.00	51.46	1.11	0.05	11.83	4	0.48	47.32	52.29
Sal	4.40	100.00	1.58	0.05	0.02	0.36	0	0.20	1.44	1.85
Habas fresca(	25.50	36.00	13.48	1.01	0.07	2.31	4	0.64	9.25	13.92
									VC CEN	292.18
									%DIST C	23.97
		VCT GR.		56.77	13.43	209.42				
		VCT KCAL		227.07	120.86	837.69			VCT MD	1218.78
		VCT %		18.63	9.92	68.73				

Lic. Jessica de Ávila Barrios
NUTRICIONISTA
CNP 5710

Wanda Yolanda Barrios Soria
NUTRICIONISTA
CNP 5710

jueves, 26 de julio de 2018

ALIMENTO	gmpor (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	AVENA CON LECHE,PAN,JAMONADA									
Avena, hojuel	20.00	100.00	69.40	2.66	0.80	14.40	11	7.20	57.60	75.44
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Jamonada	30.00	100.00	99.90	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	379.66
									% DIST E	26.67
REFRIGERIO	YOGURT									
Yogurt	200.00	89.00	81.88	7.30	1.78	9.26	29	16.02	37.02	82.24
									VC ,ALM	82.24
									%DIST R	5.80
ALMUERZO:	HIRO DE ZAPALLO ,ARROZ Y REFRESCO									
Leche evapor	20.0	100.00	28.60	1.40	1.62	2.18	6	14.58	8.72	29.30
Queso fresco	30.0	100.00	69.00	4.74	5.25	0.66	19	47.25	2.64	68.85
Arroz Pilado c	60.00	100.00	216.40	4.02	0.30	48.68	20	2.70	196.72	209.10
Papa blanca	80.00	70.00	54.32	1.18	0.06	12.49	5	0.60	49.96	55.16
Huevo de gall	15.00	100.00	21.15	2.03	1.26	0.27	8	11.34	1.08	20.52
Sal	5.00	100.00	2.88	0.10	0.04	0.66	0	0.36	2.64	3.37
Zapallo macre	150.0	70.00	27.30	0.74	0.21	6.72	3	1.89	26.88	31.71
Maíz fresco. (	30.00	57.00	22.06	0.56	0.14	4.75	2	1.23	19.02	22.50
Huacatay	4.10	64.00	1.04	0.11	0.02	0.18	0	0.18	0.71	1.31
Habas frescas	10.00	30.00	5.29	0.40	0.03	0.91	2	0.25	3.63	5.46
Ajos	2.00	54.00	0.62	0.03	0.01	0.13	0	0.08	0.54	0.72
Aceite vegeta	7.00	100.00	61.88	0.00	7.00	0.00	0	63.00	0.00	63.00
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC ,ALM	549.92
									% DIST A	38.80
REFRIGERIO	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	5	0.90	77.10	84.40
Manzana	15.00	98.00	7.78	0.04	0.01	2.10	0	0.13	8.41	8.71
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Canela entera	1.00	100.00	3.53	0.02	0.01	0.84	0	0.08	3.37	3.54
Clavo de olor	1.00	100.00	0.82	0.01	0.00	0.22	0	0.02	0.88	0.92
									VC ,ALM	117.23
									%DIST R	8.27
CENA:	VASO DE LECHE									
Leche evapor	120.00	100.00	171.60	8.40	9.72	13.08	34	87.48	52.32	173.40
Azúcar rubia	30.00	100.0	114.00	0.00	0.00	29.49	0	0.00	117.96	117.96
									VC CEN	291.36
									%DIST C	20.56
		VCT GR.		45.63	43.77	207.23				
		VCT KCAL		194.50	393.97	828.92				
		VCT %		13.72	27.79	58.48			VCT MI	1417.41
					100.00					

Paola Yohana Barrios Soria
NUTRICIONISTA

viernes, 27 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	COCOA CON LECHE,PAN,ACEITUNA									
Cocoa	2.00	100.00	8.08	0.38	0.34	0.96	2	3.08	3.82	8.42
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.06	0.06
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.56	0.57
Leche evapor	100.00	100.00	143.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Aceitunas de	25.00	92.00	68.54	0.18	7.38	1.68	1	66.46	6.72	73.90
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.82	0	0.00	19.66	19.66
Pan francés [2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	327.20
									% DIST	27.33
REFRIGERIO:	GRANADILLA									
Granadilla	140.00	85.00	95.20	2.62	2.38	18.56	10	21.42	74.28	105.15
									VC DES	105.15
									% DIST R	8.86
ALMUERZO:	TALLARINES ROJOS CON POLLO + REFRESCO									
Carne de Pol	120.00	70.00	100.80	17.30	3.02	0.00	69	27.22	0.00	96.43
Fideos tallarin	80.00	100.00	259.20	7.60	0.08	55.68	30	0.72	222.72	253.84
Zanahoria	20.00	79.00	8.48	0.09	0.08	1.45	0	0.71	5.81	6.90
Tomate	10.00	89.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Cebolla de cal	10.00	67.00	3.38	0.09	0.01	0.76	0	0.12	3.03	3.52
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Hongos	0.50	54.00	0.14	0.01	0.00	0.03	0	0.01	0.10	0.17
Laurel	0.60	54.00	0.41	0.01	0.02	0.08	0	0.17	0.24	0.47
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.82	0	0.00	19.66	19.66
									VC ALN	431.88
									% DIST	38.07
REFRIGERIO:	PLATANO									
Plátano de se	120.00	70.00	75.53	1.37	0.27	19.1	5	2.46	76.44	84.36
									VC ALN	84.36
									%DIST R	7.06
CENA:	SOPA DE FIDEOS CON CARNE									
Carne de res	50.00	100.00	52.50	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos	35.00	100.00	126.00	3.29	0.07	27.37	13	0.63	109.48	123.27
Apio	2.00	75.00	0.32	0.01	0.00	0.07	0	0.03	0.29	0.36
Pare	1.00	86.00	0.26	0.02	0.01	0.05	0	0.06	0.20	0.32
Nabo	1.00	86.00	0.11	0.00	0.00	0.02	0	0.01	0.10	0.12
Papa blanca	50.0	82.00	35.77	0.86	0.04	9.14	3	0.37	36.57	40.39
Sal	5.00	100.00	1.80	0.06	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	8.00	100.0	30.40	0.00	0.00	7.86	0	0.00	31.46	31.46
									VC CEN.	247.82
									%DIST C	20.7
		VCT GR.		54.55	38.59	180.47				
		VCT KCAL		218.23	257.31	721.86			VCT MEI	1197.40
		VCT %		18.23	21.49	60.29				
						100.00				

Lic. Jessica Vilca Barrios
NUTRICIONISTA
C.N.P. 3000

Pablo Alcides Barrios Surio
NUTRICIONISTA
C.N.P. 1299

sábado, 28 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E Kcal.	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	SOYA CON LECHE,PAN,SALCHICHA									
Harina de soy	20.00	100.00	76.20	1.74	1.30	14.24	7	11.70	56.96	75.62
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Salchicha "ho	20.00	92.00	67.34	2.02	6.31	0.18	8	56.80	0.74	65.63
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	342.79
									% DIST	22.07
REFRIGERIO	GELATINA									
Gelatina Con	35.00	85.00	115.05	3.27	0.00	25.82	13	0.00	103.29	116.38
									VC .ALM	116.38
									%DIST R	7.49
ALMUERZO:	HIGADO FRITO,ENSALADA,ARROZ Y REFRESCO									
Higado de res	80.00	70.00	71.12	11.20	2.58	0.56	45	23.18	2.24	70.22
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Pepinillo o Pe	80.00	79.00	5.21	0.24	0.05	1.23	1	0.43	4.93	6.30
Tomate	10.00	99.00	1.58	0.08	0.02	0.43	0	0.18	1.70	2.20
Cebolla de cal	20.00	67.00	6.57	0.19	0.03	1.51	1	0.24	6.06	7.05
Ajos	2.00	80.00	2.06	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegeta	25.00	100.00	221.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	10.00	100.00	3.60	0.12	0.05	0.82	0	0.45	3.28	4.21
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	565.82
									% DIST	34.43
REFRIGERIO	MAZAMORRA DE MANZANA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.26	6	0.90	77.10	84.40
azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela entera	0.50	100.00	1.77	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	60.00	98.00	31.10	0.17	0.06	8.41	1	0.62	33.64	34.85
									VC .ALM	160.80
									%DIST R	10.35
CENA:	POLLO FRITO,ARROZ,INFUSION									
Carne de Polli	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.03
Arroz Pilado c	40.00	100.00	143.60	3.28	0.20	31.12	13	1.80	124.48	139.40
Aceite vegeta	15.00	100.00	132.90	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.28
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	367.35
									%DIST C	23.65
		VCT GR.		50.11	59.62	204.02				
		VCT KCAL		200.43	536.61	816.09			VCT ME	1553.14
		VCT %		12.90	34.55	52.54				
						100.00				

Paola Sharon Barrios Soria
NUTRICIONISTA

domingo, 29 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	E KcaL	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	CEBADA CON LECHE,PAN,MERMELADA									
Cebada harina	20.00	100.00	74.00	3.78	0.45	13.48	15	4.14	53.92	73.10
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.15
Mermelada D	0.70	92.00	1.84	0.00	0.00	0.47	0	0.01	1.88	1.90
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	276.54
									% DIST I	22.75
REFRIGERIO	PAPAYA									
Papaya	180.00	98.00	49.15	0.61	0.15	12.60	2	1.38	50.38	54.22
Azúcar rubia	10.00	100.00	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC DES	93.54
									% DIST R	7.69
ALMUERZO:	CHICHARRON DE PESCADO,ENSALADA,ARROZ Y REFRESCO									
Pescado jurel	80.0	66.0	68.11	11.40	2.06	0.10	46	18.53	0.63	64.79
Arroz Pilado c	60.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Pepinillo o Pe	50.00	79.00	4.35	0.20	0.04	1.03	1	0.36	4.11	5.25
Tomate	10.00	99.00	1.88	0.08	0.02	0.43	0	0.18	1.70	2.20
Limón	3.00	52.00	0.47	0.01	0.00	0.15	0	0.03	0.61	0.66
Cebolla de ca	10.00	67.00	3.28	0.09	0.01	0.76	0	0.12	3.03	3.52
Ajos	2.00	90.00	2.06	0.09	0.01	0.49	0	0.12	1.96	2.42
Mandioca	10.00	82.00	27.22	0.52	0.03	6.32	2	0.30	25.29	27.68
Aceite vegeta	15.00	100.00	132.60	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	471.55
									% DIST	38.78
REFRIGERIO	DURAZNO									
du	140.0	85.00	78.16	0.71	0.12	20.35	3	1.07	81.40	85.32
									VC DES	85.32
									% DIST R	7.02
CENA:	SOPA DE SEMOLA									
Sémola de Tr	35.00	70.00	88.68	1.91	0.27	19.21	8	2.43	76.83	86.60
Papa blanca	50.00	96.00	47.53	1.03	0.05	10.93	4	0.44	43.71	48.27
Apio	2.00	75.00	0.32	0.01	0.00	0.07	0	0.03	0.29	0.36
Poro	2.00	66.00	0.63	0.04	0.01	0.10	0	0.10	0.40	0.64
Nabo	1.00	60.00	0.11	0.00	0.00	0.02	0	0.01	0.10	0.12
Zanahoria	30.00	79.00	9.72	0.14	0.12	2.16	1	1.07	8.72	10.36
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Carne de res p	50.00	100.00	52.50	10.55	0.80	0.00	43	7.20	0.00	49.80
Ajos	2.00	90.00	2.06	0.09	0.01	0.49	0	0.12	1.96	2.42
									VC CEN	288.85
									%DIST C	23.76
		VCT GR.		44.01	38.07	176.80				
		VCT KCAL		176.04	324.59	715.18			VCT ME	1215.81
		VCT %		14.48	26.70	58.82				
						100.00				

CONSORCIO E

Paola Johana Barrios Soria
NUTRICIONISTA

lunes, 30 de julio de 2018

ALIMENTO	gripar	comestible	E	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	Kcal.	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO:	**SIETE CEREALES CON LECHE,PAN,HUEVO SANCOCHADO**									
Quinua Harin	5.00	100.00	17.05	0.46	0.13	3.61	2	1.17	14.42	17.41
Avena, hojue	5.00	100.00	17.35	0.87	0.20	3.60	3	1.80	14.40	18.86
Harina de Ha	5.00	100.00	17.15	1.22	0.10	2.98	5	0.88	11.92	17.64
Cebada harin	5.00	100.00	18.50	0.84	0.12	3.37	4	1.04	13.48	18.28
Harina de soy	5.00	100.00	19.05	0.44	0.33	3.56	2	2.93	14.24	18.91
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.63	20	51.03	30.52	101.16
Huevo de gal	55.00	100.00	77.55	7.43	4.62	0.99	30	41.58	3.96	75.34
Pan francés (2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	**367.86**
									% DIST	**20.98**
REFRIGERIO	**MANZANA**									
Manzana	185.00	100.00	99.90	0.56	0.19	27.0	2	1.67	108.04	**111.93**
									VC DES	**111.93**
									% DIST R	**6.38**
ALMUERZO:	**QUINUA BATIDA,ARROZ Y REFRESCO**									
Leche evapor	25.0	100.00	35.75	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso fresco	30.0	100.00	69.00	4.74	5.25	0.66	19	47.25	2.64	68.89
Arroz Pilado c	60.00	100.00	216.40	4.92	0.30	46.58	20	2.70	186.72	209.10
Papa blanca	80.00	70.00	54.32	1.18	0.06	12.49	5	0.60	49.96	55.16
Sal	6.00	100.00	2.88	0.10	0.04	0.68	0	0.36	2.52	3.37
Quinua Cruda	40.00	100.00	149.60	5.44	2.32	26.52	22	20.88	106.08	148.72
Huacatay	4.10	54.00	1.04	0.11	0.02	0.16	0	0.18	0.71	1.31
Habas frescas	10.00	35.00	5.29	0.40	0.03	0.91	3	0.25	3.63	5.46
Ajos	2.00	54.00	0.62	0.03	0.01	0.13	0	0.08	0.54	0.72
Aceite vegeta	12.00	100.00	108.08	0.00	12.00	0.00	0	108.00	0.00	108.00
Azúcar rubia	10.00	100.0	38.00	0.00	0.00	9.83	0	0.00	39.32	39.32
									VC .ALM	**576.14**
									% DIST	**38.56**
REFRIGERIO	**PUDIN**									
Clavo de olor	0.50	100.00	0.41	0.01	0.00	0.11	0	0.01	0.43	0.46
Canela entera	0.50	79.00	1.39	0.01	0.00	0.33	0	0.03	1.33	1.40
Pudin de choc	25.0	100.00	99.25	1.33	0.50	22.10	5	4.50	88.40	98.20
Leche evapor	25.00	57.00	20.38	1.00	1.15	1.55	4	10.39	6.21	20.59
									VC GEN.	**120.65**
									%DIST G	**8.08**
CENA:	**GUISO DE FIDEOS CON POLLO,INFUSION**									
Fideos	40.0	100.00	144.00	3.76	0.08	31.28	15	0.72	125.12	140.88
Carne de Poll	70.00	70.00	52.92	9.41	1.42	0.00	38	12.79	0.00	50.42
Papa blanca	60.00	100.00	58.20	1.26	0.06	13.38	5	0.54	53.52	59.10
Arroz Pilado c	55.00	100.00	197.45	4.51	0.28	42.79	18	2.48	171.16	191.68
Zanahoria	15.00	35.00	2.15	0.03	0.03	0.48	0	0.24	1.93	2.29
Arvejas fresca	15.00	54.00	8.59	0.58	0.05	1.52	2	0.44	6.09	8.53
Cebolla de ca	15.00	54.00	3.97	0.11	0.02	0.92	0	0.15	3.66	4.28
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN.	**477.12**
		VCT GR.		**59.03**	**37.87**	**293.17**			**%DIST C**	**27.21**
		VCT KCAL		**249.13**	**340.86**	**1172.70**				
		VCT %		**13.69**	**19.436**	**66.871**			**VCT ME**	**1753.68**
						100.00				

Lic. Jesús Silva Benites
C.N.P. 0000

Paola Jesús Barrios Soria

martes, 31 de julio de 2018

ALIMENTO	gr/por (g)	comestible %	E Kcal.	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	AVENA CON LECHE,PAN,TORTILLA									
Avena, hojuel	20.00	100.00	69.40	2.66	0.80	14.40	11	7.20	57.60	75.44
Clavo de olor	0.10	54.00	0.04	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.57	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evapor	70.00	100.00	100.10	4.90	5.67	7.83	20	51.03	30.52	101.15
Huevo de gall	20.00	92.00	26.94	2.48	1.99	0.33	10	19.91	1.32	26.17
Aceite vegeta	5.00	100.00	44.20	0.00	5.00	0.00	0	45.00	0.00	45.00
Azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés [2	30.00	100.00	81.00	2.79	0.90	15.21	11	8.10	60.84	80.10
									VC DES	347.14
									% DIST	24.15
REFRIGERIO	YOGURT									
Yogurt	200.00	100.00	92.00	8.20	2.00	10.40	33	18.00	41.60	92.40
									VC .ALM	92.40
									%DIST R	6.43
ALMUERZO:	PESCADO FRITO,ENSALADA,ARROZ Y REFRESCO									
Pescado jurel	100.0	66.0	85.14	14.26	2.57	0.20	57	23.17	0.79	80.96
Arroz Pilado c	80.00	100.00	215.40	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de ca	15.00	67.00	4.92	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	1.98	0.08	0.02	0.43	0	0.18	1.70	2.20
Aceite vegeta	20.00	100.00	176.80	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	2.00	100.00	0.72	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	3.10	0.13	0.02	0.73	1	0.17	2.92	3.60
Limón	3.00	52.0	0.47	0.01	0.00	0.15	0	0.03	0.61	0.68
Harina de trig	15.00	100.0	53.85	1.58	0.30	11.22	6	2.70	44.88	53.88
Pepinillo o Pe	30.00	72.00	2.38	0.11	0.02	0.55	0	0.18	2.20	2.67
Azúcar rubia	5.0	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC .ALM	559.11
									% DIST	38.90
REFRIGERIO	MAZAMORRA DE PIÑA									
Mandioca	25.0	100.00	83.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Piña	20.00	93.00	7.07	0.07	0.04	1.82	0	0.33	7.28	7.92
azúcar rubia	5.00	100.00	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Canela entera	1.00	100.00	3.53	0.02	0.01	0.84	0	0.08	3.37	3.54
Clavo de olor	1.00	100.00	0.82	0.01	0.00	0.22	0	0.02	0.88	0.92
									VC .ALM	116.44
									%DIST R	8.10
CENA:	POLLO DORADO,ARROZ + INFUSION									
Carne de Polk	100.00	70.00	75.60	13.44	2.03	0.00	54	18.27	0.00	72.00
Arroz Pilado c	40.00	100.00	143.60	3.28	0.20	31.12	13	1.80	124.48	139.40
Aceite vegeta	10.00	100.00	88.40	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	1.08	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	19.00	0.00	0.00	4.92	0	0.00	19.66	19.66
									VC CEN	322.35
									%DIST C	22.43
		VCT GR.		60.74	51.58	182.57				
		VCT KCAL		242.98	464.20	730.27			VCT ME	1437.45
		VCT %		16.90	32.2936	50.80				
						100.00				

Lic. Jaqueline Rios Benites
NUTRICIONISTA
CNP 5210

Paola Adanic Barrios Soria
NUTRICIONISTA
CNP 5210

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

Domingo, 01 de Julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Lunes, 02 de Julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA,ARROZ + REFRESCO + FRUTA	CALDILLO DE HUEVOS
Martes, 03 de Julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	POLLO A LA OLLA, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + HUEVO SANCOCHADO
Miércoles, 04 de Julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VAINITAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
Jueves, 05 de Julio de 2018	HARINA DE CEBADA + 02 PANES + MORTADELA	SUDADO DE PESCADO ,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Viernes, 06 de Julio de 2018	TE + 02 PANES + ATUN	HIGADO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
Sábado, 07 de Julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Domingo, 08 de Julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACELGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Lunes, 09 de Julio de 2018	SOYA CON PIÑA + 02 PANES + HUEVO SANCOCHADO	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
Martes, 10 de Julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Miércoles, 11 de Julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GRAGRAS DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
Jueves, 12 de Julio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	SUDADO DE PESCADO ,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Viernes, 13 de Julio de 2018	TE + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
Sábado, 14 de Julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO DORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
Domingo, 15 de Julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ, ENSALADA + INFUSION
Lunes, 16 de Julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
Martes, 17 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
Miércoles, 18 de Julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CHAPAPANETA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Jueves, 19 de Julio de 2018	HARINA DE CEBADA + 02 PANES + FRUTA	SUDADO DE PESCADO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Viernes, 20 de Julio de 2018	TE + 02 PANES + ATUN	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Sábado, 21 de Julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACHEÑA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Domingo, 22 de Julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	ARMADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Lunes, 23 de Julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
Martes, 24 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
Miércoles, 25 de Julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
Jueves, 26 de Julio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	SUDADO DE PESCADO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Viernes, 27 de Julio de 2018	TE + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
Sábado, 28 de Julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
Domingo, 29 de Julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
Lunes, 30 de Julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
Martes, 31 de Julio de 2018	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCHO	TALLARINES ROJOS CON POLLO+ REFRESCO + FRUTA	MAZAMORRA DE FRUTAS +01 PAN

CONSORCIO EDWISA VERANO E.I.R.L.

Licda. Yolanda Barrios Soria
NUTRICIONISTA
C.N.P. 5769

DIETA: DIABETES MELLITUS

domingo, 01 de julio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	**Semola con vainilla , 02 panes , mortadela**								
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.60
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
									430.37
									26.39
Almuerzo:	**Caldo de gallina + refresco y fruta**								
Carne de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.82	2.16	0.5912	11.87	14.52
Fideos	50.00	100.00	4.70	0.10	39.10	18.80	0.9	156.40	176.10
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	18.00	100.00	0.22	0.09	1.48	0.88	0.81	5.90	7.58
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.309	2.56	3.64
Papa blanca	100.0	95.00	2.00	0.10	21.19	7.98	0.855	84.74	93.58
Apio	18.00	75.00	0.09	0.03	0.65	0.36	0.243	2.59	3.21
Chuño blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Poro	18.00	66.00	0.32	0.10	0.90	1.28	0.8554	3.61	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.28	0.2138	1.71	2.21
Ají colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Cebolla de ca	5.00	85.00	0.06	0.01	0.48	0.24	0.0765	1.92	2.24
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.1334	0.32	0.60
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC Alm	**613.46**
								% Dist	**37.62**
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
Arvejas fresca	50.00	54.00	1.92	0.18	5.08	8	1.46	20.30	29.43
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	100.0	85.00	1.79	0.09	18.96	7.14	0.765	75.82	83.73
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Ají 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	0.36	1.21	2.13
								VC DES.	**586.88**
								%DIST. D	**35.99**
			73.68	**31.99**	**262.01**				
			294.71	**287.93**	**1048.04**				
			18.1	**17.7**	**64.3**				
					100.00		**V.C.T. MENU**		**1630.68**

Lic. Jessica Díaz Benites
NUTRICIONISTA
C.N.P. 5360

CONSE...

Paola Antonio Barrios Surco
NUTRICIONISTA
C.N.P. 5705

DIETA: DIABETES MELLITUS

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lunes, 02 de julio de 2018

ALIMENTO	gripar (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
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	20.00	64.00	0.05	0.03	1.25	0	0.23	5.02	5.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									474.56
									21.87
Almuerzo:	Guiso de arvejita , arroz ,fruta y refresco								
Carne de Cerd	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.88
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rodo	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	6.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Cebolla de ca	80.00	87.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Ají colorado s	3.00	52.00	0.11	0.12	0.02	0.44	1.10	3.66	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES	1299.65
								%DIST. D	59.90
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.85	1.65	0.35	11	14.82	1.41	26.81
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Fideos	40.00	100.00	3.76	0.08	31.28	15	0.72	125.12	140.88
Zapallo macre	80.00	47.00	0.36	0.08	2.41	1	0.68	9.63	11.36
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	100.0	82.00	1.72	0.05	18.29	7	0.74	73.14	80.77
Zanahoria	60.00	79.00	0.28	0.24	4.36	1	2.13	17.44	20.71
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	395.43
							%DIST CENA		18.23
			69.61	57.47	343.49				
			278.45	517.24	1373.95				
			12.83	23.84	63.33				
					100.00		VCT MENU		2169.64

Paola Johana Barrios Sorai
NUTRICIONISTA
CNP 5799

DIETA: DIABETES MELLITUS

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martes, 03 de julio de 2018

ALIMENTO	gripar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	**Cebada con leche + 02 panes + queso de chancho**								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.09
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.94
								VC DES.	480.43
								%DIST. D	25.72
Almuerzo:	**Pollo a la olla , arroz ,ensalada, + fruta y refresco**								
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.68
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.83	0.09	20.52	8	0.83	82.08	90.82
Pimienta moli	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ají 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
Lechuga rado	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Sillao	5.00	100.00	0.57	0.46	0.05	2	4.32	0.20	6.78
Pepinillo o Pe	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de co	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.83	0.16	3.41	3	1.43	13.62	17.55
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALM.	1171.09
									62.68
CENA:	**Infusion + 01 pan + huevo sancochado**								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	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	0.59
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de laboran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	216.83
								%DIST. D	11.61
			83.46	44.65	283.13				
			333.86	401.87	1132.54				
			17.87	21.51	60.62				
					100.00			VCT	1868.27

Paola Yohana Barrios Soria
NUTRICIONISTA
N° 5760

DIETA: DIABETES MELLITUS

miércoles, 04 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	Café + 02 panes + camote sancochado								
Café sin azúc	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote mora	100.0	98.00	1.34	0.29	24.67	5	2.69	98.69	106.66
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de lebran	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	320.72
								%DIST. D	14.86
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegeta	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.83	1	1.76	14.54	17.28
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	80.00	87.00	1.10	0.18	8.85	4	1.41	35.39	41.19
Naranja	180.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
					V.C. ALMUERZO				1180.13
					% DISTR. ALMUERZO				54.70
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha "ho	25.00	100.00	2.75	6.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.00
Cebolla china	30.00	71.00	0.49	0.09	1.80	2	0.77	6.35	9.12
Pimiento	45.00	83.00	0.56	0.18	2.88	2	1.68	11.50	15.43
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
								VC DES.	656.75
								%DIST. D	30.44
			62.94	60.85	339.55				
			251.78	547.66	1358.20				
			11.67	25.38	62.95				
					100.00			VCT	2157.64

Pablo Vicente Barrios Soria
NUTRICIONISTA

DIETA: DIABETES MELLITUS

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jueves, 05 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST CAL %
	(g)	%	Ani (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	**Harina de cebada + 02 panes + mortadela**								
Cebada harina	35.00	100.00	6.58	0.81	23.69	26	7.25	94.36	127.93
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
Mortadela	35.00	100.00	3.43	8.90	3.29	13.72	82.055	13.16	99.94
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.95
								VC DES.	**414.46**
								%DIST. D	**25.31**
Almuerzo:	**Sudado de pescado , ensalada , arroz , refresco y fruta**								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	80.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.68
Orégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Lechuga redo	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Ají 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	0.96	24.33	28.18
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	**925.88**
								%DIST. D	**56.54**
CENA:	**Mazamorra de maizena con leche + 01 pan**								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela enter	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	29.15	17.44	57.60
									297.31
									18.15
			79.77	**20.76**	**282.94**				
			319.10	**186.82**	**1131.74**				
			19.5	**11.4**	**69.1**				
					100.00				**1637.66**

Puola Johana Barrios Sorio
NUTRICIONISTA
CNP 5790

DIETA: DIABETES MELLITUS

viernes, 06 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	0.94	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	98.00	0.48	0.12	2.65	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.06	1.46	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 moli	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegeta	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labran	85.00	100.0	6.24	0.20	46.67	24.96	1.755	186.68	213.40
Grated de San	30.00	100.00	8.72	2.70	0.30	27	24.30	1.20	52.38
									370.15
									16.73
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	100.0	85.00	1.79	0.06	18.98	7	0.77	75.82	83.73
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frascas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.83
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.86	64.09	73.79
								VC DES.	1093.74
							%	DIS ALM	49.45
CENA	Guiso de fideos con pollo, arroz , infusion								
Carne de Pol	100.00	75.00	15.46	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.86
Aceite vegeta	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
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
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	747.95
								%DIST. D	33.82
			76.88	40.86	384.13				
			307.53	367.77	1536.53				
			13.9	16.6	69.5				
					100.00		V.C.T. MENU		2211.84

Lic. Jesús Vásquez Bellido
NUTRICIONISTA
CNP 5788

Paola Vásquez Barrios Sonia
NUTRICIONISTA
CNP 5788

DIETA: DIABETES MELLITUS

sábado, 07 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: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.86	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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 parla	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.96
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.33
									28.09
Almuerzo:	**Estofado de res , arroz , refresco y fruta**								
Carne de res	150.00	87.00	27.90	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ají verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Ají colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1082.91
								% Dist	55.38
CENA:	**Infusion + 01 pan + margarina**								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Margarina ve	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	323.28
								%DIST. D	16.53
			79.08	**55.44**	**285.05**				
			316.34	**498.99**	**1140.19**				
			16.2	**25.5**	**58.3**				
					100.00			VCT	1955.53

Paola Tatiana Barrios Soria
NUTRICIONISTA
CNP 5790

DIETA: DIABETES MELLITUS

domingo, 08 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	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 entero	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
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	196.96
								VC DES.	410.28
								%DIST. D	18.36
Almuerzo: Guiso de acelga, arroz , fruta y refresco									
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Acelgas, hojas	120.00	61.00	1.61	0.22	3.89	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.53	14.66
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	68.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	56.87
CENA: Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.85	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarir	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	0.68	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite 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
Ají colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
									553.56
								%DIST. D	24.77
			77.72	46.00	377.39				
			310.89	414.03	1509.54				
			13.91	18.53	67.56				
					100.00				
								VCT	2234.46

Paola Johana Barrios Soria
NUTRICIONISTA
CNP 579

DIETA: DIABETES MELLITUS

lunes, 09 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL.% POR MENU
DESAYUNO:	**Soya con piña + 02 panes + huevo sancochado**								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.83
Piña	10.00	84.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.88
									375.29
								%DIST. D	24.14
ALMUERZO:	**Caigua rellena, arroz , refresco y fruta**								
Carne de res	80.00	85.00	14.48	1.09	0.00	58	9.79	0.00	67.73
Arroz Pilado c	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	125.89
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serra	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	45.98
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Ají colorado s	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Arvejas frasca	40.00	54.00	1.63	0.13	4.06	6	1.17	16.24	23.54
Vainitas (2)	40.00	91.00	0.87	0.11	2.95	3.48	0.9828	11.79	16.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano secc	2.00	84.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1177.13
					% DISTR. ALMUERZO				56.85
CENA:	**Sopa de fideos con cabeza**								
Cabeza de res	80.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
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	2.88
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	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	5.06
Orégano secc	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	25.02
			71.59	52.31	328.33				
			286.35	470.79	1313.33				
			13.83	22.74	63.43				
					100.00			VCT	2070.46

Paola Tuhanc Barrios Soria
NUTRICIONISTA
CNP 5790

DIETA: DIABETES MELLITUS

martes, 10 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(gr)	%	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	18.85	39	5.18	67.40	91.35
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	489.82
								%DIST. D	23.11
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	97.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca nag	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Pimienta moli	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.85	6.05
Arvejas fresca	40.00	62.00	1.76	0.15	4.66	7	1.34	18.55	27.00
Zanahoria	45.00	62.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.99	24.23	28.19
Lechuga redo	100.00	50.00	0.68	0.10	1.06	3	0.90	4.20	7.70
Tomate	80.00	99.00	0.63	0.18	3.41	3	1.43	13.62	17.58
Platano de se	160.0	86.00	2.06	0.41	28.80	8	3.72	115.58	127.98
								VC DES.	1421.85
								%DIST. D	67.09
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	207.72
								%DIST. D	9.80
			83.44	62.51	305.76				
			333.75	562.61	1223.03				
			15.7	26.5	57.7				
					100.00			VCT	2119.39

Paola Valeria Barrios Sorio

DIETA: DIABETES MELLITUS

miércoles, 11 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Café+ 02 panes + camote sancochado								
Café sin azúc	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	0.06
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.38	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									299.97
									14.97
ALMUERZO:	Caui cau de pollo , arroz, fruta y refresco								
Carne de Poll	100.00	86.00	17.72	3.10	0.00	71	27.88	0.00	98.73
Papa blanca	100.0	92.00	1.93	0.09	20.62	8	0.63	82.06	90.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.06	1.48	1	0.81	5.50	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Ají colorado s	4.00	92.00	0.26	0.29	2.16	1	2.59	8.64	12.25
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	92.00	0.22	0.18	3.39	1	1.66	13.58	18.13
Naranja	150.00	99.00	1.78	0.28	16.0	7	2.66	64.09	73.79
					V.C. ALMUERZO				989.87
					% DISTR. ALMUERZO				49.39
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	6.00	100.00	0.10	0.04	0.66	0.36	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									714.15
									35.64
			63.68	26.91	376.77				
			254.71	242.19	1507.09				
			13	12	75				
					100.00			VCT MEN	2003.99

Paola Yohana Barrios Soria
NUTRICIONISTA

DIETA: DIABETES MELLITUS

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:	**Harina de habas + 02 panes + queso de chancho**								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.61
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	5.18	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	0.16	43.08	23	1.62	172.32	196.96
								VC DES.	**375.44**
								%DIST. D	**23.48**
Almuerzo:	**Sudado de pescado , ensalada , arroz , refresco y fruta**								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.59
Pepinillo o Po	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.86	15.24	18.09
AJ colorado e	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de co	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	3.53
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	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	**940.57**
								%DIST. D	**58.83**
CENA:	**Mazamorra de maizena con leche + 01 pan**								
Maizena	40.00	100.00	0.24	0.06	34.68	0.96	0.72	138.72	140.40
Canela enter	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
									17.69
			83.25	**18.68**	**275.79**				
			333.02	**162.69**	**1103.16**				
			20.83	**10.18**	**69.00**				
					100.00			**VCT MEN**	**1598.87**

Paola Andrea Barrios Sorid
NUTRICIONISTA
CNP 5798

DIETA: DIABETES MELLITUS

viernes, 13 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	0.08	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	60.00	98.00	7.94	4.84	1.08	32	44.45	4.23	80.44
									282.91
									12.31
ALMUERZO:	**Guiso de fideos con pollo , arroz, fruta y refresco**								
Carne de Poll	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	0.76	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.76	0.25	16.0	7	2.85	64.09	73.79
								VC DES.	**1234.78**
								%DIST. D	**53.75**
CENA:	**Guiso de pollo con verduras ,arroz,infusion**								
Carne de Poll	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	87.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.39
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
						V.C . CENA			**779.79**
						% DIST.CENA			**33.94**
	VCT (Gr.)		90.77	34.45	406.09				
	VCT (kcal.)		363.08	310.05	1624.35				
	VCT (%.)		16	13	71		V.C.T. MENU		**2297.48**
					100.00				

Paola Andrea Barrios Sario

DIETA: DIABETES MELLITUS

sábado, 14 de julio de 2018

ALIMENTO	gripor (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	**Avena con leche , pan , queso**								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche 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 parri	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de laboran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									549.45
									28.41
ALMUERZO:	**Pollo dorado, arroz,ensalada, fruta y refresco**								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Poll	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	82.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
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	1.26	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
Ají colorado s	0.50	87.00	0.03	0.03	0.29	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.66	54.09	73.75
								VC ALMU	**1197.35**
									61.92
CENA:	**Infusion + 01 pan + jamonada**								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	20.00	100.00	3.14	5.90	0.20	13	53.10	0.80	66.46
Pan de laboran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	**186.99**
								%DIST. D	**9.67**
			80.57	**44.08**	**383.76**				
			322.28	**396.71**	**1214.81**				
			16.7	**20.5**	**62.8**				
					100.00			**VCT**	**1933.80**

Pablo Sabino Barrios Soria

DIETA: DIABETES MELLITUS

domingo, 15 de julio de 2018

ALIMENTO	gr/per	consegib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Ani (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mortadela								
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela 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
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.84	6.91	2.82	11.76	53.19	11.28	76.23
									410.28
									22.71
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.28
Ajos	6.00	80.00	0.38	0.05	1.86	1	0.46	7.78	8.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.88	24.23	28.19
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.84
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.84
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.05	73.79
								VC DES.	952.16
								%DIST. D	52.72
CENA:	Pollo sancochado, arroz,ensalada + Infusion								
Carne de Poll	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	0.64	0.1728	2.92	3.63
Pepinillo o Pe	80.00	72.00	0.29	0.08	1.50	1	0.52	5.99	7.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	16.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.66
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
								VC DES.	443.80
							%	DIS ALM.	24.57
			77.86	28.44	399.70				
			311.45	255.98	1238.80				
			17.2	14.2	68.5				
					100.00				
								VCT	1806.23

Paola Sabrina Quirós Sarito
NUTRICIONISTA
C.N.P. 4993

DIETA: DIABETES MELLITUS

lunes, 16 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	84.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina ver	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	196.96
									447.02
									19.91
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.78	116.70	49	8.76	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.81	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.26	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serrad	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
Ají colorado s	4.00	68.00	0.18	0.21	1.60	1	1.91	6.39	9.06
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.09	73.78
					V.C. ALMUERZO				1288.36
					% DISTR. ALMUERZO				57.25
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia c	60.00	86.00	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	96.00	0.21	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	52.00	2.07	0.10	21.94	8	0.86	87.77	96.82
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
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	512.72
								%DIST. D	22.84
			58.81	69.17	347.02				
			234.45	622.66	1388.09				
			10.44	27.73	61.83				
					100.00			VCT	2245.09

Puola Barrios Sorsu
NUTRICIONISTA
CNP 5799

DIETA: DIABETES MELLITUS

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:	**Cebada con leche + 02 panes + queso de chancho**								
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	5.21	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 lacran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.94
								VC DES.	**480.56**
								%DIST. D	**24.32**
ALMUERZO:	**Arroz chaufa con pollo , refresco y fruta**								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.80	2	0.77	6.39	9.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1318.96
							%	DIS ALM.	**66.35**
CENA:	**Infusion + 01 pan + huevo sancochado**								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.56	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
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	0.06	21.54	12	0.81	86.16	98.49
								VC DES.	**184.22**
								%DIST. D	**9.32**
			84.61	**64.79**	**263.53**				
			338.43	**583.13**	**1054.13**				
			17.13	**29.52**	**53.36**				
					100.00			VCT	**1975.66**

Paola Johana Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: DIABETES MELLITUS

miércoles, 18 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	Café + 02 panes + camote sancochado								
Café sin azúc	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela enters	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
Camote mora	100.0	98.00	1.37	0.29	26.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.90
								VC DES.	306.48
								%DIST. D	14.54
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	86.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
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	6.06
Ají colorado s	4.00	58.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	58.00	1.76	0.29	18.0	7	2.66	54.09	73.79
					V.C. ALMUERZO				1171.90
					% DISTR. ALMUERZO				55.59
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	0.64	0.1728	2.92	3.63
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	78.00	0.14	0.12	2.18	1	1.07	8.72	10.36
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									629.60
									29.87
			75.86	48.28	342.51				
			303.43	434.53	1370.02				
			14.39	20.61	64.99				
					100.00			VCT MEN	2107.98

Rocío Yohana Barrios Soria
NUTRICIONISTA
CNP 5199

DIETA: DIABETES MELLITUS

Jueves, 19 de julio de 2018

ALIMENTO	gripor	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	**Harina de cebada + 02 panes + fruta**								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	108.65
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	1.76	0.29	16.0	7	2.65	64.09	73.79
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	**381.05**
								%DIST. D	**23.75**
Almuerzo:	**Sudado de pescado , ensalada , arroz , refresco y fruta**								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.08	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga rado	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.0	89.00	0.85	0.21	3.81	1	1.86	15.24	18.09
Ají colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	**940.57**
								%DIST. D	**58.62**
CENA:	**Mazamorra de maizena con leche + 01 pan**								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	**282.86**
								%DIST. D	**17.63**
			77.34	**13.30**	**293.85**				
			309.35	**119.71**	**1175.42**				
			19.28	**7.46**	**73.26**			**VCT MEN**	**1604.48**
					100.00				

Fanny Chang Barrios Soria
NUTRICIONISTA
C.N.P. 5799

DIETA: DIABETES MELLITUS

viernes, 20 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:	Té + 02 panes + atun								
Te sin azúcar	4.00	100.00	0.32	0.16	2.86	1	1.44	11.42	14.14
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
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	1.62	172.32	196.98
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									282.74
									14.49
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	522.75
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
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	1.46	36.85	42.28
Maiz Fresco,	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	40.00	68.00	3.07	0.22	7.04	12	1.96	28.18	42.43
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	**1165.87**
							%	DIS ALM.	**54.75**
CENA	Matasquita de pollo , arroz , infusion								
Carne de Poll	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
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	1.80	13.08	15.54
Papa blanca	150.0	85.00	2.66	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	6.00	80.00	0.36	0.05	1.85	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.06	0.61	0.29	0.7301	2.44	3.46
Tomate	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.	**621.11**
								%DIST. D	**30.75**
			75.32	**27.60**	**367.50**				
			301.27	**248.44**	**1470.01**				
			14.9	**12.3**	**72.8**				
					100.00		V.C.T. MENU		**2019.72**

Lic. Nutrición Mila Benites
NUTRICIONISTA
C.N.P. 5799

Pao[illegible] Barrios Soria
NUTRICIONISTA
C.N.P. 5799

DIETA: DIABETES MELLITUS

107

sábado, 21 de julio de 2018

ALIMENTO	gr/bar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.88
									518.84
									24.44
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta								
Carne de Cerd	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ají colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Pepinillo o Pe	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	82.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Ají verde (2)	2.00	100.00	0.06	0.02	0.25	0	0.14	0.99	1.34
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1298.69
							%	DIS ALM.	61.18
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	2.66	5.04
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	114.81
								VC DES.	305.04
								%DIST. D	14.37
			64.81	83.44	278.10				
			259.24	750.93	1112.40				
			12.2	35.4	52.4				
					100.00			VCT	2122.57

Paola Vásquez Barrios Soria
NUTRICIONISTA
CNP 579

DIETA: DIABETES MELLITUS

106

domingo, 22 de julio de 2018

ALIMENTO	gnper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Sémola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.33	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.33	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	0.06
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	172.33	196.98
								VC DES.	410.28
								%DIST. □	23.66
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia c	80.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Arroz Pilado c	70.00	100.00	5.74	0.35	54.48	23	3.15	217.84	243.98
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	0.16	3.28	1	1.60	13.10	15.56
Papa blanca	100.0	89.00	1.81	0.09	19.18	7	0.77	76.71	84.71
Arvejas fresca	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.66	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
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	762.35
								%DIST. □	43.96
CENA Tallarines rojos con carne molida + infusion									
Carne de res	60.0	100.00	10.85	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	5.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.88	15.24	18.09
Tomate	60.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.00	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ají colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
									661.48
								%DIST. □	32.38
			65.78	50.76	253.54				
			263.11	456.84	1014.15				
			15.17	26.34	58.48	100			
					100.00			VCT	1734.11

Paola Barrios Soria

DIETA: DIABETES MELLITUS

lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Ar. (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
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	94.83
Piña	30.00	90.00	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 ver	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	196.95
									487.58
									21.67
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.52	0.00	43	7.34	0.00	50.80
Arroz Filade c	150.0	100.00	12.30	0.75	116.70	48	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.06	4	1.26	32.18	37.48
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serrac	150.00	97.00	2.18	0.15	8.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	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				1265.21
					% DISTR. ALMUERZO				56.23
CENA:	Sopa de fideos con cabeza								
Cabeza de re	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	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	2.88
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.78
Zanahoria	50.00	85.00	0.36	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.35
								%DIST. D	22.10
			59.39	52.47	362.58				
			237.56	562.25	1450.32				
			10.86	24.99	64.45				
					100.00			VCT	2250.13

DIETA: DIABETES MELLITUS

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martes, 24 de julio de 2018

ALIMENTO	gnper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.68	1.20	99.69
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	508.09
								%DIST. D	25.44
ALMUERZO:	Escabeche de pollo a la limeña, arroz , refresco y fruta								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Poll	160.00	85.00	28.02	4.50	0.00	112	44.06	0.00	156.13
Aceitunas de	8.00	92.00	0.06	2.35	0.54	0	21.28	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Ají verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	54.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ají colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de co	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
Comino	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1314.18
							%	DIS ALM.	65.80
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	174.89
								%DIST. D	8.76
			77.89	54.49	298.80				
			311.56	490.43	1195.18				
			15.6	24.6	59.8				
					100.00			VCT	1997.17

DIETA: DIABETES MELLITUS

miércoles, 25 de julio de 2018

ALIMENTO	gripor	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 azúc	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0061	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.28	0.28	23.64	5	2.48	94.56	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	**299.81**
								%DIST. D	**14.50**
ALMUERZO:	**Guiso de vainitas , arroz + refresco y fruta**								
Carne de Poll	100.00	85.00	17.51	3.08	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.96	0.306	5.17	6.43
Aceite vegeta	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				**1164.13**
					% DISTR. ALMUERZO				**56.31**
CENA:	**Arroz chaufa con huevo y hot dog + infusion**								
Huevo de gall	30.00	96.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.80	2	0.77	6.35	9.12
Pimiento	20.00	83.00	0.25	0.09	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.	**963.51**
								%DIST. D	**29.19**
			62.69	**51.53**	**338.24**				
			250.76	**463.73**	**1352.96**				
			12.13	**22.43**	**65.44**				
					100.00			**VCT**	**2067.44**

Lic. Miguel W. Vilca Sevillano
Dietista
CMP 3609

Danila Valentina Barrios Sario
Nutricionista
CMP 3609

DIETA: DIABETES MELLITUS

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Jueves, 26 de julio de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(gr)	%	Ani (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chancho								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
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 labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	375.44
								%DIST. D	22.98
Almuerzo:	Sudado de pescado , ensalada , arroz , refresco y fruta								
Pescado	280.00	88.00	41.13	7.43	0.57	165	66.83	2.28	233.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.0	69.00	0.33	0.28	5.08	1	2.48	20.31	24.12
Ají colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebola de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	38.61
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	0.96	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
								VC DES.	961.52
								%DIST. D	58.26
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
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 labrar	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	28.52	15.26	50.58
									306.50
									18.76
			84.28	18.39	282.26				
			337.14	167.27	1129.06				
			20.64	10.24	69.12				
					100.00			VCT MEN	1633.46

Barrios Soria
NUTRICIONISTA
C.M.P. 5799

DIETA: DIABETES MELLITUS

viernes, 27 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
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gall	80.00	98.00	7.54	4.94	1.06	32	44.45	4.23	80.44
									285.45
									13.06
ALMUERZO:	**Matasquita de pollo , arroz, fruta y refresco**								
Carne de Poll	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	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.66	11.67	14.52
Ají colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.26	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				**1124.48**
					% DISTR. ALMUERZO				**51.45**
CENA:	**Guiso de pollo con verduras ,arroz,infusion**								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	100.00	61.00	1.34	0.18	3.23	5	1.65	12.93	19.96
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	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	0.60
						V.C. CENA			**775.80**
						% DIST.CENA			**35.49**
	VCT (Gr.)		85.10	44.75	360.64				
	VCT (kcal.)		340.38	402.79	1442.56				
	VCT (%)		16	18	66		V.C.T. MENU		**2185.73**
					100.00				

DIETA: DIABETES MELLITUS

sábado, 28 de julio de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.18
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									530.47
									30.49
Almuerzo:	Carne almendrada, arroz , ensalada + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	80.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de co	80.00	87.00	0.75	0.11	5.06	3	0.96	24.23	28.19
Ají colorado s	5	65.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Lechuga redo	60.00	50.00	0.39	0.06	0.53	2	0.54	2.52	4.62
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.69
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, c	10.00	65.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Plátano	180.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.63
								VC Alm	989.46
								% Dist	56.87
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	92.00	0.28	0.09	0.64	1.14	0.83	2.56	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	0.06	0.06
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.96	100.52	114.91
								VC DES.	219.88
								%DIST. D	12.64
			89.40	34.32	277.33				
			321.60	308.91	1109.30				
			18.48	17.76	63.76				
					100.00			VCT	1739.81

DIETA: DIABETES MELLITUS

domingo, 29 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:	**Somola 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	0.00	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	18.04
ALMUERZO:	**Guiso de fideos con pollo , arroz, fruta y refresco**								
Carne de Poll	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1197.17
								%DIST. D	52.65
CENA:	**Arroz con huevo sancochado; ensalada + infusion**								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Lechuga reda	100.00	53.00	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	0.96	24.23	28.19
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Sillao	12.00	100.00	1.38	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	666.54
								%DIST. D	29.31
			76.65	51.00	377.10				
			306.61	458.99	1508.38				
			13.48	20.18	66.33				
					100.00			VCT	2273.98

CONSORCIO CONTINENTAL

Paola Tabuce Sa
NUTRICIONISTA
CNP 5710

DIETA: DIABETES MELLITUS

lunes, 30 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
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	94.83
Piña	30.00	64.00	0.06	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina veg	20.00	100.00	0.12	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	196.68
									448.39
									20.81
ALMUERZO:	**Caigua rellena, arroz , refresco y fruta**								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.67	0.17	37.91	14	1.53	151.64	167.46
Cebolla de ca	80.00	89.00	1.00	0.14	8.06	4	1.28	32.18	37.46
Tomate	40.00	99.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Caigua Serran	150.00	97.00	2.18	0.16	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ají colorado a	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	9.06
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	8.90
Arvejas frasca	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	0.09	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				**1285.35**
					% DISTR. ALMUERZO				**59.66**
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
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	86.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.15	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.06	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	**420.64**
								%DIST. D	**19.52**
			60.64	**67.09**	**327.00**				
			242.57	**603.82**	**1307.99**				
			11.3	**28.0**	**60.7**				
					100.00			VCT	**2154.38**

Dr. Jaime R. Mora Benites
Nutricionista
CMP 35396

Paola Andrea Barrios Soria
Nutricionista

DIETA: DIABETES MELLITUS

martes, 31 de julio de 2018

ALIMENTO	gripar	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chancho								
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.99
								VC DES.	480.56
								%DIST. D	27.04
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarir	150.0	100.00	14.25	0.15	104.40	57	1.35	417.60	475.95
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.05	0.00	156.13
Tomate	80.00	99.00	0.63	0.18	3.41	3	1.43	13.62	17.58
Cebolla de co	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.36	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ají colorado s	8.00	88.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Sal	20.00	100.00	0.24	0.10	1.64	1	0.90	5.56	8.42
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Plátano de se	180.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1012.19
								%DIST. D	56.96
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de a	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
								VC DES.	284.34
								%DIST. D	16.00
			75.79	33.69	292.68				
			303.16	303.20	1170.73				
			17	17	66				
					100.00				
									1777.08

Paola Jeanne Quirros Soria
NUTRICIONISTA
CMP 8799

DIETA: KH Y TEC.- PUNLACION PENAL - MES DE JULIO 2018

FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
domingo, 01 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	NUEVO DURO	CALDO DE GALLINA + REFRESCO Y FRUTA	VASO DE LECHE	MATAMOLITA DE POLLO, ARROZ + INFUSION
lunes, 02 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	NUEVO DURO	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	CALDILLO DE HUEVOS
martes, 03 de julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	NUEVO DURO	POLLO A LA OLLA,ARROZ, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN + MERMELADA
miércoles, 04 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	NUEVO DURO	HIGADO ENCEBOLLADO,ARROZ,PAPA + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 05 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	NUEVO DURO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MANZANA CON LECHE + 01 PAN
viernes, 06 de julio de 2018	TE + 02 PANES + JAMONADA	NUEVO DURO	HIGADO SALTADO,ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
sábado, 07 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	NUEVO DURO	BISTEC ADOBADO DE RES,ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	NUEVO DURO	LOCRO DE PANSA, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 09 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	NUEVO DURO	GUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	SOPA DE FIDEOS CON CABEZA
martes, 10 de julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	NUEVO DURO	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CON + 01 PAN CON MANJAR
miércoles, 11 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	NUEVO DURO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ A LA JARDINERA CON BALDECHOA + INFUSION
jueves, 12 de julio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	NUEVO DURO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MANZANA CON LECHE + 01 PAN
viernes, 13 de julio de 2018	TE + 02 PANES + NUEVO SANCOCHADO	NUEVO DURO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	CAMOTE ARREBOZADO, ARROZ + INFUSION
sábado, 14 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	NUEVO DURO	POLLO DORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	NUEVO DURO	MATAMOLITA DE POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	HIGADO FRITO, ARROZ + INFUSION
lunes, 16 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	NUEVO DURO	GUISO DE ARVEJITA PARTIDA CON CHANCHO+CAMPIÑONES,ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	SOPA DE ARROZ CON ENHUJONCHA DE POLLO
martes, 17 de julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	NUEVO DURO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN DULCE CON MANJAR
miércoles, 18 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	NUEVO DURO	CHAMPARRETA,ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	NUEVO DURO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MANZANA CON LECHE+ 01 PAN
viernes, 20 de julio de 2018	TE + 02 PANES + JAMONADA	NUEVO DURO	ALA DE CALAMAR,ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	MATAMOLITA DE POLLO, ARROZ + INFUSION
sábado, 21 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	NUEVO DURO	HIGADO A LA TRENSA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MANJAR
domingo, 22 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	NUEVO DURO	ADOBITO CON MENESTRONA + REFRESCO Y FRUTA	VASO DE LECHE	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 23 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	NUEVO DURO	FRIJEL A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	SOPA DE FIDEOS CON CABEZA
martes, 24 de julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	NUEVO DURO	ENCARBONCHE DE POLLO A LA CHILENA, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MANJAR
miércoles, 25 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	NUEVO DURO	HIGADO ENCEBOLLADO,ARROZ,PAPA + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 26 de julio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	NUEVO DURO	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MANZANA CON LECHE+ 01 PAN
viernes, 27 de julio de 2018	TE + 02 PANES + NUEVO SANCOCHADO	NUEVO DURO	MATAMOLITA DE POLLO,ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	CAMOTE ARREBOZADO, ARROZ + INFUSION
sábado, 28 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	NUEVO DURO	CARNE DE RES ALMORZADA,ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	NUEVO DURO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CON HUEVO FRITO + INFUSION
lunes, 30 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	NUEVO DURO	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ, REFRESCO Y FRUTA	VASO DE LECHE	SOPA DE SEMOLA CON ENHUJONCHA DE POLLO
martes, 31 de julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	NUEVO DURO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	VASO DE LECHE	MAZAMORRA DE FRUTAS + 01 PAN

Paola Yoselyn Barrios Soria
NUTRICIONISTA
CNP 5790

Lic. [illegible] Vilca Benites
NUTRICIONISTA
CNP [illegible]

DIETA: VIH Y TBC

domingo, 01 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 , 02 panes , mortadela**								
Sémola de Trig	40.00	100.00	7.50	4.28	21.52	31	38.52	86.08	155.60
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
									569.11
									21.82
REFRIGERIO:	**Huevo sancochado**								
Huevo de galli	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	**73.74**
Almuerzo:	**Caldo de gallina + refresco y fruta**								
Carne de gallin	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	93.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	8.40	0.20	78.20	37.60	1.8	312.80	352.20
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	18.00	100.00	0.27	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla china (	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.56	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.58	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.36	0.243	2.59	3.21
Chuño blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Pore	18.00	86.00	0.32	0.10	0.90	1.28	0.8586	3.61	5.75
Nabo	18.00	86.00	0.07	0.02	0.43	0.28	0.2138	1.71	2.21
Ají colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Cebolla de cabe	10.00	85.00	0.12	0.02	0.96	0.48	0.153	3.84	4.47
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.1334	0.32	0.60
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.68	0.28	15.04	6.82	2.484	60.17	69.38
								VC Alm	**1181.22**
								% Dist	**46.28**
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	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	3.06	0.00	70	27.54	0.00	97.54
Arroz Pilado o g	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.86
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Papa blanca	150.0	85.00	2.69	0.13	28.43	10.71	1.1475	113.73	125.58
Cebolla de cabe	60.0	87.00	0.58	0.08	4.54	3	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Ají colorado sec	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	0.36	1.21	2.13
								VC DES.	**669.02**
								%DIST. C	**25.65**
			96.33	**40.20**	**448.39**				
			385.34	**433.77**	**1793.58**				
			14.8	**16.6**	**68.8**				
					100.00		V.C.T. MENU		**2608.69**

Lic. Jessica R. Tica Benites
NUTRICIONISTA
CNP 5199

Paola Yohana Ríos Soria
NUTRICIONISTA
CNP 5199

DIETA: VIH Y TBC

lunes, 02 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.16	1.63	17.80	9	14.63	71.20	94.83
Piña	10.00	84.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evaporada	20.00	100.00	1.40	1.82	2.16	6	14.58	8.72	28.90
Margarina vegetal	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de fabrica	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.95
									609.45
									21.91
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	6.42	0.00	34	57.76	0.00	82.24
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.88
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redond	80.00	80.00	0.82	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.46	0.06	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de cabe	80.00	67.00	2.80	0.11	6.06	11.20	0.99	24.23	36.39
Ají colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1437.27
								%DIST. D	51.67
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	5.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Caldillo de huevos								
Huevo de gallin	20.00	96.00	2.65	1.66	0.35	11	14.82	1.41	26.81
Leche evaporad	15.00	100.00	1.05	1.22	1.64	4	10.94	5.34	21.68
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo macre	50.00	47.00	0.18	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	78.00	0.02	0.01	0.15	0	0.09	0.58	0.73
Poro	2.00	56.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.68	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Sal	4.40	100.00	0.05	0.02	0.38	0	0.20	1.44	1.66
								VC CENA	546.64
							%DIST CENA		19.62
			84.96	74.40	445.06				
			339.85	669.60	1772.24				
			12.22	24.07	63.71				
					100.00		VCT MENU		2781.70

Paola Yohana Barrios Soria
NUTRICIONISTA
CNP 5750

DIETA: VIH Y TBC

martes, 03 de julio de 2018

ALIMENTO	gripar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Ar. (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	109.65
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de chanc	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	5.78	0.18	43.08	23	1.62	172.32	196.96
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	637.71
								%DIST. C	33.83
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	55.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pollo a la olla , arroz ,ensalada, + fruta y refresco								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Filado o c	160.0	100.00	13.12	0.80	124.40	52	7.20	497.60	557.60
Sal	15.00	100.00	0.22	0.09	1.49	1	0.81	5.96	7.58
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Lechuga redond	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Pepinillo o Pepi	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Cebolla de cabe	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.98	6.12	2.286	55.59	64.01
								VC ALMU	1466.19
									54.80
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.80
CENA:	infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.83	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.00
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	40.00	100.00	3.94	0.12	26.72	15	1.08	106.88	131.32
								VC DES.	382.41
								%DIST. C	14.29
			88.84	59.68	445.78				
			355.38	537.15	1783.12				
			13.28	20.08	66.64				
					100.00			VCT	2676.66

M. CLI[illegible]

Paola Yohana [illegible] Soria
MUNICIONISTA
CMP 5795

DIETA: VIH Y TBC

miércoles, 04 de julio de 2018

ALIMENTO	gnpor (g)	comestible %	PROT A= (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	**Café + 02 panes + camote sancochado**								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote morado	150.0	95.00	2.02	0.43	37.01	8	3.89	145.03	156.93
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 Naranja	65.00	100.00	6.24	0.20	45.67	25	1.79	186.68	213.40
								VC DES.	811.87
								%DIST. D	18.92
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	**Higado encebollado , arroz ,papa + refresco y fruta**								
Higado de res	120.0	97.00	23.28	5.36	1.16	93.12	48.19	4.65	145.97
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Pan seco molid	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Papa blanca	150.0	92.00	2.90	0.14	30.77	13	1.24	123.10	136.93
Cebolla de cabe	20.00	87.00	0.24	0.03	1.97	1	0.31	7.86	9.15
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.60	0.00	0	78.64	78.64
					V.C. ALMUERZO				**1267.33**
					% DISTR. ALMUERZO				**46.50**
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	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 gallin	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha "hot d	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado o p	60.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla china (2	15.00	71.00	0.24	0.04	0.80	1	0.38	3.20	4.56
Pimiento	30.00	83.00	0.37	0.12	1.92	1	1.12	7.67	10.28
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.65
Azúcar rubia	25.00	100.0	0.00	0.00	24.55	0	0.00	98.30	98.30
								VC DES.	745.38
								%DIST. D	27.57
			79.21	73.93	430.38				
			316.85	665.33	1721.53				
			11.72	24.61	63.67				
					100.00			VCT	2703.71

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

DIETA: VIH Y TBC

jueves, 05 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	5.64	0.60	20.22	23	5.21	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	3.30	22	91.80	13.52	127.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	20.58
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallina	50.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	**Pescado frito , ensalada , arroz , refresco y fruta**								
Pescado	280.00	98.00	41.13	7.49	0.57	165	66.83	2.28	233.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.54	1	0.81	7.74	9.09
Pepinillo o Pepi	90.00	72.00	0.28	0.06	1.50	1	0.52	5.99	7.06
Sal	12.00	100.00	0.14	0.06	0.85	1	0.54	3.94	5.05
Mandioca	40.00	100.00	2.56	0.16	30.84	10	1.44	123.35	135.04
Aceite vegetal	38.00	100.00	0.00	38.00	0.00	0	342.00	0.00	342.00
Ají colorado sec	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Harina de trigo	40.00	100.00	4.20	0.80	29.92	17	7.20	119.68	143.88
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	160.00	98.00	1.79	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1614.54
								%DIST. D	58.15
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	**Mazamorra de maizena con leche + 01 pan**								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	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 labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									402.93
									14.50
			98.15	72.72	432.89				
			392.61	654.50	1731.57				
			14.1	23.6	62.3				
					100.00				2778.68

Lic. Angela M. Vilca Benites
NUTRICIONISTA
CNP 3400

Paola Yohana Barrios Soria
NUTRICIONISTA
CNP 3910

DIETA: VIH Y TBC

viernes, 06 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:	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	40.00	100.0	0.00	0.00	39.32	0.00	0	157.28	157.28
Cebolla de cabe	55.00	92.00	1.09	0.16	8.54	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.56	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.05	0.20	0	0.45	1.00	1.45
Pimienta molida	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labranza	55.00	100.0	6.24	0.20	46.67	24.86	1.755	186.68	213.40
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									627.43
									18.70
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	88.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES	73.74
ALMUERZO:	Hígado de zapallo , arroz , fruta y refresco								
Leche evaporad	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	0.03	28	67.50	3.30	98.80
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Sal	12.0	100.00	0.14	0.06	0.88	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. Cl	40.00	80.00	1.06	0.26	8.00	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	31.62
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 vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	98.00	0.82	0.12	8.64	3	1.08	26.58	30.93
Naranja	150.00	98.00	1.78	0.28	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES	1323.79
							%	DIS ALM.	46.94
REFRIGERIO:	Vaso de leche								
Leche evaporad	60.00	100.00	6.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Guiso de fideos con pollo, arroz , infusion								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Arvejas frescas	25.00	94.00	0.85	0.05	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.88	7.27	8.53
Cebolla de cabe	20.0	67.00	0.18	0.03	1.51	1	0.24	6.06	7.06
Tomate	30.00	99.00	0.24	0.05	1.28	1	0.53	5.11	6.65
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	779.57
								%DIST. C	27.64
			87.86	60.03	485.53				
			588.11	511.50	1942.51				
			13.0	18.1	68.9				
					100.00		V.C.T. MENU		2820.12

Paola Vanessa Martins Sorio

DIETA: VIH Y TBC

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:	Avena con leche + 02 panes + queso								
Avena, hojuelas	35.00	100.00	4.66	1.40	26.20	19	12.60	100.80	132.02
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso parla	30.00	100.00	6.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.95
									688.95
									25.61
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	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 pa	150.00	87.00	27.80	2.09	0.00	111.18	18.79	0.00	129.98
Arvejas frescas	35.00	54.00	1.34	0.11	3.65	5	1.02	14.21	20.80
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.16
Ajos	4.00	80.00	0.18	0.03	0.87	1	0.23	3.89	4.84
Arroz Pilado o c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	10.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Comino	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ají verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.49	3.32	4.48
Arvejas frescas	35.00	74.00	1.34	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	80.00	82.00	0.59	0.33	6.04	2	2.95	24.14	28.67
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	80.00	67.00	2.80	0.11	8.06	11	0.96	34.23	36.59
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	18.0	7	2.65	84.09	73.79
								VC Alm	1382.88
								% Dist	51.72
REFRIGERIO:	Vaso de leche								
Leche evaporad	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 vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	423.88
								%DIST. D	15.74
			93.51	72.28	417.11				
			374.06	650.53	1668.46				
			13.9	24.2	62.0				
					100.00			VCT	2693.05

Paola Fabiola Barrios Sorio
NUTRICIONISTA
CNP 5709

domingo, 08 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:	Semola con vainilla, pan , mortadela								
Sémola de Trig	35.00	100.00	8.80	3.75	18.83	27	33.71	75.31	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.99
								%DIST. D	20.34
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	95.00	7.28	4.53	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Locro de panza, arroz , fruta y refresco								
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Mondongo de n	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.56
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.91
Cebolla de cabe	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	67.00	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	2.66	64.00	73.70
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1324.65
							%	DIS ALM.	49.17
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Tallarines rojos con carne molida + infusion								
Carne de res m	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	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	0.83	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.24	2.75	3.55
Cebolla de cabe	40.00	67.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.06	0.01	0.27	0	0.06	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.03	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.11
								%DIST. D	23.46
			83.65	85.25	440.80				
			334.59	896.21	1763.20				
			12.42	22.13	65.45				
					100.00				
								VCT	2693.99

Paola Yoberne Barrios Sorio

DIETA: VIH Y TBC

lunes, 05 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	35.00	100.00	2.18	1.63	17.30	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.63	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de fabranza	60.00	100.00	5.76	0.18	43.05	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	88.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de frejol con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilaco o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.95
Carne de Cerdo	50.0	86.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Sal	18.00	100.00	0.22	0.09	1.46	1	0.81	5.90	7.58
Cebolla de cabe	80.00	85.00	0.85	0.14	7.86	4	1.22	30.74	35.77
Ají colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Comino	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.36
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	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 Pepi	80.00	95.00	0.35	0.07	1.83	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Tomate	80.00	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	137.63	137.62
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1524.02
							%	DIS ALM.	55.97
REFRIGERIO:	Vaso de leche								
Leche evaporad	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	79.00	8.82	1.81	0.47	35	14.50	1.90	51.87
Fideos	60.00	100.0	5.84	0.12	46.92	23	1.08	187.68	211.39
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	3.81	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	5.68
Orégano seco	1.00	70.00	0.01	0.00	0.06	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	19.02
			88.18	59.99	457.60				
			352.72	539.90	1830.41				
			12.95	19.83	67.22				
					100.00			VGT	2723.02

Paola Bernal Barrios Soria

DIETA: VIH Y TBC

martes, 10 de julio de 2018

ALIMENTO	gr/per	consumible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DEBAYUNO:	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 evaporac	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labranz	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	21.65
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	113	44.06	0.00	156.13
Arroz Pilado o c	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	97.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca negra	30.00	97.00	0.81	0.28	1.43	3	2.36	5.70	11.32
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.88	6.05
Arvejas frescas	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de cabe	70.00	87.00	0.66	0.08	5.30	3	0.84	21.20	24.67
Lechuga redond	60.00	90.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de seda	180.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.58
								VC DES.	1542.22
								%DIST. D	56.77
REFRIGERIO:	Vaso de leche								
Leche evaporad	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	6.75	12.75	4.23	27	114.75	16.90	158.75
Pan de labranz	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	396.99
								%DIST. D	14.61
			93.98	81.55	401.79				
			375.93	733.94	1606.79				
			13.8	27.0	59.1				
					100.00			VCT	2716.66

Paola Yolanda Barrios Sorto
NUTRICIONISTA
C.N.P. 5760

DIETA: VIH Y TBC

miércoles, 11 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	Ar (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	0.00	0.10	0.16
Canela entera	0.30	94.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	136.00	0.00	136.00
Pan de labranza	60.00	100.00	6.78	0.18	43.08	23	1.62	172.32	196.98
									552.93
									19.82
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallin	55.00	98.00	7.25	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	**Cau cau de pollo , arroz, fruta y refresco**								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.88	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Filado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.53
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.63	6.35	8.19
Ajos	8.00	80.00	0.36	0.09	1.85	1	0.45	7.38	8.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas	35.00	94.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	92.00	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	64.05	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
					V.C. ALMUERZO				1337.24
					% DISTR. ALMUERZO				47.93
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	**Arroz a la jardinera con salchicha + Infusion**								
Arroz Filado o p	100.0	100.00	8.20	0.50	77.50	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.65
Salchicha "hot d	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	0.88	0.38	0.36	2.82	3.37
Fideos	60.00	100.00	5.84	0.12	46.62	23	1.08	187.68	211.32
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	0.58	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	75.00	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
									25.46
			76.94	67.51	468.67				
			307.74	607.55	1874.68				
			11	22	67				
					100.00			VCT MEN	2789.97

Paola Vanessa Barrios Soria
NUTRICIONISTA
CNP 5790

DIETA: VIH Y TBC

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	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chancho								
Harina de haba	30.00	100.00	7.20	0.57	17.88	29	5.13	71.52	105.61
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanc	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	513.06
								%DIST. D	18.83
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	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 p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pepi	80.00	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	5.06
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.19
Ají colorado sec	3.00	88.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cabe	50.00	87.00	0.97	0.14	7.86	4	1.26	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	126.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1602.60
								%DIST. D	58.80
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	5.48	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 labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.43
			100.41	64.50	435.86				
			401.62	580.48	1743.38				
			14.74	21.30	63.97				
					100.00			VCT MEN	2725.48

Lic. Jaqueline Villca Benites
NUTRICIONISTA
C.N.P. 5768

Paola Yolanda Farfán Frías Sorio
NUTRICIONISTA
C.N.P. 5769

DIETA: VIH Y TBC

viernes, 13 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	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Sal	12.00	100.00	0.14	0.05	0.98	1	0.54	3.94	5.08
Pan de labranza	60.00	100.0	5.76	0.18	43.09	23.04	1.62	172.32	196.98
Huevo de gallin	60.00	98.00	7.94	4.94	1.06	32	44.46	4.23	80.44
									424.46
									15.73
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	**Guiso de fideos con pollo , arroz, fruta y refresco**								
Carne de Pollo	100.00	85.00	17.51	3.05	0.00	70	27.54	0.00	97.54
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	125.89
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	6.00	100.00	0.10	0.04	0.65	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.48	7.78	9.00
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	87.00	0.66	0.06	4.54	2	0.72	18.17	21.15
Arvejas frescas	30.00	84.00	1.16	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	10.38
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.48	59.48
								VC DES.	1328.18
								%DIST. D	49.19
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.00
								VC DES.	115.00
CENA:	**Camote arreboxado,arroz,infusion**								
Camote morado	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	6.39	2.7	44.88	53.88
Arroz Pilado o p	90.00	100.00	7.35	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evaporad	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gallin	20.00	98.00	2.66	1.85	0.35	11	14.82	1.41	28.81
Hierbas	3.00	54.00	0.06	0.02	0.11	0	0.15	0.45	0.60
						V.C . CENA			758.39
						% DIST.CENA			28.08
	VCT (Gr.)		91.63	63.18	441.30				
	VCT (kcal.)		366.52	568.65	1765.19				
	VCT (%)		14	21	65		V.C.T. MENU		2700.36
					100.00				

Pamela Jackeline Barrios Soria
NUTRICIONISTA
C.N.P. 5799

Lic. Jessica M. Vilca Benites
NUTRICIONISTA
C.N.P. 7335

DIETA: VIH Y TBC

sábado, 14 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Ac (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	35.00	100.00	4.68	1.40	25.20	19	12.60	100.80	132.02
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.96
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.63	137.63
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									667.07
									25.20
REFRIGERIO: Huevo sancochado									
Huevo de gallin	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 o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	85.00	25.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	98.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.00
Cebolla de cabe	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.46
Lechuga redond	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Ají colorado sec	0.50	67.00	0.00	0.03	0.28	0	0.31	1.03	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.59	0	0.00	138.74	138.74
								VC ALMU	1468.28
									53.85
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labranza	35.00	100.00	3.36	0.11	23.13	13	0.99	100.53	114.91
								VC DES.	381.34
								%DIST. C	13.99
			90.21	64.22	446.60				
			360.83	577.98	1787.20				
			13.2	21.2	65.6				
					100.00			VCT	2726.01

Lic. Jesús Vila Benites
CMP 22023

Dr. Barrios Sonia

DIETA: VIH Y TBC

domingo, 15 de julio de 2018

ALIMENTO	gripar	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 Trigo	35.00	100.00	5.83	3.75	19.83	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	34.69	0	0.00	138.74	138.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
									549.02
									19.97
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.76	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	3.00	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.67	14	1.48	146.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.00	0.98	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	6.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.18
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	13.61
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1299.06
								%DIST. C	47.28
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Higado frito , arroz + infusion								
Higado de res	80.0	70.00	11.20	2.58	0.56	44.80	23.184	2.24	70.22
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
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	0.225	1.64	2.11
Pan seco molid	15.00	100.00	1.85	0.42	12.38	6.60	3.78	49.50	59.88
Pimienta molid	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Comino	0.3	100	0.01	0.06	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.98	0.00	0	79.84	79.84
								VC DES.	711.71
							%	DIS ALM.	26.89
			86.71	74.16	433.70				
			346.83	667.48	1734.82				
			12.6	24.3	63.1				
					100.00				
								VCT	2749.12

Carlos Eduardo Barrios Soria
NUTRICIONISTA

DIETA: VIH Y TBC

lunes, 16 de julio de 2018

ALIMENTO	gripar (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.60	71.20	94.80
Piña	20.00	64.00	0.08	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lobranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									584.54
									20.87
REFRIGERIO:	Huevo sancochado								
Huevo de pallin	55.00	98.00	7.28	4.53	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruto y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.67	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Cebolla de cabe	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Ají colorado ec	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	0.00	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pep	80.00	88.00	0.36	0.07	1.83	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.09	0.01	0.46	0	0.12	1.85	2.47
Tamare	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	137.63	137.62
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.13
									1614.56
							%	DIS ALM.	54.07
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado o p	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	60.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.15	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.88	87.77	98.92
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.88	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	512.73
								%DIST. C	18.30
			84.46	80.52	434.68				
			337.83	724.68	1738.74				
			12.06	25.87	62.07				
					100.00			VCT	2801.26

CONSORCIO [illegible]

Paola Yohana Barrios Sono
NUTRICIONISTA
CMP 5788

martes, 17 de julio de 2018

ALIMENTO	gr/ser	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Ar. (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	**Cebada con leche + 02 panes + queso de chancho**								
Cebada harina	30.00	100.00	8.64	0.69	20.22	23	6.21	80.88	109.69
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	95.00	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
Queso de chanc	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	196.96
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	23.00
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallin	55.00	88.00	7.28	4.93	0.67	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	**Arroz chaufa con pollo , refresco y fruta**								
Carne de Pollo	150.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Salchicha Tipo c	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado o p	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china (2	30.00	71.00	0.46	0.08	1.80	2	0.77	6.39	9.12
Pimiento	35.00	83.00	0.44	0.16	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.35	1.15	0.12	5	10.37	0.48	16.27
Cebolla de cabe	100.00	67.00	0.94	0.13	7.67	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	1.70	0.29	16.0	7	2.65	64.00	73.79
Comino	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1448.52
							%	DIS ALM.	53.89
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	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	2.56	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	5.13	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	99.49
								VC DES.	431.90
								%DIST. D	16.07
			97.67	86.16	380.45				
			390.70	775.44	1521.80				
			14.54	28.85	56.62				
					100.00			VCT	2687.94

Paola Yolanda Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: VIH Y TBC

miércoles, 18 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	**Café + 02 panes + camote sancochado**								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.12	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	30.00	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	108.39
Pan de lasranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	543.71
								%DIST. D	19.77
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallin	56.00	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 p	150.0	100.00	12.30	0.75	119.70	49	6.75	478.80	522.75
Papa blanca	200.0	95.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cabe	80.00	89.00	1.00	0.14	8.05	4	1.26	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ají colorado se	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Bilis	8.00	100.00	0.90	0.77	0.05	4	6.91	0.32	10.65
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Comino	1.00	100.00	0.04	0.00	0.79	0	0.02	3.16	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.09	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	88.00	1.76	0.26	16.0	7	2.66	64.09	73.79
					V.C. ALMUERZO				1289.88
					% DISTR. ALMUERZO				46.89
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	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 p	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	86.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	30.00	84.00	1.15	0.10	3.05	5	0.97	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.13	2.18	1	1.07	8.72	10.38
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.20
									727.90
									26.46
			91.81	59.38	462.49				
			366.46	534.40	1849.94				
			13.32	19.43	67.25				
					100.00			VCT MEN	2750.80

Paola Ruth Barrios Soria
NUTRICIONISTA
CNP 8701

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:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.94
								VC DES.	571.87
								%DIST. D	20.66
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	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	66.00	36.02	7.31	0.55	160	64.96	3.22	228.75
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.56	0.14	3.10	2	1.30	12.38	15.68
Papinito o Papa	90.00	72.00	0.32	0.06	1.68	1	0.58	6.74	8.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.48
Aceite vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Ají colorado sec	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.30
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cabe	50.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	88.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.76	0	0.00	99.10	99.10
								VC DES.	1585.94
								%DIST. D	57.30
REFRIGERIO:	Vaso de leche								
Leche evaporad	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 labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	420.48
								%DIST. D	15.19
			96.18	76.36	423.91				
			384.74	687.26	1695.64				
			13.90	24.83	61.27			VCT MEN	2767.63
					100.00				

Paola Yohana Quirrios Soria
NUTRICIONISTA
CNP 6799

DIETA: VIH Y TBC

viernes, 20 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:	Té + 02 panes + jamonada								
Café sin azúcar	4.00	100.00	0.01	0.00	0.00	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	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de lebranz	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									199.39
									14.96
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	92.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES	73.74
ALMUERZO:	Ají de calabaza , arroz , fruta y refresco								
Leche evaporad	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 o p	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	300.0	92.00	5.60	0.28	61.55	23	2.48	246.19	271.88
Sal	12.0	100.00	0.14	0.06	0.95	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.46	36.85	42.28
Maíz Fresco. Cl	38.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.73
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.63	5.96	7.68
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	60.00	67.00	0.66	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.63	64.00	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1400.61
							%	DIS ALM.	52.47
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES	115.60
CENA	Motaspuita de pollo , arroz , infusión								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o p	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	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.80	13.08	15.54
Papa blanca	150.0	85.00	2.88	0.13	28.43	10.71	1.1475	113.73	125.58
Cebolla de cabe	60.0	67.00	0.66	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Ají colorado sec	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	0.06	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	680.09
								%DIST. D	25.48
			86.85	61.58	468.94				
			357.71	435.46	1876.15				
			13.4	16.3	70.3				
					100.00		V.C.T. MENU		2669.32

Paola Yolanda Barrios Soria
NUTRICIONISTA
CNP 5789

DIETA: VIH Y TBC

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:	Avena con leche , pan , queso								
Avena, hojuelas	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evaporad	75.00	100.00	5.25	6.08	8.18	21	54.88	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	6.40	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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									656.46
									24.25
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta								
Carne de Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	255.42
Ajos	4.00	90.00	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	3.76
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ají colorado sec	1.00	92.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado o p	150.0	100.00	12.30	0.75	119.70	49	6.75	466.80	522.75
Cebolla de cabe	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.33	181.24
Ají verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.65	54.09	73.79
Comino	0.2	100.00	0.01	0.00	0.18	0	0.00	0.64	0.67
									1418.82
							%	DIS ALM.	52.41
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	33	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.88	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	442.66
								%DIST. D	16.35
			77.04	94.35	387.60				
			308.17	848.69	1550.41				
			11.4	31.3	57.3				
					100.00			VCT	2707.27

Paola Angelica Barrios Soria
NUTRICIONISTA
C.N.P 5799

DIETA: VIH Y TBC

10

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:	**Semola con vainilla, pan , mortadela**								
Semola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.10	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	94.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	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 fabranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	**547.90**
								%DIST. D	**23.92**
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallina	55.00	98.00	7.28	4.53	0.87	29	40.76	3.88	73.74
								VC DES.	**73.74**
ALMUERZO:	**Aguadito con menudencia, refresco y fruta**								
Menudencia de	80.00	92.00	14.57	3.48	0.00	58	31.13	0.00	89.42
Arroz Pilado o p	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.98
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	89.00	0.21	0.16	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Arvejas frescas	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.90	6.23	11.77
Espinaca negra	35.00	97.00	0.98	0.31	1.58	4	2.75	6.65	13.21
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
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	4.85	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES	**854.61**
								%DIST. D	**37.30**
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	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 m	50.0	100.00	10.65	0.85	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	89.00	0.35	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	9.88
Cebolla de cabe	60.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.85	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	84.0	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 sec	5.00	68.0	0.24	0.27	2.00	1	2.39	7.58	11.32
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									699.10
								%DIST. D	**30.52**
			80.41	**61.61**	**353.72**				
			321.63	**554.45**	**1414.86**				
			14.04	**24.20**	**61.76**	100			
					100.00			VCT	**2290.94**

Paola Tobanda Barrios Soria
NUTRICIONISTA
RNP 5795

lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.15	1.63	17.80	9	14.63	71.20	94.83
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela molida	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	0.05	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	73.55
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.31	196.93
									514.06
									18.95
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	98.00	7.25	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Frejol a la chilena con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.75	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado o c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Aceite vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	98.00	0.24	0.06	1.28	0.96	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 redond	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo macos	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.25
Ajos	5.00	100.00	0.20	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 cabe	80.00	67.00	2.80	0.11	6.06	11.20	0.99	24.23	36.36
Ají colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.63	64.05	73.79
								VC DES.	1512.14
								%DIST. C	55.74
REFRIGERIO: Vaso de leche									
Leche evaporac	80.00	100.00	5.60	8.48	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	8.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	60.00	100.0	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.06	0.03	0.64	0	0.20	2.16	2.68
Poro	15.00	56.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.31	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	82.00	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	5.06
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.19	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.36
								%DIST. C	18.33
			93.71	52.78	465.74				
			374.84	475.06	1862.97				
			13.82	17.51	68.67				
					100.00			VCT	2712.87

Paola Johana Barrios Soria
NUTRICIONISTA

DIETA: VIH Y TBC

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:	**Cebada con leche + 02 panes + jamonada**								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.66
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labranza	60.00	100.00	5.76	0.18	43.00	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	**33.77**
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallin	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 o p	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	44.09	0.00	156.13
Aceitunas de bo	8.00	92.00	0.06	2.36	0.64	0	21.20	2.15	23.85
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Ají verde (2)	10.00	97.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ají colorado sec	5.00	52.00	0.18	0.20	1.53	1	1.82	6.10	8.95
Camote morado	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de cabe	80.00	67.00	0.75	0.11	6.08	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 seda	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
Comino	0.2	100.00	0.01	0.00	0.18	0	0.00	0.64	0.67
									1451.80
							%	DIS ALM.	**53.45**
REFRIGERIO:	**Vaso de leche**								
Leche evaporac	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	**115.60**
CENA:	**Infusion + 01 pan + manjar**								
Hierbas	10.00	54.00	0.17	0.05	0.35	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	6.13	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	99.49
								VC DES.	**429.28**
								%DIST. D	**15.80**
			91.62	**76.27**	**415.80**				
			366.48	**686.46**	**1663.20**				
			13.5	**25.3**	**61.2**				
					100.00			VCT	**2716.13**

Paola Yohana Barrios Soria
NUTRICIONISTA

DIETA: VIH Y TBC

miércoles, 25 de julio de 2018

ALIMENTO	gripor	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	Ac. (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	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morado	100.0	92.00	1.28	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labranza	60.00	100.00	5.76	0.18	43.05	23	1.52	172.32	196.98
								VC DES.	624.81
								%DIST. D	18.76
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.03	0.97	25	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encebollado , arroz ,papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.15	4.66	145.97
Arroz Pilado o p	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	1.96	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.85	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	0.58	0.54	3.94	5.06
Pan seco molid	25.00	100.00	2.75	0.70	20.03	11.00	6.30	82.50	99.80
Cebolla de cabe	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	38.61
Pimienta molid	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	136.33
Comino	0.3	100	0.01	0.00	0.24	0.06	0.0054	0.96	1.01
Naranja	100.00	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				1401.96
					% DISTR. ALMUERZO				50.10
REFRIGERIO:	Vaso de leche								
Leche evaporad	90.00	100.00	5.80	6.46	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gallin	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha "hot d	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado o p	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	349.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.69	0	0.36	2.42	3.37
Cebolla china (2	30.00	71.00	0.49	0.08	1.60	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.89
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.64
								VC DES.	682.15
								%DIST. D	24.38
			51.82	91.98	410.80				
			327.28	827.78	1643.19				
			11.70	29.56	58.72				
					100.00			VCT	2798.25

Johanc Barrios Soria
NUTRICIONISTA

jueves, 26 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 + queso de chancho								
Harina de Haba	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chanc	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.94
								VC DES.	513.06
								%DIST. D	18.67
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	88.00	7.26	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	88.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilaco o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.63	6.19	7.99
Pepinillo o Pepi	80.00	72.00	0.28	0.08	1.50	1	0.72	5.99	7.86
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Ají colorado sec	3.00	68.00	0.14	0.18	1.20	1	1.43	4.79	6.79
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Maizena	35.00	100.00	0.12	0.04	17.34	0.48	0.36	69.36	70.20
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	88.00	1.76	0.33	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1626.56
								%DIST. D	59.14
REFRIGERIO:	Vaso de leche								
Leche evaporad	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 labranz	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.95
									420.48
									15.30
			100.53	59.29	453.19				
			402.10	533.59	1812.74				
			14.63	19.41	65.96				
					100.00			VCT MEN	2748.43

Paola Yohana Burrios Sario
NUTRICIONISTA
C.P. N° 6768

DIETA: VIH Y TBC

viernes, 27 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	66.00	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 labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.92	7.58
Huevo de gallin	60.00	98.00	7.94	4.94	1.08	32	44.46	4.23	80.44
									554.39
									18.97
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.73	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Metasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.88	0.20	62.22	23	2.51	248.87	274.82
Arroz Pilado o p	150.00	100.00	12.30	0.76	115.70	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	60.00	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
Ají colorado sec	5.00	92.00	0.32	0.38	2.70	1	3.23	10.80	15.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	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	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.28	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				1400.63
					% DISTR. ALMUERZO				47.92
REFRIGERIO:	Vaso de leche								
Leche evaporad	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 morado	100.00	84.00	1.19	0.25	21.38	3	2.27	85.53	93.32
Harina de trigo	15.00	100.00	1.68	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	5.00	0.00	22	54.00	2.64	79.04
Leche evaporad	15.00	100.00	1.08	1.22	1.84	4	10.94	5.54	21.58
Huevo de gallin	15.00	98.00	1.98	1.23	0.25	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	94.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C . CENA			778.27
						% DIST.CENA			26.63
	VCT (Gr.)		98.77	66.18	490.98				
	VCT (kcal.)		363.08	595.63	1963.91				
	VCT (%)		12	20	67		V.C.T. MENU		2922.62
					100.00				

Paola Johana Barrios Soria
NUTRICIONISTA
C N P 5798

DIETA: VIH Y TBC

sábado, 28 de julio de 2018

ALIMENTO	gripar (g)	consumi ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporad	70.00	100.00	4.90	5.87	7.63	20	51.00	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso parrilla	30.00	100.00	6.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.09
									24.93
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	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 pr	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado o g	100.0	100.00	13.12	0.80	124.46	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.05	1.72	1	0.72	6.88	8.60
Cebolla de cabe	50.00	67.00	0.75	0.11	6.06	3	0.99	24.33	28.19
Ají colorado ase	5	68.00	0.34	0.27	2.00	1	2.39	7.98	11.32
Pan seco molid	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.03	1.85	1	0.48	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	64.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, sin	10.00	95.00	2.29	4.56	1.68	9	41.21	6.71	57.10
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	1.98	43.28	47.03
								VC Alm	1491.20
								% Dist	56.63
REFRIGERIO:	Vaso de leche								
Leche evaporad	60.00	100.00	5.60	0.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	82.00	0.29	0.09	0.84	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.88
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST. D	12.38
			92.11	56.56	450.74				
			368.42	509.01	1802.96				
			13.75	18.99	67.26				
					100.00			VCT	2680.38

Paola Andrea Barrios Soria
NUTRICIONISTA
C.N.P. 5795

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, pan , mortadela								
Semola de Trig	35.00	100.00	6.83	3.78	18.63	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	2.02	11.76	53.18	11.20	76.23
Pan de fabrana	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	547.90
								%DIST. D	19.26
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.26	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	9.08	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.04
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.35	0.05	1.85	1	0.46	7.78	9.88
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.28	4.08	5.58
Zanahoria	15.00	79.00	0.07	0.05	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.00	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1362.58
								%DIST. D	47.67
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.37	34.88	115.60
								VC DES.	115.60
CENA:	Arroz con huevo frito + infusion								
Huevo de gallin	55.00	98.00	7.26	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado o p	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Sillao	12.00	100.00	1.38	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	748.68
								%DIST. D	26.23
			90.29	66.83	470.72				
			361.15	602.37	1882.87				
			12.69	21.16	66.15				
					100.00			VCT	2846.39

Paola Yanet Barrios Soria
NUTRICIONISTA
CNP 5799

lunes, 30 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.03	17.80	9	14.83	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labranza	80.00	100.00	5.76	0.16	43.08	23	1.62	172.32	196.98
									586.01
									21.82
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	88.00	7.38	4.03	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 c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.66
Carne de Cerdo	50.0	70.00	6.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.84	5.05
Cebolla de rabo	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Ají colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Comino	1.00	100.00	0.04	0.00	0.79	0	0.02	3.16	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pepi	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.19	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	150.0	85.00	1.81	0.38	28.78	8	3.44	107.10	118.18
									1514.56
							%	DIS ALM.	**55.88**
REFRIGERIO:	Vaso de leche								
Leche evaporada	60.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.00
								VC DES.	**115.00**
CENA:	Sopa de semola con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Trigo	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.15	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	**420.84**
								%DIST. D	**15.52**
			38.49	78.44	414.66				
			345.95	705.96	1658.64				
			12.8	26.0	61.2				
					100.00			VCT	**2710.55**

Lic. Jeanette Vilca Bardales
NUTRICIONISTA
CMP 7319

Lic. Miguel Barrios Soria
NUTRICIONISTA
CMP 5799

DIETA: VIH Y TBC

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	POR MENU
DESAYUNO:	**Cebada con leche + 02 panes + queso de chancho**								
Cebada harina	30.00	100.00	5.64	0.99	20.22	23	8.91	80.88	109.68
Leche evaporad	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 chan	30.00	100.00	6.03	8.19	0.30	24.12	46.71	1.20	72.03
Pan de labranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	**618.18**
								%DIST. D	**22.88**
REFRIGERIO:	**Huevo sancochado**								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	**73.74**
Almuerzo:	**Tallarines rojos con pollo, refresco y fruta**								
Fideos tallarin	180.0	100.00	17.10	0.18	126.28	68	1.62	501.12	571.14
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de cabe	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.20
Zanahoria	60.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
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 vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ají colorado sec	8.00	58.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Sal	20.00	100.00	0.24	0.10	1.54	1	0.90	6.56	8.46
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.60
Plátano de sed	160.0	92.00	2.21	0.44	30.91	5	3.97	123.65	136.45
								VC DES.	**1460.77**
								%DIST. D	**54.30**
REFRIGERIO:	**Vaso de leche**								
Leche evaporad	50.00	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	0.06	0.02	1.10	0	0.20	4.41	4.79
Manzana de ag	30.00	100.00	0.08	0.02	2.92	0	0.18	11.68	12.10
Pan de labranz	35.00	100.00	3.36	0.11	25.13	13	0.99	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	**15.88**
			93.24	**59.81**	**444.75**				
			372.96	**538.28**	**1779.02**				
			14	**20**	**66**				
					100.00				
									2660.34

Paola Yhiluro Barrios Soria
NUTRICIONISTA

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

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

CONSORCIO EDNA

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

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 01 de julio de 2018

ALIMENTO	gripar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	**Semola con vainilla , 02 panes , mermelada**								
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.60
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada D	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
								VC DES.	**552.04**
								%DIST. D	**21.89**
Almuerzo:	**Caldo de gallina + refresco y fruta**								
Carne de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Aceite vegeta	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Papa blanca	300.0	95.00	5.99	0.29	63.59	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.66	0.36	0.243	2.59	3.21
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Plátano de se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	138.45
								VC Alm	**1095.04**
								% Dist	**43.41**
CENA	**Matasquita de pollo , arroz , infusion**								
Carne de Poll	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	313.85
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Aceite vegeta	18.00	100.00	0.00	18.00	0.00	0.00	162	0.00	162.00
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	**875.38**
								%DIST. D	**34.70**
			77.71	**36.90**	**469.87**				
			310.86	**332.11**	**1879.49**				
			12.3	**13.2**	**74.5**				
					100.00		**V.C.T. MENU**		**2522.45**

Lic. Jessica W. Vega Bardales
NUTRICIONISTA
C.N.P. 1

Paola Maria Barrios Soria
NUTRICIONISTA
C.N.P. 1756

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 02 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	30.00	100.00	2.81	1.95	21.36	10	17.55	85.44	113.43
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina 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	196.56
									628.36
									24.76
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Pol	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	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.53	0.18	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.05	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	6.00	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 co	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	**1270.63**
								%DIST. D	**50.08**
CENA:	Caldillo de huevos								
Huevo de gal	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Zapallo macr	50.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	56.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegeta	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
								VC CENA	**638.31**
							%DIST CENA		**25.16**
			66.46	**80.83**	**431.01**				
			265.84	**547.43**	**1724.03**				
			10.48	**21.58**	**67.95**				
					100.00		VCT MENU		**2537.30**

Paola Marcc Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: GASTRITIS CRONICA Y CANCER

martes, 03 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:	**Cebada con leche + 02 panes + huevo sancochado**								
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.88
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	**646.12**
								%DIST. D	**26.54**
Almuerzo:	**Pollo a la olla , arroz ,papa + fruta y refresco**								
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	250.0	92.00	4.83	0.23	51.29	19	2.07	205.16	226.55
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	5.05
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
								VC ALMU	**1405.78**
									57.74
CENA:	**infusion + 01 pan + mermelada**								
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.81	3.20
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Mermelada D	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	**382.95**
								%DIST. D	**15.73**
			75.67	**43.10**	**436.06**				
			302.69	**387.92**	**1744.23**				
			12.43	**15.93**	**71.64**				
					100.00			**VCT**	**2434.86**

Lic. Nutrición Vilma Barrios
NUTRICIONISTA
CNP 5799

Lic. Nutrición Vilma Barrios Sorto
NUTRICIONISTA
CNP 5799

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 04 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote morad	150.0	98.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela enters	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 labrar	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.33
ALMUERZO:	Guiso de vainitas , arroz ,papa + refresco y fruta								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	82.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegeta	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.08	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.76	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	0.00	87.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1260.66
					% DISTR. ALMUERZO				49.98
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.91
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									29.69
			73.43	47.55	450.13				
			293.72	427.96	1800.52				
			11.65	16.97	71.39				
					100.00			VCT MEN	2522.20

Paola Andrea Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 05 de julio de 2018

ALIMENTO	gripor	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 harin	40.00	100.00	7.52	0.92	26.96	30	8.28	107.84	146.20
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	35.00	100.00	9.49	17.85	5.92	38	160.65	23.66	222.25
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	**769.33**
								%DIST. D	**30.38**
Almuerzo:	**Pollo sancochado ,papa , arroz , refresco y fruta**								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
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	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	62.00	0.59	0.29	14.43	2	2.88	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	**1128.39**
								%DIST. D	**44.57**
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
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									463.43
									17.91
			77.12	**28.14**	**447.36**				
			308.46	**253.22**	**1789.46**				
			12.2	**15.2**	**70.7**				
					100.00				**2532.00**

Lic. Angela M. Vera Barrios
NUTRICIONISTA
CNP 5798

Lic. Angela M. Vera Barrios
NUTRICIONISTA
CNP 5798

DIETA: GASTRITIS CRONICA Y CANCER

Viernes, 06 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Ani (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 labran	65.00	100.0	6.24	0.20	46.67	25	1.76	186.68	213.40
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.89
									478.77
									18.21
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	1.91	189.55	208.31
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.26	0.07	1.49	1	0.62	5.96	7.69
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Platano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1307.65
							%	DIS ALM.	49.74
CENA	**Guiso de fideos con pollo, arroz , infusion**								
Carne de Pol	100.00	78.00	15.46	2.70	0.00	62	24.30	0.00	86.10
Fideos	80.00	100.00	5.54	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
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 frescs	25.00	54.00	0.98	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	78.00	0.12	0.10	1.82	0	0.68	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.58
Hierbas	2.00	54.00	0.03	0.01	0.06	0	0.10	0.30	0.53
								VC DES.	842.57
								%DIST. D	32.05
			73.69	54.54	460.83				
			294.76	490.89	1843.34				
			11.2	18.7	70.1				
					100.00		V.C.T. MENU		2628.99

Paola Barrios Soria
NUTRICIONISTA
CNP 5769

DIETA: GASTRITIS CRONICA Y CANCER

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: 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	6.09	8.18	21	54.68	32.70	108.38
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso parin	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
									694.18
									27.55
Almuerzo:	**Estofado de pollo , arroz , refresco y fruta**								
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.85	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	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
Arvejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								VC Alm	**1384.88**
								% Dist	**54.97**
CENA:	**Infusion + 01 pan + margarina**								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.99	100.52	114.91
								VC DES.	**440.29**
								%DIST. D	**17.48**
			80.12	**64.21**	**406.25**				
			320.48	**577.86**	**1621.01**				
			12.7	**22.9**	**64.3**				
					100.00			VCT	**2519.35**

Paola Yohana Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 08 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 , 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 enteraz	0.30	54.00	0.00	0.00	0.14	0	0.01	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 fabran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	23.86
ALMUERZO:	Matasquita de pollo, 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	90.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite 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
Arvejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.08	1.28	1	0.53	5.11	6.59
Cilantro	2.60	57.00	0.05	0.02	0.11	0	0.19	0.45	0.64
Platano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1346.80
							%	DIS ALM	51.83
CENA	Tallarines rojos con carne molida + infusion								
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarir	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	0.68	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	0.08	1.08	1.34
Aceite vegeta	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	136.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									832.11
								%DIST. D	24.32
			72.43	66.10	428.52				
			289.71	594.88	1714.06				
			11.15	22.89	65.96				
					100.00				
								VCT	2598.66

Paola Yohana Barrios Soria
NUTRICIONISTA
CPS 5993

Lic. Jessica M. Ríos Benítez
NUTRICIONISTA
CPS 2525

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 09 de julio de 2018

ALIMENTO	gripar (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
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	94.83
Piña	10.00	84.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	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	116.70	49	6.75	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 Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	65.00	0.47	0.08	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	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.45	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
									1109.33
								% DIS ALM.	**49.09**
CENA:	**Sopa de fideos con pollo**								
Carne de Poll	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	62.58	30	1.44	250.24	281.76
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	100.0	85.00	1.79	0.09	18.95	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	4.94
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	**629.34**
								%DIST. D	**27.85**
			68.98	**50.22**	**382.99**				
			275.92	**451.99**	**1531.97**				
			12.21	**20.00**	**67.79**				
					100.00			VCT	**2259.88**

Lic. Andrea Vila Benites
NUTRICIONISTA
CNP 5799

Paola Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: GASTRITIS CRONICA Y CANCER

martes, 10 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:	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	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.03	0.00	0.14	0	0.01	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	26.76
Almuerzo:	Arroz con pollo + fruta y refresco								
Carne de Poll	180.00	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	165.60	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
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.87
Lechuga redo	60.00	50.00	0.39	0.08	0.63	2	0.84	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.56	127.56
								VC DES.	1530.06
								%DIST. D	60.30
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	328.39
								%DIST. D	12.94
			54.96	68.55	395.14				
			339.85	616.97	1580.56				
			13.4	24.3	62.3				
					100.00			VCT	2537.38

Paola Isabel Espinoza Sorio
NUTRICIONISTA
CNP 5110

Lic. Jessica Villa Benites
NUTRICIONISTA
CNP 5110

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 11 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	Ant (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	150.0	98.00	2.06	0.44	37.78	8	3.97	151.12	163.32
Pan de labranza	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									547.32
									21.34
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Poll	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	0.16	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	82.00	0.33	0.06	1.76	1	0.74	7.05	9.10
Ajos	8.00	80.00	0.38	0.05	1.85	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	0.97	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	20.80
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Plátano	150.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1319.49
					% DISTR. ALMUERZO				51.45
CENA	Arroz a la jardinera con pollo+ Infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Poll	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	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	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
									697.66
									27.20
			79.66	34.42	484.09				
			318.66	309.81	1936.01				
			12	12	75				
					100.00			VCT MEN	2564.48

Dra. Jhoana Barrios Soria
Nutricionista
CNP 5799

DIETA: GASTRITIS CRONICA Y CANCER

Jueves, 12 de julio de 2018

ALIMENTO	griper	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 Hab	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela enter	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Jamonada	30.00	100.00	4.71	6.65	0.30	19	79.86	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 labrar	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	641.77
								%DIST. D	28.65
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Filado c	150.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	94.00	3.86	0.19	41.92	16	1.68	167.70	185.18
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	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	0.00	100.0	0.00	0.00	0.00	0	0.00	0.00	0.00
Sal	12.00	100.00	0.14	0.06	0.86	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.06	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1137.83
								%DIST. D	50.79
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.06	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de labrar	40.00	100.00	3.64	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
									460.65
									20.56
			75.28	19.49	440.94				
			301.12	175.37	1763.76				
			13.44	7.83	78.73				
					100.00			VCT MEN	2240.25

Paola Barrios Sario
NUTRICIONISTA
C.N.P. 5799

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 13 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 sancochado**								
Hierbas	10.00	92.00	0.29	0.08	0.84	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	96.00	7.94	4.94	1.06	32	44.46	4.23	80.44
									423.92
									17.34
ALMUERZO:	**Guiso de fideos con pollo , arroz, fruta y refresco**								
Carne de Poll	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	246.64
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.58
Arvejas fresca	30.00	64.00	1.15	0.10	3.06	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
Plátano	160.00	92.00	0.59	0.28	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	**1292.58**
								%DIST. D	**52.88**
CENA:	**Pollo guisado,arroz,infusion**								
Carne de Poll	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	77.60	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	160.0	85.00	3.21	0.15	34.12	13	1.35	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	0.26	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C . CENA			**727.84**
						% DIST.CENA			**29.78**
	VCT (Gr.)		**85.72**	**38.84**	**437.99**				
	VCT (kcal.)		**342.88**	**349.52**	**1751.94**				
	VCT (%.)		**14**	**14**	**72**		**V.C.T. MENU**		**2444.34**
					100.00				

Lic. Jaqueline Tica Berlins
NUTRICIONISTA
C.N.P. 3000

Paola Barrios Sorio
NUTRICIONISTA
C.N.P. 5799

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 14 de julio de 2018

ALIMENTO	gripe (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.16	43.08	23	1.62	172.32	196.98
									687.07
									27.58
ALMUERZO:	Pollo a la olla, arroz,papa, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pol	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegeta	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	80.00	89.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Plátano	160.00	92.00	0.69	0.29	14.43	2	2.85	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	1422.65
									57.11
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 D	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.31
			76.46	53.07	427.89				
			301.84	477.66	1711.57				
			12.1	19.2	68.7				
					100.00			VCT	2491.06

Pucci Yolanda Barrios Soria
NUTRICIONISTA

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 15 de julio de 2018

ALIMENTO	gripper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	**Semola con vainilla , pan ,mermelada**								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labrar	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
									546.74
									22.75
ALMUERZO:	**Matasquita de pollo , arroz, fruta y refresco**								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de co	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	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.	**1282.92**
								%DIST. D	**53.38**
CENA:	**Pollo sancochado, arroz + infusion**								
Carne de Poll	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	313.68
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.60
Perro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								VC DES.	**573.75**
							%	**DIS ALM.**	**23.87**
			74.73	**37.60**	**441.76**				
			298.92	**337.46**	**1767.03**				
			12.4	**14.0**	**73.5**				
					100.00				
								VCT	**2403.41**

Paola Juana Barrios Soria
NUTRICIONISTA

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 16 de julio de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
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	94.83
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.84
									650.30
									26.40
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.82	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.06	0.13	0.10	0.30	0.53
Zanahoria	40.00	65.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.98	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	51.59
CENA:	Sopa de arroz con pollo								
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.76	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	0.18	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	22.01
			74.34	62.02	401.86				
			297.35	558.20	1607.39				
			12.07	22.66	65.26				
					100.00			VCT	2462.95

Paola Valenzuela Barrios
NUTRICIONISTA
C.N.P. 5590

DIETA: GASTRITIS CRONICA Y CANCER

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:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
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	26.98
ALMUERZO:	Pollo sancochado , arroz,papa, refresco y fruta								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.75
Zanahoria	50.00	86.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1245.85
							%	DIS ALM.	54.22
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	18.80
			81.95	43.11	395.47				
			327.82	387.95	1581.87				
			14.27	16.88	68.85				
					100.00			VCT	2297.64

Paola Yohana Barrios Sorne
NUTRICIONISTA
C.N.P. 5999

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 18 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Infusion+ 02 panes + camote sancochado								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.56	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	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote morad	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	449.56
								%DIST. D	18.44
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.67	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Caigua Serrar	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	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
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1265.21
					% DISTR. ALMUERZO				51.90
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	0.26	0.04	2.27	1.13	0.36	9.09	10.67
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	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
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
									29.65
			57.57	47.06	435.96				
			270.27	423.61	1743.83				
			11.09	17.37	71.54				
					100.00			VCT MEN	2437.61

Paola Yolanda Barrios Soria
NUTRICIONISTA

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 19 de julio de 2018

ALIMENTO	gripar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	**Harina de cebada + 02 panes + manjar**								
Cebada harina	30.00	100.00	5.64	0.69	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 labrar	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.84
								VC DES.	**837.53**
								%DIST. D	**26.15**
Almuerzo:	**Pollo sancochado ,papa , arroz , refresco y fruta**								
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.46	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.56
Poro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.76
Plátano	150.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	**1347.18**
								%DIST. D	**55.26**
CENA:	**Mazamorra de maizena con leche + 01 pan**								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labrar	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	**453.31**
								%DIST. D	**18.59**
			77.16	**20.48**	**486.27**				
			308.63	**184.30**	**1945.10**				
			12.66	**7.56**	**79.78**			**VCT MEN**	**2438.02**
					100.00				

Paola Isabel Barrios Sario
NUTRICIONISTA
C.N.P. 5799

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 20 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	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de labran	80.00	100.0	7.68	0.24	57.44	30.72	2.16	229.76	262.64
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.08	13.16	88.94
									506.24
									20.47
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 parie	20.00	100.00	5.60	8.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	60.88	23	2.48	243.52	268.91
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegeta	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	87.00	0.66	0.06	4.84	2	0.72	18.17	21.15
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	**1218.29**
							%	**DIS ALM.**	**49.26**
CENA	**Matasquita de pollo , arroz , infusion**								
Carne de Poll	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	313.85
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	60.0	87.00	0.56	0.06	4.84	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.66
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	64.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	**749.12**
								%DIST. D	**30.28**
			71.00	**27.36**	**485.78**				
			284.33	**246.19**	**1943.13**				
			11.5	**10.0**	**78.6**				
					100.00		V.C.T. MENU		**2473.66**

Paola Yolanda Barrios Soria

DIETA: GASTRITIS CRONICA Y CANCER

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:	**Avena con leche , pan , queso**								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso parla	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	7.68	0.24	57.44	31	2.16	229.76	262.64
									722.12
									29.09
ALMUERZO:	**Asado de pollo , arroz, papa + refresco y fruta**								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano secc	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	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Comínos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1301.58
							%	DIS ALM.	52.42
CENA:	**Infusion + 01 pan + margarina**								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	459.08
								%DIST. D	18.49
			74.20	68.23	392.97				
			296.82	614.07	1571.89				
			12.0	24.7	63.3				
					100.00			VCT	2482.78

Lic. Jhenny H. Vega Benítez
NUTRICIONISTA
C.N.P. 2320

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

DIETA: GASTRITIS CRONICA Y CANCER

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: Semola con vainilla, pan , margarina									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	27.32
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuño blanco	23.00	90.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	92.00	60.00	0.52	0.13	25.78	2	1.18	103.12	106.40
Aceite vegeta	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Orégano secc	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	978.82
								%DIST. D	43.15
CENA	Tallarines rojos con carne molida + infusion								
Carne de res	80.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.68
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	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 cal	80.00	67.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									670.00
								%DIST. D	29.53
			71.60	60.79	368.75				
			286.42	547.14	1435.01				
			12.63	24.12	63.26				
					100.00			VCT	2268.56

Lic. Andrea B. Vega Bendaña
Nutricionista
C.N.P. 0328

Doc. Manfredo Barrios Sorio

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
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	94.83
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	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	85.00	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	30.00	100.00	0.12	0.06	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	262.84
									594.50
									25.02
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Acelgas. hojas	120.00	61.00	1.61	0.22	3.68	6.44	1.98	15.62	23.84
Carne de Poll	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	1.56	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 secc	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.18
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1099.18
							%	DIS ALM.	46.26
CENA:	Sopa de fideos con pollo								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.0	7.52	0.16	62.56	30	1.44	250.24	281.76
Apio	15.00	75.00	0.08	0.02	0.54	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	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Orégano secc	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	582.64
								%DIST. D	28.73
			73.89	40.47	429.12				
			295.57	364.26	1716.49				
			12.44	15.33	72.23				
					100.00			VCT	2376.32

Lic. Jorge W. Vera Grelles
NUTRICIONISTA
C.M. 3380

Lic. Jorge W. Barrios Soria
NUTRICIONISTA

DIETA: GASTRITIS CRONICA Y CANCER

martes, 24 de julio de 2018

ALIMENTO	gripor	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 harin	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.52
								%DIST. D	28.58
ALMUERZO:	Escabeche de pollo a la limeña, arroz , refresco y fruta								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aceite 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
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
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
									1411.04
							%	DIS ALM.	54.76
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.66
			31.65	69.05	407.18				
			126.61	621.49	1628.74				
			12.7	24.1	63.2				
					100.00			VCT	2576.84

Lic. Jessica W. Avila Bardales
NUTRICIONISTA
CNP 2000

Paola Milena Barrios Soria
NUTRICIONISTA
CNP 3799

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 25 de julio de 2018

ALIMENTO	gripor	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Ar. (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	0.45	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 mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	302.26
								%DIST. D	12.64
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.06	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	0.85	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
Leche evapor	20.00	100.00	1.40	1.62	2.18	8	14.58	8.72	28.90
Queso parla	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.62
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.81
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1312.25
					% DISTR. ALMUERZO				54.89
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.60	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.05	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									32.47
			65.29	37.49	448.07				
			261.16	337.38	1792.27				
			11	14	75				
					100.00			VCT MEN	2390.82

Danie Yohana Barrios Soria
NUTRICIONISTA

DIETA: GASTRITIS CRONICA Y CANCER

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:	Harina de habas + 02 panes + mortadela								
Harina de Hal	35.00	100.00	8.51	0.67	20.88	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
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
Pan de labrar	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	613.26
								%DIST. D	26.68
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	80.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1347.18
								%DIST. D	56.19
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	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 labrar	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
									436.90
									18.22
			77.56	17.13	483.23				
			310.21	154.19	1932.94				
			12.94	6.43	80.63				
					100.00			VCT MEN	2397.34

Paola Yohanc Barrio Soria

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 27 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:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	80.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									418.12
									16.62
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.88	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.06	2.92	2	0.69	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	7.86	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Plátano	160.00	82.00	0.69	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
					V.C. ALMUERZO				1369.17
CENA:	Pollo guisado ,arroz,infusion								
Carne de Poll	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	80.00	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
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
						V.C . CENA			727.84
						% DIST.CENA			28.94
	VCT (Gr.)		83.70	44.04	445.99				
	VCT (kcal.)		334.79	396.37	1783.97				
	VCT (%.)		13	16	71		V.C.T. MENU		2515.13
					100.00				

Lic. Jessica M. Villa Benites
NUTRICIONISTA
CNP 5799

Paola Andrea Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 28 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	**Avena con leche , pan , queso**								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso 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 lactar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.96
									668.09
									27.88
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	6.88	6.88
Cebolla de ca	20.00	67.00	0.19	0.03	1.51	1	0.24	6.05	7.05
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	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
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	89.00	0.44	0.22	10.82	2	1.98	43.28	**47.03**
								VC Alm	**1396.58**
								% Dist	**58.28**
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	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	28.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.55
Pan de lactar	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST. D	**13.84**
			76.00	**40.56**	**431.84**				
			303.98	**365.08**	**1727.37**				
			12.68	**15.23**	**72.08**				
					100.00			VCT	**2396.43**

Paola Yhuliana Barrios Soria
NUTRICIONISTA

DIETA: GASTRITIS CRONICA Y CANCER

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, pan , mermelada**								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.03
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.82	0	0.36	58.48	59.16
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	**530.83**
								%DIST. D	**21.53**
ALMUERZO:	**Guiso de fideos con pollo , arroz, fruta y refresco**								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.64
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	0.06	1.95	1	0.46	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	**1348.13**
								%DIST. D	**54.69**
CENA:	**Arroz con huevo sancochado + infusion**								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.76	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	**586.26**
								%DIST. D	**23.78**
			71.83	**28.82**	**479.63**				
			287.31	**259.39**	**1918.51**				
			11.65	**10.52**	**77.82**				
					100.00			VCT	**2465.21**

Lic. Jessica Mónica Benítez Cabrera
NUTRICIONISTA
Reg. 1115

Licenciada Verónica Barrios Soria
NUTRICIONISTA
Reg. 5799

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 30 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
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	0.06	0.04	1.88	0	0.36	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	146.08
Pan de labran	60.00	100.00	5.76	0.16	43.08	23	1.62	172.32	196.98
									586.01
									25.38
Almuerzo:	**Guiso de acelga, arroz , fruta y refresco**								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.81	0.22	3.86	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.46	52.48	7.20	497.82	557.80
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	89.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.06	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 co	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Plátano	180.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	**1270.63**
								%DIST. D	**55.04**
CENA:	**Sopa de semola con pollo**								
Carne de Poll	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	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	**452.05**
								%DIST. D	**19.58**
			74.51	**59.91**	**367.87**				
			298.03	**539.16**	**1471.49**				
			12.9	**23.4**	**63.7**				
					100.00			**VCT**	**2308.68**

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

DIETA: GASTRITIS CRONICA Y CANCER

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	POR MENU
DESAYUNO:	**Cebada con leche + 02 panes + manjar**								
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.88
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Manjar blanc	25.00	100.00	6.75	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	**704.90**
								%DIST. D	**27.59**
Almuerzo:	**Tallarines rojos con pollo, refresco y fruta**								
Fideos tallarir	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de co	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	62.00	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
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.	**1432.56**
								%DIST. D	**56.08**
CENA	**Mazamorra de frutas + 01 pan**								
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Manzana de s	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	**417.17**
								%DIST. D	**16.33**
			80.42	**55.81**	**432.66**				
			321.68	**502.32**	**1730.62**				
			13	**20**	**68**				
					100.00				
									2554.62

Lic. Jaime W. Vila Bonilla
NUTRICIONISTA
C.N.P. 0109

Paola Yohana Ramos Sorde
NUTRICIONISTA
C.N.P. 5798

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

domingo, 01 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	CALDILLO DE HUEVOS
martes, 03 de julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO A LA OLLA, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
miércoles, 04 de julio de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 05 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 06 de julio de 2018	INFUSION + 02 PANES + FRUTA	HIRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
sábado, 07 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOCRO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 09 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
martes, 10 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 11 de julio de 2018	INFUSION + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 12 de julio de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO ARROZ, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 13 de julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
sábado, 14 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO A LA OLLA, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	POLLO DORADO, ARROZ + INFUSION
lunes, 16 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON POLLO
martes, 17 de julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO DORADO,ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 18 de julio de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	CARGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 20 de julio de 2018	INFUSION + 02 PANES + 02 FRUTAS	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 21 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACNEÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	AGUADITO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 23 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FREJOL A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
martes, 24 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMEÑA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 25 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	REVUELTO DE ZANAHORIA ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 26 de julio de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 27 de julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
sábado, 28 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
lunes, 30 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON POLLO
martes, 31 de julio de 2018	CEBADA CON LECHE + 02 PANES + MANJAR	TALLARINES ROJOS CON POLLO + REFRESCO + FRUTA	MAZAMORRA DE FRUTAS + 01PAN

Lic. Johana Portocarrero Soria
NUTRICIONISTA
CMP 9108

Lic. Jesús W. Kika Benites
NUTRICIONISTA
CMP 5000

DIETA: HIPERTENSION ARTERIAL

domingo, 01 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 , mermelada**								
Sémola de Tr	40.00	100.00	7.60	4.28	21.52	31	38.52	86.08	155.60
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada D	20.00	100.00	0.08	0.04	14.82	0	0.36	58.48	59.16
									552.04
									23.12
Almuerzo:	**Caldo de gallina + refresco y fruta**								
Carne de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.82	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Cebolla china	10.00	65.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.99	0.29	53.56	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.36	0.243	2.59	3.21
Chuño blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Poro	18.00	86.00	0.32	0.10	0.90	1.28	0.8554	3.61	5.75
Nabo	18.00	86.00	0.07	0.02	0.43	0.29	0.2138	1.71	2.21
Cebolla de ca	10.00	85.00	0.12	0.02	0.88	0.48	0.153	3.84	4.47
Pimienta anta	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.1334	0.32	0.60
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.86	0.28	15.04	6.52	2.484	60.17	69.28
								VC Alm	**1170.18**
								% Dist	**49.01**
CENA	**Matasquita de pollo , arroz , infusion**								
Carne de Poll	100.00	85.00	17.61	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	313.85
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresca	30.00	54.00	1.18	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
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	87.00	0.66	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Tomate	40.00	99.00	0.32	0.06	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.	**665.56**
								%DIST. D	**27.87**
			79.24	**31.07**	**447.81**				
			316.95	**279.60**	**1791.23**				
			13.3	**11.7**	**75.0**				
					100.00		V.C.T. MENU		2387.78

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

DIETA: HIPERTENSION ARTERIAL

lunes, 02 de julio de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
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	94.83
Piña	10.00	84.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									580.55
									22.71
Almuerzo:	Guiso de arvejita con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cerd	50.0	85.00	8.12	8.42	0.00	34	57.76	0.00	82.24
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redo	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.48	0.06	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebola de ca	80.00	57.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1432.07
								%DIST. D	56.02
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.68	1.66	0.36	11	14.82	1.41	28.81
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	80.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo macre	50.00	47.00	0.18	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegeta	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.68	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
								VC CENA	543.79
							%DIST CENA		21.27
			70.52	61.63	429.91				
			282.10	554.66	1719.65				
			11.03	21.70	67.27				
					100.00		VCT MENU		2556.42

CONSORCIO CORBEL ANDEAN

Paola Sánchez Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: HIPERTENSION ARTERIAL

martes, 03 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 + huevo sancochado**								
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	8.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.46	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	**646.12**
								%DIST. D	**25.77**
Almuerzo:	**Pollo a la olla , arroz ,ensalada, + fruta y refresco**								
Carne de Poll	160.00	85.00	26.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Pepinillo o Pe	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	160.00	92.00	1.77	0.29	16.04	7.07	2.6496	64.18	73.89
								VC ALMU	**1478.26**
									58.97
CENA:	**Infusion + 01 pan + mermelada**								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada D	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	**382.41**
								%DIST. D	**15.26**
			78.41	**48.44**	**439.30**				
			313.62	**435.98**	**1757.19**				
			12.51	**17.39**	**70.10**				
					100.00			**VCT**	**2506.80**

Lic. Jessica Vila Benites
NUTRICIONISTA
CNP 5008

Paola Yhanc Barrios Sorio
NUTRICIONISTA
CNP 6799

DIETA: HIPERTENSION ARTERIAL

miércoles, 04 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote mora	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela enter	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.19
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegeta	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.28
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.18	8.85	4	1.41	35.39	41.18
Naranja	180.00	98.00	1.68	0.31	17.1	6	2.82	68.36	78.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1278.43
					% DISTR. ALMUERZO				50.33
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	35.00	54.90	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
polillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									748.90
									29.48
			75.82	47.73	451.81				
			303.28	429.54	1807.25				
			11.94	18.91	71.15				
					100.00			VCT MEN	2540.07

DIETA: HIPERTENSION ARTERIAL

jueves, 05 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 harin	35.00	100.00	8.58	0.81	23.59	26	7.25	94.36	127.93
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
Azúcar rubia	35.00	100.0	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	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	**653.65**
								%DIST. D	**25.77**
Almuerzo:	**Sudado de pescado ,papa , arroz , refresco y fruta**								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	180.00	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	7.98
Aceite vegeta	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Ají 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	7.88	4	1.26	31.46	36.81
Papa blanca	180.0	83.00	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 trig	35.00	100.00	3.88	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	88.00	1.76	0.28	16.02	7	2.65	64.09	73.76
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	**58.06**
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 enter	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									410.16
									16.17
			90.02	**46.10**	**440.28**				
			360.07	**414.94**	**1761.12**				
			14.2	**16.4**	**69.4**				
					100.00				**2536.12**

DIRECTOR DE VIGILANCIA

Dra. Liliane Barrios Soria
NUTRICIONISTA
CNP 5798

DIETA: HIPERTENSION ARTERIAL

viernes, 06 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 + fruta**								
Hierbas	10.00	54.00	0.17	0.05	0.36	1	0.48	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
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 lebran	85.00	100.0	6.24	0.20	46.67	25	1.76	186.68	213.40
Platano	160.00	92.00	0.59	0.29	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	160.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.69
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Naranja	150.00	86.00	1.76	0.28	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	**1318.74**
							%	DIS ALM.	**50.68**
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	46.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresca	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.83
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	6.69
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	**842.57**
								%DIST. D	**32.37**
			70.74	**45.99**	**476.56**				
			282.96	**413.89**	**1906.23**				
			10.9	**15.9**	**73.2**				
					100.00		V.C.T. MENU		**2603.09**

Paola Yomira Barrios Soria
NUTRICIONISTA
C.N.P 5769

DIETA: HIPERTENSION ARTERIAL

sábado, 07 de julio de 2018

ALIMENTO	gripor	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.55
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 fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	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	0.09	0.85	1.05
Ají verde (2)	10.00	87.00	0.17	0.05	0.83	1	0.45	3.32	4.48
Arvejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Ají colorado s	5.00	82.00	0.15	0.20	1.53	1	1.83	6.10	8.93
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.58	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	6.08	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	66.00	1.76	0.29	18.0	7	2.65	64.06	73.79
								VC Alm	1385.27
								% Dist	54.98
CENA:	**Infusion + 01 pan + margarina**								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	440.29
								%DIST. D	17.47
			81.42	81.73	409.61				
			326.70	555.61	1638.43				
			12.9	22.1	65.0				
					100.00			VCT	2519.74

Lic. Jaqueline Vega Barrios
NUTRICIONISTA
CNP 5799

Lic. Jaqueline Vega Barrios
NUTRICIONISTA
CNP 5799

DIETA: HIPERTENSION ARTERIAL

domingo, 08 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 , margarina								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.05
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	24.04
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	0.97	1	0.23	3.89	4.84
Carne de res	100.00	85.00	16.11	1.36	0.00	72.42	12.24	0.00	84.66
Aceite 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	22	2.21	219.43	242.31
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilandro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.64
Ají colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1325.85
							%	DIS ALM.	51.43
CENA	Tallarines rojos con carne molida + infusion								
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cal	40.00	67.00	0.32	0.06	2.68	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.06	0.01	0.27	0	0.06	1.08	1.34
Aceite vegeta	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ají colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.20
								%DIST. D	24.52
			72.75	64.38	426.85				
			291.02	579.38	1707.39				
			11.29	22.48	66.23				
					100.00				
								VCT	2577.79

CONSURED DIETY CRUD E.I.R.L.

Paola Yohana Tello Farfán
NUTRICIONISTA
CNP N° 5555

DIETA: HIPERTENSION ARTERIAL

lunes, 09 de julio de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
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	94.83
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	**24.14**
Almuerzo:	**Guiso de frejol con 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	69.96	109.92	16.20	279.84	406.96
Carne de Cerc	60.0	85.00	8.12	6.42	0.00	24	57.78	0.00	82.24
Cebolla de cal	80.00	85.00	0.88	0.14	7.68	4	1.22	30.74	35.77
Ají colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.63	1	0.63	7.32	9.38
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.15
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	28.78	8	3.44	107.10	118.19
									1513.09
								% DIS. ALM.	**60.19**
CENA:	**Sopa de fideos con cabeza**								
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.87
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	**512.98**
								%DIST. D	**20.38**
			74.90	**48.53**	**444.66**				
			299.61	**439.46**	**1778.64**				
			11.90	**17.45**	**70.65**				
					100.00			**VCT**	**2517.70**

Licenciada Vilma Benítez
Nutricionista
C.S.P. 3903

Licenciado Pablo Valladares Martínez
Nutricionista
CNP 5703

DIETA: HIPERTENSION ARTERIAL

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:	Cebada con leche + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.87
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Poll	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Aceite vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilandro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.38	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresca	35.00	82.00	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 ce	70.00	87.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lechuga redo	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.52
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	28.90	8	3.72	115.58	127.58
								VC DES.	1536.09
								%DIST. D	60.79
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	84.00	0.13	0.04	0.30	0.54	0.38	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.83	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	99.49
								VC DES.	311.98
								%DIST. D	12.35
			84.86	68.69	392.35				
			339.44	618.17	1569.39				
			13.4	24.5	62.1				
					100.00			VCT	2526.99

Lic. Angela M. Villa Espinoza
NUTRICIONISTA
C.N. 3899

Angela Villa Espinoza
NUTRICIONISTA
CNP 5799

DIETA: HIPERTENSION ARTERIAL

miércoles, 11 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	Ani (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	**Infusion + 02 panes + camote frito**								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morad	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de fabrica	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									555.44
									21.40
ALMUERZO:	**Cau cau de pollo , arroz, fruta y refresco**								
Carne de Poll	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	6.00	80.00	0.35	0.05	1.95	1	0.46	7.78	9.68
Ají colorado s	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
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	0.97	0.14	7.88	4	1.25	31.46	36.81
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				**1341.92**
					% DISTR. ALMUERZO				**51.71**
CENA	**Arroz a la jardinera con pollo+ infusion**								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	8.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	67.00	0.14	0.02	1.14	0.55	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.65
									26.88
			78.37	**49.48**	**459.06**				
			313.49	**445.29**	**1836.25**				
			12	**17**	**71**				
					100.00			**VCT MEN**	**2595.03**

Paola Mariel Barrios Soria
NUTRICIONISTA
C.N.P. 5793

DIETA: HIPERTENSION ARTERIAL

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:	**Harina de habas + 02 panes + fruta**								
Harina de Hab	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.18	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	2.65	57.70	62.71
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	**539.13**
								%DIST. D	**21.53**
Almuerzo:	**Sudado de pescado , arroz , refresco y fruta**								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	180.00	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
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
Ají colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	30.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.81
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.85	6.05
Orégano fres	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.88
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	88.00	1.88	0.31	17.1	8	2.82	68.35	79.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	**1528.03**
								%DIST. D	**61.02**
CENA:	**Mazamorra de maizena con leche + 01 pan**								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.18	0.02	0.0160	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									437.01
									17.45
			83.00	**49.27**	**432.20**				
			332.00	**443.39**	**1728.79**				
			13.26	**17.71**	**69.04**				
					100.00			VCT MEN	**2504.17**

Lic. Nutr. Elsa W. Silva Benites
NUTRICIONISTA
CNP 5755

Johanna Barrios Soria
NUTRICIONISTA
CNP 5755

viernes, 13 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 sancochado								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.56	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labrar	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									538.82
									20.55
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	8.68	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.65	0.13	26.43	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	0.05	1.02	1	0.43	4.08	5.28
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.69
Aceite vegeta	15.00	100.00	0.00	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	21.16
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	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	59.53
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	313.85
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
						V.C . CENA			758.39
						% DIST.CENA			28.92
	VCT (Gr.)		82.16	52.27	455.73				
	VCT (kcal.)		328.63	470.46	1823.94				
	VCT (%.)		13	18	70		V.C.T. MENU		2622.03
					100.00				

Licenciada Nutricionista
CNP 5959

DIETA: HIPERTENSION ARTERIAL

sábado, 14 de julio du 2018

ALIMENTO	gripar (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									587.07
									27.04
ALMUERZO:	Pollo a la olla, 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 Poll	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegeta	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	6.04	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	1.26	32.18	37.45
Lechuga redo	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
Ají colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU.	1472.64
									57.95
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada D	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.01
			77.56	53.25	437.79				
			310.65	479.24	1751.16				
			12.2	18.9	68.9				
					100.00			VCT	2541.05

Lic. Johanna Ríos Benites
NUTRICIONISTA
CNP 6769

Lic. Johanna Ríos Benites
NUTRICIONISTA
C.N.P 6769

DIETA: HIPERTENSION ARTERIAL

domingo, 15 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 ,mermelada**								
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de clor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
									546.74
									21.23
ALMUERZO:	**Matasquita de pollo , arroz, fruta y refresco**								
Carne de Poll	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 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	0.06	1.96	1	0.46	7.78	9.68
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.67	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC DES.	**1294.00**
								%DIST. D	**50.25**
CENA:	**Pollo dorado, arroz + infusion**								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
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	49.50	59.88
Comino	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	734.39
							%	**DIS ALM.**	**28.52**
			77.03	**57.66**	**437.02**				
			308.13	**518.90**	**1748.09**				
			12.0	**20.2**	**67.9**				
					100.00				
								VCT	**2575.12**

Paola Andrea Barrios Soria
NUTRICIONISTA
C.N.P 5799

DIETA: HIPERTENSION ARTERIAL

lunes, 16 de julio de 2018

ALIMENTO	gripar (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
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	94.83
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									584.64
									22.21
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.76	466.80	522.75
Arvejita partic	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerc	50.0	70.00	5.04	5.25	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
Ají colorado e	2.00	68.00	0.10	0.11	0.80	0	0.96	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Platano 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 Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	88.92
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
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	20.59
			78.63	70.64	421.99				
			314.52	630.35	1687.95				
			11.95	23.94	64.11				
					100.00			VCT	2632.81

Paola Mikaela Barrios Soria
NUTRICIONISTA
CNP 5199

DIETA: HIPERTENSION ARTERIAL

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: Cebada con leche + 02 panes + huevo sancochado									
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	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
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	24.60
ALMUERZO: Pollo dorado , arroz,papa, ensalada, refresco y fruta									
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Filado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
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	0.38	0.06	0.58	1	0.50	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.46
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	68.00	1.78	0.29	16.0	7	2.65	64.00	73.79
Comino	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1467.87
							%	DIS ALM.	58.26
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	0.09	0.64	1,14	0.83	2.58	4.54
Canela 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
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	6.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	17.14
			84.46	63.18	403.31				
			337.83	568.58	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	2519.66

Lic. Andrea M. Villa Benites
NUTRICIONISTA
CNP 5770

Paola Yohana Barrios Sorai
NUTRICIONISTA
CNP 5770

DIETA: HIPERTENSION ARTERIAL

miércoles, 18 de julio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	Infusion+ 02 panes + camote sancochado								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote mora	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	449.56
								%DIST. D	18.29
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serra	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
Ají colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.05
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.00	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 secc	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	18.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1286.36
					% DISTR. ALMUERZO				52.30
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	30.00	54.00	1.15	0.10	3.06	5	0.87	12.18	17.58
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

Paola Y... Barrios Sorai

DIETA: HIPERTENSION ARTERIAL

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:	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 labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.50
Almuerzo:	Sudado de pescado, papa , arroz , refresco y fruta								
Pescado	280.00	66.00	39.82	7.21	0.55	160	64.86	2.22	226.75
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	0.58	0.14	3.10	2	1.30	12.38	15.98
Aceite vegeta	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Aji colorado s	4.00	58.00	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	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Cebolla de cal	80.00	76.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	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 labrar	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	594.07	1728.87				
			12.68	22.33	64.99			VCT MEN	2660.22
					100.00				

Paola Yolanda Barrios Soria
NUTRICIONISTA
CNP 1093

DIETA: HIPERTENSION ARTERIAL

viernes, 20 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 + 02 frutas**								
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de lebrari	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Plátano	240.00	93.00	0.88	0.45	21.87	4	4.02	87.48	**95.08**
									446.73
									18.12
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	160.0	100.00	12.30	0.76	116.70	45	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	60.88	23	2.46	243.52	268.91
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
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	0.58	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.89
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	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	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.	**1266.50**
							%	DIS ALM.	**51.36**
CENA	**Matasquita de pollo , arroz , infusion**								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.68	1.134	112.38	124.11
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	6.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado c	2.00	82.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	**752.68**
								%DIST. D	**30.52**
			70.56	**21.12**	**498.38**				
			282.25	**190.06**	**1993.51**				
			11.4	**7.7**	**80.8**				
					100.00		V.C.T. MENU		**2465.82**

Paola Barrios Soria
NUTRICIONISTA
C.M.P. 5799

DIETA: HIPERTENSION ARTERIAL

sábado, 21 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:	**Avena con leche , pan , queso**								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.00
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									656.46
									26.11
ALMUERZO:	**Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta**								
Carne de Cerd	160.00	88.00	19.01	19.63	0.00	76	176.38	0.00	256.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ají colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.23	1.73
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Ají verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1415.03
							%	**DIS ALM.**	**56.28**
CENA:	**Infusion + 01 pan + margarina**								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	0.92	2.88	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.53	114.91
								VC DES.	**442.68**
								%DIST. D	**17.61**
			64.06	**83.25**	**377.17**				
			256.23	**749.22**	**1508.70**				
			10.2	**29.8**	**60.0**				
					100.00			**VCT**	**2514.15**

Paola Yolanda Huarita Soria
NUTRICIONISTA
CMP 5[illegible]

DIETA: HIPERTENSION ARTERIAL

domingo, 22 de julio de 2018

ALIMENTO	gripar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , margarina								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
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
								VC DES.	619.75
								%DIST. D	28.72
ALMUERZO:	Aguadito con pollo, refresco y fruta								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.36
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	0.16	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Arvejas fresca	40.00	85.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilandro	25.00	89.00	0.73	0.29	1.56	3	2.80	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Orégano secc	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	858.56
								%DIST. D	39.79
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 tallarir	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.68
Cebolla de ca	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegeta	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ají colorado s	5.00	58.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
									679.44
								%DIST. D	31.49
			67.53	60.64	335.47				
			270.11	545.76	1341.88				
			12.52	25.29	62.19				
					100.00			VCT	2157.74

Paola Tobar Ramos Soria
NUTRICIONISTA
N° 5704

DIETA: HIPERTENSION ARTERIAL

lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soy	35.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.83
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entere	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.66
Pan de Integral	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514,05
									20.46
Almuerzo:	Frejol a la chilena con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cerd	50.0	88.00	6.12	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	6.75	466.80	522.75
Aceite 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	0.96	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	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.25
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	25.00	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	0.99	24.23	36.39
Ají colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1507.93
								%DIST. D	59.97
CENA:	Sopa de fideos con cabeza								
Cabeza de re	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	38.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.08	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	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
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	492.29
								%DIST. D	19.58
			80.57	41.67	454.25				
			322.28	375.00	1816.99				
			12.82	14.91	72.27				
					100.00			VCT	2514.27

Paola Jeanette Barrios Sarria
NUTRICIONISTA
TNP 3709

DIETA: HIPERTENSION ARTERIAL

martes, 24 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 + manjar**								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	**736.52**
								%DIST. D	**28.44**
ALMUERZO:	**Escabeche de pollo a la limeña, arroz , refresco y fruta**								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Ají verde (2)	10.00	87.00	0.17	0.05	0.83	1	0.46	3.32	4.48
Aceite 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
Ají colorado s	5.00	53.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote more	200.00	92.00	2.88	0.56	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.76	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1424.17
							%	**DIS ALM.**	**54.99**
CENA:	**Infusion + 01 pan + manjar**								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	**429.28**
								%DIST. D	**16.57**
			82.00	**69.31**	**409.54**				
			328.01	**623.80**	**1638.17**				
			12.7	**24.1**	**63.3**				
					100.00			**VCT**	**2589.97**

Paola Cristina Barrios Soria
NUTRICIONISTA
CNP 5799

DIETA: HIPERTENSION ARTERIAL

miércoles, 25 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 + camote frito								
Hierbas	10.00	54.00	0.17	0.05	0.36	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 morad	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labran	80.00	100.00	5.76	0.16	43.08	23	1.62	172.32	196.98
								VC DES.	527.26
								%DIST. D	20.03
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	86.00	0.41	0.34	6.26	2	3.06	25.02	29.72
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.90	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.25	0.95	0.306	5.17	6.43
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Lecho avapor	20.00	100.00	1.40	1.62	2.16	6	14.58	8.72	28.90
Queso parla	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	97.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.95	1.65	0.35	11	14.82	1.41	28.81
Papa blanca	200.0	92.00	3.68	0.18	41.03	15	1.66	164.13	181.24
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.68	2.56	4.74
Naranja	160.00	98.00	1.68	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	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	80.00	100.00	6.64	0.12	46.92	23	1.08	187.68	211.32
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	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.69
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.39
									29.50
			66.58	62.51	450.73				
			266.33	562.56	1802.93				
			10	21	69				
					100.00			VCT MEN	2631.82

Paola Yohana Barrios Sorio
NUTRICIONISTA
CNP 5199

DIETA: HIPERTENSION ARTERIAL

jueves, 26 de julio de 2018

ALIMENTO	gripar	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Hab	35.00	100.00	8.51	0.67	20.86	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	595.12
								%DIST. D	23.45
Almuerzo:	Sudado de pescado , papa , arroz , refresco y fruta								
Pescado	280.00	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	11.88
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.36	136.48	150.71
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
Aceite vegeta	35.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.66
Ají 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	16.0	7	2.66	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.	1505.99
								%DIST. D	59.34
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	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
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									436.90
									17.21
			84.17	44.06	461.23				
			336.67	396.43	1004.91				
			13.27	15.62	71.12				
					100.00			VCT MEN	2538.01

Licda. Ghanie Burrios Soria
NUTRICIONISTA
C.N.P. 5799

DIETA: HIPERTENSION ARTERIAL

viernes, 27 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 sancochado**								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	80.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									419.12
									16.13
ALMUERZO:	**Matasquita de pollo , arroz, fruta y refresco**								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
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
Ají colorado e	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Zanahoria	35.00	79.00	0.17	0.14	2.84	1	1.24	10.18	12.08
Naranja	160.00	98.00	1.76	0.29	16.0	7	2.66	64.06	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				**1395.57**
					% DISTR. ALMUERZO				**53.84**
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
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso perla	20.00	100.00	5.80	6.00	0.66	22	54.00	2.64	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C . CENA			**778.27**
						% DIST.CENA			**30.03**
	VCT (Gr.)		**73.86**	**54.96**	**450.48**				
	VCT (kcal.)		**295.43**	**494.62**	**1801.91**				
	VCT (%)		**11**	**19**	**70**		**V.C.T. MENU**		**2591.97**
					100.00				

Paola Yolanda Barrios Sorio
NUTRICIONISTA
CMP 5704

DIETA: HIPERTENSION ARTERIAL

sábado, 28 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST CAL % POR MENU
DESAYUNO:	**Avena con leche , pan , queso**								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.56	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	118.96
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	196.96
									668.09
									26.87
Almuerzo:	**Carne almendrada, arroz , papa + refresco y fruta**								
Carne de res	150.00	85.00	27.18	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado 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	0.06	1.72	1	0.72	6.88	8.60
Cebolla de ca	80.00	67.00	0.76	0.11	8.06	3	0.96	24.23	28.19
Ají colorado e	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
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	0.06	1.95	1	0.46	7.78	9.68
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, c	10.00	95.00	2.29	4.58	1.68	9	41.21	6.72	57.10
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	47.63
								VC Alm	**1486.15**
								% Dist	**59.78**
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	0.15	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
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	73.55
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST. D	13.35
			79.09	**45.49**	**440.06**				
			316.34	**409.40**	**1760.25**				
			12.72	**16.47**	**70.81**				
					100.00			VCT	**2486.00**

Yolanda Barrios Soria
NUTRICIONISTA
N° 4791

DIETA: HIPERTENSION ARTERIAL

domingo, 29 de julio de 2018

ALIMENTO	gripar	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	0.15	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	20.00	100.00	0.08	0.04	14.82	0	0.38	58.48	59.16
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	530.83
								%DIST. D	20.28
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de co	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresc	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.69
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.70
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								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	40.76	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de co	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	726.94
								%DIST. D	27.78
			73.00	48.82	471.40				
			292.01	439.39	1885.58				
			11.16	16.79	72.05				
					100.00			VCT	2616.98

Paola Yolanda Barrios Sarao
NUTRICIONISTA
CNP 5705

DIETA: HIPERTENSION ARTERIAL

lunes, 30 de julio de 2018

ALIMENTO	gr/per (gl)	comestible %	PROT Am (gl)	GRASA (gl)	CHO (gl)	VALOR CALORICO (KCAL) PROT	GRASAS	CHO	DIST.CAL % POR MENU
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	94.83
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela enteri	0.30	54.00	0.00	0.00	0.14	0	0.01	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 vag	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
									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	25.92	1.32	77.28	104	11.88	309.12	424.88
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
Ají colorado s	2.00	88.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1506.15
							%	DIS ALM.	59.20
CENA:	Sopa de semola con pollo								
Carne de Poll	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
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	17.77
			80.72	67.98	402.37				
			322.88	611.85	1609.48				
			12.7	24.0	63.3				
					100.00			VCT	2544.21

Paola Yohana Bustos Soria
NUTRICIONISTA

DIETA: HIPERTENSION ARTERIAL

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	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	101.16
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Manjar blanco	25.00	100.00	6.79	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	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	784.90
								%DIST. D	27.35
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarir	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Poll	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.35	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
Ají colorado s	6.00	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	56.29
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 a	20.00	100.00	0.08	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	421.96
								%DIST. D	16.37
			80.84	56.28	436.95				
			323.36	506.34	1747.81				
			13	20	68				
					100.00				
									2577.53

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