


**MENUS PROPUESTOS PARA POBLACION PENAL MOQUEGUA - MES DE JULIO 2018**

FECHA	DESAYUNO	ALMUERZO	CENA
domingo, 01 de julio de 2018	AVENA CON LECHE+ 02 PANES + QUESO	PATITA CON MANI, ARROZ, REFRESCO, FRUTA	MAZAMORRA MORADA+ 01 PAN
lunes, 02 de julio de 2018	SOYA CON PIÑA+02 PANES + ACEITUNA	CALDO DE GALLINA + REFRESCO Y FRUTA	POLLO ENCEROLLADO,ARROZ+ INFUSION
martes, 03 de julio de 2018	HABRA DE HABAS + 02 PANES + JAMONADA	GUISO DE ARVEJITA PARTIDA CON CHANCHÓ,ARROZ + ENSALADA + REFRESCO	CALDO DE HUEVOS
miércoles, 04 de julio de 2018	CEBADA CON LECHE + 02 PANES + MANDAR	POLLO A LA OLLA, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
jueves, 05 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE MONDONGO , ARROZ , REFRESCO + FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
viernes, 06 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	PESCADO FRITO , ARROZ , ENSALADA, REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
sábado, 07 de julio de 2018	COCCO+ 02 PANES +TUN	ESTOFADO DE RES + ARROZ,PAPA, REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de julio de 2018	AVENA CON LECHE+ 02 PANES +QUESO	CHAMPAÑITA + ARROZ + REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE+ 01 PAN
lunes, 09 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	REVELITO DE CHUÑO+ ARROZ+ REFRESCO + FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
martes, 10 de julio de 2018	MACA CON COCCA + 02 PANES + ARMONADA	FRULLO A LA CHILENA CON CHANCHÓ,ARROZ + ENSALADA + REFRESCO + FRUT	SOPA DE FIDEOS CON CARDA
miércoles, 11 de julio de 2018	CEBADA CON LECHE + 02 PANES + MERMELADA	TALLARINES ROJOS CON POLLO + REFRESCO + FRUTA	INFUSION + 01 PAN CON MANDAR
jueves, 12 de julio de 2018	TE + 02 PANES + CAMOTE FRITO	PICANTE DE TRIGO + ARROZ + REFRESCO + FRUTA	ARROZ A LA JARONERA CON SALCHICHA + INFUSION
viernes, 13 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHANCHÓ	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	CAMOTE ARROZADO, ARROZ + INFUSION
sábado, 14 de julio de 2018	COCCO+ 02 PANES +HUEVO SANCOCHADO	ALMENDRADO DE RES, PAPA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de julio de 2018	AVENA CON LECHE+ 02 PANES + QUESO	MATASCUTA DE POLLO, ARROZ + REFRESCO Y FRUTA	MAZAMORRA MORADA+ 01 PAN
lunes, 16 de julio de 2018	SOYA CON PIÑA+02 PANES + ACEITUNA	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	POLLO ENCEROLLADO,ARROZ+ INFUSION
martes, 17 de julio de 2018	HABRA DE HABAS + 02 PANES + JAMONADA	LENTIJAS CON CARNE, ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
miércoles, 18 de julio de 2018	CEBADA CON LECHE + 02 PANES + MANDAR	POLLO AL SELAO, ARROZ, REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 19 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	HINO DE ZAPALLO, ARROZ, REFRESCO Y FRUTA	MATASCUTA DE POLLO, ARROZ + INFUSION
viernes, 20 de julio de 2018	SEMOLA CON VAINILLA + 02 PANES + MORTADELA	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	PAPA ARROZADA, ARROZ + INFUSION
sábado, 21 de julio de 2018	COCCO+ 02 PANES +TUN	SECRO DE RES+ ARROZ+ REFRESCO+FRUTA	INFUSION + 01 PAN CON MANDAR
domingo, 22 de julio de 2018	AVENA CON LECHE+ 02 PANES +QUESO	CAU CAU DE POLLO, ARROZ , REFRESCO + FRUTA	MAZAMORRA DE MAZENA CON LECHE+ 01 PAN
lunes, 23 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	PICANTE A LA TACUÑA+ ARROZ+ REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
martes, 24 de julio de 2018	HABRA DE HABAS + 02 PANES + JAMONADA	GUISO DE FRIJOLES CON CHANCHÓ,ARROZ+ ENSALADA + REFRESCO + FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
miércoles, 25 de julio de 2018	CEBADA CON LECHE + 02 PANES + MERMELADA	POLLO DORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 26 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	CHAMPAÑITA,ARROZ + REFRESCO Y FRUTA	HIGADO FRITO,ARROZ+ INFUSION
viernes, 27 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHANCHÓ	PESCADO FRITO,ARROZ,ENSALADA , REFRESCO + FRUTA	CAMOTE ARROZADO, ARROZ + INFUSION
sábado, 28 de julio de 2018	COCCA+ 02 PANES +HUEVO SANCOCHADO	ALMENDRADO DE CARNE, ARROZ, PAPA, REFRESCO +FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	LOCO DE PAMZA, ARROZ , REFRESCO Y FRUTA	MAZAMORRA MORADA+ 01 PAN
lunes, 30 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHÓ,ENSALADA,ARROZ,REFRESCO Y	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
martes, 31 de julio de 2018	MACA CON COCCA + 02 PANES + QUESO DE CHANCH	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	ASADO DE POLLO, ARROZ+INFUSION


  
 Director General  
 INSTITUCION PENAL  
 MOQUEGUA


  
 Lic. Carlos E. Pineda Garmas  
 NUT.  
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 Lic. W. W. W. W. W. W.  
 INSTITUCION PENAL  
 MOQUEGUA

Domingo, 01 de Julio de 2010

ALIMENTO	gr/por (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
			An (g)	(g)	(g)	PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche + 02 panes + queso</b>									
Avena, hojuelas	30.00	100.00	3.60	1.20	21.60	16	10.80	66.40	113.16
Leche evaporada	70.00	100.00	4.50	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.00
								VC DES.	648.43
								%DIST. DE	25.48
<b>Almuerzo: Patita con maní, arroz, refresco, fruta</b>									
Arroz Pilado o c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	486.80	522.75
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Patás de cerdo	120.0	56.00	13.44	14.78	0.00	54	133.08	0.00	188.82
Acidito 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
Maní crudo, con	10.00	71.00	1.71	3.42	1.26	7	30.80	5.03	42.67
Papa blanca	260.0	62.00	4.31	0.21	45.72	17	1.86	182.86	201.93
Ají colorado sec	2.00	52.00	0.07	0.03	0.61	0	0.73	2.44	3.48
Cebolla de cabe	10.00	67.00	0.09	0.01	0.78	0.38	0.1208	3.03	3.52
Pimienta entera	0.30	100.00	0.02	0.02	0.13	0	0.14	0.51	0.72
Cochayuyo	8.00	100.00	0.00	0.00	0.64	0	0.00	3.36	3.36
Cilantro	1.00	57.00	0.02	0.01	0.04	0	0.07	0.16	0.30
Azúcar rubia	30.00	100.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Plátano de sede	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.16
								VC ALM.	1438.16
								% DIST. A	55.51
<b>CENA: Mozamorra morada, 01 pan</b>									
Pan de labranza	30.0	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
Maíz morado	30.00	57.00	1.25	0.58	13.03	4.96	5.2328	62.12	62.95
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.62
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.63	137.63
Mandioca	45.00	100.00	2.88	0.16	34.70	12	1.62	138.78	151.92
Canela entera	0.50	54.00	0.01	0.00	0.23	0	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.00	0.00	0.06	0	0.00	0.23	0.25
								VC GEN.	458.40
								%DIST. GEN	18.01
			64.19	66.65	422.09				
			256.76	599.87	1608.34				
			10.09	23.57	66.34				
					100.00			VCT MENU	2544.98

  
 Lic. Wilma Berrios  
 Nutricionista  
 C.O.P. 0103



  
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ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con pifia + 02 panes + aceituna</b>									
Harina de soya	35.00	100.00	3.05	2.28	24.92	12	20.48	99.68	132.34
Pifia	30.00	64.00	0.08	0.04	1.68	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	35.0	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labranza	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
Aceituna	30.00	92.00	0.22	8.86	2.01	1	79.74	8.06	88.68
								VC DES.	565.54
								%DIST. D	22.58
<b>Almuerzo: Caldo de gallina, refresco y fruta</b>									
Carne de gallina	100.0	87.00	16.53	1.39	0.00	66	12.53	0.00	78.65
Ajos	8.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.80	1.80	312.80	352.20
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Cebolla china (C)	10.0	85.00	0.20	0.03	0.64	1	0.31	2.55	3.64
Papa blanca	300.00	95.00	5.99	0.29	63.56	24	2.57	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0	0.24	2.59	3.21
Chuflo blanco	80.00	88.00	0.39	0.00	3.84	2	0.00	15.37	16.93
Pere	18.00	86.00	0.32	0.10	0.80	1	0.86	3.61	5.75
Nabo	18.00	86.00	0.07	0.02	0.43	0	0.21	1.71	2.21
Aji colorado sec	2.00	52.00	0.07	0.09	0.81	0	0.73	2.44	3.46
Cebolla de cab	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0	0.14	0.51	0.72
Cilandro	2.00	57.00	0.04	0.01	0.08	0	0.13	0.32	0.60
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Azúcar rubia	30.0	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Naranja tangel	150.00	92.00	1.86	0.28	15.04	7	2.48	60.17	69.28
								VC ALM.	1213.69
								% DIST. A	48.45
<b>Cena: Pollo encebollado, arroz, infusion</b>									
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o s	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	6.00	100.00	0.07	0.03	0.49	0.29	0.27	1.87	2.53
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Cebolla de cab	80.00	67.00	0.75	0.11	6.06	3.00	0.96	24.23	28.19
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	40.00	82.00	0.26	0.07	1.41	1	0.59	5.64	7.28
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
								V.C . CEN	726.90
								% DIST.CEN	28.96
			68.95	67.47	428.03				
			275.81	517.20	1712.12				
			11	21	68				
					100.00			VCT. MENU	2505.13



*[Signature]*  
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 Unidad de Nutrición  
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 Unidad de Nutrición  
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ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b> Harina de habas + 02 panes + Jamonada									
Harina de Haba	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	30.00	100.0	0.00	0.00	28.49	0	0.00	117.96	117.96
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Jamonada	30.00	100.00	4.71	6.85	0.30	18.84	79.65	1.20	99.69
								VC DES.	521.06
								% DIST. D	20.68
<b>Almuerzo:</b> Guiso de arvejita partida con chancho, arroz, ensalada, fruta y refresco									
Arroz Filado o s	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Cebolla de cabe	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	28.83
Aji colorado sec	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pepinillo o Pep	60.00	88.00	0.28	0.05	1.37	1	0.48	5.49	7.02
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.96	117.96
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC ALM.	1533.68
								%DIST. AL	60.58
<b>CENA:</b> Caldillo de huevos									
Huevo de gallina	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evaporada	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Zapallo macre	80.00	47.00	0.28	0.08	2.41	1	0.68	9.63	11.38
Apio	4.08	4.00	0.00	0.00	0.01	0	0.00	0.03	0.04
Poro	2.00	66.00	0.04	0.01	0.10	0.14	0.09504	0.40	0.64
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0.00	36.00	0.00	36.00
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.107	109.72	121.16
Zanahoria	30.00	82.00	0.15	0.12	2.26	1	1.11	9.05	10.75
Sal	4.40	100.00	0.05	0.02	0.36	0.21	0.20	1.44	1.85
								VC CEN	476.82
								% DIST. CEN	18.83
			77.96	50.10	442.19				
			311.84	450.94	1768.77				
			12.3	18	70				
					100.00			VCT. MEN	2531.66



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 DIRECTOR GENERAL  
 INSTITUTO NACIONAL DE ESTADÍSTICA Y CENSOS

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 INSTITUTO NACIONAL DE ESTADÍSTICA Y CENSOS

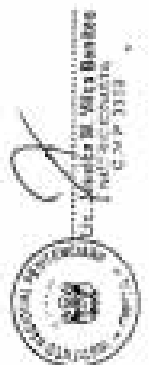
ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b>	<b>Cebada con leche + 02 panes + manjar</b>								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	699.55
								%DIST. DE	27.90
<b>ALMUERZO:</b>	<b>Pollo a la olla, arroz, ensalada, refresco y fruta</b>								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado o g	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	9.00	100.00	0.10	0.04	0.66	0	0.36	2.63	3.37
Aceite vegetal	28.00	100.00	0.00	28.00	0.00	0	252.00	0.00	252.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado ses	8.00	98.0	0.55	0.81	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Pepinillo o Pepi	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajce	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cab	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Azúcar rubia	35.00	100.0	0.00	0.00	34.65	0	0.00	138.74	138.74
Naranja	150.00	85.00	1.53	0.28	13.90	6.12	2.295	55.59	64.01
								VC ALM	1448.17
								%DIST. AL	57.76
<b>CENA:</b>	<b>Infusion + 01 pan + mermelada</b>								
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
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.83	102.34	103.53
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC CEN	359.35
								%DIST. C	14.33
			76.73	57.56	420.53				
			306.94	518.01	1682.12				
			12.24	20.66	67.10				
					100.00			YCT. MENU	2507.06



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ALIMENTO	Comesti		PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	gr/per	ble				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Cafe + 02 panes + camote sancochado</b>									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.82
Pan de labranza	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Camote morado	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.21
								VC DES	437.43
								%DIST. C	17.48
<b>ALMUERZO: Cau cau de mondongo , arroz, fruta y refresco</b>									
Mondongo de n	120.0	85.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Papa blanca	200.0	92.00	3.85	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	48	6.75	466.80	522.75
Sal	6.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Tomate	45.00	82.00	0.30	0.07	1.50	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aji colorado sec	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cebolla de cabe	50.00	87.00	0.61	0.09	4.92	2	0.78	19.66	22.88
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	6	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC ALM	1358.25
								%DIST. AL	54.28
<b>CENA Arroz chaufa con huevo y hotdog + infusión</b>									
Huevo de gallin	35.00	98.00	4.63	2.88	0.62	19	25.93	2.47	48.92
Salchicha 'hot	35.00	100.00	3.85	12.01	0.35	15	168.05	1.40	124.85
Arroz Pilado o s	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Glutamato mon	0.50	100.00	0.06	0.00	0.43	0.22	0	1.74	1.96
Cebolla china (	35.00	71.00	0.57	0.10	1.86	2	0.89	7.46	10.64
Pimiento	25.00	83.00	0.31	0.10	1.60	1	0.93	6.39	8.57
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	23.00	100.0	0.00	0.00	22.61	0.00	0	90.44	90.44
								VC CEN	706.65
								%DIST. CE	28.24
			59.58	61.97	426.58				
			238.31	557.70	1706.32				
			10	22	68				
					100.00			VGT. MEN	2502.33



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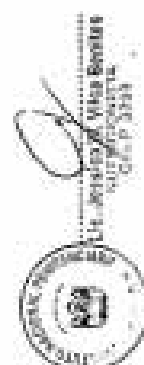
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ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b>	<b>Semola con vainilla+ 02 panes + mortadela</b>								
Sémola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	88.08	155.80
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	547.71
								%DIST. DI	19.87
<b>Almuerzo:</b>	<b>Pescado frito , ensalada , arroz , refresco y fruta</b>								
Pescado	180.00	100.00	38.88	7.02	0.54	158	63.18	2.18	220.86
Arroz Pilado o d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	45.00	90.00	0.32	0.08	1.74	1	0.73	6.97	8.99
Pepinillo o Pepi	60.00	62.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado ses	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	69.36	70.20
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.85	64.08	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1400.32
								%DIST. DI	50.80
<b>CENA:</b>	<b>Guiso de fideos con pollo,arroz , infusión</b>								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Arroz Pilado o d	80.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108	0.00	108.00
Arvejas frescas	20.00	54.00	0.77	0.06	2.03	3	0.58	8.12	11.77
Zanahoria	20.00	92.00	0.11	0.09	1.69	0	0.83	6.77	8.04
Cebolla de cab	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0	58.98	58.98
								VC CEN	808.74
								%DIST. CE	29.34
			102.32	64.79	441.10				
			409.28	583.10	1764.39				
			14.85	21.15	64.00				
					100.00			VGT MENU	2756.77

Tony Claver  
 Representante



ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALDR CALORICO (KCAL)			DIST. CAL %
	(g)	le				An (g)	(g)	(g)	
<b>DESAYUNO:</b>	<b>Cocoa + 02 panes + atún</b>								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.55	16.94
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Cebolla de cab	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Tomate	35.00	82.00	0.23	0.06	1.23	1	0.52	4.94	6.37
Grated de Sard	40.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
Pan de labranza	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
								VC DES.	443.54
								%DIST. DE	17.62
<b>ALMUERZO:</b>	<b>Estofado de res , arroz , refresco y fruta</b>								
Carne de res pe	180.00	100.00	34.08	2.56	0.00	136.32	23.04	0.00	159.36
Arvejas frescas	35.00	65.00	1.62	0.14	4.28	6	1.23	17.11	24.80
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Ajos	4.00	60.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o s	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	151.84	167.45
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas frescas	35.00	65.00	1.62	0.14	4.28	6	1.23	17.11	24.80
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.80	2.32
Aji colorado set	3.00	52.00	0.11	0.12	0.92	0	1.10	3.66	5.19
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cebolla de cab	60.00	87.00	0.73	0.10	5.90	3	0.94	23.58	27.46
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
Plátano de sedi	160.0	86.00	2.08	0.41	28.90	8	3.72	115.58	127.56
								VC ALM.	1577.85
								%DIST. AL	62.70
<b>CENA:</b>	<b>Infusion + 01 pan + margarina</b>								
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.81	3.20
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Margarina vege	35.00	100.00	0.21	28.70	0.00	1	258.30	0.00	259.14
Pan de labranza	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VCT CEN	495.21
								%DIST. CE	19.68
			75.06	72.48	390.99				
			300.22	652.42	1563.96				
			12	26	62			VCT MENU	2616.60
					100.00				



  
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 INSTITUCIÓN: *[Signature]*

  
 Revisor: *[Signature]*  
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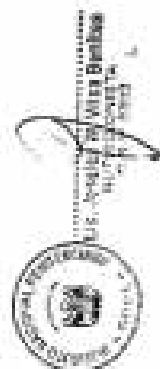
ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche + 02 panes + queso</b>									
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	18	10.80	88.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.98	117.98
Pan de labranza	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.99
								VC DES.	648.43
								%DIST. DE	25.59
<b>Almuerzo: Chanfainita, arroz, refresco, fruta</b>									
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o g	160.0	100.00	12.30	0.75	116.70	49	5.75	466.80	522.75
Papa blanca	300.0	85.00	5.36	0.26	56.87	21	2.30	227.46	251.18
Cebolla de cabe	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.49
Sel	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado ses	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
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	3.16	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Plátano de sedi	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1434.26
								%DIST. DE	56.60
<b>GENA: Mazamorra de maizena con leche + 01 pan</b>									
Maizena	40.00	100.00	0.24	0.08	34.68	0.95	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labranza	36.00	100.00	3.38	0.11	25.13	13.44	0.945	100.52	114.91
Leche evaporada	40.00	100.00	2.80	3.24	4.36	11	29.16	17.44	57.80
								VC DES.	451.35
								%DIST. DE	17.81
			71.55	48.16	463.60				
			286.21	433.44	1814.39				
			11.3	17.1	71.6				
					100.00			VCT	2534.04



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ALIMENTO	grper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.53	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
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
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 lebranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	580.55
								%DIST. DE	21.46
<b>ALMUERZO: Revuelto de chuflo, arroz, refresco, fruta</b>									
Huevo de gallina	30.00	96.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
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
Papa blanca	100.0	85.00	1.79	0.09	18.06	7	0.77	75.82	83.73
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.12	1.95	2.42
Chuflo	80.0	100.00	3.20	0.16	63.52	13	1.44	254.08	298.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Aji colorado sal	2.00	68.00	0.10	0.11	0.80	0.36	0.95	3.19	4.53
Huacatay	4.00	86.00	0.13	0.02	0.21	0.53	0.19	0.84	1.50
Cebolla de cabe	80.00	67.00	0.56	0.08	4.54	7	0.72	18.17	21.15
Tomate	40.00	90.00	0.29	0.07	1.50	1	0.66	6.19	7.99
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALM.	1443.15
								% DIS ALM.	83.34
<b>CENA Tallarines rojos con carne molida + infusion</b>									
Carne de res m	60.0	100.00	12.78	0.96	0.00	53	8.64	0.00	69.76
Fideos tallarin	100.0	90.00	8.55	0.09	62.64	34	0.81	250.56	285.57
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cabe	35.00	57.00	0.28	0.04	2.25	1	0.36	9.02	10.49
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	18.00	100.0	0.00	18.00	0.00	0	180.00	0.00	180.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado ses	8.00	68.0	0.38	0.42	3.19	2	3.82	12.77	18.12
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
								VC CEN	681.64
								%DIST. CE	25.29
			55.11	73.12	446.70				
			200.44	658.10	1786.81				
			10	24.33	65.05				
					100.00				
								VCT. MENU	2705.34



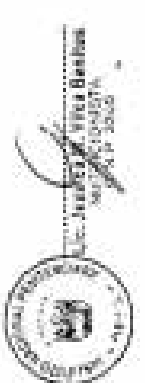
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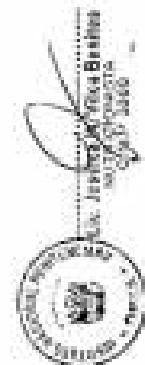
ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALDRICO (KCAL)			DIST CAL %
<b>DESAYUNO:</b>	<b>Maca con cocoa + 02 panes + jamonada</b>								<b>POR MENU</b>
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.28	0.72	1	2.31	2.87	6.32
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.82	118.82
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Jamonada	30.00	100.00	4.71	8.65	0.30	18.84	79.65	1.20	99.69
								<b>VC DES</b>	<b>505.68</b>
								<b>%DIST. DE</b>	<b>19.51</b>
<b>Almuerzo:</b>	<b>Frejol a la chilena con chancho, arroz, ensalada, refresco y fruta</b>								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.95	109.92	16.20	279.84	405.98
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	8.00	100.00	0.10	0.04	0.66	0.38	0.35	2.62	3.37
Aceite vegetal	25.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Tomate	30.00	89.00	0.24	0.06	1.28	0.95	0.53	5.11	6.99
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redonda	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.38	6.16
Fideos	30.00	100.00	2.82	0.06	23.46	11.28	0.54	93.84	105.68
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Glutamato mon	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.82	137.82
Cebolla de cabe	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado ses	3.00	52.00	0.11	0.12	0.82	0.44	1.10	3.66	5.19
Naranja	150.00	92.00	1.68	0.28	15.04	6.62	2.484	60.17	69.28
								<b>VC ALM</b>	<b>1574.31</b>
								<b>%DIS ALM</b>	<b>60.73</b>
<b>GENA:</b>	<b>Sopa de fideos con cabeza</b>								
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.00	5.64	0.12	46.82	23	1.08	187.68	211.32
Apio	15.00	4.00	0.00	0.00	0.03	0	0.01	0.12	0.14
Poro	15.00	66.00	0.27	0.08	0.75	1.07	0.7128	3.01	4.79
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Ajos	4.00	80.00	0.18	0.03	0.87	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
								<b>VC CEN</b>	<b>512.20</b>
								<b>%DIST CEN</b>	<b>19.76</b>
			<b>84.64</b>	<b>58.52</b>	<b>436.24</b>				
			<b>338.56</b>	<b>508.67</b>	<b>1744.95</b>				
			<b>13.06</b>	<b>19.62</b>	<b>67.32</b>				
					<b>100.00</b>			<b>VCT MENU</b>	<b>2592.19</b>

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ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				An (g)	(g)	(g)	
<b>DESAYUNO:</b>	<b>Cebada con leche + 02 panes + mermelada</b>								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	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
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labranza	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	38.00	100.0	0.00	0.00	37.66	0	0.00	150.63	150.63
								VC DES.	599.92
								%DIST. DE	23.88
<b>ALMUERZO:</b>	<b>Tallarines rojos con pollo, refresco y fruta</b>								
Fideos	160.00	100.00	15.04	0.32	125.12	60	2.88	500.48	553.52
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Hongos	0.30	54.00	0.01	0.00	0.02	0	0.01	0.06	0.10
Aceite vegetal	32.0	100.00	0.00	32.00	0.00	0	288.00	0.00	288.00
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	8.00	100.00	0.10	0.04	0.88	0	0.36	2.62	3.37
Cebolla de cab	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Laurel	0.50	54.00	0.01	0.02	0.06	0	0.17	0.24	0.47
Tomate	50.00	80.00	0.36	0.09	1.94	1	0.81	7.74	9.89
Aji colorado se	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	16.12
Plátano de sed	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC ALM	1498.55
								%DIST. AL	59.65
<b>CENA:</b>	<b>Infusion + 01 pan + manjar</b>								
Hierbas	8.00	66.00	0.16	0.05	0.37	0.65	0.48	1.48	2.61
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.82	137.82
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	413.88
								%DIST. DE	16.47
			75.77	58.17	421.43				
			303.08	623.64	1685.73				
			12.1	20.8	67.1				
					100.00			VCT MENU	2512.35



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ALIMENTO	griper (g)	carbohidr le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL% POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO:</b>	<b>Té + 02 + panes + camote frito</b>								
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	0.0061	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de labranza	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	195.88
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
								VC DES	507.59
								%DIST AL	26.20
<b>ALMUERZO:</b>	<b>Picante de trigo, arroz, refresco y fruta</b>								
Carne de res pe	100.00	80.00	17.04	1.28	0.00	68.16	11.52	0.00	79.68
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Trigo	80.00	90.00	6.19	1.08	53.08	25	9.72	212.26	246.74
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	486.80	522.75
Cebolla de cabe	80.0	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Tomate	25.0	99.00	0.20	0.05	1.08	1	0.45	4.26	5.49
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aceite vegetal	10.00	89.00	0.00	8.90	0.00	0	80.10	0.00	80.10
Ají colorado sec	3.00	52.00	0.11	0.12	0.92	0	1.10	3.65	5.19
Azúcar rubia	25.00	70.0	0.00	0.00	17.20	0	0.00	68.81	68.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALM	1235.34
								%DIST AL	49.17
<b>CENA</b>	<b>Arroz a la jardinera con salchicha + Infusion</b>								
Arroz Pilado o g	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 'hot e	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.06	187.68	211.32
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.83
									769.44
									30.63
			66.06	34.28	484.89				
			264.23	308.56	1939.57				
			11	12	77				
					100.00			VCT MEN	2512.37



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 Universidad de la Guayana

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 Asesor  
 Universidad de la Guayana

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALDR CALORICO (KCAL)			DIST.CAL %
	(g)	la				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				POR MENU
<b>DESAYUNO:</b>	<b>Semola con vainilla , pan , queso de chanco</b>								
Semola de Trigo	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Queso de chanco	30.00	100.00	8.03	5.18	0.30	24.12	46.71	1.20	72.03
									VC DES. 544.82
									%DIST. DI 20.31
<b>Almuerzo:</b>	<b>Pescado frito , ensalada , arroz , refresco y fruta</b>								
Pescado	200.00	78.00	33.70	8.08	0.47	135	54.76	1.87	191.41
Arroz Pilado o g	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	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.82	3.37
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.83	0.50	18.70	11	4.50	74.80	89.80
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.83	1.40	2.03
Naranja	150.00	98.00	1.76	0.28	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. 1423.77
									%DIST. DI 53.09
<b>CENA:</b>	<b>Camote arrebozado, arroz, infusion</b>								
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	6.30	2.7	44.88	53.88
Arroz Pilado o g	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	30.90	36.13
Huevo de gallina	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									VC DES. 713.39
									%DIST. DI 26.60
			<b>91.52</b>	<b>74.23</b>	<b>411.95</b>				
			<b>366.07</b>	<b>668.11</b>	<b>1647.79</b>				
			<b>13.65</b>	<b>24.91</b>	<b>61.44</b>				VCT MEN 2681.98
					100.00				



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 Miraflores, Lima 18001

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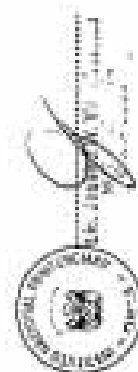
ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Cocoa + 02 + panes + huevo sancochado</b>									
Cocoa	4.00	100.00	0.78	0.88	1.91	3	6.16	7.65	18.84
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.00	0.00	0.00	37.86	0	0.00	150.63	150.63
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	445.52
								%DIST. DES.	17.81
<b>Almuerzo: Almendrado de res, arroz, papa, refresco y fruta</b>									
Carne de res pechuga	160.00	92.00	31.35	2.38	0.00	125.41	21.20	0.00	146.61
Arroz Pilado o frito	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabaza	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	26.83
Aji colorado seco	5	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Glutamato monosódico	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pan seco molido	35.00	100.00	3.85	0.98	28.88	15.40	8.82	115.50	139.72
Papa blanca	280.00	92.00	5.41	0.26	57.44	22	2.32	229.76	253.74
Ajos	4.00	96.00	0.22	0.03	1.17	1	0.28	4.67	5.81
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, con cáscara	10.00	95.00	2.28	4.58	1.68	9	41.21	6.73	57.10
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Plátano	170.00	69.00	0.47	0.23	11.50	2	2.11	45.98	49.97
								VC ALM	1658.20
								%DIST. ALM	66.30
<b>CENA infusion + 01 pan + mermelada</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	0.49	1.51	2.87
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De Arándano	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.63
Pan de labranza	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	397.20
								%DIST. DES.	15.88
			75.99	46.82	448.14				
			303.95	412.41	1784.55				
			12.2	16.5	71.4				
					100.00			VGT MENU	2500.92



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 Mónica Gloria Chávez Bustos  
 DINA, M. 0123327  
 M. 0123327

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
<b>DESAYUNO:</b>	<b>Avena con leche + 02 panes + queso</b>								
Avena, hojuelas	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.95	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	686.95
								%DIST. DE	25.08
<b>Almuerzo:</b>	<b>Matasquita de pollo, arroz, fruta y refresco</b>								
Carne de Pollo	120.00	85.00	21.01	3.67	0.00	84	33.05	0.00	117.10
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.62
Arroz Filado o g	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Tomate	50.00	98.00	0.39	0.10	2.11	2	0.88	8.43	10.88
Ajos	10.00	92.00	0.52	0.07	2.80	2	0.66	11.19	13.91
Ajl colorado seco	5.00	98.00	0.34	0.38	2.88	1	3.44	11.51	16.32
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cebolla de cabe	50.00	87.00	0.81	0.09	4.92	2	0.78	19.66	22.88
Arvejas frescas	35.00	72.00	1.79	0.15	4.74	7	1.38	18.95	27.47
Zanahoria	35.00	82.00	0.17	0.14	2.64	1	1.29	10.96	12.54
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Plátano de seda	160.0	86.00	2.08	0.41	28.90	8	3.72	115.58	127.56
								VC ALM	1588.04
								% Dist	56.87
<b>CENA:</b>	<b>Mazamorra morada + 01 pan</b>								
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Maiz morado	30.00	57.00	1.25	0.58	13.03	4.99	5.23	52.12	62.35
Piña	25.00	64.00	0.06	0.03	1.57	0.26	0.29	6.27	6.82
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mandioca	45.00	100.00	2.88	0.18	34.70	11.52	1.62	138.78	151.92
Canela entera	0.50	54.00	0.01	0.00	0.23	0.02	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.00	0.00	0.05	0.01	0.00	0.23	0.25
								VC CEN	494.47
								%DIST. CEN	16.05
			76.46	53.25	488.59				
			305.82	479.27	1954.37				
			11.16	17.50	71.34				
					100.00			VCT	2739.47



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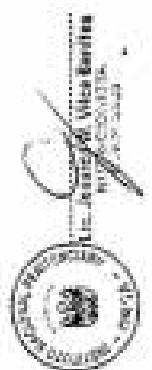
ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				An (g)	(g)	(g)	PROT
<b>DESAYUNO:</b>	<b>Soya con piña + 02 panes + aceituna</b>								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Aceituna	30.00	92.00	0.22	8.86	2.01	0.88	79.74	8.06	88.68
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	621.15
								%DIST. DES	20.74
<b>Almuerzo:</b>	<b>Aguadito con menudencia, refresco y fruta</b>								
Arroz Pilado o p	80.00	100.00	8.56	0.40	62.24	26	3.60	248.96	278.80
Menudencia de	100.0	100.00	19.80	4.70	0.00	79	42.30	0.00	121.50
Apio	10.00	80.00	0.06	0.02	0.38	0	0.14	1.54	1.90
Porro	10.00	82.00	0.22	0.07	0.62	0.89	0.5904	2.49	3.97
Aceite vegetal	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	5.00	90.00	0.25	0.04	1.37	1	0.32	5.47	6.80
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	246.19	271.86
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cab	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Orégano seco	2.00	90.00	0.03	0.01	0.20	0	0.08	0.81	1.01
Zanahoria	45.00	92.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Cilantro	30.00	92.00	0.91	0.36	1.93	3.84	3.2292	7.73	14.60
Espinaca negra	35.00	97.00	0.95	0.31	1.66	3.80	2.75	6.65	13.21
Aji verde (2)	8.00	67.00	0.14	0.06	0.64	1	0.53	2.55	3.64
Nabo	3.00	85.00	0.02	0.01	0.09	0	0.05	0.37	0.47
Arveja fresca	40.00	78.00	6.68	0.59	19.31	27	5.34	77.25	109.29
Plátano de sed	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC ALM	1216.39
								% DIST AL	48.37
<b>CENA</b>	<b>Pollo encebollado, arroz + infusion</b>								
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	25.0	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	4.00	100.00	0.05	0.02	0.33	0.19	0.18	1.31	1.68
Ajos	4.00	80.00	0.18	0.03	0.87	1	0.23	3.89	4.84
Cebolla de cab	50.00	85.00	0.80	0.09	4.80	2.38	0.77	19.21	22.36
Tomate	25.00	82.00	0.16	0.04	0.88	1	0.37	3.53	4.55
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado set	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
								VC DES.	776.10
								%DIST. DES	30.89
			75.20	56.45	426.95				
			300.79	508.05	1703.80				
			12.0	20.2	67.8				
					100.00			V.C.T. MENU	2512.64

  
 Lic. Jovany Nival Benítez  
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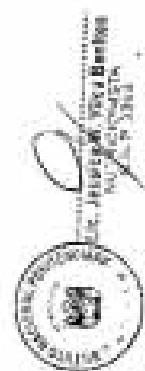
ALIMENTO	gríper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Harina de habas + 02 panes + jamonada</b>									
Harina de Haba	35.00	100.00	8.51	0.67	20.86	34	5.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Jamonada	35.00	100.00	5.50	10.33	0.35	21.98	92.825	1.40	116.31
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de abranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	574.97
								%DIST. DI	22.70
<b>Almuerzo: Lenteja con carne, arroz ,ensalada, refresco y fruta</b>									
Carne de Cerdo	80.0	85.00	7.34	7.70	0.00	29	89.31	0.00	98.69
lentejas	120.0	100.00	27.12	1.20	73.20	108.48	10.80	292.80	412.08
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.70	49.20	6.75	466.80	522.75
sal	8.00	100.00	0.10	0.04	0.88	0.38	0.36	2.62	3.37
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Tomate	30.00	98.00	0.24	0.08	1.28	0.94	0.53	5.06	6.53
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lchuga redonda	80.00	90.00	0.94	0.14	1.51	3.74	1.30	8.05	11.09
Glutamato mon	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de cabe	50.00	85.00	2.80	0.09	4.80	11.20	0.77	19.21	31.18
Ají colorado sec	3.00	90.00	0.18	0.21	1.58	0.78	1.90	6.34	8.99
Naranja	180.00	92.00	1.77	0.29	16.04	7.07	2.6496	64.18	73.89
								VC ALM.	1540.02
								%DIST. AL	60.80
<b>CENA: Sopa de semola con menudencia de pollo</b>									
Menudencia de	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Trig	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	10.38
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	4.00	100.00	0.05	0.02	0.33	0	0.18	1.31	1.68
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC CEN	418.12
								%DIST. CE	16.51
			91.23	67.66	389.81				
			364.94	608.91	1859.25				
			14.41	24.04	61.55				
					100.00			VCT MENL	2633.11



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 Y PROYECTOS

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % FOR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO:</b>	<b>Cebada con leche + 02 panes + manjar</b>								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
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	199.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	674.14
								%DIST. DES	25.76
<b>Almuerzo:</b>	<b>Pollo al sillao, arroz, fruta y refresco</b>								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cama de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Sillao	9.00	100.00	1.02	0.86	0.09	4	7.78	0.36	12.20
Aceite vegetal	25.0	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
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Cebolla de cabe	40.00	85.00	0.48	0.07	3.84	2	0.61	15.37	17.69
Cebolla china (c	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Mandioca	45.00	100.00	2.68	0.18	34.70	12	1.62	138.78	151.92
Pimienta	35.00	90.00	0.47	0.16	2.43	3	1.42	9.70	13.01
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1502.33
								%DIST. AL	57.40
<b>CENA:</b>	<b>Infusion + 01 pan + margarina</b>								
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.81	3.20
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	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 CEN	440.83
								%DIST. CEN	16.84
			76.86	69.97	420.04				
			307.43	629.71	1680.16				
			11.75	24.06	64.19				
					100.00			VCT MENU	2617.30



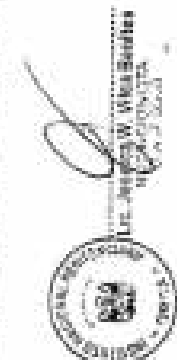
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 Director General  
 Instituto Nacional de Nutrición  
 Lima, Perú

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 Lic. [Name]  
 [Title]

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
	(g)	lo				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
<b>DESAYUNO:</b>	<b>Café+ 02 panes + camote sancochado</b>								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
								VC DES.	398.11
								%DIST. D	14.57
<b>ALMUERZO:</b>	<b>Hiro de zapallo , arroz , ensalada , + refresco y fruta</b>								
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
Queso paria	40.00	100.00	11.20	12.00	1.32	45	108.00	5.28	158.08
Zapallo macre	300.00	72.00	1.51	0.43	13.82	6	3.89	55.30	65.23
Papa blanca	250.0	82.00	4.31	0.21	46.72	17	1.85	182.86	201.93
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Maiz Fresco. C	40.00	57.00	0.75	0.18	6.34	3.01	1.6416	25.36	30.00
Tomate	40.00	98.00	0.31	0.08	1.69	1	0.71	6.74	8.70
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Cebolla de cab	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Habas frescas	40.00	70.00	3.16	0.22	7.25	13	2.02	29.01	43.68
Huacatay	8	100.00	0.40	0.06	0.84	2	0.58	2.56	4.74
Plátano de sed	150.0	86.00	2.06	0.41	28.90	8	3.72	116.58	127.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1654.63
								% DIS ALI	60.55
<b>CENA:</b>	<b>Matasquita de pollo , arroz , infusion</b>								
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	1.60	13.08	15.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de cab	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC CEN,	680.09
								%DIS CEN	24.89
			77.10	51.71	489.75				
			308.40	465.42	1959.00				
			11.3	17.0	71.7				
					100.00				
								VCT	2732.82

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ALIMENTO	griper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALDRICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO:</b>	<b>Semola con vainilla + 02 panes + mortadela</b>								
Sémola de Trigo	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	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	34.68	0	0.00	138.74	138.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
								VC DES.	529.54
								%DIST. DE	18.70
<b>Almuerzo:</b>	<b>Pescado frito , ensalada , arroz , refresco y fruta</b>								
Pescado	200.00	78.00	33.70	6.08	0.47	135	54.76	1.87	191.41
Arroz Pilado o g	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
Papinillo o Pepi	60.00	82.00	0.25	0.05	1.26	1	0.44	5.12	6.54
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	69.36	70.20
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1368.44
								%DIST. DE	48.32
<b>CENA:</b>	<b>Papa arrebozada ,arroz,infusion</b>								
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Harina de trigo	25.00	100.00	2.63	0.50	16.70	10.50	4.5	74.60	89.80
Arroz Pilado o g	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gallina	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.61
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								VC CEN.	934.17
								%DIST. CE	32.98
			88.56	89.34	418.46				
			354.23	804.08	1673.84				
			12.51	28.39	59.10				
					100.00			VCT MENU	2832.16

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 Yany Guevara  
 Lic. en Nutrición y Dietética  
 M. C. S. C. S. C.

*[Firma]*  
 Lic. G.  
 M. C. S. C. S. C.



ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				An (g)	(g)	(g)	
<b>DESAYUNO:</b>	<b>Cocoa + 02 panes + atún</b>								
Cocoa	4.00	100.00	0.78	0.88	1.91	3	6.18	7.65	18.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0061	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0.00	0	157.28	157.28
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Cebolla de cabi	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Grated de Sard	35.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
Tomate	40.00	82.00	0.26	0.07	1.41	1	0.59	5.64	7.28
								VC DES.	455.68
								%DIST. DES	18.21
<b>ALMUERZO:</b>	<b>Seco de res , arroz , refresco y fruta</b>								
Carne de res pe	160.00	87.00	29.65	2.23	0.00	118.80	20.04	0.00	138.84
Arvejas frescas	40.00	54.00	1.53	0.13	4.09	6	1.17	16.24	23.54
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	220.0	95.00	4.39	0.21	46.61	18	1.88	186.43	205.87
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pimienta enter	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	12.00	98.00	0.29	0.09	1.46	1	0.85	5.83	7.66
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Cilandro	35.00	57.00	0.66	0.26	1.40	2.83	2.33	5.59	10.55
Aji colorado set	3.00	98.00	0.21	0.23	1.73	1	2.06	6.90	9.79
Arvejas frescas	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Espinaca negra	25.00	85.00	0.60	0.19	1.04	2.38	1.72	4.17	8.27
Cebolla de cabi	40.00	85.00	2.80	0.07	3.84	11	0.81	15.37	27.18
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sed	160.0	66.00	2.08	0.41	28.90	8	3.72	115.68	127.66
								VC ALM.	1538.01
								%DIS ALM	61.46
<b>CENA:</b>	<b>Infusion + 01 pan + manjar</b>								
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	40.00	100.00	10.84	20.40	6.76	43	183.60	27.04	254.00
Pan de labranza	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC GEN.	508.68
								%DIS GEN	20.33
			86.23	54.45	416.84				
			344.92	490.05	1667.38				
			13.8	19.6	66.6				
					100.00				
								VCT	2502.35



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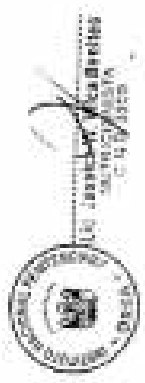
ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
<b>DESAYUNO:</b>	<b>Avena con leche + 02 panes + queso</b>								<b>POR MENU</b>
Avena, hojuelas	30.00	100.00	3.99	1.20	21.80	16	10.80	86.40	113.16
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	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 labranza	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	186.80
								<b>VC DES.</b>	<b>682.54</b>
								<b>%DIST. DE</b>	<b>27.23</b>
<b>ALMUERZO:</b>	<b>Cau cau de pollo, arroz, refresco y fruta</b>								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.85	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji Amarillo (2)	4.00	92.00	0.03	0.03	0.32	0	0.23	1.30	1.66
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	10.00	87.00	0.12	0.02	0.98	0	0.16	3.93	4.58
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.25	0.16	2.91	1	1.42	11.63	14.05
Plátano de seda	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.96
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								<b>VC ALM.</b>	<b>1347.95</b>
								<b>%DIST. AL</b>	<b>53.78</b>
<b>CENA:</b>	<b>Mazamorra de maizena con leche + 01 pan</b>								
Maizena	45.00	100.00	0.27	0.09	39.02	1.08	0.81	156.06	157.95
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evaporada	45.00	100.00	3.15	3.65	4.91	13	32.81	19.62	65.03
								<b>VC CEN.</b>	<b>476.12</b>
								<b>%DIST. CE</b>	<b>18.99</b>
			<b>68.68</b>	<b>50.55</b>	<b>444.23</b>				
			<b>274.73</b>	<b>454.97</b>	<b>1776.91</b>				
			<b>11.0</b>	<b>18.2</b>	<b>70.9</b>				
					<b>100.00</b>			<b>VCT MENU</b>	<b>2506.61</b>



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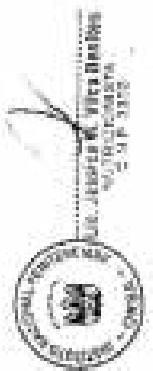
ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b>	<b>Soya con piña + 02 panes + margarina</b>								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labranz	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	580.56
								%DIST. DE	22.00
<b>ALMUERZO</b>	<b>Picante a la tacneña, arroz , refresco y fruta</b>								
Arroz Pilado o g	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Mondongo de n	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0.00	270	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Papa blanca	300.0	82.00	5.17	0.25	54.88	20.68	2.214	219.43	242.31
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabe	30.00	87.00	0.28	0.04	2.27	1.13	0.3618	9.09	10.57
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Cilantro	2.80	57.00	0.05	0.02	0.11	0.21	0.18873	0.45	0.84
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Plátano de sed	160.0	66.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC ALM.	1408.45
								% DIST. A	55.33
<b>CENA:</b>	<b>Sopa de fideos con pollo</b>								
Carne de Pollo	100.00	66.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	4.00	0.00	0.00	0.03	0	0.01	0.12	0.14
Porro	15.00	66.00	0.27	0.08	0.75	1.07	0.7128	3.01	4.79
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	6.00	100.00	0.07	0.03	0.49	0	0.27	1.97	2.63
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC GEN.	556.74
								%DIST. C	21.87
			67.50	71.26	408.59				
			270.01	641.37	1634.36				
			10.61	25.19	64.20		V.C.T. MENU		2545.74
					100.00				



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Lic. Gloria

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)		DIST CAL %	
<b>DESAYUNO:</b>	<b>Harina de habas + 02 panes + jamonada</b>							<b>FOR MENU</b>	
Harina de Haba	35.00	100.00	8.51	0.87	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
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.86	0.30	18.84	79.65	1.20	99.89
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	198.98
								VC DES.	538.70
								%DIST. DES	20.93
<b>Almuerzo:</b>	<b>Guiso de frejol con choncho + ensalada + arroz + fruta y refresco</b>								
Arroz Pilado o s	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Carne de Cerdo	60.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cabe	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Aji colorado ses	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.36
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	60.00	88.00	0.26	0.05	1.37	1	0.48	5.49	7.02
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
								VC ALM.	1435.60
								%DIS ALM	53.39
<b>CENA:</b>	<b>Arroz chaufa con huevo y hotdog + infusión</b>								
Huevo de gallina	35.00	88.00	4.63	2.88	0.62	19	25.93	2.47	46.92
Salchicha hot	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado o p	90.0	100.00	7.38	0.46	70.02	30	4.05	280.08	313.65
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Sal	4.00	100.00	0.05	0.02	0.33	0.19	0.18	1.31	1.68
Glutamato mon	0.50	100.00	0.06	0.00	0.43	0.22	0	1.74	1.96
Cebolla china (c	35.00	71.00	0.57	0.10	1.86	2	0.89	7.46	10.64
Pimienta	25.00	83.00	0.31	0.10	1.60	1	0.93	6.39	8.57
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
								VC CEN.	714.66
								%DIST. CEN	26.58
			85.84	64.36	441.62				
			343.36	579.13	1766.47				
			12.8	21.5	65.7				
					100.00			VCT MENU	2688.96



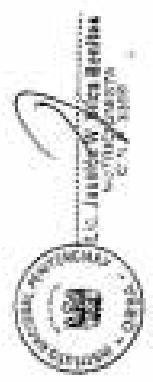
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ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				An (g)	(g)	(g)	PROT
<b>DESAYUNO:</b>	<b>Cebada con leche + 02 panes + mermelada</b>								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.83	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
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	80.00	100.00	5.76	0.38	43.08	23	3.42	172.32	198.78
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	637.68
								%DIST. DES	25.01
<b>Almuerzo:</b>	<b>Pollo dorado , arroz, papa +ensalada + refresco y fruta</b>								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	28.00	100.00	0.00	28.00	0.00	0	252.00	0.00	252.00
Papa blanca.	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molid	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado sec	8.00	98.0	0.55	0.81	4.80	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Pepinillo o Pepi	60.00	82.00	0.26	0.05	1.28	1	0.44	5.12	8.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cabe	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
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
								VC ALMU	1454.64
								%DIST. AL	57.04
<b>CENA:</b>	<b>Infusion + 01 pan + margarina</b>								
Hierbas	12.00	65.00	0.24	0.08	0.65	0.97	0.70	2.18	3.85
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	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC CEN.	457.89
								%DIST. CE	17.96
			<b>69.46</b>	<b>62.60</b>	<b>427.25</b>				
			<b>277.83</b>	<b>563.36</b>	<b>1709.02</b>				
			<b>10.89</b>	<b>22.09</b>	<b>67.01</b>				
					100.00			VCT	2550.22

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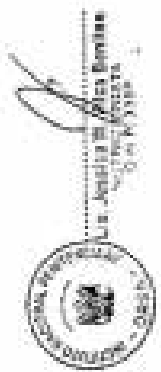
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ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b>	<b>Café+ 02 panes + camote frito</b>								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Camote morado	100.0	92.00	1.29	0.28	29.84	5	2.49	94.58	102.21
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0	108.00	0.00	108.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								<b>VC DES.</b>	<b>545.59</b>
								<b>%DIST. DES</b>	<b>21.60</b>
<b>ALMUERZO:</b>	<b>Chanfainita, arroz, refresco y fruta</b>								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o s	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	85.00	5.36	0.26	56.87	21	2.30	227.46	251.18
Cebolla de cabe	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.49
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ajl colorado sec	4.00	98.00	0.27	0.31	2.30	1	2.75	9.20	13.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.85	64.09	73.79
								<b>VC ALM.</b>	<b>1229.84</b>
								<b>%DIST. AL</b>	<b>48.88</b>
<b>CENA:</b>	<b>Hígado frito, arroz , infusión</b>								
Hígado de res	80.0	70.00	11.20	2.58	0.58	44.80	23.164	2.24	70.22
Arroz Pilado o p	80.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.62	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
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pan seco molid	15.00	100.00	1.65	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
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
								<b>VC CEN.</b>	<b>751.03</b>
								<b>%DIST. CE</b>	<b>29.73</b>
			<b>69.44</b>	<b>49.65</b>	<b>450.47</b>				
			<b>277.78</b>	<b>446.83</b>	<b>1801.87</b>				
			<b>11.0</b>	<b>18</b>	<b>71</b>				
					<b>100.00</b>			<b>VCT MENI</b>	<b>2526.46</b>

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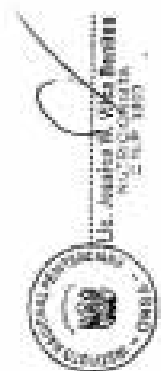
ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b>	<b>Semola con vainilla+ 02 panes + queso de chancho</b>								
Semola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	88.08	155.80
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chancho	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	198.98
								VC DES.	563.17
								%DIST. DI	20.86
<b>Almuerzo:</b>	<b>Pescado frito , ensalada , arroz , refresco y fruta</b>								
Pescado	200.00	78.00	33.70	6.08	0.47	135	54.75	1.87	191.41
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	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Maizena	25.00	100.00	0.15	0.05	21.88	0.60	0.45	88.70	87.75
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1424.61
								%DIST. DI	52.74
<b>CENA:</b>	<b>Camote arrebozado,arroz,infusion</b>								
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	6.30	2.7	44.68	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	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.60
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Huevo de gallina	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	28.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								VC CEN	713.39
								%DIST. CI	26.41
			92.52	74.78	414.62				
			370.07	673.02	1658.00				
			13.70	24.92	61.38				
					100.00			VCT MENU	2701.18



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 Lic. Jennifer Vives Brellet  
 Nutricionista  
 Colegio de Nutricionistas de Puerto Rico

ALIMENTO	gr/per (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Cocola + 02 panes + huevo sancochado</b>									
Cocola	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	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	4.84	1.06	32	44.45	4.23	80.44
Pan de labranza	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	453.44
								%DIST. DI	17.67
<b>ALMUERZO: Almendrado de carne, arroz, papa, refresco y fruta</b>									
Carne de res p	150.00	92.00	31.35	2.36	0.00	125.41	21.20	0.00	146.61
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabe	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	26.83
Aji colorado sec	5	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Glutamato mon	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pan seco molid	35.00	100.00	3.85	0.98	28.88	15.40	8.82	115.50	139.72
Papa blanca	300.0	95.00	5.99	0.29	63.56	24	2.57	254.22	280.73
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Aceite vegetal	28.00	100.00	0.00	28.00	0.00	0	252.00	0.00	252.00
Orégano seco.	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo. cor	15.00	95.00	3.43	6.87	2.52	14	61.82	10.09	85.64
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Plátano	170.00	88.00	0.58	0.29	14.33	2	2.63	57.31	62.28
								VC DES.	1707.92
								%DIST. DI	67.32
<b>CENA: Infusion + 01 pan + mermelada</b>									
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
Mermelada De	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labranza	40.00	100.00	3.94	0.12	28.72	15	1.08	114.88	131.32
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
								VC CEN.	375.76
								%DIST. CEN	14.81
			77.80	46.20	452.53				
			311.20	416.78	1810.14				
			12.3	16	71				
					100.00			VCT MEN	2537.12



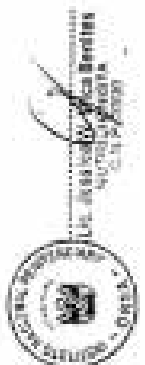
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ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO:</b>	<b>Avena con leche , pan , queso</b>								
Avena, hojuelas	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evaporada	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.89	34	81.00	3.96	118.56
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	186.98
								VC DES.	656.46
								%DIST. DI	25.88
<b>ALMUERZO:</b>	<b>Locro con panza, arroz , +refresco y fruta</b>								
Arroz Pilado o g	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Mondongo de r	140.0	65.00	15.38	3.19	0.91	82	28.67	3.64	93.82
Acaite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Papa blanca	300.0	95.00	5.99	0.29	63.96	23.94	2.565	254.22	280.73
Ají colorado sec	2.00	92.00	0.13	0.14	1.08	0.52	1.29168	4.32	6.13
Cebolla de cabi	60.00	85.00	0.71	0.10	5.76	2.86	0.918	23.05	28.83
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomate	25.00	90.00	0.18	0.05	0.97	1	0.41	3.87	5.00
Glutamato mon	0.30	100.00	0.03	0.00	0.26	0.13	0	1.04	1.17
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Plátano	170.00	86.00	0.59	0.29	14.33	2	2.63	57.31	82.28
								VC ALMU	1375.08
								%DIST. AL	54.21
<b>CENA:</b>	<b>Mazamorra morada + 01 pan</b>								
Pan de labranza	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
Melz morado	35.00	57.00	1.46	0.68	15.20	5.83	6.10	60.81	72.74
Piña	25.00	64.00	0.06	0.03	1.57	0.26	0.29	6.27	6.82
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mandioca	45.00	100.00	2.88	0.18	34.70	11.52	1.62	138.78	151.92
Canela entera	0.50	54.00	0.01	0.00	0.23	0.02	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.00	0.00	0.06	0.01	0.00	0.23	0.25
								VC CEN.	504.86
								%DIST. CI	19.90
			66.28	47.16	461.70				
			265.13	424.48	1846.78				
			10.45	16.74	72.81				
					100.00			VCT	2536.40

*[Firma]*  
 Lic. [Nombre]  
 [Dirección]  
 [Teléfono]

*[Firma]*  
 Lic. [Nombre]  
 [Dirección]  
 [Teléfono]



ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b>	<b>Soya con pifa + 02 panes + margarina</b>								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Pifa	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
Margarina vege	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labranz	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	580.55
								%DIST. D	23.00
<b>Almuerzo:</b>	<b>Guiso de arveji<sup>a</sup> partida con chancho + ensalada + arroz + fruta y refresco</b>								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arveji <sup>a</sup> partida	120.0	100.00	25.92	1.32	77.26	104	11.88	309.12	424.68
Carne de Cerdo	50.0	80.00	5.76	6.04	0.00	23	54.36	0.00	77.40
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cabe	50.00	85.00	0.60	0.09	4.80	2	0.77	19.21	22.36
Aji colorado se	2.00	88.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papinito o Pep	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	10.89
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	180.00	86.00	0.55	0.28	13.48	2	2.48	53.94	58.82
								VC ALM	1503.51
								% DIST. A	59.67
<b>CENA:</b>	<b>Sopa de semola con menudencia de pollo</b>								
Menudencia de	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Trig	35.00	100.00	8.83	3.75	18.63	27	33.71	75.32	136.33
Ajo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Papa blanca	100.0	82.00	1.72	0.06	18.29	7	0.74	73.14	80.77
Sal	5.00	100.00	0.06	0.03	0.41	0	0.23	1.64	2.11
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC CEN.	439.74
								%DIST. C	17.42
			73.69	73.56	391.78				
			294.76	681.92	1567.12				
			11.88	26.23	62.09				
					100.00			VCT MENI	2523.80

Intendencia Municipal de...  
 Municipio de...  
 C.A. ...  
 ...

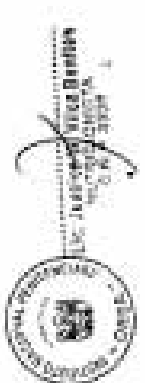
Intendencia Municipal de...  
 Municipio de...  
 C.A. ...  
 ...



ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Maca con cocoa + 02 panes + queso de chancho</b>									
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.28	0.72	1	2.31	2.87	6.32
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Queso de chancho	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	497.84
								%DIST. DES.	19.07
<b>Almuerzo: Tallarines rojos con pollo, refresco y fruta</b>									
Fideos	160.00	100.00	15.04	0.32	125.12	60	2.88	500.48	563.52
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Hongos	0.30	54.00	0.01	0.00	0.02	0	0.01	0.06	0.10
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	160.00	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	8.00	100.00	0.10	0.04	0.86	0	0.36	2.62	3.37
Cebolla de cabeza	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Laurel	0.50	54.00	0.01	0.02	0.06	0	0.17	0.24	0.47
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Ají colorado seco	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Plátano de seda	160.00	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1480.55
								%DIST. ALM	56.70
<b>CENA: Asado de pollo , arroz e infusion</b>									
Cama de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.38
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	6.00	100.00	0.07	0.03	0.49	0	0.27	1.97	2.53
Pimienta entera	0.30	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Cebolla de cabeza	20.00	85.00	0.24	0.03	1.92	0.95	0.306	7.68	8.94
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Ají colorado seco	2.00	98.00	0.14	0.15	1.15	1	1.38	4.60	6.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
								VC CEN.	832.74
								%DIST. CEN	24.23
			86.87	60.91	428.86				
			347.46	548.20	1715.46				
			13.31	20.99	65.70				
					100.00			VCT MENU	2611.12


*[Signature]*  
 Lic. Jairo García  
 Dietista y Nutricionista  
 C.O.P.N. No. 1000  
 Bogotá, D.C.

*[Signature]*  
 Lic. Jairo García  
 Dietista y Nutricionista  
 C.O.P.N. No. 1000  
 Bogotá, D.C.



### MENU DE PERSONAL - E .P. MOQUEGUA - JULIO 2018

FECHA	DESAYUNO	ALMUERZO	CENA
01-02 JULIO	Guiso de fidecos con res + arroz + te + 01 pan	Sopa de chochoca + arroz con pollo + ensalada + refresco + fruta	Pollo frito + arroz + ensalada + infusión
03-04-05 JULIO	Porrito con mani + arroz + infusión + 01 pan	Cazuela de res + Milanesa de pollo + arroz + ensalada + refresco + fruta	Sopa de síndula de res + infusión
06-07-08 JULIO	Caldo de gallina + avena + 01 pan	Sopa de pollo + Frijoles con seco de res + arroz + refresco + fruta	Torrijas de verduras + ensalada + arroz + infusión
09-10-11 JULIO	Ceviche de mondongo + arroz + infusión + 01 pan	Sopa de queso con res + Ají de pollo + papa + arroz + refresco + fruta	Estofado de pollo + arroz + infusión
12-13-14 JULIO	Revuelto de chufa + arroz + te + 01 pan	Chepa de huevos + Pescado frito + arroz + ensalada + refresco + fruta	Guiso de fidecos 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	Dorso de cabera 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	Tiempo de res + Pollo al sillo + arroz + refresco + fruta	Revuelto de verduras + arroz + infusión
24-25-26 JULIO	Arroz a la cubana + infusión + 01 pan	Crema de verduras + Acomodado de res + arroz + refresco + fruta	Arepuerto de pollo + infusión
27-28-29 JULIO	Papa rellena + arroz + ensalada + te + 01 pan	Pastel de papa + Chulata de cerdo + chicha + ensalada + refresco + fruta	Sopa de pollo + infusión
30-31 JULIO	Ollaguito con carne + infusión + 01 pan	Papa a la huancaina + Tallarin verde con pollo frito + refresco + fruta	Papa arrocada + arroz + ensalada + infusión

  
**May Gloria Solís Ramírez**  
 DNI: 290.117.111  
 REPRESENTANTE



  
**LIC. JENNY M. YCAZA GUILLÓN**  
 N.º 3390

  
**Lic. Glenny R. Cruz González**  
 NUTRICIONISTA  
 CNP: 9193

ALIMENTO	gr/100g	convertible %	PROT	GRASA	CHO	SILICACIONES POR NUTRIENTES			TOTAL kcal
						PROT	GRASA	CHO	
<b>DETA FUECO: Guiso de lentejas con arroz + tomate + cebolla + ajo</b>									
Caro de vaca	4.00	14.30	0.00	0.00	0.01	0.00	0	0.00	0.00
Arroz rubia	10.00	100.00	0.00	0.00	14.7	0.00	0.00	10.00	58.80
Papa de tuberosa + fibra	30.00	100.00	1.88	0.00	11.2	11.00	0.00	30.00	80.40
Lenteja	80.00	100.00	1.10	0.00	61.30	10.00	1.44	100.00	281.70
Arroz blanco o pulido	80	100.00	1.00	0.00	30.00	15.50	0.00	100.00	310.00
Ajo	0.04	100.00	0.00	0.00	0.10	0.11	0.000	0.00	0.70
Arroz vegetal	30.00	100.00	0.00	0.00	0.00	0.00	00	0.00	60.00
Papa blanca	100.00	80.00	1.77	0.10	39.60	11.00	1.300	117.70	310.00
Caro de res picado	30.00	70.00	1.40	0.00	3.00	20.00	0.00	1.00	14.00
Cebolla de cabeza (2)	10.00	67.00	0.00	0.00	0.70	0.30	0.00	1.00	0.00
Sal	0.00	100.00	0.10	0.00	0.00	0.00	0.00	1.00	1.00
Perce	0.20	100.00	0.10	0.00	0.20	0.00	0.20	0.00	1.00
Arroz blanco (4)	15.00	50.00	0.00	0.00	1.50	1.50	0.00	0.00	0.00
Carne seca	20.00	70.00	0.00	0.00	1.00	0.00	0.70	0.00	0.00
Aj colorado seco, con	1.00	100.00	0.11	0.00	1.70	0.00	1.00	1.00	0.00
									<b>1001.00</b>
<b>% DIST. DESAYUNO</b>									<b>11.47</b>
<b>ALMORZADO: Guiso de lentejas + arroz con queso + cebolla + refresco + fruta</b>									
Caro de res	60.00	70.00	0.00	1.10	0.00	10.70	10.00	0.00	40.20
Cebolla de cabeza	60.00	100.00	0.00	0.00	0.40	1.40	0	10.70	10.10
Lechuga fresca	40.00	47.00	0.10	0.00	1.10	1.10	0.00	0.00	0.00
Arroz	4.10	70.00	0.00	0.00	0.10	0.00	0.00	0.00	0.70
Papa	1.00	60.00	0.00	0.00	0.10	0.10	0.10	0.00	0.00
Papa blanca	100.00	80.00	1.70	0.00	18.10	0.00	0.70	70.10	80.70
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.70	0.00	0.00
Harina blanca	25.00	30.00	0.00	0.00	1.10	1.10	0.00	0.00	1.00
Aj verde (2)	1.00	60.00	0.00	0.00	0.40	0.40	0.40	1.00	1.00
Arroz blanco o pulido	100.00	100.00	10.40	0.00	100.00	0.00	0	100.00	100.00
Caro de pollo enter	100.00	80.00	20.00	0.00	0.00	1.10	40.00	0.00	100.00
Arroz blanco (4)	80.00	50.00	1.10	0.11	1.10	1.10	1.000	10.10	40.00
Cebolla	20.00	57.00	0.00	0.00	0.00	1.10	1.10	0.10	0.00
Verdura (2)	10	60.00	0.00	0.00	0.10	0	0.10	0.00	10.00
Refresco agua	10.00	57.00	0.00	0.10	0.00	1.10	1.10	0.00	0.00
Tomate	40.00	70.00	0.10	0.10	1.10	0.10	1.000	0.70	10.00
Aj verde (2)	1.00	60.00	0.00	0.00	0.40	0.40	0.40	1.00	1.00
Perce	10.00	100.00	0.10	0.00	0.40	0.40	0.40	1.00	1.00
Arroz	0.20	60.00	0.10	0.00	0.10	0.10	0.10	1.00	0.00
Arroz vegetal	10.00	60.00	0.00	10.00	0.00	0.00	11.00	0.00	10.00
Sucavante morado	0.00	100.00	0.00	0.00	0.10	0.10	0	0.00	1.00
Sal	10.00	100.00	0.10	0.00	0.00	0.10	0.00	0.00	0.00
Morcote	0.50	60.00	0.00	0.00	0.00	0.00	0.10	1.70	1.70
Refresco de fruta	100.00	80.00	1.00	0.00	11.40	0	0.70	80.00	80.00
Arroz rubia	30.00	100.00	0.00	0.00	10.00	0	0.00	30.00	30.00
Cebolla con queso	0.00	100.00	0.00	0.10	0.00	1.00	1.00	10.10	10.10
Limón	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
									<b>1010.00</b>
<b>% DIST. ALMORZADO</b>									<b>40.00</b>
<b>DESA: Pollo frito + arroz + ensalada + refresco</b>									
Caro de pollo frito	100.00	70.00	14.00	1.10	0.00	17.00	10.00	0.00	80.00
Arroz blanco o pulido	80.00	100.00	1.00	0.40	70.00	70.00	0.00	100.00	100.00
Papa blanca	100.00	60.00	1.00	0.10	21.00	7.00	0.00	60.00	60.00
Ajo	1.00	60.00	0.00	0.00	0.40	0.10	0.10	1.00	1.00
Sal	1.00	100.00	0.00	0.00	0.10	0.10	0.10	1.00	1.00
Arroz vegetal	20.00	60.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Cebolla de cabeza (2)	20.00	67.00	0.10	0.10	1.00	0.00	0.00	7.00	0.00
Tomate	10.00	50.00	0.10	0.00	0.40	0.40	0.20	0.00	0.00
Lechuga ensalada	60.00	50.00	0.10	0.00	0.00	1.50	0.50	0.00	0.00
Perce	0.20	60.00	0.10	0.00	0.10	0.10	0.10	0.00	1.00
Aj colorado seco, pa	1.00	60.00	0.00	0.00	0.40	0.40	0.40	1.00	1.00
Harina	0.20	60.00	0.10	0.00	0.00	0.00	0.00	1.20	1.20
Arroz rubia	10.00	100.00	0.00	0.00	14.40	0.00	0.00	10.00	10.00
									<b>801.70</b>
<b>% DIST. DESA</b>									<b>26.10</b>
			<b>100.00</b>	<b>10.00</b>	<b>400.00</b>				
			<b>407.20</b>	<b>114.00</b>	<b>1000.00</b>				
			<b>10.00</b>	<b>10.00</b>	<b>10.00</b>				
						<b>VCT. MORA</b>			<b>1010.00</b>

*[Handwritten signature]*  
 Lic. Gloria Cruz Guevara  
 DNI: 80000000  
 INDEPENDIENTE

*[Handwritten signature]*  
 Lic. Gloria Cruz Guevara  
 INDEPENDIENTE  
 CNP: 0100



*[Handwritten signature]*  
 Lic. Juanita M. Vilca Barrios  
 DNI: 80000000  
 VCT. M.P. 0100

03-04-05 JUNIO 2018

ALIMENTO	g/g	COMBUSTIBLE	PROT	GRASA	CHO	RECCOMENDACIONES NUTRIENTES			TOTAL REAL
						PROT	GRASA	CHO	
<b>DESAYUNO: Panita con queso + arroz + infusión + 05 pan</b>									
Papas de verde	300.00	54.00	11.20	1.10	0.50	48.10	30.00	1.10	37.91
Arroz Pilado o pelado	90.00	100.00	7.80	0.40	0.00	39.50	0.00	180.00	128.60
Ajo	3.00	80.00	0.20	0.00	1.20	0.80	0.20	0.00	0.00
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	150.00	0.00	135.00
Sal	12.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Mantecado, con piel	5.00	70.00	0.00	1.00	0.70	0.00	17.10	0.00	16.70
Papa blanca	100.0	60.00	1.70	0.00	18.20	0.00	0.70	70.10	80.70
Ajicolonche seco, pte	1.50	60.00	0.00	0.00	0.00	0.00	0.70	0.00	0.00
Cebolla de cabeza (2)	5.00	87.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Almendra entera	0.20	67.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Corchayuyo	0.0	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Clavos	1.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	10.00	100.00	0.00	0.00	29.00	0.00	0.00	0.00	117.00
Alfalfa	0.00	04.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Pan de leonito o fca	80.00	100.00	0.00	0.00	11.0	11.00	0.00	80.10	80.00
<b>V.C. DESAYUNO</b>									<b>848.50</b>
<b>% DIST. DESAYUNO</b>									<b>23.81</b>
<b>ALMUERZO: Casaca de res + Milanesa de pollo + arroz + ensalada + refresco + fruta</b>									
Carne de res	60.00	70.00	0.00	1.20	0.00	20.00	10.00	0.00	40.20
Papado mero	50.00	47.00	0.10	0.00	0.00	0.00	0.10	1.00	0.00
Leche Pasteo, Doble	80.00	87.00	1.30	0.00	12.00	0.00	0.10	80.70	80.00
Ajo	10.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa	30.00	60.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Habas frescas	10.00	15.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Zanahoria	10.00	70.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Papa Blanca	50.0	80.00	0.00	0.00	0.10	0.00	0.00	0.00	0.00
Carne de Pollo Entera	100.0	70.00	20.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz Pilado o pelado	100.00	100.00	10.00	0.70	110.00	0.00	0.00	0.00	0.00
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0.00	300.00	0.00	180.00
Vinagre	1.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pan poco molido	10.00	100.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00
Almendra molido	0.10	100	0.00	0.00	0.10	0.00	0.00	0.00	0.00
Corchayos	0.10	100	0.00	0.00	0.10	0.00	0.00	0.00	0.00
Ajo	1.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ajicolonche seco, pte	0.70	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla de cabeza (2)	0.0	87.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Huesos de gallina, crs	10.00	80.00	1.00	1.00	0.00	0.00	0.00	0.00	0.00
Naranacha roja	0.0	80.0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Zanahoria	0.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Moluscos de agua	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	10.00	100.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00
Morcena	100.00	80.00	0.00	0.00	10.00	1.00	0.00	0.00	0.00
<b>V.C. ALMUERZO</b>									<b>1064.10</b>
<b>% DIST. ALMUERZO</b>									<b>30.50</b>
<b>CENA: Sopa de sémola de res + Infusión</b>									
Sémola de Trigo	90.00	100.00	10.00	0.00	10.00	0.00	0.00	0.00	0.00
Carne de res pulpa	80.00	100.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Ajo	0.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ajo	10.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa	10.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cebolla de cabeza (2)	60.00	67.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa Blanca	100.00	80.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00
Tomate	10.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sardinas enlatadas	0.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Alfalfa	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	10.00	100.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00
<b>V.C. CENA</b>									<b>800.30</b>
<b>% DIST.CENA</b>									<b>23.00</b>
<b>V.C. TOTAL</b>									<b>1852.90</b>
<b>% DIST. TOTAL</b>									<b>53.31</b>
<b>V.C. MIND</b>									<b>810.00</b>

*Handwritten signature*  
 Lic. Gloria Solís Ramírez  
 C.O.C. 1000000000  
 M.P. 1000000000

*Handwritten signature*  
 Lic. Gladys Cruz González  
 M.P. 1000000000  
 C.O.C. 1000000000



*Handwritten signature*  
 Lic. Jairo W. Díaz Muñoz  
 M.P. 1000000000  
 C.O.C. 1000000000

06-01-01 (10/0) 2018

ALIMENTO	kg/por (g)	cantidad %	FIBRA Ar (g)	MOHA (g)	CIBO (g)	RELOCALIZAS POR NUTRIENTES			TOTAL kcal
						PROT	GRASAS	CIBO	
<b>COMPARADO: Cabello de gallina + Arroz + 30 g de</b>									
Arroz, tipo largo oval	80.00	100.00	1.20	1.20	31.8	10.74	25.82	38.88	121.64
Masa de arroz	20.00	20.00	0.27	0.27	7.53	2.43	5.82	8.64	26.52
Carne de gallina a la	20.00	100.00	2.88	0.96	25.24	11.52	0.81	66.14	80.40
Arroz rubio	20.00	100.00	0.00	0.00	61.4	0.00	0.00	107.62	107.62
Carne de gallina	180.00	90.00	17.67	5.89	6.32	71	20.30	0.00	64.07
Ajo	0.00	98.00	0.20	0.04	1.44	1.00	0.34	0.70	7.18
Apio	20.00	98.00	0.07	0.03	0.40	0.21	0.17	0.41	2.18
Pera	20.00	98.00	0.24	0.07	0.00	0.01	0.44	0.34	4.14
Leche evaporada	20.00	100.00	1.48	1.81	2.35	0.00	14.54	0.71	28.90
Frut blanca	100.00	20.00	1.00	0.20	21.20	7.00	0.04	64.24	90.34
Polvo de leche	20.00	100.00	1.40	1.84	15.44	20.40	0.70	212.70	193.64
Sal	17.00	100.00	0.41	0.00	0.82	0.40	0.00	0.70	4.21
Polvo de leche	1.00	1.00	0.00	0.00	0.00	0.14	0.70	0.54	1.60
Glucosa monoval	0.00	100.00	0.00	0.00	0.00	0.13	0.00	0.00	1.17
Arroz vegetal	20.00	97.00	0.00	0.70	0.00	0.00	60.00	0.00	60.70
Verduras variadas	0.00	90.00	0.70	0.00	0.10	0.00	0.00	1.70	2.40
<b>V.C. COMPARADO</b>									<b>800.40</b>
<b>% DEBTA. COMPARADO</b>									<b>27.64</b>
<b>COMPARADO: Sopa de pollo + vegetales con arroz de 100 + arroz + refresco + fruta</b>									
Carne de Pollo Blanca	80.00	70.00	0.00	1.51	0.00	34.81	10.41	0.00	46.22
Ajo	0.00	75.00	0.00	0.00	0.10	0.21	0.07	0.70	0.00
Pera	2.00	68.00	0.04	0.01	0.00	0.04	0.10	0.40	0.04
Arroz	2.00	68.00	0.03	0.00	0.00	0.22	0.00	0.20	0.70
Zapallo cocido	40.00	47.00	0.10	0.00	1.20	0.00	0.14	4.81	5.00
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.70	0.01	4.00
Frut Blanca	60.00	81.00	1.00	0.00	20.07	4.10	0.04	47.00	68.00
Leche Evaporada	20.00	81.00	1.10	0.00	2.70	0.70	0.70	10.00	18.00
Polvo	80.00	100.00	1.51	0.14	62.50	30.00	1.04	200.10	281.14
Sal	1.00	100.00	0.04	0.00	0.20	0.14	0.14	0.00	1.20
Ajo	1.00	80.00	0.00	0.00	0.40	0.04	0.01	0.00	1.40
Carne de res	100.00	70.00	11.50	0.20	0.00	60.00	20.00	0.00	120.20
Arroz blanco o pulido	100.00	100.00	12.50	0.70	110.70	60.10	4.20	400.00	510.70
Arroz integral	20.00	100.00	0.00	10.00	0.00	0.00	60.00	0.70	60.00
Arrozca negra	11.00	80.00	0.14	0.11	0.01	1.40	1.00	1.00	6.00
Glucosa	20.00	97.00	0.00	0.00	0.00	1.50	0.00	1.00	6.00
Zanahoria	10.00	70.00	0.00	0.00	1.40	0.00	0.70	0.01	6.00
Aj verde (2)	0.00	81.00	0.01	0.01	0.07	0.00	0.00	0.00	0.00
Sal	0.00	100.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00
Ajo	0.00	80.00	0.04	0.04	0.10	0.10	0.00	0.00	0.00
Frut Blanca	100.00	82.00	1.70	0.00	10.10	0.00	0.74	70.14	80.74
Arrozca blanca (1)	20.00	94.00	0.77	0.04	1.00	1.00	0.00	0.10	10.77
Arroz rubio	20.00	100.00	0.00	0.00	34.40	0.00	0.00	107.62	107.62
Mela cocido	10.00	100.00	1.10	0.10	12.40	4.20	4.70	40.70	64.60
Arroz	20.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	4.00
Arrozca	100.00	80.00	0.70	0.04	11.10	1.00	0.70	60.00	62.00
<b>V.C. COMPARADO</b>									<b>1000.70</b>
<b>% DEBTA. COMPARADO</b>									<b>44.17</b>
<b>COMPARADO: Tortitas de zanahoria + arroz + cocido + 100 g de</b>									
Zanahoria	20.00	41.00	0.20	0.00	1.00	1.00	0.40	20.00	12.00
Zanahoria	20.00	70.00	0.24	0.00	0.00	0.00	1.70	14.54	17.00
Masa de trigo	20.00	100.00	0.20	0.00	20.40	12.00	1.40	60.70	82.70
Leche evaporada	20.00	100.00	1.00	1.40	1.10	0.00	14.50	0.70	20.00
Arroz de gallina, cr	20.00	90.00	0.40	1.40	0.10	10.50	14.00	1.40	20.00
Arroz	100.00	80.00	1.1	0.0	4.4	0	0.00	10.00	11.00
Cebolla de cabeza (2)	80.00	87.00	0.00	0.00	4.34	1.20	0.70	18.10	11.00
Arroz blanco o pulido	80.00	100.00	7.00	0.40	70.00	20.00	1.00	200.00	313.00
Ajo	0.00	80.00	0.00	0.00	0.00	0.00	0.10	1.00	2.00
Arrozca vegetal	20.00	80.00	0.00	20.00	0.00	0.00	200.00	0.00	220.00
Pera	0.00	20.00	0.10	0.01	0.10	0.00	0.10	0.00	0.00
Arrozca	11.00	24.00	0.00	0.00	0.00	0.00	0.10	1.00	2.00
Arrozca	2.00	87.00	0.00	0.01	0.00	0.00	0.10	0.10	0.00
Sal	11.00	100.00	0.10	0.00	0.00	0.00	0.10	0.00	0.00
Arrozca rubio	20.00	100.00	0.00	0.00	34.40	0.00	0.00	107.62	107.62
<b>V.C. COMPARADO</b>									<b>601.00</b>
<b>% DEBTA. COMPARADO</b>									<b>20.00</b>
			<b>81.00</b>	<b>24.00</b>	<b>404.00</b>				
			<b>107.10</b>	<b>400.20</b>	<b>3000.00</b>				
			<b>10</b>	<b>10</b>	<b>20</b>				
<b>V.C. COMPARADO</b>									<b>1000.00</b>

*Handwritten signature*  
 Dato: 2020/02/20  
 REPRESENTANTE

*Handwritten signature*  
 Lic. Gabriela Cruz Gonzalez  
 MUDRADA

*Handwritten signature*  
 Lic. Gabriela Cruz Gonzalez  
 MUDRADA



09-10-11 JULIO 2018

ALIMENTO	gr/por (g)	convertible %	PROT Ar (g)	GRASA (g)	CHO (g)	RELOCALIZAS POR NUTRIENTES			TOTAL kcal
						PROT	GRASAS	CHO	
<b>DESAYUNO: Cae cae de mondonguito + arroz + infusión + 01 pan</b>									
Harina	1.00	24.08	0.03	0.03	0.08	0.13	0.10	0.50	0.55
Azúcar rubia	30.00	108.00	0.00	0.00	29.88	0.00	0	117.00	117.00
Pan de latrones o fra	30.0	100.00	2.88	0.28	11.84	11.53	0.81	80.10	95.49
Arroz Pilado o pulido	80.00	100.00	7.68	0.43	76.00	20.52	4.00	280.00	313.60
Sal	0.50	100.00	0.07	0.00	0.48	0.20	0.27	1.97	2.64
Mondongo de res	100.00	88.0	8.20	1.75	0.50	54	15.75	0.00	111.50
Acetate vegetal	15.00	180.0	0.00	15.00	0.00	0	180.00	0.00	131.00
Orégano seco	1.00	100.0	0.01	0.01	0.11	0	0.06	0.45	0.73
Papa blanca	150.00	93.0	2.90	0.14	80.77	13	4.24	113.60	153.89
Cebolla de cabaza	60.00	84.0	1.20	0.20	0.78	5	1.80	15.12	21.57
Danzonita	40.00	87.0	0.21	0.17	0.10	1	1.57	12.80	15.21
Arvejas frescas (4)	30.00	47.0	1.89	0.06	2.62	4	0.78	18.68	16.37
Aj colorado seco, pa	1.00	85.0	0.04	0.02	0.14	0	0.15	0.54	0.80
<b>V.C. DESAYUNO</b>								<b>909.19</b>	
<b>% DIST. DESAYUNO</b>								<b>28.58</b>	
<b>ALMUERZO: lepa de salmas con res + Acado de pollo + papa + arroz + refresco + fruta</b>									
Trujillo naturo	40.00	47.00	0.18	0.04	1.30	0.53	0.34	4.81	5.68
Malt Fresco, Choclo	40.00	57.00	0.76	0.14	0.34	3.01	1.84	25.30	30.00
Ajote	10.00	76.00	0.04	0.03	0.38	0.21	0.14	1.44	1.79
Poro	10.00	89.00	0.18	0.00	0.50	0.71	0.48	3.83	4.59
Col. Berros	10.00	68.00	0.00	0.03	0.39	0.25	0.18	1.10	1.64
Quinua Cruda	60.00	180.00	4.08	1.74	19.88	38.81	18.68	74.58	111.94
Harina Finca	10.00	10.00	0.30	0.06	1.81	0.54	0.53	3.25	4.93
Maiz	6.00	68.00	0.02	0.01	0.14	0.10	0.07	0.57	0.74
Danzonita	10.00	79.00	0.08	0.06	1.46	0.34	0.73	5.03	6.90
Papa blanca	100.00	82.00	1.72	0.08	58.19	6.89	0.74	73.14	80.79
Carné de res	60.0	89.00	8.79	1.48	0.93	38.17	13.31	0.00	52.68
Ajote	5.00	39.00	0.17	0.03	0.80	0.67	0.21	6.61	8.49
Carné de Pollo Entero	160.00	70.00	23.00	4.00	0.00	51.29	86.29	0.00	120.58
Arroz Pilado o pulido	180.00	100.00	12.90	0.75	118.70	40.20	6.75	486.00	522.75
Acetate vegetal	10.00	120.00	0.00	10.00	0.00	0.00	120.00	0.00	130.00
Cebolla de cabaza (2)	30.00	84.00	0.36	0.06	1.89	1	0.48	11.30	13.94
Tomate	40.00	90.00	0.24	0.05	1.18	1	1.53	5.12	6.99
Aj colorado seco, pa	1.00	68.00	0.05	0.05	0.40	0.20	0.48	1.50	2.18
Papa blanca	180.0	82.00	3.10	0.15	81.93	12.40	1.30	151.68	165.88
Sal	11.00	100.00	0.11	0.00	0.80	0.20	0.50	3.60	4.60
Mirapaya	20.00	100.00	0.20	0.00	3.80	0.80	0.20	16.80	16.80
Azúcar rubia	10.00	108.00	0.00	0.00	34.70	0.00	0.00	98.00	98.00
Plátano de seda	150.00	88.00	1.50	0.10	21.42	6.12	2.70	80.68	94.50
<b>V.C. ALMUERZO</b>								<b>1498.00</b>	
<b>% DIST. ALMUERZO</b>								<b>40.25</b>	
<b>CENA:</b>									
<b>Resfrito de pollo + arroz + infusión</b>									
Carné de Pollo Entero	100.0	70.00	14.40	1.50	0.00	57.68	13.68	0.00	80.54
Arroz Pilado o pulido	80.0	100.00	7.38	0.45	70.00	24.52	4.00	280.00	313.60
Papa blanca	150.00	87.00	2.11	0.10	10.41	3.44	0.00	88.00	98.89
Acetate vegetal	15.00	180.00	0.00	15.00	0.00	0.00	180.00	0.00	131.00
Ajote	6.00	80.00	0.18	0.03	0.91	0.72	0.23	5.89	6.80
Sal	12.00	100.00	0.14	0.04	0.98	0.24	0.54	3.91	5.00
Tomate	30.00	90.00	0.12	0.06	1.10	0.88	0.48	4.64	5.99
Arvejas frescas (4)	20.00	34.00	0.77	0.04	0.20	3.07	0.3800	8.11	11.71
Cebolla de cabaza (2)	30.00	87.00	0.36	0.06	4.54	1.75	0.72	18.57	21.05
Aj colorado seco, pa	1.00	68.00	0.05	0.05	0.40	0.19	0.48	1.60	2.26
Danzonita	30.00	79.00	0.16	0.12	1.18	0.57	1.67	8.70	10.90
Harina	0.00	84.00	0.00	0.00	0.10	0.10	0.14	0.70	0.93
Azúcar rubia	34.00	108.00	0.00	0.00	35.38	0.00	0.00	140.50	140.50
<b>V.C. CENA</b>								<b>801.50</b>	
<b>% DIST. CENA</b>								<b>26.17</b>	
			<b>106.14</b>	<b>80.80</b>	<b>488.90</b>				
			<b>414.37</b>	<b>345.99</b>	<b>1989.28</b>				
			<b>15.08</b>	<b>17.16</b>	<b>62.67</b>				<b>V.C. MENÚ</b>
								<b>1480.70</b>	

*[Signature]*  
 Tony G. S. S. S. S. S.  
 Dpto. 28028000  
 REPRESENTANTE

*[Signature]*  
 Eric Gilman & Cruz Gonzalez  
 NUTRICIONISTA  
 CNR 5150

*[Signature]*  
 W. W. W. W. W. W. W.  
 NUTRICIONISTA  
 CNR 5150

12-04-14 ALMO 2018

ALIMENTO	gr/sem	monetário	PROT	GRASA	CHO	RELOCALIZADO POR ALIMENTOS			TOTAL LOCAL
						PROT	GRASA	CHO	
<b>DESAVENDO: Ração de chafin + arroz + fe + 03 pes</b>									
Té de milho	8,00	100,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Fari de feijão e fe	80,00	100,00	2,00	0,00	21,24	21,24	0,00	88,76	88,76
Arroz raste	80,00	100,00	0,00	0,00	24,4	0,00	0,00	107,60	107,60
Doado milho	80,00	80,00	0,00	0,00	3,20	1,44	0	74,76	74,76
Arroz Filado e milho	90,00	100,00	1,00	0,40	70,01	20,02	4,99	180,00	211,02
Grão de milho	70,00	100,00	4,30	4,50	0,90	36,00	40,70	1,00	89,20
Leite condensado	20,00	100,00	1,70	2,00	2,71	7	30,27	10,00	44,20
Milho de galinha, em	20,00	80,00	1,00	1,00	0,20	7,94	11,21	1,00	20,11
Alfafa vegetal	20,00	100,00	0,00	10,00	0,00	0,00	90,00	0,00	90,00
Papa branca	100,00	80,00	1,70	0,00	60,66	7,14	0,77	70,52	69,79
Cebola de cabana (2)	20,00	87,00	0,10	0,00	1,91	0,75	0,24	0,00	7,00
Sal	0,00	100,00	0,10	0,00	0,00	0,00	0,00	2,00	0,00
Tanato	20,00	80,00	0,10	0,00	0,00	0,00	0,10	2,00	0,00
Perce	0,00	50,00	0,10	0,00	0,10	0,00	0,10	0,00	0,20
Agua	1,00	80,00	0,00	0,00	0,00	0,00	0,10	1,00	2,00
V.C. DESAVENDO									872,00
% DISTR. DESAVENDO									25,51
<b>ALMOEDO: Doado de milho + Ração de milho + arroz + milho + milho + milho + milho</b>									
Milho de galinha, em	10,00	80,00	0,00	1,10	0,20	7,9	11,21	1,00	23,71
Fari	0,00	80,00	0,10	0,00	0,00	0,00	0,00	1,00	1,00
Agua	0,00	70,00	0,00	0,00	0,00	0,00	0,00	0,00	1,00
Grão de milho	50,00	70,00	1,00	1,10	0,20	7,94	10,00	0,00	27,04
Leite condensado	20,00	100,00	1,00	1,00	1,00	5,00	10,00	0,70	20,00
Doado milho	40,00	47,00	0,10	0,00	1,00	0,00	0,10	0,00	0,00
Milho branco	20,00	30,00	1,10	0,00	2,71	4,75	0,70	10,00	10,00
Doado milho	40,00	100,00	0,10	0,00	10,00	10,00	0,70	10,00	10,00
Papa branca	100,00	70,00	0,10	0,00	10,00	0,00	0,00	10,00	70,00
Milho de milho	0,00	80,00	0,10	0,00	0,00	0,00	0,00	1,00	1,00
Milho de milho, Chafin	40,00	50,00	0,10	0,00	0,00	0,00	1,00	10,00	10,00
Alfafa vegetal	100,00	100,00	0,00	10,00	0,00	0,00	100,00	0,00	100,00
Doado milho	1	100	0,00	0,00	1,00	0,00	0,00	0,00	0,70
Agua	0,00	80,00	0,10	0,00	0,70	0,00	0,10	0,00	0,00
Perce	100,00	100,00	10,00	0,20	0,00	100,00	10,00	1,00	100,00
Sal	10,00	100,00	0,10	0,00	0,00	0,00	0,00	0,00	4,10
Arroz Filado e milho	100,00	100,00	10,00	0,70	100,00	40,00	0,70	100,00	100,00
Cebola de cabana (2)	80,00	87,00	0,10	0,00	0,00	0,00	0,00	10,00	10,00
Tanato	40,00	80,00	0,10	0,00	1,00	1,10	0,00	0,10	1,00
Alfafa vegetal, em, pa	0,00	80,00	0,10	0,00	1,00	0,00	1,00	0,70	0,70
Grão de milho	0,10	80,00	0,00	0,00	0,00	0,00	0,00	0,10	0,10
Agua	10,00	100,00	0,00	0,10	0,00	0,00	0,00	0,00	0,70
Milho de milho	10,00	100,00	1,00	0,00	10,00	0,00	0,00	10,00	71,00
Perce	0,00	80,00	0,00	0,00	0,00	0,00	0,00	1,70	1,00
Cebola de cabana	0,00	100,00	0,00	0,10	0,00	1,00	1,00	10,00	10,00
Limão	0,00	100,00	0,00	0,00	0,00	0,00	0,00	1,00	1,00
Alfafa vegetal	100,00	100,00	0,00	0,00	10,00	0,00	0,00	10,00	10,00
Alfafa	100,00	100,00	0,00	0,00	10,00	2,00	0,70	10,00	10,00
V.C. ALMOEDO									1000,00
% DISTR. ALMOEDO									28,47
<b>CINZA: Doado de milho + arroz + milho</b>									
Arroz Filado e milho	80,00	100,00	7,10	0,00	70,00	20,00	4,00	100,00	110,00
Canja de milho	80,00	100,00	17,00	1,10	0,00	60,00	11,00	0,00	78,00
Sal	0,00	100,00	0,10	0,00	0,00	0,00	0,00	2,00	0,00
Grão de milho	1,00	80,00	0,00	0,00	0,10	0,00	0,00	0,00	0,00
Papa branca	100,00	80,00	1,70	0,00	10,00	1,10	0,70	70,00	80,00
Cebola de cabana (1)	20,00	87,00	0,10	0,00	0,00	0,00	0,00	1,00	0,00
Fideus	50,00	100,00	1,00	0,00	10,00	11,00	0,00	10,00	10,00
Alfafa vegetal	20,00	100,00	0,00	10,00	0,00	0,00	100,00	0,00	100,00
Doado milho	20,00	70,00	0,10	0,00	1,00	0,00	0,00	1,00	0,00
Arroz Filado (4)	20,00	70,00	0,10	0,00	1,00	0,00	0,70	10,00	10,00
Alfafa vegetal, em, pa	1,00	80,00	0,00	0,00	0,00	0,00	0,00	1,00	0,00
Milho	0,00	70,00	0,00	0,00	0,00	0,00	0,00	0,00	0,00
Arroz raste	10,00	100,00	0,00	0,00	10,00	0,00	0,00	10,00	10,00
V.C. CINZA									800,00
% DISTR. CINZA									25,00
			110,00	70,00	800,00				
			600,00	100,00	1000,00				
			110,00	21,00	40,00				
			100,00		1000,00				1000,00

*[Handwritten Signature]*  
 Tony Gomes da Silva Junior  
 CPF: 020.200.200-00  
 REPRESENTANTE

*[Handwritten Signature]*  
 M. Gomes da Cruz Junior  
 M. Gomes da Cruz Junior  
 M. Gomes da Cruz Junior  
 M. Gomes da Cruz Junior



*[Handwritten Signature]*  
 M. Gomes da Cruz Junior  
 M. Gomes da Cruz Junior  
 M. Gomes da Cruz Junior

15-06-27 JUNIO 2018

ALIMENTO	g/g	comestible	PROTE	GRASA	CARB	LACTO POR NUTRIENTES			TOTAL REAL	
						PROTE	GRASAS	CARB		
<b>DEBAYUNO: Caldo de pollo + arroz + frijol</b>										
Arroz, integral, cocido	80.00	100.00	1.89	1.35	21.8	13.99	10.00	88.40	103.25	
Morcena de agua	80.00	80.00	0.87	0.07	0.00	0	0.21	14.00	14.87	
Porc de morcena a frij	80.0	100.000	0.89	0.00	10.19	11.52	0.81	88.18	99.49	
Arroz cocido	10.00	100.00	0.07	0.00	24.4	0.00	0.80	137.02	137.87	
Porc de res	1.00	88.00	20.15	4.70	0.83	88.58	42.84	0.40	136.00	
Porc	1.00	82.00	0.08	0.00	2.13	0.20	0.17	0.79	1.18	
Ajote	4.00	75.00	0.00	0.00	0.13	0.00	0.00	0.00	0.73	
Maiz	1.00	88.00	0.00	0.00	0.00	2.04	0.00	0.30	0.47	
Ajote	1.00	100.00	0.04	0.00	0.00	0.27	0.07	1.21	1.51	
Maiz cocido, para m	81.00	10.00	1.90	0.88	20.21	1.80	0.40	100.80	124.94	
Arroz integral	11.00	100.00	0.00	1.00	0.00	0.00	0.00	0.00	100.00	
Sal	12.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	1.00	
Porc Mierne	150.00	88.00	2.77	2.13	20.04	13.88	1.08	117.34	188.00	
Carbón de cañero (1)	75.00	87.00	0.18	0.20	1.80	1.21	0.42	10.80	12.39	
Maiz blanco	80.00	80.00	0.14	0.00	1.81	0.00	0	0.40	2.08	
Arroz cocido	1.00	84.00	0.11	0.00	0.00	0.52	0.1700	0.70	1.39	
Aj colorado seco, pe	1.00	100.00	0.14	0.00	1.07	0.50	1.400	4.70	6.84	
<b>N. DEBAYUNO</b>									<b>878.07</b>	
<b>% DEBAYUNO</b>										<b>28.88</b>
<b>ALAMBERGO: Caldo de verduras con pollo + Carbón de cañero + arroz + frijol + maiz</b>										
Carne de Pollo Entero	60.00	70.00	4.89	1.81	0.00	14.81	18.80	0.00	88.00	
Arroz cocido	30.00	81.00	0.10	0.00	0.00	0.00	0.20	0.81	4.20	
Ajote	13.00	70.00	0.00	0.00	0.40	0.20	0.14	1.70	2.14	
Porc	12.00	88.00	0.21	0.00	0.00	0.00	0.50	0.41	1.81	
Maiz fresco	20.00	80.00	0.70	0.04	1.81	1.14	0.00	7.10	10.81	
Carbón de cañero	20.00	70.00	0.00	0.00	1.40	0.70	0.71	1.81	4.80	
Porc cocido	60.00	82.00	1.83	0.00	10.97	4.10	0.81	43.88	68.00	
Carne de res	160.00	100.00	30.72	4.90	1.00	110.88	41.70	0.00	184.00	
Arroz cocido y pulido	150.00	100.00	12.30	0.70	11.83	48.20	0.70	486.00	511.70	
Tomate	30.00	88.00	0.14	0.00	1.00	0.00	0.50	0.41	0.50	
Arroz cocido (1)	21.00	84.00	0.04	0.00	2.04	1.81	0.700	18.40	24.72	
Arroz cocido	21.00	100.00	0.00	0.00	0.00	0.00	235.00	0.00	235.00	
Carbón de cañero (2)	60.00	82.00	0.04	0.00	4.54	1.20	0.70	18.17	24.10	
Aj colorado seco, pe	1.00	68.00	0.14	0.10	1.20	0.81	1.8000	4.70	6.70	
Sal	10.00	100.00	0.12	0.00	0.41	0.00	0.40	0.00	4.10	
Carbón de cañero	10.00	70.00	0.00	0.00	1.00	0.00	0.71	1.81	0.00	
Ajote	0.00	88.00	0.70	0.00	1.00	0.81	0.20	4.80	5.00	
Arroz	1.00	80.00	0.00	0.00	0.40	0.20	0.20	1.71	2.20	
Limón	1.00	100.00	0.00	0.00	0.20	0.00	0.00	1.00	1.00	
Maiz cocido	20.00	100.00	0.20	0.00	0.80	0.00	0.10	30.00	31.00	
Arroz cocido	20.00	100.00	0.00	0.00	10.40	0.00	0.00	70.00	70.00	
Maiz	180.0	80.00	0.71	0.34	12.12	2.80	2.10	48.00	68.00	
<b>N. C. ALAMBERGO</b>									<b>1216.04</b>	
<b>% DEBAYUNO ALAMBERGO</b>										<b>42.18</b>
<b>DEBAYUNO: Caldo de pollo + frijol + maiz</b>										
Carne de pollo entera	100.0	80.00	10.31	2.47	0.00	68.18	21.80	0.00	87.41	
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	0.80	
Arroz cocido	30.0	100.00	0.00	0.00	0.00	0.00	1.00	0.00	200.00	
Maiz	0.80	100.00	0.71	0.40	0.07	1.04	0.00	0.70	0.81	
Arroz	1.80	100.00	0.00	0.00	0.00	0.00	0.14	0.00	0.04	
Porc cocido	200.0	80.00	0.55	0.00	40.04	24.20	0.81	248.04	288.10	
Maiz cocido	0.20	100.00	0.00	0.00	0.20	0.10	0.00	1.04	1.10	
Arroz cocido	0.1	100	0.00	0.00	0.10	0.07	0.14	0.51	0.70	
Porciento	5.00	80.00	0.00	0.00	0.00	0.00	0.0000	1.00	1.71	
Carbón de cañero (2)	30.00	87.00	0.70	0.04	1.21	1.81	0.40	6.80	10.10	
Aj colorado seco, pe	0.70	88.00	0.00	0.00	0.20	0.10	2.10	1.10	1.50	
Ajote	0.00	88.00	0.20	0.00	1.20	0.80	0.70	4.80	5.00	
Carbón de cañero (1)	18.00	71.00	0.21	0.04	0.60	0.80	0.0000	2.77	3.00	
Aj verde (1)	0.00	80.00	0.00	0.00	0.00	0	0.10	1.70	0.70	
Porc	0.20	180.00	0.10	0.00	0.21	0.00	0.20	0.80	0.80	
Arroz cocido	30.00	100.00	0.00	0.00	10.77	0.00	0.00	70.00	70.00	
Maiz	1.00	84.00	0.00	0.00	0.11	0.20	0.10	0.80	0.80	
Porc cocido	200.00	82.00	1.24	0.12	37.40	10.70	1.11	108.70	141.00	
<b>N. C. DEBAYUNO</b>									<b>842.81</b>	
<b>% DEBAYUNO DEBAYUNO</b>										<b>28.28</b>
<b>NUTRIENTES</b>										
MOI (g)			103.47	79.14	306.28					
MOI (kcal)			480.07	716.80	2884.8					
MOI (%)			10	10	10					
<b>N. C. F. NUTRIENTES</b>										<b>2971.80</b>

*[Signature]*  
 Yony Gilman Salas Becerra  
 C.R. 20226834-1  
 M.L. 2017010001-0

*[Signature]*  
 Lic. Gladys Cruz González  
 NUTRACONSEJERA  
 C.R. 6100



*[Signature]*  
 Lic. W. Wilson Becerra  
 NUTRACONSEJERA  
 C.R. 5100

18-10-20 JUNIO 2020

ALIMENTO	gribar	convertible	PROY	GRASA	CHO	KILCALORIAS POR NUTRIENTE			TOTAL kcal
<b>ALMORZO: Tarta de calabaza de caldo + papa + m + OI pan:</b>									
Tarta de calabaza	0.00	24.00	-0.06	0.00	0.01	0.01	0	0.00	0.00
Pan de habonera + Paq	10.0	200.00	1.00	0.00	21.50	11.50	0.00	90.10	90.10
Ajúcar rubia	80.00	300.00	-0.30	0.00	14.4	0.00	0.00	117.60	117.60
Carne de Cerdo	275.0	300.00	11.00	22.00	0.00	82.40	200.00	0.00	280.10
Aceite vegetal	11.0	200.00	-0.00	10.0	0.00	0.00	100	0.00	100.00
Yogurt	1.00	200.00	-0.00	0.01	0.00	0.00	0.1000	0.10	0.10
Manzana cocida	1.0	100	0.04	0.04	0.00	0.00	0.00	1.17	1.00
Tomate	30.00	90.00	-0.10	0.00	0.01	0.00	0.400	0.07	0.00
Calabaza de calabaza (2)	100.00	60.00	-0.04	0.01	7.17	1.00	1.000	00.10	00.10
Sal	0.00	200.00	-0.00	0.00	0.00	0.00	0.000	0.00	0.00
Papa blanca	210.00	60.00	-0.00	0.00	27.00	10.00	1.000	100.00	121.00
Percebo	1.00	90.00	-0.00	0.01	0.00	0.00	0.10	0.00	1.10
<b>V.C. ALMORZO</b>									<b>400.00</b>
<b>% DISTR. ALMORZO</b>									<b>20.00</b>
<b>ALMUERZO: Mermelada + Falsa (avocado + arroz + ensalada + calabaza + fruta</b>									
Carne de res	40.0	70.00	0.04	2.40	0.00	10	21.00	0.00	30.40
Pollo cocido	20.00	60.00	-0.00	0.01	0.00	1	1.00	0.00	4.00
Albahaca (H)	10.0	60.00	0.00	0.00	0.00	1	1.00	0.00	0.00
Fideos	40.00	200.00	0.00	0.00	11.00	10	0.00	120.10	140.00
Papa cocida	10.00	60.00	-0.00	0.01	0.00	0	0.10	0.00	2.40
Aceite	0	70.00	-0.00	0.01	0.00	0	0.00	0.00	1.00
Papa	4.00	70.00	-0.10	0.00	0.00	0	0.00	1.00	2.10
Yogurt	4.00	70.00	-0.00	0.01	0.00	0	0.00	0.00	0.00
Falsa Fresa	30.00	40.00	1.00	0.00	1.11	0	0.00	12.40	10.00
Tomate	30.00	60.00	-0.10	0.00	0.00	1	1.10	0.00	11.10
Papa blanca	100.00	60.00	-0.00	0.00	27.00	10	1.10	100.00	121.00
Sal	0.00	200.00	-0.00	0.00	0.00	0	0.10	1.10	1.00
Calabaza de calabaza	0.00	60.00	-0.10	0.00	0.00	0	0.10	1.10	2.10
Ajón	0.00	60.00	-0.10	0.00	0.00	0	0.10	0.00	0.00
Verdura variada	0.00	60.00	-0.00	0.00	0.00	1	0.00	1.10	2.10
Carne de pollo cocida	100.0	70.00	11.00	0.00	0.00	60.00	20.00	0.00	110.00
Arroz Filado o pilado	100.00	200.00	12.00	0.00	100.00	60.00	0.00	600.00	720.00
Aceite vegetal	10.0	200.00	-0.00	10.00	0.00	0.00	200	0.00	200.00
Aj colorado cocido, pan	1.00	60.00	-0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ajón	4.00	60.00	-0.00	0.00	1.00	0.00	0.00	0.00	0.00
Calabaza de calabaza (2)	60.00	50.00	0.00	0.00	0.00	1.00	0.00	10.00	10.00
Tomate	30.00	60.00	-0.00	0.00	1.10	0.00	0.400	0.00	0.00
Percebo	30.00	200.00	-0.00	0.00	0.00	2.00	0.00	0.00	0.00
Calabaza con azúcar (1)	4.00	100.00	-0.00	0.10	0.00	0.00	0.00	0.00	0.00
Mermelada	10.00	100.00	-0.00	0.00	11.00	0.00	0.00	0.00	0.00
Arroz	4.00	100.00	-0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ajón rubia	30.00	100.00	0.00	0.00	20.00	0.00	0.00	110.00	110.00
Mermelada	100.00	60.00	0.00	0.10	0.00	1.00	1.10	0.00	11.10
<b>V.C. ALMUERZO</b>									<b>1020.10</b>
<b>% DISTR. ALMUERZO</b>									<b>40.00</b>
<b>DESA: Sopa a la crema con res + ensalada</b>									
Carne de res cocida	80.0	100.00	1.10	1.00	0.00	00	11.00	0.00	10.00
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	100.00	0.00	200.00
Ajón	0.00	60.00	-0.00	0.00	1.10	0	0.00	0.00	0.00
Aceite	10.00	70.00	-0.00	0.00	0.00	0	0.00	0.00	0.00
Papa	10.00	70.00	-0.00	0.00	0.00	0	0.00	0.00	0.00
Yogurt	10.00	70.00	-0.00	0.00	0.00	0	0.00	0.00	0.00
Sal	10.00	100.00	-0.00	0.00	1.00	1	0.00	0.00	0.00
Papa Blanca	30.0	60.00	1.00	0.00	10.00	0.00	0.00	10.00	10.00
Fideos	60.00	100.00	0.00	0.00	0.00	00	1.00	100.00	100.00
Orégano seco	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Tomate	20.00	60.00	-0.00	0.00	1.00	1	0.00	0.00	0.00
Calabaza de calabaza (2)	60.00	60.00	-0.00	0.00	0.00	0	0.00	0.00	0.00
Verdura variada	0.00	60.00	-0.00	0.00	0.00	0	0.00	0.00	0.00
Hierba	0.00	100.00	-0.00	0.00	0.00	0	0.00	0.00	0.00
Ajúcar rubia	40.00	100.00	-0.00	0.00	10.00	0	0.00	10.00	10.00
<b>V.C. DESA</b>									<b>600.00</b>
<b>% DISTR. DESA</b>									<b>20.00</b>
<b>VCT (Gr.)</b>			<b>111.40</b>	<b>100.00</b>	<b>470.00</b>				
<b>VCT (kcal)</b>			<b>460.10</b>	<b>927.10</b>	<b>1810.00</b>				
<b>VCT (N.)</b>			<b>10</b>	<b>10</b>	<b>50</b>				
<b>V.C.T. TOTAL</b>									<b>1110.10</b>

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 Lic. Gloria R. Cruz González  
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 Lic. Gloria R. Cruz González  
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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 + cocopa									
Cama de Cerdo	100	73.00	10.51	11.02	0.00	42.05	99.21	0.00	141.26
Galletas de soda	15.00	100.00	1.52	2.21	10.20	6.06	19.85	40.80	66.71
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	3.07	5.32	13.85	8.28	27.45
Huacatay	3.00	54.00	0.08	0.01	0.13	0.32	0.12	0.52	0.96
Aji verde (2)	8.00	67.00	0.13	0.04	0.66	0.54	0.38592	2.66	3.58
						VC ALMUERZO			338.75

  
 Yony Guevara Guevara Jarama P.  
 DNI: 202805327  
 REPRESENTANTE

  
 Lic. Guevara G. J. de Guevara  
 NUTRICIONISTA  
 C.R.P. 4193



  
 Lic. Guevara G. J. de Guevara  
 NUTRICIONISTA  
 C.R.P. 4193

27-28-29 JULIO 2018

ALIMENTO	g/kg	convertible	PROT	GRASA	CND	RELOCACIONES POR ALTERNIVAS			TOTAL REAL
						PROT	GRASA	CND	
<b>DESAYUNO: Papa rallada + arroz + ensalada + cafe</b>									
Cafe sin azucar	5.00	100.00	0.00	0.00	0.00	0.04	0.00	0.00	0.04
Azúcar rallada	25.00	100.00	0.00	0.00	14.4	0.00	0.00	0.00	14.40
Pan de habonera o fln	30.00	100.00	1.00	0.09	11.50	11.50	0.00	0.00	23.00
Carne de res pulce	60.00	100.00	12.70	0.40	0.00	0.00	0.00	0.00	12.70
Arroz Pielito o pulce	90.00	100.00	7.20	0.40	10.00	20.50	4.00	200.00	119.00
Arveja vegetal	30.00	100.00	0.80	10.00	0.00	0.00	0.00	0.00	10.00
Ajos	4.00	80.00	0.18	0.00	0.00	0.00	0.00	0.00	0.18
Aceitunas de botija	5.00	80.00	0.04	1.40	0.04	0.00	0.00	0.00	1.44
Huevo de gallina, cr.	15.00	80.00	1.50	1.10	0.20	1.00	11.10	0.00	13.80
Lecita evaporada	15.00	100.00	0.70	0.00	1.00	0.00	0.00	0.00	1.70
Demerara	15.00	70.00	0.00	0.00	1.00	0.00	0.00	0.00	1.00
Arvejas frescas (4)	20.00	54.00	0.77	0.00	2.00	0.00	0.00	0.00	2.77
Papa blanca	100.00	80.00	1.50	0.10	17.40	19.10	1.10	100.00	121.50
Sal	12.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	0.14
Tomate	30.00	80.00	0.10	0.00	1.10	0.00	1.40	0.00	2.60
Peperón	10.00	50.00	0.10	0.04	0.04	1.00	0.00	0.00	1.14
Cebolla de cabeza (1)	40.00	80.00	0.50	0.00	4.50	0.00	0.00	0.00	4.50
Aj colorado seco, cr	5.00	60.00	0.24	0.00	0.00	0.00	0.00	0.00	0.24
<b>V.C. DESAYUNO</b>									<b>288.00</b>
<b>% DEST. DESAYUNO</b>									<b>88.87</b>
<b>ALMORZADO: Pastel de papa + Chuanta de corde + chocio + ensalada + refresco + fruta</b>									
Papa blanca	100.00	80.00	1.70	0.00	18.20	0.00	0.00	0.00	18.20
Huevo de gallina, cr.	20.00	80.00	2.00	1.80	0.40	20.50	14.80	1.40	39.10
Carne res	20.00	100.00	5.00	0.00	0.00	22.40	0.00	0.00	22.40
Lecita evaporada	25.00	80.00	1.25	1.00	1.00	0.00	0.00	0.00	3.25
Margarina vegetal cr	20.00	100.00	0.10	10.40	0.00	0.00	0.00	0.00	10.50
Harina de trigo	30.00	100.00	1.10	0.00	10.00	0.00	0.00	0.00	11.10
Ajia	0.00	14.00	0.04	0.00	0.00	0.14	0.00	0.00	0.14
Carne de Corde	150	70.00	10.50	10.50	0.00	60.00	140.00	0.00	111.00
Leche Fresca Chocio	200.00	80.00	1.60	0.40	11.00	0.00	0.00	0.00	22.00
Arveja vegetal	20.00	80.00	0.80	10.00	0.00	0.00	0.00	0.00	10.80
Cebolla de cabeza (2)	40.00	80.00	0.50	0.00	4.50	0.00	0.00	0.00	9.00
Tomate	30.00	80.00	0.10	0.00	1.10	0.00	0.00	0.00	2.20
Lecitina vegetal	20.00	70.00	0.10	0.00	0.10	0.00	0.00	0.00	0.20
Aj colorado seco, cr	5.00	60.00	0.10	0.00	0.00	0.00	0.00	0.00	0.10
Sal	11.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	0.14
Ajos	4.00	80.00	0.18	0.00	0.00	0.00	0.00	0.00	0.18
Peperón	4.00	80.00	0.08	0.00	0.04	0.00	0.00	0.00	0.12
Cebolla con cáscara	4.00	100.00	0.40	0.10	0.00	1.00	1.00	0.00	2.50
Limon	4.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	30.00	100.00	0.00	0.00	14.40	0.00	0.00	0.00	14.40
Manzana	100.00	80.00	0.80	0.10	10.00	1.00	1.10	0.00	12.90
<b>V.C. ALMORZADO</b>									<b>1712.80</b>
<b>% DEST. ALMORZADO</b>									<b>61.71</b>
<b>CENA: Sopa de pollo + infante</b>									
Carne de Pecho Entero	100.00	70.00	14.40	2.50	0.00	57.00	10.00	0.00	69.90
Ajos	5.00	80.00	0.20	0.00	0.00	0.00	0.00	0.00	0.20
Ajia	20.00	70.00	0.08	0.00	0.00	0.00	0.00	0.00	0.08
Papa blanca	100.00	70.00	1.40	0.10	11.00	10.00	0.00	0.00	22.50
Fideos tallado	60.00	100.00	0.70	0.00	4.00	20.00	0.00	0.00	24.70
Sal	15.00	100.00	0.10	0.00	1.00	0.00	0.00	0.00	1.10
Polenta cruda	0.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Harina	4.00	54.00	0.05	0.00	0.10	0.00	0.00	0.00	0.05
Arveja vegetal	15.00	80.00	0.60	10.00	0.00	0.00	0.00	0.00	10.60
Azúcar rubia	15.00	100.00	0.00	0.00	14.40	0.00	0.00	0.00	14.40
Orégano seco	1.00	80.00	0.00	0.00	0.10	0.00	0.00	0.00	0.10
<b>V.C. CENA</b>									<b>731.00</b>
<b>% DEST. CENA</b>									<b>27.26</b>
<b>TOTAL</b>									<b>2880.00</b>
<b>% DEST. TOTAL</b>									<b>100.00</b>

*[Signature]*  
 Yany G. Rojas  
 DNI: 200210323  
 M.P. 2015000016

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 Lic. Giam...  
 M.P. 2015000016  
 C.M.P. 0000



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 Lic. Janyka R. Viza Borines  
 M.P. 2015000016  
 C.M.P. 0000

M.P. 2015000016

30-31 JULIO 2008

ALIMENTO	gr/per (g)	convertible %	PROT Ar (g)	GRASA g	CHO g	KCALORIAS POR NUTRIENTES			TOTAL REAL
						PROT	GRASAS	CHO	
<b>DESAYUNO: Omelette con carne + te + 03 pan</b>									
Té sin azúcar	1.00	100.00	0.00	0.00	0.01	0.00	0.00	0.00	0.01
Pan de lebranca o fra	30.0	100.00	1.00	0.09	21.54	11.93	0.81	86.18	98.91
Azúcar rubia	35.00	100.00	0.00	0.00	24.4	0.00	0.00	94.30	98.30
Carne de res guiso	50.00	100.00	10.65	0.80	0.00	42.00	7.30	0.00	49.80
Papa blanca	100.0	82.00	1.72	0.08	18.29	6.89	0.74	73.14	80.77
Cebolla de cabeza (2	20.00	67.00	0.19	0.03	1.51	0.70	0.24	8.00	7.01
Ajos	4.00	80.00	0.18	0.03	0.97	0.71	0.23	3.69	4.94
Ají colorado seco, pe	1.00	68.00	0.10	0.11	0.80	0.38	0.95	1.19	4.53
Quesos	100.00	91.00	1.00	0.09	13.01	4.00	0.03	52.00	56.83
Arroz Pilado o pulido	390	100.00	8.20	0.90	77.80	32.80	4.90	311.20	348.90
Acete 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	3.04	5.35
Glutamato monosod	0.90	100.00	0.00	0.00	0.43	0.23	0.00	1.74	1.98
<b>V.C. DESAYUNO</b>									<b>896.22</b>
<b>% DISTR. DESAYUNO</b>									<b>27.38</b>
<b>ALMUERZO: Papa a la huancina + Tallarin verde con pollo frito + ajinaco + frute</b>									
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.89	0.74	73.14	80.77
Galitas de soda	25.00	100.00	1.52	2.21	20.30	0.06	0.85	40.00	66.71
Mani crudo, con peli	5.00	71.00	0.86	1.71	0.63	3.43	0.40	2.51	11.34
Leche evaporada	20.00	95.0	1.33	1.14	3.07	1.32	0.85	8.20	27.40
Queso paria	30.00	100.00	8.40	0.00	0.00	39.00	81.00	3.00	119.50
Maizcay	2.00	54.00	0.05	0.01	0.09	0.27	0.08	0.35	0.64
Ajivante (2)	6.00	67.00	0.08	0.03	0.43	0.34	0.3413	1.98	2.24
Fideos tallarin	190.0	90.00	12.83	0.14	89.96	51	1.20	375.94	428.96
Espinaca negra	20.00	97.00	0.54	0.17	0.95	3.17	1.5714	3.80	7.50
Acete vegetal	25.00	80.00	0.00	25.00	0.00	0.00	180.00	0.00	180.00
Albahaca	20.00	97.00	1.09	0.16	5.90	4.35	1.9903	23.53	29.51
Carne de Pollo Entero	100.00	70.00	23.00	4.00	0.00	62.20	18.20	0.00	128.50
Comino	0.15	100	0.00	0.00	0.12	0.02	0.00	0.48	0.60
Ajos	2.00	80.00	0.09	0.01	0.49	0.36	0.13	1.95	2.42
Socoto	4.00	90.00	0.04	0.03	0.30	0.17	0.18	1.18	1.52
Morcovil	20.00	300.00	0.18	2.01	5.16	0.72	0.18	12.64	18.64
Azúcar rubia	15.00	100.0	0.00	0.00	14.81	0.00	0.00	137.62	137.62
Moranta	150.0	80.00	0.72	0.24	12.12	2.88	3.10	48.48	55.52
<b>V.C. ALMUERZO</b>									<b>1140.69</b>
<b>% DISTR. ALMUERZO</b>									<b>42.03</b>
<b>CENA: Papa arrochada + arroz + ensalada + infusión</b>									
Papa blanca	100.00	82.00	1.72	0.08	18.29	6.89	0.74	73.14	80.77
Queso paria	30.00	100.00	7.00	7.50	0.83	38.00	67.50	3.10	96.80
Huevo de gallina, cru	15.00	98.00	1.08	1.29	0.28	7.94	11.21	1.00	20.11
Harina de trigo	30.00	100.00	3.15	0.60	22.44	12.60	0.40	89.70	107.79
Arroz Pilado o pulido	90.00	100.00	7.38	0.45	70.92	29.51	4.00	280.08	319.65
Tomate	40.00	90.00	0.29	0.07	1.55	1.15	0.65	6.18	7.99
Pepinillo o Pepino de	80.00	72.00	0.29	0.06	1.90	1	0.52	5.90	7.68
Leche evaporada	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Sal	8.40	100.00	0.10	0.04	0.69	0.40	0.38	3.76	3.54
Acete vegetal	20.00	80.00	0.00	20.00	0.00	0.00	144.00	0.00	144.00
Herbas	2.00	54.00	0.01	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
<b>V.C. CENA</b>									<b>844.21</b>
<b>% DISTR. CENA</b>									<b>30.54</b>
			<b>100.84</b>	<b>77.38</b>	<b>495.69</b>				
			<b>402.66</b>	<b>696.44</b>	<b>1882.7</b>				
			<b>13.80</b>	<b>22.53</b>	<b>64.15</b>				
<b>UCT. MENA</b>									<b>1066.00</b>

*[Signature]*  
 Yony G. ...  
 CNE: 200340001  
 REPRESENTANTE

*[Signature]*  
 Etc. ...  
 NUTRIENTE ...  
 CENA ...

*[Signature]*  
 Lic. ...  
 NUTRIENTE ...  
 CENA ...

**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	CALDELO 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 VAMITAS,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	LOCO 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	CAJUGA 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	AJE 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	FRJOL 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 LIMÓN, 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. Jessica V. Viza Reyes  
NUTRICIONISTA  
C. N. 5103

Dr. Luis  
NUTRICIONISTA  
C. N. 5103

Lic. Gladys  
NUTRICIONISTA  
C. N. 5103

# DIETA: HIPERTENSION ARTERIAL

domingo, 01 de julio de 2018

ALIMENTO	grapar (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla , 02 panes , mermelada</b>									
Semola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	156.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.07	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	0.38	58.48	59.16
									552.04
									23.12
<b>Almuerzo: Caldo de gallina + refresco y fruta</b>									
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
Acete vegeta	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.566	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.58	3.21
Chuflo blanco	80.00	98.00	0.38	0.00	3.84	1.57	0	15.37	16.93
Poro	18.00	66.00	0.32	0.10	0.80	1.28	0.8554	3.61	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.29	0.2136	1.71	2.21
Cebolla de ca	10.00	85.00	0.12	0.02	0.98	0.48	0.153	3.84	4.47
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Gilandro	2.00	57.00	0.04	0.01	0.08	0.15	0.1334	0.32	0.60
Azúcar rubia	47.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
									VC Alm 1170.18
									% Dist 49.01
<b>CENA Matasquita de pollo , arroz , infusion</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	88.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.50
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
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. 665.56
									%DIST. D 27.87
			79.24	31.07	447.81				
			316.95	279.60	1791.23				
			13.3	11.7	76.0				
					100.00				V.C.T. MENU 2387.78



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 Hospital General de Guayaquil  
 Guayaquil, Ecuador

*[Signature]*  
 Hospital General de Guayaquil  
 Guayaquil, Ecuador

**DIETA: HIPERTENSION ARTERIAL**

lunes, 02 de julio de 2018

ALIMENTO	griper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO:</b> Soya con piña + 02 panes + margarina									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	34.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de laboran	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.66
									590.55
									22.71
<b>Almuerzo:</b> Guiso de arvejita con chanchito, arroz ,ensalada, fruta y refresco									
Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.75	0.00	82.24
Arvejita partic	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49.20	8.75	466.80	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.00	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	0.45	0.05	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.86	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	56.62
<b>CENA:</b> Caldillo de huevos									
Huevo de gall	20.00	66.00	2.85	1.65	0.35	11	14.82	1.41	29.81
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo macre	50.00	47.00	0.18	0.65	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.88	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
								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

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 Lic. en Dietética  
 Lic. en Alimentos

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 Lic. en Nutrición  
 Lic. en Dietética  
 Lic. en Alimentos



# DIETA: HIPERTENSION ARTERIAL

martes, 03 de julio de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Cebada con leche + 02 panes + huevo sancochado</b>									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	60.88	109.85
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	646.12
								%DIST. D	25.77
<b>Almuerzo: Pollo a la olla , arroz ,ensalada, + fruta y refresco</b>									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	657.60
Acetite 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	1.65	164.13	181.24
Lechuga roja	100.00	92.00	1.20	0.18	1.03	5	1.65	7.73	14.17
Pepinillo o Pe	60.00	82.00	0.33	0.07	1.71	1	0.59	6.82	6.72
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Cebolla de ca	60.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	60.00	95.00	0.48	0.12	2.55	1	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	38.64	0	0.00	158.56	158.56
Naranja	160.00	92.00	1.77	0.28	16.04	7.07	2.6495	64.18	73.89
								VC ALMU	1478.26
									58.97
<b>CENA: Infusion + 01 pan + mermelada</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	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	114.89	131.32
								VC DES.	382.41
								%DIST. D	15.26
			78.41	48.44	439.38				
			313.62	435.98	1757.19				
			12.51	17.39	70.10				
					100.00			VCT	2506.80

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miércoles, 04 de julio de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Infusion + 02 panes + camote sancochado</b>									
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 entera	0.10	100.0	0.00	0.00	0.05	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	85.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
									VC DES. 612.74
									%DIST. D 20.19
<b>ALMUERZO: Guiso de vainitas , arroz + refresco y fruta</b>									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acetate vegeta	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4388	41.28	56.85
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	82.00	2.90	0.14	30.77	12	1.24	123.10	136.83
Cebolla de ca	80.00	87.00	1.10	0.16	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
Azúcar rubia	25.00	100.0	0.00	0.00	24.56	0.00	0	98.30	98.30
						V.C. ALMUERZO			1276.43
						% DISTR. ALMUERZO			50.33
<b>CENA Arroz amarillo con pollo + infusion</b>									
Arroz Pilado c	100.0	100.00	8.20	0.60	77.80	35	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.94	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.38	9.09	10.57
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	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
									748.99
									29.46
			75.82	47.73	451.81				
			303.28	429.54	1807.25				
			11.94	16.91	71.15				
					100.00				VCT MEN 2540.07

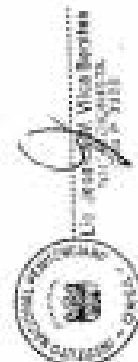


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jueves, 05 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	Am (g)	(g)	(g)				
<b>DESAYUNO:</b> Harina de cebada + 02 panes + manjar									
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.05	23	1.62	172.32	198.98
									VC DES. 653.65
									%DIST. 25.77
<b>Almuerzo:</b> Sufido de pescado , papa , arroz , refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Aceite vegeta	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Papa blanca	180.0	93.00	3.52	0.17	37.33	14	1.51	149.32	184.89
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trip	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Orégano	5	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Naranja	150.00	98.00	1.75	0.29	16.02	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
									VC DES. 1472.32
									%DIST. 58.05
<b>CENA:</b> 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	0.58	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.18	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	26.62	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



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 Lic. en Nutrición  
 M. Sc. en Nutrición

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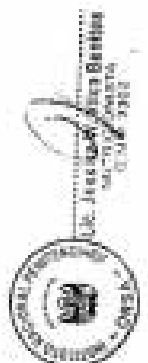
# DIETA: HIPERTENSION ARTERIAL

90

viernes, 06 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				POR MENU
<b>DESAYUNO: infusion + 02 panes + fruta</b>									
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	0.93
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	48.67	25	1.76	186.68	213.40
Plátano	160.00	82.00	0.59	0.29	14.43	2	2.65	57.70	82.71
									441.78
									16.97
<b>ALMUERZO: Hilo de zapallo , arroz , fruta y refresco</b>									
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	280.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	83.42
Maiz Fresco.	40.00	80.00	1.08	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.05	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite 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	30.83
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1318.74
								% DIS ALM	50.66

CENA	Guiso de fideos con pollo, arroz , infusion								
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.82	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	58.96	58.96
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	7.37	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	842.57
								%DIST. D	32.37
			70.74	45.99	476.56				
			282.98	413.89	1906.23				
			18.9	15.9	73.2				
					100.00			V.C.T. MENU	2603.09



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 Dr. Gloria G. González  
 NUTRICIONISTA  
 CMT. 0118

# DIETA: HIPERTENSION ARTERIAL

sábado, 07 de julio de 2018

ALIMENTO	gr/por (g)	contenid Mo %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche + 02 panes + queso</b>									
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	54.88	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.95	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
									694.18
									27.55
<b>Almuerzo: Estofado de res , arroz , refresco y fruta</b>									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.76	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	187.45
Orégano seco	2.00	84.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.86
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Acetia vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.09	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
									VC Alm 1385.27
									% Dist 54.98
<b>CENA: Infusion + 01 pan + margarina</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ves	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
									VC DES. 440.29
									%DIST. 17.47
			81.42	61.73	409.61				
			325.78	555.61	1638.43				
			12.9	22.1	85.0				
					100.00				VCT 2519.74



# DIETA: HIPERTENSION ARTERIAL

58

domingo, 08 de julio de 2018

ALIMENTO	gruper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	FOR MENU
	(g)	%	An (g)	(g)	(g)				
<b>DESAYUNO: Semola con vainilla, pan , margarina</b>									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	93.71	75.32	196.93
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.50	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.15	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	24.04
<b>ALMUERZO: Locro de res, arroz , fruta y refresco</b>									
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de res	100.00	65.00	18.11	1.36	0.00	72.42	12.24	0.00	84.66
Acetite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.76	15.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	54.09	73.78
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
<b>CENA Tallarines rojos con carne molida + infusion</b>									
Carne de res	50.0	100.00	10.65	0.63	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	76.17	41	0.97	300.67	342.88
Zanahoria	30.0	60.00	0.12	0.10	1.90	0	0.93	7.62	9.06
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.08	2.68	1	0.41	10.91	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acetite vegeta	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	18.66	0.00	0	76.64	76.64
									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	2677.79



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 Dra. Carolina Flores Bonifacio

# DIETA: HIPERTENSION ARTERIAL

87

lunes, 09 de julio de 2018

ALIMENTO	g/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Soya con piña + 02 panes + mermelada</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	69.16
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
<b>Almuerzo: Guiso de frejol con chancho + ensalada + arroz + fruta y refresco</b>									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Carné de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Cebolla de cal	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.05	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	54.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1513.09
								% DIS ALM.	60.10
<b>CENA: Sopa de fideos con cabeza</b>									
Cabeza de re	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
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
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.	512.96
								%DIST. D	20.38
			74.90	48.03	444.66				
			299.61	439.46	1778.64				
			11.90	17.45	70.65				
					100.00			VCT	2517.70



*[Handwritten signature]*  
 Jovany Alca Berrios  
 Dietista  
 C.R. 1000

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 Lic. Jovany Alca Berrios  
 Dietista  
 C.R. 1000

# DIETA: HIPERTENSION ARTERIAL

86

martes, 10 de julio de 2018

ALIMENTO	grapar	comesti	PROT	GRASA	CHO	VALDR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				POR MENU
<b>DESAYUNO:</b>	<b>Cebada con leche + 02 panes + manjar</b>								
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 enter	0.30	54.00	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
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	43.05	23	1.62	172.32	180.96
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. □	26.87
<b>Almuerzo:</b>	<b>Arroz con pollo, ensalada + fruta y refresco</b>								
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	18.40	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
Clavero	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
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	23.66
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	87.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Léchuga redo	60.00	50.00	0.39	0.08	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	10.00
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
Plátano de se	180.0	88.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1534.69
								%DIST. □	60.78
<b>CENA:</b>	<b>Infusion + 01 pan + huevo sancochado</b>								
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	4.63	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.	311.98
								%DIST. □	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



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mércoles, 11 de julio de 2018

ALIMENTO	g/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL KCAL
	(g)	bio				An (g)	(g)	(g)	
<b>DESAYUNO: Infusion + 02 panes + camote frito</b>									
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	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.86	117.86
Camote mora	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 labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
									555.44
									21.40
<b>ALMUERZO: Cau cau de pollo , arroz, fruta y refresco</b>									
Carné de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.88	0.18	41.03	13	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	8.68
Aji colorado s	4.00	92.00	0.25	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	7.86	4	1.25	31.46	36.61
Anvejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.28	18.0	7	2.55	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
									V.C. ALMUERZO
									1341.92
									% DISTR. ALMUERZO
									51.71
<b>GENA Arroz a la jardinera con pollo+ infusion</b>									
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	5.64	0.12	46.92	23	1.08	187.68	211.32
Carné de Pollo	100.00	86.00	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
Anvejas fresco	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.30	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	0.93
									697.66
									26.80
			78.37	49.48	459.06				
			313.49	445.29	1636.25				
			12	17	71				
					100.00				VCT MEN
									2595.03



*[Handwritten signature]*  
 Lic. Gladys P. ...  
 DRA. ...  
 PEDRIEN ...

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 Lic. Gladys P. ...  
 DRA. ...

DIETA: HIPERTENSION ARTERIAL

Jueves, 12 de julio de 2018

ALIMENTO	gruber (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Harina de habas + 02 panes + fruta</b>									
Harina de Hab	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	180.00	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. □	21.53
<b>Almuerzo: Sudado de pescado , arroz , refresco y fruta</b>									
Pescado	280.00	88.00	41.13	7.43	0.67	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	557.80
Tomate	60.00	80.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Acelite 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	1.25	107.94	118.16
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Orégano fresc	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Leche evapor	15.00	100.00	1.05	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	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1526.03
								%DIST. □	61.02
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>									
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	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	21.67	13.08	43.26
									437.01
									17.45
			83.00	49.27	432.20				
			332.00	443.39	1738.79				
			13.26	17.71	69.04				
					100.00			VCT MEN	2504.17



*[Signature]*  
 Lic. Jairo W. La Botz  
 Nutricionista  
 C.O.P.N. 1000

*[Signature]*  
 Lic. Gloria  
 Nutricionista  
 C.O.P.N. 1000

# DIETA: HIPERTENSION ARTERIAL

viernes, 13 de julio de 2018

ALIMENTO	gr/por (g)	comesti ble %	PROT	GRASA	CHO	VALDR CALORICO (KCAL)			DIST CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Infusion + 02 panes + huevo sancochado</b>									
Hierbas	10.00	82.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	38.38	0.00	0	141.55	141.55
Pan de labran	60.00	100.0	5.75	0.18	43.08	23.04	1.62	172.32	199.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	60.46
									538.82
									20.55
<b>ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco</b>									
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.50
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aceite 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 fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	6.72	10.36
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
									VC DES. 1324.81
									%DIST. D 50.53
<b>CENA: Camote arrebozado, arroz, infusion</b>									
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.56	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	313.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	28.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									V.C. CENA 758.39
									% DIST. CENA 28.92
	VCT (Gr.)		82.16	52.27	455.73				
	VCT (kcal.)		328.63	470.46	1822.94				
	VCT (%)		13	18	70				V.C.T. MENU 2622.93
					100.00				

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# DIETA: HIPERTENSION ARTERIAL

59

sábado, 14 de julio de 2018

ALIMENTO	g/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	FOR MENU
<b>DESAYUNO: Avena con leche , pan , queso</b>									
Avena, hojuel	35.00	100.00	4.88	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	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	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
									<b>687.07</b>
									<b>27.04</b>
<b>ALMUERZO: Pollo a la olla, arroz, ensalada, fruta y refresco</b>									
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	53.62	20	2.16	214.08	236.40
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redon	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
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	34.69	0	0.00	138.74	138.74
									<b>VC ALMU</b>
									<b>1472.64</b>
									<b>57.95</b>
<b>CENA: Infusion + 01 pan + mermelada</b>									
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	25.58	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
									<b>VC DES.</b>
									<b>381.34</b>
									<b>%DIST. D</b>
									<b>16.01</b>
			<b>77.66</b>	<b>53.25</b>	<b>437.79</b>				
			<b>310.65</b>	<b>479.24</b>	<b>1751.16</b>				
			<b>12.3</b>	<b>18.9</b>	<b>68.9</b>				
					<b>100.00</b>			<b>VCT</b>	<b>2541.05</b>

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# DIETA: HIPERTENSION ARTERIAL

domingo, 15 de julio de 2018

ALIMENTO	grper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	bia				PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla , pan ,mermelada</b>									
Sémola de Tri	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.85

546.74  
21.23

<b>ALMUERZO: Matasquita de pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	346.29	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	0.35	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	26.19
Arvejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.65
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	88.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74

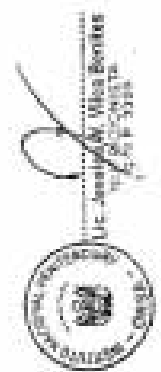
VC DES. 1294.00  
%DIST. D 50.25

<b>CENA: Pollo dorado, arroz + infusion</b>									
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	280.98	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
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.85	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.55	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

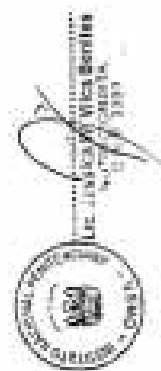
Lic. Gladys...  
Lic. Gladys...  
Lic. Gladys...



# DIETA: HIPERTENSION ARTERIAL

lunes, 16 de julio de 2018

ALIMENTO	griper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	60.00	100.00	5.76	0.18	43.08	23	1.52	172.32	196.98
									<b>594.64</b>
									<b>22.21</b>
<b>Almuerzo: Guiso de arveja partida con choncho + ensalada + arroz + fruta y refresco</b>									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arveja partid	120.0	100.00	25.62	1.32	77.28	104	11.88	309.12	424.68
Carne de Cer	60.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	28.83
Aji colorado s	2.00	58.00	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
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	60.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									<b>1506.15</b>
								<b>% DIS ALM</b>	<b>57.21</b>
<b>CENA: Sopa de arroz con pollo</b>									
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.60	124.48	139.40
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.05	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								<b>VC DES.</b>	<b>542.92</b>
								<b>%DIST. D</b>	<b>20.59</b>
			<b>78.63</b>	<b>70.04</b>	<b>421.99</b>				
			<b>314.62</b>	<b>630.35</b>	<b>1687.95</b>				
			<b>11.95</b>	<b>23.94</b>	<b>64.11</b>				
					<b>100.00</b>			<b>VCT</b>	<b>2632.81</b>



*[Handwritten signature]*  
 Lic. Jairo W. Vico Benites  
 U.P. 1001

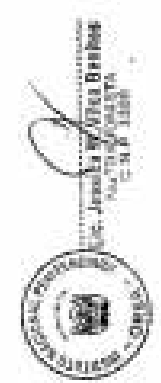
*[Handwritten signature]*  
 Lic. Jairo W. Vico Benites  
 U.P. 1001

martes, 17 de julio de 2018

ALIMENTO	gr/por (g)	comestí ble %	PROT	GRASA	CHO	VALOR CALORICO (KCALI)			DIST CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
<b>DESAYUNO: Cebada con leche + 02 panes + huevo sancochado</b>									
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	0.18	0	0.02	0.66	0.66
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.68	73.74
Pan de labran	60.00	100.00	5.76	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
<b>ALMUERZO: Pollo dorado , arroz,papa, ensalada, refresco y fruta</b>									
Cama de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.05	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	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Lachuga roja	55.00	50.0	0.36	0.06	0.58	1	0.50	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.49
Papa blanca	180.0	82.00	3.10	0.15	32.81	12	1.33	131.66	145.39
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominas	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1467.87
								% DIS ALM	58.26
<b>CENA: Infusion + 01 pan + manjar</b>									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.18	0	0.02	0.66	0.66
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	180.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	88.49
								VC DES	431.90
								%DIST. D	17.14
			84.46	63.10	403.31				
			337.83	568.58	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	2519.66

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 Dr. JUANITA  
 SÁENZ-GÓMEZ

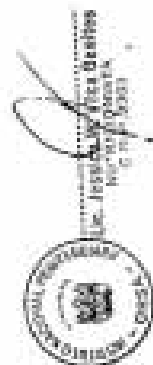
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**DIETA: HIPERTENSION ARTERIAL**

miércoles, 18 de julio de 2018

ALIMENTO	griper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL N POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Infusion+ 02 panes + camote sancochado</b>									
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
Clava de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Camote mora	100.0	98.00	1.37	0.29	25.19	5	2.85	100.74	108.88
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	198.98
								V.C. DES.	449.56
								%DIST. D	18.29
<b>ALMUERZO: Calgua rellena, arroz , refresco y fruta</b>									
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	465.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	8.05
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	4.05	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								V.C. ALMUERZO	1286.35
								% DISTR. ALMUERZO	52.36
<b>CENA Arroz amarillo con pollo + infusion</b>									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
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	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.35
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
									722.89
									29.41
			88.93	47.27	439.15				
			276.73	426.42	1756.60				
			11.22	17.31	71.47				
					100.00			VCT MEN	2457.75



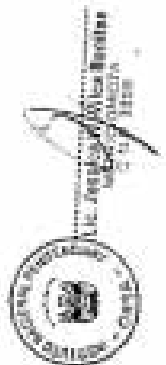
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 UIC José María Pizarro Quirós  
 Cienfuegos, 18 de julio de 2018  
 Pp: 18-07-2018

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## DIETA: HIPERTENSION ARTERIAL

jueves, 19 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL N
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b>	<b>Harina de cebada + 02 panes + manjar</b>								
Cebada harin	30.00	100.00	5.54	0.59	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 blanc	20.00	100.00	5.42	10.20	3.38	23	91.80	13.52	127.00
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.82	172.32	166.66
									VC DES. 571.87
									%DIST. D 21.50
<b>Almuerzo:</b>	<b>Sudado de pescado, papa, arroz, refresco y fruta</b>								
Pescado	280.00	66.00	39.92	7.21	0.55	160	54.86	2.22	226.75
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
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	68.00	0.19	0.21	1.60	1	1.91	6.39	9.09
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cal	80.00	75.0	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	21.66
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.85	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
									VC DES. 1651.46
									%DIST. D 62.08
<b>CENA:</b>	<b>Mazamorra de maizena con leche + 01 pan</b>								
Maizena	40.00	100.00	0.24	0.08	34.66	0.96	0.72	136.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
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				
			12.60	22.33	64.99				VCT MEN 2660.22
					100.00				



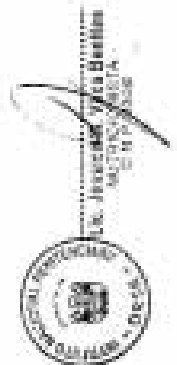
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**DIETA: HIPERTENSION ARTERIAL**

viernes, 20 de julio de 2018

ALIMENTO	griper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL N
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				FOR MENU
<b>DESAYUNO: Infusion + 02 panes + 02 frutas</b>									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.89	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.08	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.38	0.00	0	149.42	149.42
Pan de labrar	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Plátano	240.00	93.00	0.89	0.45	21.87	4	4.02	87.49	95.08
									446.73
									18.12
<b>ALMUERZO: Aji de calabaza , arroz , fruta y refresco</b>									
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	23	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	60.08	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	0.56	0	0.13	2.24	2.78
Tomate	36.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.69
Aceite vegeta	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	66.00	1.78	0.29	16.0	7	2.85	64.08	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1266.50
								% DIS ALM.	51.36
<b>CENA Matasquita de pollo , arroz , infusion</b>									
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	313.85
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	64.00	2.66	0.13	26.10	10.56	1.134	112.39	124.11
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	752.58
								%DIST, D	30.52
			76.56	21.12	498.38				
			282.25	190.06	1993.51				
			11.4	7.7	89.8				
					100.00			V.C.T. MENU	2465.82



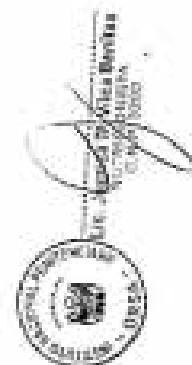
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 Lic. Jovanna Vela Barrios  
 Nutricionista

*[Signature]*  
 Lic. Jovanna Vela Barrios  
 Nutricionista

**DIETA: HIPERTENSION ARTERIAL**

sábado, 21 de julio de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche , pan , queso</b>									
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	8.16	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									<b>656.46</b>
									<b>26.11</b>
<b>ALMUERZO: Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta</b>									
Carne de Cer	150.00	85.00	18.01	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
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.76
Cebolla de ca	30.00	87.00	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	1.68	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	180.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.18	0	0.00	0.64	0.87
									<b>1415.03</b>
							<b>% DIS ALM</b>		<b>56.28</b>
<b>CENA: infusion + 01 pan + margarina</b>									
Hierbas	12.00	85.00	0.32	0.10	0.71	1.25	0.82	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.86	100.52	114.91
									<b>VC DES. 442.86</b>
									<b>%DIST. 17.61</b>
			<b>64.06</b>	<b>83.25</b>	<b>377.17</b>				
			<b>286.23</b>	<b>749.22</b>	<b>1508.70</b>				
			<b>10.2</b>	<b>29.8</b>	<b>60.0</b>				
					<b>100.00</b>			<b>VCT</b>	<b>2514.15</b>



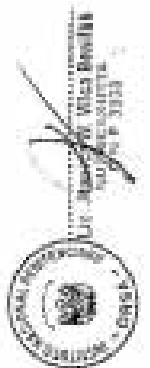
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Dietista María Mercedes C. Rodríguez

domingo, 22 de julio de 2018

ALIMENTO	gr/por	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Sempoa con vainilla, pan , margarina</b>									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	93.71	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
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									VC DES. 619.75
									%DIST. D 28.72
<b>ALMUERZO: Aguadito con pollo, refresco y fruta</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Aroz Pilado d	70.00	100.00	5.74	0.35	54.48	23	3.15	217.84	243.60
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.66
Papa blanca	300.0	88.00	5.42	0.26	57.53	22	2.32	230.14	294.13
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
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.60
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Acete 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
<b>CENA Tallarines rojos con carne molida + infusion</b>									
Carne de res	50.0	100.00	10.65	0.60	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	50.0	89.00	0.25	0.21	3.61	1	1.88	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.86
Cebolla de 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
Acete vegeta	20.00	70.0	0.00	14.00	0.00	0	128.00	0.00	128.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	30.00	100.0	0.00	0.00	29.48	0.00	0	117.96	117.96
									679.44
									%DIST. D 31.49
			67.53	60.64	335.47				
			270.11	545.75	1341.88				
			12.52	25.29	62.19				
					100.00				VC T 2157.74



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# DIETA: HIPERTENSION ARTERIAL

73

lunes, 23 de julio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL N POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + mermelada</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	73.20	94.93
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entero	0.30	85.00	0.00	0.00	0.18	0	0.02	0.86	0.89
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	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									20.45
<b>Almuerzo: Frejol a la chilena con chancho, arroz ,ensalada, fruta y refresco</b>									
Carne de Cerdo	50.00	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballer	120.00	100.00	27.48	1.80	69.96	109.92	18.20	279.84	405.96
Arroz Filado c	150.00	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Aceite vegeta	27.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	89.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rojo	80.00	50.00	0.52	0.08	0.64	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	8.40	0.45	78.20	89.05
Zapallo macr	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.81	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.00	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Ajì colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.88	5.18
Naranja	150.00	98.00	1.78	0.29	16.00	7	2.65	84.09	73.79
								VC DES.	1507.93
								%DIST. D	59.97
<b>CENA: Sopa de fideos con cabeza</b>									
Cabeza de re	60.00	89.00	6.63	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.00	4.70	0.10	39.10	19	0.90	156.40	176.10
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Paro	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	1.81	15.64	18.57
Papa blanca	150.00	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



  
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 REPRESENTANTE



# DIETA: HIPERTENSION ARTERIAL

72

martes, 24 de julio de 2018

ALIMENTO	grapar	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				
<b>DESAYUNO: Cebada con leche + 02 panes + manjar</b>									
Cebada harin	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.67	7.83	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 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	5.78	0.18	43.08	23	1.62	172.32	186.88
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
<b>ALMUERZO: Escabeche de pollo a la limeña, arroz , refresco y fruta</b>									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pol	160.00	85.00	28.02	4.80	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	67.00	0.17	0.05	0.83	1	0.48	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	52.00	0.18	0.20	1.53	1	1.93	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
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	2.07	0.41	28.98	8	3.73	115.92	127.60
									1424.17
								% DIS ALM	54.98
<b>CENA: Infusion + 01 pan + manjar</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanc	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								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	2588.97



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**DIETA: HIPERTENSION ARTERIAL**

miércoles, 25 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	Am (g)	(g)	(g)				POR MENU
<b>DESAYUNO: Infusion + 02 panes + camote frito</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.81	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clovo 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	94.58	102.21
Acetia vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de abran	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	190.98
								VC DES.	627.26
								%DIST. D	20.03
<b>ALMUERZO: Revuelto de zanahoria ,arroz + refresco + fruta</b>									
Zanahoria	80.0	85.00	0.41	0.34	8.26	2	3.06	25.02	29.72
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	86.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acetia vegeta	25.00	100.00	0.00	25.00	0.00	0.00	226	0.00	225.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	6.72	28.90
Queso para	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.62	1.41	26.81
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Naranja	160.00	88.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								V.C. ALMUERZO	1328.26
								% DISTR. ALMUERZO	60.47
<b>CENA Arroz a la jardinera con pollo+ infusion</b>									
Arroz Pilado d	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Carne de Pol	100.00	85.00	17.51	3.08	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	79.00	0.07	0.05	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	86.30
patifo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									29.50
			66.60	62.51	450.73				
			266.33	562.56	1802.93				
			10	21	69				
					100.00			VGT MEN	2631.82



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**DIETA: HIPERTENSION ARTERIAL**

Jueves, 26 de julio de 2018

ALIMENTO	gr/per (g)	comositi ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Harina de habas + 02 panes + fruta</b>									
Harina de Hab	35.00	100.00	8.51	0.67	20.66	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
Platano 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	5.78	0.16	43.08	23	1.62	172.32	196.98
								VC DES.	595.12
								%DIST. D	23.45
<b>Almuerzo: Sudado de pescado , papa , arroz , refresco y fruta</b>									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.82
Arroz Pilado d	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Tomate	60.00	80.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Aceite vegeta	35.00	85.00	0.00	28.75	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	21.68
Ajil 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	0.87	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	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1505.89
								%DIST. D	59.34
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>									
Maizena	40.00	100.00	0.24	0.08	34.88	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	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	44.65	451.23				
			336.67	396.43	1904.91				
			13.27	15.62	71.12				
					100.00			VCT MEN	2536.01



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**DIETA: HIPERTENSION ARTERIAL**

viernes, 27 de julio de 2018

ALIMENTO	griper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				FOR MENU
<b>DESAYUNO: Infusion + 02 panes + huevo sancochado</b>									
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 lebran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	186.88
Huevo de gall	60.00	88.00	7.94	4.94	1.06	33	44.45	4.23	80.44
									418.12
									16.13
<b>ALMUERZO: Matasquita de pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
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	2.82	2	0.68	13.67	14.52
Aji colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	30.80	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	3.56	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	1.75	0.29	15.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
									V.C. ALMUERZO
									1395.67
									% DISTR. ALMUERZO
									53.84
<b>CENA: Camote arrebocado, arroz, infusion</b>									
Camote mora	100.00	84.00	1.18	0.25	21.56	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 para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	78.04
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	0.28	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	58.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
									V.C. CENA
									778.27
									% DISTR. CENA
									36.03
	VCT (Gr.)		73.86	54.96	450.48				
	VCT (kcal.)		295.43	494.62	1801.91				
	VCT (%)		11	19	70				V.C.T. MENU
					100.00				2591.97

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**DIETA: HIPERTENSION ARTERIAL**

sábado, 28 de julio de 2018

ALIMENTO	gr por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche , pan , queso</b>									
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	5.57	7.63	20	51.03	30.52	101.15
Canola enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.95	118.56
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	186.98
									668.09
									26.87
<b>Almuerzo: Carne almendrada, arroz , papa + refresco y fruta</b>									
Carne de res	150.00	85.00	27.15	2.04	0.00	108.63	18.36	0.00	128.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	487.92	587.50
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Aj/ colorado s	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.40	7.78	9.68
Aceta vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo. c	10.00	85.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	89.00	0.44	0.22	10.82	2	1.99	43.28	47.83
									VC Alm 1486.15
									% Dist 59.78
<b>CENA: infusion + 01 pan + mermelada</b>									
Hierbas	10.00	62.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola enter	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
									VC DES. 331.76
									%DIST. D 13.35
			79.06	45.49	440.06				
			316.34	409.40	1760.25				
			12.72	16.47	70.81				
					100.00				VC T 2486.09



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**DIETA: HIPERTENSION ARTERIAL**

domingo, 29 de julio de 2018

ALIMENTO	grapar	composi	PROT	GRASA	CHO	VALDR CALORICO (KCAL)			DIST.CAL %
	(g)	bla				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				POR MENU
<b>DESAYUNO: Semola con vainilla, pan , mermelada</b>									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	530.83
								%DIST. D	20.28
<b>ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.05	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	82.58	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.18	38.57	14	1.48	146.29	181.54
Arroz Pilado c	150.00	100.00	12.20	0.75	116.70	49	6.75	466.80	622.75
Tomate	30.00	78.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.85	1	0.46	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.16
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.86
Zanahoria	15.00	75.00	0.07	0.06	1.08	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1358.21
								%DIST. D	51.94
<b>CENA: Arroz con huevo frito + infusion</b>									
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
Cebolla de ca	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.16
Tomate	30.00	78.00	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
			73.06	48.82	471.40				
			292.01	438.39	1885.58				
			11.16	16.79	72.05				
					100.00			VCT	2616.98



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lunes, 30 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.68	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									<b>586.01</b>
									<b>23.03</b>
<b>Almuerzo: Guiso de arvejita partida con chanchó + ensalada + arroz + fruta y refresco</b>									
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.63
Orégano secc	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.63
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	0.48	0	0.12	1.93	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
									<b>1506.15</b>
								<b>% DIS ALM</b>	<b>59.20</b>
<b>CENA: Sopa de semola con pollo</b>									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sémola de Tr	30.00	100.00	5.85	3.21	18.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	52.00	1.72	0.08	18.29	7	0.74	73.14	86.77
Orégano secc	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								<b>VC DES.</b>	<b>452.65</b>
								<b>%DIST. D</b>	<b>17.77</b>
			<b>80.72</b>	<b>67.98</b>	<b>402.37</b>				
			<b>322.88</b>	<b>611.85</b>	<b>1609.48</b>				
			<b>12.7</b>	<b>24.0</b>	<b>63.3</b>				
					<b>100.00</b>			<b>VCT</b>	<b>2544.21</b>



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**DIETA: HIPERTENSION ARTERIAL**

martes, 31 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				POR MENU
<b>DESAYUNO: Cebada con leche + 02 panes + manjar</b>									
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	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	0.09
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	704.90
								%DIST. D	27.35
<b>Almuerzo: Tallarines rojos con pollo, refresco y fruta</b>									
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Pol	160.00	85.00	26.02	4.90	0.00	112	44.06	0.00	158.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.82
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.28	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	8.00	68.00	0.38	0.42	3.19	2	3.82	17.77	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	3.87	123.65	136.45
								VC DES.	1450.67
								%DIST. D	56.28
<b>CENA Mazamorra de frutas + 01 pan</b>									
Mandoca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.82
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de s	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.81
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	421.96
								%DIST. D	16.37
			80.84	56.26	436.95				
			323.38	506.34	1747.81				
			13	20	68				
					100.00				
									2577.53



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**DIETA: DIABETES MELLITUS**

domingo, 01 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	blo				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				
<b>DESAYUNO: Semola con vainilla , 02 panes , mortadela</b>									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	85.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	186.90
Mortadela	30.00	100.00	2.64	5.91	2.82	11.76	53.18	11.28	76.23
									<b>430.37</b>
									<b>26.30</b>
<b>Almuerzo: Caldo de gallina = refresco y fruta</b>									
Carne de gall	100.00	87.00	15.53	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	50.00	100.00	4.70	0.10	39.10	18.80	0.9	156.40	178.10
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	0.08	1.48	0.86	0.81	5.90	7.58
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	100.0	95.00	2.00	0.10	21.19	7.98	0.855	64.74	93.58
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chufa blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	18.93
Pere	18.00	66.00	0.32	0.10	0.90	1.28	0.8554	3.81	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.28	0.2138	1.71	2.21
Aj 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	0.05	0.01	0.48	0.24	0.0765	1.82	2.34
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	82.00	1.65	0.28	15.04	6.92	2.484	60.17	69.26
									<b>VC Alm</b>
									<b>613.46</b>
									<b>% Dist</b>
									<b>37.62</b>
<b>CENA Matasquita de pollo , arroz , infusion</b>									
Carne de Pol	100.00	86.00	17.51	3.06	0.00	70	27.54	0.00	87.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Anejas fresca	50.00	54.00	1.92	0.16	5.08	8	1.46	20.30	29.43
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	100.0	85.00	1.79	0.09	18.96	7.14	0.765	75.62	83.73
Cebolla de ca	60.0	67.00	0.56	0.06	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aj colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Herbas	8.00	54.00	0.13	0.04	0.30	1	0.38	1.21	2.13
									<b>VC DES.</b>
									<b>586.86</b>
									<b>%DIST. D</b>
									<b>35.99</b>
			<b>73.68</b>	<b>31.99</b>	<b>262.01</b>				
			<b>294.71</b>	<b>287.93</b>	<b>1048.04</b>				
			<b>18.1</b>	<b>17.7</b>	<b>64.3</b>				
					<b>100.00</b>				
						<b>V.C.T. MENU</b>			<b>1630.68</b>



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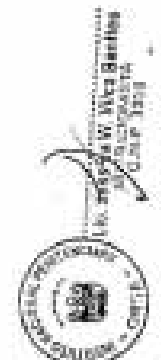
**DIETA: DIABETES MELLITUS**

Lunes, 02 de julio de 2018

ALIMENTO	gríper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO:</b> Soya con piña + 02 panes + margarina									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	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 vej	20.00	100.00	0.12	18.40	0.00	0	147.80	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	195.98
									474.56
									21.87
<b>Almuerzo:</b> Guiso de arvejita , arroz ,fruta y refresco									
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partida	120.0	100.00	25.82	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	8.75	496.80	622.75
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	0.08	0.27	0.48
Lechuga redo	80.00	80.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.86	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.82	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.
									%DIST. D
									69.90
<b>CENA:</b> Caldillo de huevos									
Huevo de gall	20.00	98.00	2.68	1.65	0.35	11	14.82	1.41	26.81
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	40.00	100.00	3.76	0.08	31.28	15	0.72	125.12	140.88
Zapallo macro	80.00	47.00	0.26	0.08	2.41	1	0.68	9.63	11.36
Apio	4.10	75.00	0.03	0.01	0.15	0	0.06	0.59	0.73
Porro	2.00	68.00	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	0.08	18.29	7	0.74	73.14	80.77
Zanahoria	60.00	79.00	0.28	0.24	4.38	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
									%DIST CENA
									18.23
			69.61	57.47	143.49				
			278.45	517.24	1373.95				
			12.83	23.84	63.33				
					100.00				VCT MENU
									2169.64

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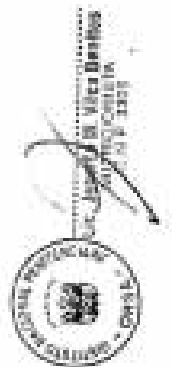


# DIETA: DIABETES MELLITUS

125

martes, 03 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
<b>DESAYUNO:</b> Cebada con leche + 02 panes + queso de chanco									
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	48.71	1.20	72.03
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.86
								VC DES.	400.43
								%DIST. D	25.72
<b>Almuerzo:</b> Pollo a la olla , arroz , ensalada , + fruta y refresco									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado d	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.45	1	0.81	5.90	7.58
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Pimienta mol	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	6.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Lechuga ruda	100.00	92.00	1.20	0.18	1.93	5	1.88	7.73	14.17
Silao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Pepinillo o Pe	60.00	82.00	0.28	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.08	0.01	0.48	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	98.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.28	13.90	6.12	2.295	55.58	64.01
								VC ALML	1171.00
									62.68
<b>CENA:</b> Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Huevo de gal	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labrar	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				
			333.06	401.87	1132.54				
			17.87	21.51	80.62				
					100.00			VCT	1868.27



*[Signature]*  
 Dra. Evelyn  
 Nutricionista

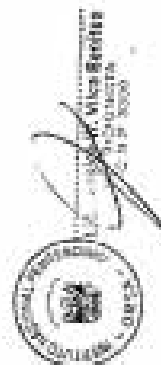
*[Signature]*  
 Dra. Evelyn  
 Nutricionista

miércoles, 04 de julio de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO:</b> 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 mora	100.0	96.00	1.34	0.29	24.67	5	2.58	98.69	108.66
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Ciavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	66.00	100.00	6.24	0.20	46.97	25	1.76	186.68	213.40
								VC DES.	320.72
								%DIST. D	14.88
<b>ALMUERZO:</b> Guiso de vainitas , arroz + refresco y fruta									
Carne de Pol	100.00	86.00	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	60.00	92.00	0.99	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	86.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceto vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.05	0.38	10.32	12.23	3.4388	41.28	56.85
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	129.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	6.85	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
								V.C. ALMUERZO	1180.13
								% DISTR. ALMUERZO	64.70
<b>CENA:</b> Arroz chaufa con huevo y hot dog + infusion									
Huevo de gal	25.00	89.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.06	280.08	313.66
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	45.00	83.00	0.56	0.19	2.88	2	1.68	11.50	15.43
Silao	8.00	100.00	0.80	0.77	0.08	4	6.91	0.32	10.85
								VC DES.	656.78
								%DIST. D	30.44
			62.94	60.85	339.55				
			251.73	547.66	1358.20				
			11.67	25.38	62.95				
					100.00			VCT	2157.64

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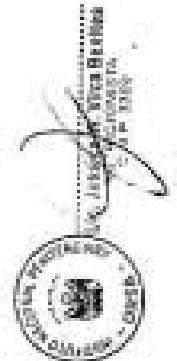
*Dr. Gloria*



**DIETA: DIABETES MELLITUS**

jueves, 05 de julio de 2018

ALIMENTO	griper	consej	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIET.CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	
<b>DESAYUNO:</b> Harina de cebada + 02 panes + mortadela									
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	35.00	100.00	3.43	6.90	3.29	13.72	62.055	13.16	88.94
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									VC DES. 414.46
									%DIST. D 25.31
<b>Almuerzo:</b> 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	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Papinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Sal	12.00	100.00	0.14	0.06	0.86	1	0.54	3.94	5.05
Lechuga redo	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Aji colorado s	5.00	88.00	0.24	0.27	2.00	1	2.38	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.53
Cebolla de ca	80.00	87.00	0.75	0.11	6.06	3	0.95	24.23	28.19
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Zanahoria	60.0	88.00	0.25	0.21	3.81	1	1.88	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
<b>CENA:</b> 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 evapora	40.00	100.00	2.80	3.24	4.36	11	29.16	17.44	57.80
									297.31
									18.15
			79.77	20.76	282.94				
			319.10	186.82	1131.74				
			18.5	11.4	69.1				
					100.00				1637.66

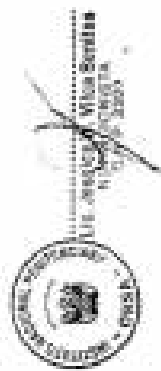


*[Handwritten Signature]*  
 PROFESIONISTA  
 T.O.C.  
 SERVICIO DE  
 NUTRICION

*[Handwritten Signature]*  
 PROFESIONISTA  
 T.O.C.  
 SERVICIO DE  
 NUTRICION

viernes, 06 de julio de 2018

ALIMENTO	grper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Té + 02 panes + atun</b>									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canola 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	0.82
Cebolla de ca	85.00	82.00	1.08	0.16	8.84	4	1.41	35.35	41.13
Tomate	60.00	88.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Vinagro	5.00	100.00	0.00	0.05	0.25	0	0.45	1.00	1.45
Pimienta mol	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	38.00	0.00	38.00
Pan de labrae	65.00	100.0	8.24	0.20	46.67	24.96	1.755	168.68	213.40
Grated de Ser	30.00	100.00	8.72	2.70	0.30	27	24.30	1.20	52.38
									<b>370.16</b>
									<b>16.73</b>
<b>ALMUERZO: Hilo de zapallo , arroz , fruta y refresco</b>									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Zapallo 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	0.28	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
Habae frescae	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	8.84	3	1.08	26.58	30.83
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.09	73.79
							VC DES.		<b>1093.74</b>
							% DIS ALM.		<b>49.45</b>
<b>GENA Guiso de fideos con pollo , arroz , infusion</b>									
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
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	14.71	20.60
Zanahoria	40.00	78.00	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	3	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.		<b>747.96</b>
							%DIST. D		<b>33.82</b>
			<b>76.88</b>	<b>40.86</b>	<b>384.13</b>				
			<b>307.83</b>	<b>367.77</b>	<b>1536.63</b>				
			<b>13.9</b>	<b>16.6</b>	<b>69.5</b>				
					<b>100.00</b>		V.C.T. MENU		<b>2211.84</b>



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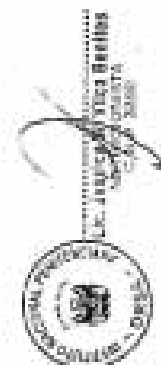
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# DIETA: DIABETES MELLITUS

121

sábado, 07 de julio de 2018

ALIMENTO	g/por	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche + 02 panas + queso</b>									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.80	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									<b>549.33</b>
									<b>28.09</b>
<b>Almuerzo: Estofado de res , arroz , refresco y fruta</b>									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	98.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	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	7.59
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Naranja	150.00	98.00	1.76	0.20	16.0	7	2.85	64.09	73.79
								<b>VC Alm</b>	<b>1682.91</b>
								<b>% Diet</b>	<b>55.38</b>
<b>CENA: Infusion + 01 pan + margarina</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Margarina vej	30.00	100.00	0.18	24.80	0.00	1	221.40	0.00	222.12
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								<b>VC DES.</b>	<b>323.28</b>
								<b>%DIST. D</b>	<b>16.53</b>
			<b>79.08</b>	<b>55.44</b>	<b>285.05</b>				
			<b>316.34</b>	<b>498.99</b>	<b>1148.19</b>				
			<b>16.2</b>	<b>25.5</b>	<b>58.3</b>				
					<b>100.00</b>			<b>VCT</b>	<b>1956.53</b>



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# DIETA: DIABETES MELLITUS

domingo, 08 de julio de 2018

ALIMENTO	grper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)				
<b>DESAYUNO: Semola con vainilla, pan , mortadela</b>									
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	0.31	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	78.23
Pan de labran	68.00	100.00	5.78	0.18	43.05	23	1.62	172.32	186.98
									VC DES. 410.28
									%DIST. 18.34
<b>Almuerzo: Guiso de acelga, arroz , fruta y refresco</b>									
Carné de Polv	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	98.00	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	46.00	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	68.00	3.70	0.18	39.25	15	1.58	156.99	173.38
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.05	11.20	0.96	24.23	36.39
Plátano	160.00	94.00	0.80	0.30	14.74	2	2.71	58.96	64.07
									VC DES. 1270.63
									%DIST. 56.87
<b>CENA: Tallarines rojos con carne molida + infusion</b>									
Carné de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallar	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	89.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.89	1	0.29	2.75	3.55
Cebolla de ca	40.00	67.00	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
Aji colorado s	0.04	88.0	0.00	0.00	0.02	0	0.02	0.06	0.09
									553.56
									%DIST. 24.77
			77.72	46.00	377.39				
			310.89	414.03	1509.54				
			13.91	18.53	67.56				
					100.00				
									VC T 2234.46



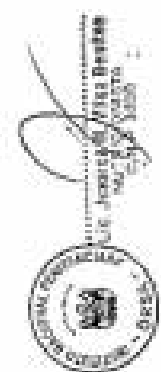
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# DIETA: DIABETES MELLITUS

lunes, 09 de julio de 2018

ALIMENTO	griper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + huevo sancochado</b>									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo 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 labrar	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
									<b>375.29</b>
								<b>%DIST. D</b>	<b>24.14</b>
<b>ALMUERZO: Caigua rellena, arroz, refresco y fruta</b>									
Cama 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	622.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serran	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	46.98
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	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	0.18	2.91	1	1.42	11.63	13.81
Anejas fresca	40.00	64.00	1.53	0.13	4.06	6	1.17	16.34	23.54
Vainitas (2)	40.00	91.00	0.67	0.11	2.95	3.48	0.8028	11.79	18.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								<b>V.C. ALMUERZO</b>	<b>1177.13</b>
								<b>% DISTR. ALMUERZO</b>	<b>56.85</b>
<b>CENA: Sopa de fideos con cabeza</b>									
Cabeza de re	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	48.92	23	1.08	187.68	211.32
Acido	15.00	78.00	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	50.00	85.00	0.28	0.21	3.81	1	1.91	15.64	18.57
Papa blanca	100.0	88.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								<b>VC DES.</b>	<b>518.04</b>
								<b>%DIST. D</b>	<b>25.02</b>
			<b>71.59</b>	<b>52.31</b>	<b>328.33</b>				
			<b>288.35</b>	<b>470.78</b>	<b>1313.33</b>				
			<b>13.83</b>	<b>22.74</b>	<b>63.43</b>				
					<b>100.00</b>			<b>VCT</b>	<b>3070.46</b>

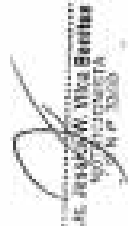



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 INSTITUCION DE SALUD  
 HOSPITAL GENERAL DE PINAR DEL RIO  
 CUBA 2018

martes, 10 de julio de 2018

ALIMENTO	griper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCALI)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				
<b>DESAYUNO: Cebada con leche + 02 panes + jamonada</b>									
Cebada harr	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 enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	6.85	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	196.96
									VC DES. 489.82
									%DIST. D 23.11
<b>Almuerzo: Arroz con pollo, ensalada + fruta y refresco</b>									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	200.0	100.00	16.40	1.00	156.80	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Especia neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.98
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresc	40.00	62.00	1.76	0.15	4.66	7	1.34	18.65	27.03
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Cebolla de ca	60.00	67.00	0.75	0.11	6.08	3	0.96	24.23	28.19
Lachuga red	100.00	50.00	0.66	0.10	1.05	3	0.90	4.20	7.70
Tomate	80.00	98.00	0.83	0.16	3.41	3	1.43	13.62	17.58
Platano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
									VC DES. 1421.85
									%DIST. D 67.00
<b>CENA: Infusion + 01 pan + huevo sancochado</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.57
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	35	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				
			16.7	26.6	57.7				
					100.00				VCT 2119.39

  
 Lic. Josselyn Mica Bertrán  
 Nutricionista  
 A.P.F. 1000  


  
 Lic. Glor...

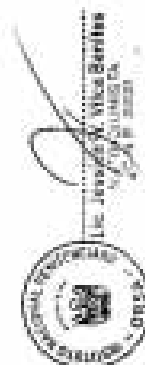
  
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# DIETA: DIABETES MELLITUS

117

miércoles, 11 de julio de 2018

ALIMENTO	grper	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL KCAL
	(g)	ble				%	Am (g)	(g)	
<b>DESAYUNO: Café+ 02 panes + camote sancochado</b>									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.28	0.28	23.64	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
									299.97
									14.97
<b>ALMUERZO: Cau cau de pollo , arroz, fruta y refresco</b>									
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	92.00	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	0.48	7.78	9.88
Aji colorado a	4.00	92.00	0.26	0.29	2.16	1	2.58	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	7.88	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	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									V.C. ALMUERZO
									989.87
									% DISTR. ALMUERZO
									49.39
<b>CENA Arroz a la jardinera con salchicha + infusion</b>									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.00	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	0.90	19	82.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.82	3.37
Fideos	50.00	100.00	5.64	0.12	46.92	23	1.06	187.68	211.32
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.58	0.18	4.54	5.29
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.00
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
pollo	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



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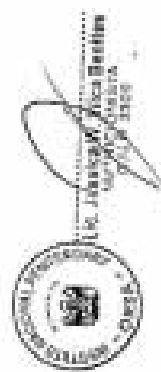
**DIETA: DIABETES MELLITUS**

Jueves, 12 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
<b>DESAYUNO: Harina de habas + 02 panes + queso de choncho</b>									
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.78	0.18	43.06	29	1.62	172.32	196.96
									VC DES. 375.44
									%DIST. D 23.48
<b>Almuerzo: Sudado de pescado , ensalada , arroz , refresco y fruta</b>									
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	465.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	8.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga redo	100.00	92.00	1.20	0.18	1.83	5	1.66	7.73	14.17
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.06
Aji colorado s	3.00	68.00	0.14	0.15	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	3.83
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									VC DES. 940.57
									%DIST. D 58.83
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>									
Maizena	40.00	100.00	0.24	0.08	34.68	0.95	0.72	138.72	140.40
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									282.86
									17.69
			83.25	18.68	275.79				
			333.02	162.69	1103.16				
			29.83	19.18	69.00				
					100.00				VCT MEN 1598.87

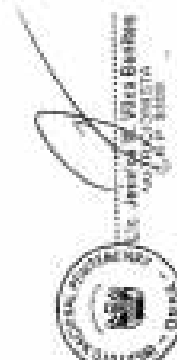
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viernes, 13 de julio de 2018

ALIMENTO	gr/per	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Té + 02 panes + huevo sancochado</b>									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Pan de labran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	195.98
Huevo de gall	60.00	98.00	7.84	4.84	1.08	32	44.45	4.23	80.44
									<b>262.91</b>
									<b>12.31</b>
<b>ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	8.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.88	0.13	28.43	11	1.15	113.73	125.69
Arroz Pilado d	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	5.29
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.64
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.64
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								<b>VC DES.</b>	<b>1234.78</b>
								<b>%DIST. D</b>	<b>53.75</b>
<b>CENA: Guiso de pollo con verduras ,arroz,infusion</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	3	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Acelgas hoj	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
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	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
								<b>V.C. CENA</b>	<b>779.79</b>
								<b>% DIST.CENA</b>	<b>33.84</b>
	VCT (Gr.)		<b>90.77</b>	<b>34.45</b>	<b>406.09</b>				
	VCT (kcal.)		<b>363.08</b>	<b>310.05</b>	<b>1624.35</b>				
	VCT (%)		<b>18</b>	<b>13</b>	<b>71</b>		<b>V.C.T. MENU</b>		<b>2297.48</b>
					<b>100.00</b>				

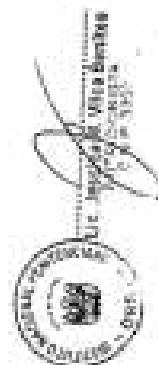


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sábado, 14 de julio de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche , pan , queso</b>									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela enter	0.30	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	3.98	118.56
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									546.45
									28.41
<b>ALMUERZO: Pollo dorado, arroz, ensalada, fruta y refresco</b>									
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	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Acetito veget	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.06	0.66	1	0.54	3.94	5.05
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga red	100.00	92.00	1.20	0.18	1.93	5	1.65	7.73	14.17
Tomato	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Aji colorado s	0.60	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
									VC ALMU
									1197.35
									61.92
<b>CENA: Infusion + 01 pan + jamonada</b>									
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela enter	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 labrar	35.00	100.00	3.36	0.11	26.13	13	0.95	100.53	114.91
									VC DES.
									186.99
									%DIST. D
			80.67	44.86	303.70				
			322.28	396.71	1214.81				
			16.7	20.5	62.8				
					100.00				VCT
									1933.80



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**DIETA: DIABETES MELLITUS**

domingo, 15 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla , pan ,mortadela</b>									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
Mortadela	30.00	100.00	2.94	6.91	2.82	11.75	63.18	11.28	76.23

410.28

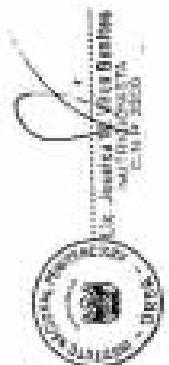
22.71

<b>ALMUERZO: Matasquita de pollo , arroz, fruta y refresco</b>									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.28
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.75	0.11	8.08	3	0.98	24.23	28.19
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.80	13.08	15.54
Naranja	150.00	98.00	1.78	0.23	18.0	7	2.65	64.09	73.79
<b>VC DES.</b>									<b>952.16</b>
<b>%DIST. D</b>									<b>52.72</b>

<b>CENA: Pollo sancochado, arroz, ensalada + infusion</b>									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.64	0.1728	2.92	3.83
Peperillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.88
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
<b>VC DES.</b>									<b>443.80</b>
<b>% DIS ALM.</b>									<b>24.57</b>
			<b>77.86</b>	<b>28.44</b>	<b>309.70</b>				
			<b>311.45</b>	<b>255.98</b>	<b>1238.80</b>				
			<b>17.2</b>	<b>14.2</b>	<b>68.6</b>				
					<b>100.00</b>				
<b>VCT</b>									<b>1806.23</b>

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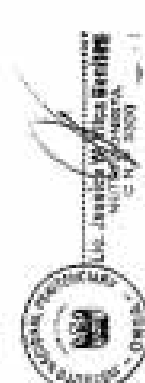
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# DIETA: DIABETES MELLITUS

lunes, 16 de julio de 2018

ALIMENTO	grper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR GAL % FOR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.05	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clovo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	166.98
									<b>447.02</b>
									<b>19.91</b>
<b>ALMUERZO: Calgua rellena, arroz , refresco y fruta</b>									
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	187.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomato	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Sema	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.08
Acete vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.08	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.06	0.85	1.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	86.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									<b>V.C. ALMUERZO</b>
									<b>1285.36</b>
									<b>% DISTR. ALMUERZO</b>
									<b>67.26</b>
<b>CENA: Sopa de arroz con menudencia de pollo</b>									
Menudencia c	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.87
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	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	4.76
Zanahoria	40.00	79.00	0.19	0.18	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.04	8	0.89	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	4.86	6.05
Acete vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
									<b>VC DES.</b>
									<b>512.72</b>
									<b>%DISTR. D</b>
									<b>22.84</b>
			<b>58.61</b>	<b>69.17</b>	<b>347.92</b>				
			<b>234.45</b>	<b>622.55</b>	<b>1388.09</b>				
			<b>10.44</b>	<b>27.73</b>	<b>61.83</b>				
					<b>100.00</b>			<b>VCT</b>	<b>2245.09</b>



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Lic. en Nut. y Diet. *[Signature]*  
 NUTRICIONISTA  
 27400105

# DIETA: DIABETES MELLITUS

martes, 17 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%				PROT	GRASAS	CHO	
<b>DESAYUNO: Cebada con leche + 02 panes + queso de chanco</b>									
Cebada harina	30.00	100.00	5.84	0.59	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.19
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
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	195.98
									VC DES. 480.56
									%DIST. 24.32
<b>ALMUERZO: Arroz chaufa con pollo , refresco y fruta</b>									
Carne de Pol	160.00	85.00	29.02	4.90	0.00	113	44.06	0.00	158.13
Salchicha ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado c	180.00	100.00	14.78	0.90	140.04	59	6.10	560.16	627.30
Acidula vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	0.00	100.00	0.10	0.04	0.69	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.08	1.60	2	0.77	6.39	9.12
Pimienta	35.00	63.00	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	18.27
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
									1310.90
									% DIS ALM. 66.35
<b>CENA: Infusion + 01 pan + huevo sancochado</b>									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.63	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.18	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	60.00	98.00	7.94	4.94	1.06	33	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
									VC DES. 184.22
									%DIST. 9.32
			84.61	64.79	263.53				
			338.43	683.13	1054.13				
			17.13	29.52	53.36				
					100.00			VCT	1975.68



*Legado*  
Dietista  
REPRESENTANTE

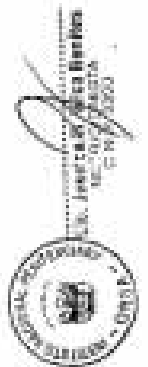
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# DIETA: DIABETES MELLITUS

1/6

miércoles, 18 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Café + 02 panes + camote sancochado</b>									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote mora	100.0	88.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.60
								VC DES.	306.48
								%DIST. D	14.54
<b>ALMUERZO: Chanfainita , arroz , refresco y fruta</b>									
Pulmón de res	120.0	100.00	20.84	1.32	1.20	83	11.88	4.80	89.24
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	822.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	88.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	88.00	0.32	0.08	1.70	1	0.71	6.81	8.79
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 s	4.00	88.00	0.19	0.21	1.80	1	1.91	6.39	9.08
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Silao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Vinagre	5.00	100.00	0.00	0.08	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.78	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	88.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								V.C. ALMUERZO	1171.90
								% DISTR. ALMUERZO	55.59
<b>CENA Arroz amarillo con pollo + infusion</b>									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.83
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.08	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	9.89	10.57
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.60
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
pollo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									829.60
									29.87
			75.88	48.28	342.51				
			383.43	434.53	1370.02				
			14.39	20.61	64.99				
					100.00			VCT MEN	2107.98



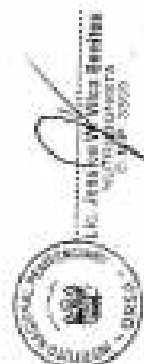
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# DIETA: DIABETES MELLITUS

Jueves, 19 de julio de 2018

ALIMENTO	grper	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Harina de cebada + 02 panes + fruta</b>									
Cebada hanna	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	381.05
								%DIST. D	23.75
<b>Almuerzo: Sudado de pescado , ensalada , arroz , refresco y fruta</b>									
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	118.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.64	1	0.81	7.74	8.89
Pepinillo o Pe	60.00	72.00	0.29	0.06	1.60	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05
Lechuga redo	100.00	92.00	1.20	0.18	1.83	5	1.66	7.73	14.17
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.08
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	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	0.88	1	0.54	3.94	5.05
Vinagra	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	940.57
								%DIST. D	58.62
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>									
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	0.58	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.18	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	282.86
								%DIST. D	17.83
			77.34	13.30	293.85				
			309.35	119.71	1175.42				
			19.28	7.46	73.26			VCT MEN	1604.48
					100.00				



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 EL PRESIDENTE.

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 RUC: 200103123  
 EL PRESIDENTE.

# DIETA: DIABETES MELLITUS

108

viernes, 20 de julio de 2018

ALIMENTO	gr/por	composi	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	[g]	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Té + 02 panes + atun</b>									
Té sin azúcar	4.00	100.00	0.32	0.16	2.88	1	1.44	11.42	14.14
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Pan de labran	60.00	100.0	5.76	0.16	43.08	23.04	1.62	172.32	196.98
Grated de Sar	30.00	100.00	6.72	2.70	8.30	27	24.30	1.20	52.38
									292.74
									14.49
<b>ALMUERZO: Aji de calabaza , arroz , fruta y refresco</b>									
Leche evapor	26.00	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	0.68	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	160.0	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	0.89	0.16	9.21	4	1.48	36.85	42.26
Maíz Fresco.	40.00	80.00	1.06	0.25	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	66.00	3.07	0.22	7.04	12	1.96	28.18	42.43
Ajos	2.30	60.00	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	60.00	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	1.75	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1105.87
								% DIS ALM	54.75
<b>CENA Matasquita de pollo , arroz , infusion</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.68
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	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.99
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	60.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado e	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				
			381.27	348.44	1470.01				
			14.9	12.3	72.8				
					100.00		V.C.T. MENU		2019.72



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**DIETA: DIABETES MELLITUS**

107

sábado, 21 de julio de 2018

ALIMENTO	g/par	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
<b>DESAYUNO: Avena con leche , pan , queso</b>									
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
Caneta entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso pania	30.00	100.00	8.40	9.00	0.99	34	81.00	3.86	118.56
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									<b>518.84</b>
									<b>24.44</b>
<b>ALMUERZO: Adobo a la tateña de cerdo , arroz, ensalada + refresco y fruta</b>									
Cerdo de Cerdo	150.00	88.00	19.01	19.93	0.00	75	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.00	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
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Piledo c	150.0	100.00	12.30	0.75	118.70	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	92.00	3.86	0.18	41.03	15	1.56	164.13	181.24
Aji verde (2)	2.00	100.00	0.08	0.02	0.25	0	0.14	0.99	1.34
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	84.08	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									<b>1296.69</b>
									<b>% DIS ALM 61.18</b>
<b>CENA: Infusion + 01 pan + margarina</b>									
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Margarina vej	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	186.10
Pan de labrar	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
									<b>VC DES. 306.04</b>
									<b>%DIST. D 14.37</b>
			<b>64.81</b>	<b>83.44</b>	<b>278.10</b>				
			<b>259.24</b>	<b>750.93</b>	<b>1112.40</b>				
			<b>12.2</b>	<b>35.4</b>	<b>52.4</b>				
					<b>100.00</b>				<b>VCT 2122.57</b>



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 Médico Asesor  
 Hospital General de Pinar del Río

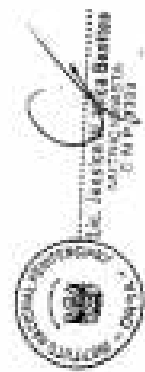
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 Médico Asesor  
 Hospital General de Pinar del Río

# DIETA: DIABETES MELLITUS

106

domingo, 22 de julio de 2018

ALIMENTO	grper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO:</b>	<b>Semola con vainilla, pan , mortadela</b>								
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.75	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	410.28
								%DIST. D	23.66
<b>ALMUERZO:</b>	<b>Aguadito con menudencia, refresco y fruta</b>								
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	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.58
Papa blanca	100.0	88.00	1.81	0.09	19.18	7	0.77	76.71	84.71
Arvejas fresca	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.68	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.08	73.79
Acetate vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	762.35
								%DIST. D	43.96
<b>CENA</b>	<b>Tallarines rojos con carne molida + infusión</b>								
Carne de res	50.0	100.00	10.66	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.26	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.06	1.72	1	0.72	6.88	8.88
Cebolla de cal	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
Acetate vegeta	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.06	1	2.39	7.98	11.32
									561.48
								%DIST. D	32.30
			65.78	50.76	253.54				
			263.11	456.84	1014.15				
			15.17	26.34	58.48	100			
					100.00			VCT	1734.11



*Gay*  
L. GAY

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**DIETA: DIABETES MELLITUS**

105

lunes, 23 de julio de 2018

ALIMENTO	griper (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENUJ
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con pifia + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Pifia	30.00	85.00	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 ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labrar	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
									<b>487.58</b>
									<b>21.67</b>
<b>ALMUERZO: Caigua rellena, arroz , refresco y fruta</b>									
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	115.70	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	89.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acete 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 fresco	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	84.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Platano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									<b>V.C. ALMUERZO</b>
									<b>1265.21</b>
									<b>% DISTR. ALMUERZO</b>
									<b>56.23</b>
<b>GENA: Sopa de fideos con cabeza</b>									
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	39.10	19	0.80	156.40	176.10
Apio	15.00	75.00	0.08	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	50.00	85.00	0.26	0.21	3.91	1	1.01	15.64	18.57
Papa blanca	150.0	82.00	2.90	0.14	30.77	12	1.24	123.10	136.93
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acete vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
									<b>VC DES.</b>
									<b>497.35</b>
									<b>%DISTR. D</b>
									<b>22.10</b>
			<b>59.39</b>	<b>62.47</b>	<b>362.50</b>				
			<b>237.56</b>	<b>562.25</b>	<b>1450.32</b>				
			<b>10.56</b>	<b>24.99</b>	<b>84.45</b>				
					<b>100.00</b>				<b>VCT</b>
									<b>2250.13</b>



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 Dr. [Name]  
 Hospital General de la Universidad de Chile

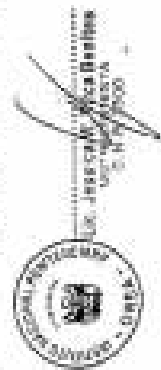
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# DIETA: DIABETES MELLITUS

104

martes, 24 de julio de 2018

ALIMENTO	gr/per	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DST CAL %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Cebada con leche + 02 panes + jamonada</b>									
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
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	78.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									VC DES. 508.09
									%DST. D 25.44
<b>ALMUERZO: Escabecho de pollo a la limeña, arroz, refresco y fruta</b>									
Arroz Piledo c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Carne de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceitunas de	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aji verde (2)	10.00	87.00	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	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote mora	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	60.00	67.00	0.75	0.11	6.06	3	0.96	14.23	28.19
Platano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.02	127.83
Cominos	0.7	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1314.18
									% DIS ALM. 65.80
<b>CENA: Infusion + 01 pan + huevo sancochado</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.51	2.67
Huevo de gal	55.00	98.00	7.28	4.63	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
									%DST. D 8.76
			<b>77.89</b>	<b>54.49</b>	<b>298.80</b>				
			<b>311.56</b>	<b>490.43</b>	<b>1195.18</b>				
			<b>15.6</b>	<b>24.6</b>	<b>89.8</b>				
					100.00			<b>VGT</b>	<b>1997.17</b>



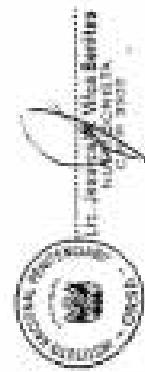
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 Dra. Josefina María Berthel  
 Dietista  
 24/07/18

*[Handwritten signature]*  
 Dra. Josefina María Berthel  
 Dietista  
 24/07/18

**DIETA: DIABETES MELLITUS**

miércoles, 25 de julio de 2018

ALIMENTO	gr/per	comese	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Café+ 02 panes + camote sancochado</b>									
Café sin azú	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de labora	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	195.98
								VC DES.	299.81
								%DIST. D	14.50
<b>ALMUERZO: Guiso de vainitas , arroz + refresco y fruta</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acetite vegeta	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4388	41.28	56.66
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
Platano	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
<b>CENA: Arroz chaufa con huevo y hot dog + infusion</b>									
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha 'ho	25.00	100.00	2.75	8.56	0.25	11	77.18	1.00	89.10
Arroz Pilado d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetite 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	0.48	0.09	1.80	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Sillao	12.00	100.00	1.36	1.16	0.12	5	10.37	0.48	16.27
								VC DES.	603.51
								%DIST. D	29.19
			62.69	51.53	338.24				
			250.75	463.73	1352.96				
			12.13	22.43	66.44				
					100.00			VCT	2067.44



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 Lic. Patricia Milla Benítez  
 Lic. en Nutrición  
 Lic. en Dietética

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DIETA: DIABETES MELLITUS

108

Jueves, 26 de julio de 2018

ALIMENTO	gr/por (g)	comesti- ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
<b>DESAYUNO: Harina de habas + 02 panes + queso de chanco</b>									
Harina de Hab	30.00	100.00	7.28	0.57	17.88	29	5.13	71.57	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	8.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									VC DES. 375.44
									%DIST. D 22.98
<b>Almuerzo: Sudado de pescado , ensalada , arroz , refresco y fruta</b>									
Pescado	280.00	68.00	41.13	7.43	0.57	165	88.83	2.28	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomato	80.00	80.00	0.36	0.09	1.54	1	0.81	7.74	6.69
Pepinillo o Pa	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga redo	100.00	82.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.0	69.00	0.33	0.28	5.08	1	2.48	20.31	24.12
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.70
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	38.81
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	88.38	78.71
									VC DES. 851.52
									%DIST. D 58.25
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>									
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.53	15.26	60.58
									306.50
									18.76
			84.28	18.59	282.26				
			337.14	187.27	1129.06				
			20.64	10.24	69.12				
					100.00				VCT MEN 1633.46



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# DIETA: DIABETES MELLITUS

101

viernes, 27 de julio de 2018

ALIMENTO	gr/per (g)	comesti ble %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Té + 02 panes + huevo sañcochado</b>									
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	0.08	0.06
Pan de librer	60.00	100.0	5.78	0.18	43.08	23.04	1.82	172.32	198.68
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gall	60.00	68.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									<b>285.45</b>
									<b>13.06</b>
<b>ALMUERZO: Matasquita de pollo ,arroz ,fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	150.0	93.00	2.93	0.14	31.11	12	1.26	124.43	137.41
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	48	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajo	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Ají colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Acete 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	3.65	5	1.02	14.21	20.60
Zanahoria	36.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.65	64.09	73.79
									<b>V.C. ALMUERZO</b>
									<b>1124.48</b>
									<b>% DISTR. ALMUERZO</b>
									<b>51.45</b>
<b>CENA: Guiso de pollo con verduras ,arroz,infusion</b>									
Carne de Pol	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	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas hojaf	100.00	81.00	1.34	0.18	3.23	5	1.65	12.93	19.95
Cebolla de ca	60.00	87.00	0.96	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
Acete 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
Ajo	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
									<b>V.C. CENA</b>
									<b>775.80</b>
									<b>% DIST.CENA</b>
									<b>35.49</b>
	VCT (Gr.)		<b>85.10</b>	<b>44.75</b>	<b>380.64</b>				
	VCT (kcal.)		<b>340.38</b>	<b>462.79</b>	<b>1442.56</b>				
	VCT (%)		<b>18</b>	<b>18</b>	<b>68</b>				
					<b>100.00</b>			<b>V.C.T. MENU</b>	<b>2165.73</b>

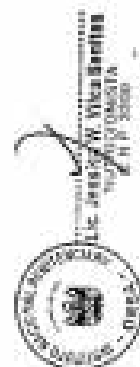


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sábado, 28 de julio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche , pan , queso</b>									
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
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									530.47
									30.49
<b>Almuerzo: Carne almendrada, arroz , ensalada + refresco y fruta</b>									
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.00	100.00	19.12	0.80	124.48	52	7.20	497.92	557.60
Tomato	60.00	80.00	0.32	0.06	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	87.00	0.76	0.11	5.06	3	0.96	24.23	28.19
Aji colorado s	5	58.00	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	89.00	119.76
Lechuga rudo	60.00	50.00	0.39	0.09	0.63	2	0.54	2.52	4.62
Ajo	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.99	1	0.54	3.94	5.05
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo, c	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.63
									VC Alm 989.46
									% Dist 56.87
<b>CENA: Infusion + 01 pan + jamonada</b>									
Hierbas	10.00	92.00	0.28	0.09	0.64	1.14	0.63	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
									VC DES. 219.88
									%DIST. D 12.64
			80.40	34.32	277.33				
			321.60	308.91	1109.30				
			18.48	17.76	63.76				
					100.00				VCT 1739.81



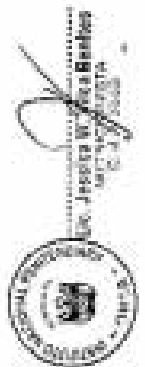
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**DIETA: DIABETES MELLITUS**

domingo, 29 de julio de 2018

ALIMENTO	gr/per	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL N
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla, pan , mortadela</b>									
Sémola de Tr	36.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.84	5.81	2.82	11.70	53.19	11.28	76.23
Pan de labran	50.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.20
								%DIST. D	18.04
<b>ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.05	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.18	62.58	30	1.44	250.24	281.76
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado d	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.29
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acetite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	75.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.78	0.28	16.0	7	2.65	84.09	73.79
								VC DES.	1197.17
								%DIST. D	52.65
<b>CENA: Arroz con huevo sancochado; ensalada + infusion</b>									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Lechuga redo	100.00	50.00	0.65	0.10	1.05	3	0.80	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
Sileo	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	668.54
								%DIST. D	29.31
			76.65	51.00	377.10				
			305.61	458.99	1508.38				
			13.48	28.18	66.33				
					100.00			VCT	2273.98



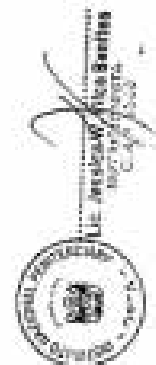
*[Signature]*  
 Dra. Jessica W. de la Beata  
 Dietista Nutricionista  
 S.N.D.N.

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 Lic. G...  
 Dietista  
 S.N.D.N.

**DIETA: DIABETES MELLITUS**

lunes, 30 de julio de 2018

ALIMENTO	gr/por (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 62 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	54.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
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
									<b>448.39</b>
									<b>20.81</b>
<b>ALMUERZO: Calgua rellena, arroz , refresco y fruta</b>									
Carna de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	160.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	60.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Calgua Soma	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.01	6.39	9.08
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.08	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresc	40.00	54.00	1.53	0.13	4.05	6	1.17	16.24	23.54
Herba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano secc	2.00	94.00	0.03	0.01	0.21	0	0.06	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	99.00	1.78	0.29	16.0	7	2.65	64.08	73.79
									<b>V.C. ALMUERZO</b>
									<b>1285.35</b>
									<b>% DISTR. ALMUERZO</b>
									<b>59.66</b>
<b>CENA: Sopa de semola con menudencia de pollo</b>									
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano secc	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
									<b>VC DES.</b>
									<b>420.64</b>
									<b>%DIST. D</b>
									<b>19.52</b>
			<b>60.64</b>	<b>67.09</b>	<b>327.00</b>				
			<b>242.57</b>	<b>603.82</b>	<b>1307.99</b>				
			<b>11.3</b>	<b>28.0</b>	<b>60.7</b>				
					<b>100.00</b>				<b>VCT</b>
									<b>2154.38</b>



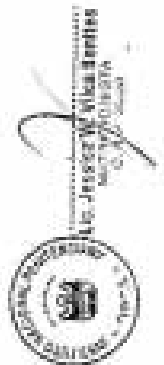
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 Lic. Anselmo José Benítez  
 Nutricionista

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 Lic. Anselmo José Benítez  
 Nutricionista

# DIETA: DIABETES MELLITUS

martes, 31 de julio de 2018

ALIMENTO	grper	comestible	PROT.	GRASA.	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Cebada con leche + 02 panes + queso de chancho</b>									
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									VC DES. 480.56
									%DIST. 27.64
<b>Almuerzo: Tallarines rojos con pollo, refresco y fruta</b>									
Fideos tallarin	150.0	100.00	14.25	0.15	104.40	57	1.36	417.60	475.95
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.56
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	60.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajoe	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Aji colorado s	8.00	68.00	0.36	0.42	3.19	2	3.82	12.77	18.12
Sal	20.00	100.00	0.24	0.10	1.64	1	0.80	6.56	8.42
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.88
Plátano de sa	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
									VC DES. 1012.19
									%DIST. 56.96
<b>CENA Mazamorra de frutas + 01 pan</b>									
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de s	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
									VC DES. 284.34
									%DIST. 16.00
			75.79	33.69	292.68				
			303.15	303.20	1179.73				
			17	17	66				
					100.00				
									1777.68



*[Handwritten signature]*  
 Lic. JESSY V. WILMA BENTON  
 Nutricionista  
 C.O. 1103

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 Lic. JESSY V. WILMA BENTON  
 Nutricionista  
 C.O. 1103

**DIETA GASTRITIS CRÓNICA Y CÁNDER PARA POBLACION PENAL - MES DE JULIO 2018**

Viernes, 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 PÍÑA + 02 PANES + MARGARINA	QUISO DE ACELGA, ARROZ + REFRESCO + FRUTA	CALDILLO DE HUEVOS
Martes, 03 de Julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO A LA OLLA, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
Miércoles, 04 de Julio de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	QUESO DE YAINITAS, 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	HERO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	QUISO 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 ROLDS CON CARNE MOLIDA + INFUSION
Lunes, 09 de Julio de 2018	SOYA CON PÍÑA + 02 PANES + MERMELADA	QUISO 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 HASAS + 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	QUISO 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 OLLA, 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 PÍÑA + 02 PANES + MARGARINA	QUISO 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	CARNA 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 + MONTAÑOLA	AJÍ 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 ROLDS CON CARNE MOLIDA + INFUSION
Lunes, 23 de Julio de 2018	SOYA CON PÍÑA + 02 PANES + MERMELADA	QUISO DE VERDURAS CON POLLO, ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
Martes, 24 de Julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCAMACHE DE POLLO A LA LIMERA, 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 HASAS + 02 PANES + MONTAÑOLA	POLLO SANCOCHADO A 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 ALMENDRADA, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
Domingo, 29 de Julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	QUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
Lunes, 30 de Julio de 2018	SOYA CON PÍÑA + 02 PANES + MARGARINA	QUISO DE ACELGA, ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON POLLO
Martes, 31 de Julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	TALLARINES ROLDS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN



Lic. Jairo Ángel Vique Benítez  
NUTRICIONISTA  
C.N.P. 5939

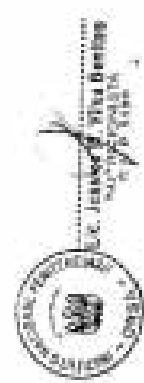
Fany Gloria Santos Alvarado  
D.N.I. 203038320  
REPRESENTANTE

Lic. Gladys Y. Arce González  
NUTRICIONISTA  
C.N.P. 5153

# DIETA: GASTRITIS CRONICA Y CANCER

domingo, 01 de julio de 2018

ALIMENTO	gasper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla , 02 panes , mermelada</b>									
Sémola de Tri	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.88
Mermelada De	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
<b>Almuerzo: Caldo de gallina + refresco y fruta</b>									
Carne de gall	100.00	87.00	15.53	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	98.00	5.98	0.29	83.58	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Plátano de se	180.0	92.00	2.21	0.44	30.91	9	3.97	123.65	138.45
								VC Alm	1096.04
								% Diet	43.41
<b>CENA Matasquita de pollo , arroz , infusion</b>									
Carne de Poll	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	87.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas fresca	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	10.38
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.58
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



*[Signature]*  
 Tony Gilman  
 Nutricionista

*[Signature]*  
 M. Gilman  
 Nutricionista

# DIETA: GASTRITIS CRONICA Y CANCER

62

lunes, 02 de julio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	30.00	100.00	2.61	1.95	21.26	10	17.55	85.44	113.43
Piña	10.00	64.00	0.03	0.01	0.83	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina ver	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.88
									<b>628.36</b>
									<b>24.76</b>
<b>Almuerzo: Guiso de acelga, arroz, fruta y refresco</b>									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.68	6	1.96	15.52	23.94
Arroz Piledo 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	98.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.66
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	58.95	64.07
									<b>VC DES. 1270.63</b>
									<b>%DIST. D 50.08</b>
<b>CENA: Caldillo de huevos</b>									
Huevo de gall	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	60.00	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
Porro	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	2.58	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	11.53	13.81
									<b>VC CENA 638.31</b>
									<b>%DIST CENA 25.16</b>
			<b>68.46</b>	<b>60.83</b>	<b>431.01</b>				
			<b>265.84</b>	<b>547.43</b>	<b>1724.03</b>				
			<b>10.48</b>	<b>21.58</b>	<b>67.95</b>				
						<b>100.00</b>			<b>VCT MENU 2637.30</b>



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 Dr. Z...  
 REPRESENTANTE

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 Lic. G...  
 REPRESENTANTE

**DIETA: GASTRITIS CRONICA Y CANCER**

61

martes, 03 de julio de 2018

ALIMENTO	gr/per (g)	comestibi le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Cebada con leche + 02 panes + huevo sancochado</b>									
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	100.65
Leche evapor	70.00	100.00	4.90	5.67	7.69	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 labrar	60.00	100.00	5.76	0.18	43.06	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
<b>Almuerzo: Pollo a la olla , arroz ,papa + fruta y refresco</b>									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado d	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	61.29	19	2.07	205.16	226.55
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	226.00	0.00	226.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								VC ALML	1405.78
									57.74
<b>CENA: infusion + 01 pan + mermelada</b>									
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	0.48	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 labrar	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.96
								%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	2434.85



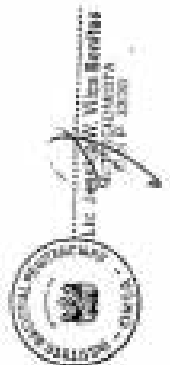
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 Lic. Jessica Siles Pardo

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DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 04 de julio de 2018

ALIMENTO	griper (g)	comessio le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Infusion + 02 panes + camote sancochado</b>									
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.75	1.33
Camote mora	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	158.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labrar	65.00	100.00	8.24	0.20	46.67	35	1.76	186.68	213.40
								VC DES	642.74
								%DIST. D	20.33
<b>ALMUERZO: Guiso de vainitas , arroz ,papa + refresco y fruta</b>									
Carne de Pol	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	0.18	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Acete 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	180.0	92.00	2.80	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			1260.56
						% DISTR. ALMUERZO			49.98
<b>CENA Arroz amarillo con pollo + infusion</b>									
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
Acete 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 fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
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	3522.20

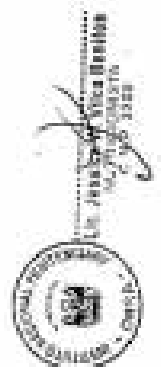


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jueves, 05 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
			An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
<b>DESAYUNO: Harina de cebada + 02 panes + manjar</b>									
Cebada harina	40.00	100.00	7.52	0.92	26.96	30	8.28	107.84	146.20
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clava 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	5.52	38	160.65	23.66	222.25
Pan de labrar	80.00	120.00	7.68	0.24	57.44	31	2.16	229.76	262.54
								VC DES.	789.33
								%DIST. D	30.38
<b>Almuerzo: Pollo sancochado ,papa , arroz , refresco y fruta</b>									
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	113	44.06	0.00	156.13
Arroz Pilado d	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Sal	12.00	100.00	0.14	0.08	0.88	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.65	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.	1128.39
								%DIST. D	44.57
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>									
Maizena	40.00	100.00	0.24	0.08	34.68	0.98	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0196	0.63	0.68
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
									453.43
									17.91
			77.12	28.14	447.36				
			308.46	253.22	1789.46				
			12.2	16.2	70.7				
					100.00				2532.00



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 Lic. Ana Sofía Vela Buelna  
 NUTR. VENEZ.  
 CIPR 0153

viernes, 06 de julio de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			D:ST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Infusion + 02 panes + jamonada</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.87
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labran	65.00	100.0	6.24	0.20	46.67	25	1.76	126.68	213.40
Jamonada	30.00	100.00	4.71	8.86	0.30	19	79.66	1.20	99.69
									<b>478.77</b>
									<b>18.21</b>
<b>ALMUERZO: Hino de zapallo , arroz , fruta y refresco</b>									
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	0.63	28	67.50	3.30	98.80
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macr	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas fresca	30.00	68.00	2.31	0.18	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.89
Acete vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Plátano	180.00	82.00	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
								<b>VC DES.</b>	<b>1307.65</b>
								<b>% DIS ALM.</b>	<b>49.74</b>

CENA	Guiso de fideos con pollo, arroz , infusion								
Carna 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 d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Acete vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arcjas fresco	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	87.00	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	0.63	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								<b>VC DES.</b>	<b>842.57</b>
								<b>%DIST. C</b>	<b>32.05</b>
			<b>73.69</b>	<b>54.54</b>	<b>460.83</b>				
			<b>294.76</b>	<b>490.89</b>	<b>1843.34</b>				
			<b>11.2</b>	<b>18.7</b>	<b>70.1</b>				
					<b>100.00</b>		<b>V.C.T. MENU</b>		<b>2628.89</b>

*[Signature]*  
 Tony G...  
 Dpto.  
 8028...

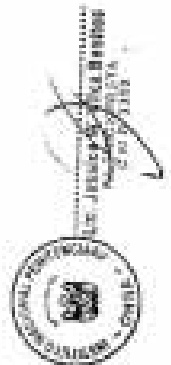
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## DIETA: GASTRITIS CRONICA Y CANCER

sábado, 07 de julio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche + 02 panes + queso</b>									
Avena, hojuel	35.00	100.00	4.68	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	8.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	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	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.55
<b>Almuerzo: Estofado de pollo , arroz , refresco y fruta</b>									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arvejas fresc	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.67	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 fresc	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Acetate 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	0.98	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	82.00	0.59	0.29	14.43	2	2.65	57.70	82.71
									VC Alm 1384.88
									% Dist 54.97
<b>CENA: Infusion + 01 pan + margarina</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.81
									VC DES 440.29
									%DIST. D 17.48
			80.12	64.21	405.25				
			320.48	577.86	1621.01				
			12.7	22.9	64.3				
					100.00				VCT 2519.35



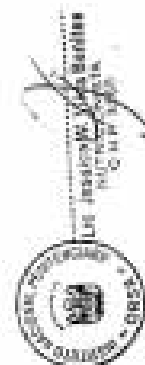
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# DIETA: GASTRITIS CRONICA Y CANCER

56

domingo, 08 de julio de 2018

ALIMENTO	graber	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DISTR. CAL %
	(g)	%				PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla, pan , margarina</b>									
Sémola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clava 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	28.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labrar	68.00	100.00	5.78	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	619.75
								%DIST. D	23.85
<b>ALMUERZO: Matasquita de pollo, arroz, fruta y refresco</b>									
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carna de Pol	100.00	85.00	17.51	3.08	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	54.85	21	2.21	219.45	242.31
Arvejas fresc	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.85
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	69.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Plátano	160.00	82.00	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	137.82
								VC DES.	1348.80
								%DIS ALM	51.83
<b>CENA Tallarines rojos con carne molida + infusion</b>									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallar	120.0	80.00	10.26	0.11	75.17	41	0.97	300.67	342.88
Zanahoria	30.0	89.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.89	1	0.29	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.08	1.08	1.34
Aceite vegeta	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	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	19.68	0.00	0	78.64	78.64
								VC DES.	632.11
								%DIST. D	24.32
			72.43	66.10	428.52				
			289.71	594.88	1714.08				
			11.15	22.89	65.96				
					100.00				
								VCT	2598.66



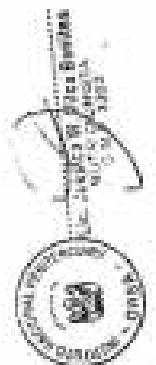
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 2018

**DIETA: GASTRITIS CRONICA Y CANCER**

lunes, 09 de julio de 2018

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con pita + 02 panes + mermelada</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Pita	10.00	64.00	0.03	0.01	0.93	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	195.98
									521.21
								%DIST. D	24.14
<b>Almuerzo: Guiso de verduras con pollo + arroz + fruta y refresco</b>									
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Acelgas hojar	120.00	61.00	1.61	0.22	3.88	6.44	1.98	15.52	23.94
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	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	60.00	89.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pitáno	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1105.33
								%DIS ALM	49.09
<b>CENA: Sopa de fideos con pollo</b>									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	7.52	0.16	62.58	30	1.44	250.34	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	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 vegetal	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
			60.96	50.22	382.99				
			275.92	451.99	1531.97				
			12.21	20.00	67.79				
					100.00			VCT	2259.88



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## DIETA: GASTRITIS CRONICA Y CANCER

martes, 10 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
			An (g)	(g)	(g)	PROT	GRASAS	CHO	
<b>DESAYUNO: Cebada con leche + 02 panes + manjar</b>									
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
Canella entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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
<b>Almuerzo: Arroz con pollo + fruta y refresco</b>									
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	200.0	100.00	16.40	1.00	155.60	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 fresc	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	87.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lchuga roja	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1830.06
								%DIST. D	60.39
<b>CENA: Infusion + 01 pan + huevo sancochado</b>									
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
			84.96	68.55	395.14				
			339.85	616.97	1580.56				
			13.4	24.3	62.3				
					100.00			VCT	2537.38

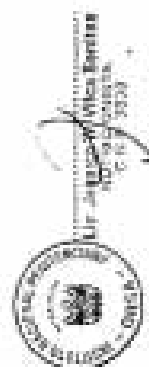


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miércoles, 11 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL KCAL
	(g)	%				Prot (g)	GRASAS	CHO	
<b>DESAYUNO: Infusion + 02 panes + camote sancochado</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	0.49	1.51	2.67
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote mora	150.0	98.00	2.06	0.44	37.78	8	3.97	151.12	163.32
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									547.32
									21.34
<b>ALMUERZO: Cau cau de pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	88.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	82.00	0.33	0.08	1.76	1	0.74	7.05	9.10
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acetate vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
									V.C. ALMUERZO 1319.49
									% DISTR. ALMUERZO 51.46
<b>CENA Arroz a la jardinera con pollo+ infusion</b>									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.60	33	4.50	311.20	348.00
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.54	0.12	46.92	23	1.08	187.68	211.32
Carne de Pol	100.00	85.00	17.51	3.08	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	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	484.00				
			318.66	309.81	1938.01				
			12	12	75				
					100.00			VCT MEN	2564.48

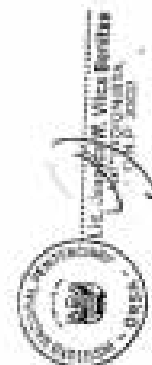


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 10/07/2018

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 10/07/2018

Jueves, 12 de Julio de 2018

ALIMENTO	gr/por (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Harina de habas + 02 panes + jamonada</b>									
Harina de Habas	40.00	100.00	9.72	0.75	23.84	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Jamonada	30.00	100.00	4.71	6.85	0.30	19	79.65	1.20	99.69
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.84
								VC DES.	641.77
								%DIST. D	28.65
<b>Almuerzo: Pollo sancochado ,papa , arroz , refresco y fruta</b>									
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado d	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	94.00	3.95	0.19	41.92	16	1.69	167.70	185.18
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
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	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1137.83
								%DIST. D	50.79
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>									
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	136.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	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	35.00	100.00	2.45	2.84	3.82	10	25.62	15.26	50.58
									460.65
									20.56
			75.28	19.49	440.94				
			301.12	175.37	1783.76				
			13.44	7.83	78.73				
					100.00			VCT MEN	2240.25

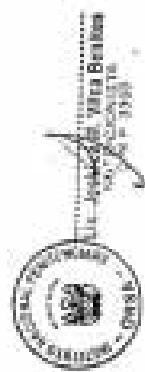


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viernes, 13 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
			An (g)	(g)	(g)	PROT	GRASAS	CHO	
<b>DESAYUNO: Infusion + 02 panes + huevo sancochado</b>									
Hierbas	10.00	92.00	0.29	0.09	0.54	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	1.82	172.32	196.90
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									423.92
									17.34
<b>ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.28	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado d	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.88
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
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1292.58
								%DIST. D	52.88
<b>CENA: Pollo guisado,arroz,infusion</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	346.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.08	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
								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				



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sábado, 14 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche , pan , queso</b>									
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	0.00	0.99	34	81.00	3.95	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labrar	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									<b>687.07</b>
									<b>27.58</b>
<b>ALMUERZO: Pollo a la olla, arroz,papa, fruta y refresco</b>									
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.20	522.75
Carne de Pol	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajo	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	53.62	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	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Plátano	160.00	92.00	0.58	0.25	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
								<b>VC ALMU</b>	<b>1422.65</b>
									<b>57.11</b>
<b>CENA: Infusion + 01 pan + mermelada</b>									
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	25.69	1	0.63	102.34	103.53
Pan de labrar	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								<b>VC DES.</b>	<b>381.24</b>
								<b>%DIST. D</b>	<b>15.31</b>
			<b>75.46</b>	<b>53.07</b>	<b>427.89</b>				
			<b>301.84</b>	<b>477.65</b>	<b>1711.57</b>				
			<b>12.1</b>	<b>19.2</b>	<b>68.7</b>				
					<b>100.00</b>			<b>VCT</b>	<b>2491.06</b>



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 Lic. Gladys...  
 Hospital General de Guayaquil

*[Handwritten signature]*  
 Lic. Gladys...  
 Hospital General de Guayaquil

domingo, 15 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	le				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
<b>DESAYUNO: Semola con vainilla , pan , mermelada</b>									
Semola de Tr	35.00	100.00	6.63	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.92	196.98
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
									<b>546.74</b>
									<b>22.75</b>
<b>ALMUERZO: Matasquita de pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.29
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acetate vegeta	25.00	100.00	0.00	25.00	0.00	0	226.00	0.00	226.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.08	3	0.98	24.23	28.19
Arvejas fresco	30.00	54.00	1.15	0.10	3.85	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
								<b>VC DES.</b>	<b>1282.92</b>
								<b>%DIST. D</b>	<b>53.38</b>
<b>CENA: Pollo sancochado, arroz + infusion</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								<b>VC DES.</b>	<b>573.76</b>
								<b>% DIS ALM</b>	<b>23.87</b>
			<b>74.73</b>	<b>37.50</b>	<b>441.76</b>				
			<b>298.92</b>	<b>337.48</b>	<b>1767.03</b>				
			<b>12.4</b>	<b>14.0</b>	<b>73.5</b>				
					<b>100.00</b>				
								<b>VCT</b>	<b>2403.41</b>



*[Handwritten Signature]*  
**Rony Gloria A. Cordero**  
 DPL 20001228  
 REPOSICION DE

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## DIETA: GASTRITIS CRONICA Y CANCER

lunes, 16 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	64.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.52
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de laborar	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									<b>650.30</b>
									<b>26.40</b>
<b>Almuerzo: Guiso de acelga, arroz, fruta y refresco</b>									
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acegas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado c	180.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	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	0.06	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.08	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.	<b>1270.63</b>
								%DIST. D	<b>51.69</b>
<b>CENA: Sopa de arroz con pollo</b>									
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	98.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.08
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	<b>542.02</b>
								%DIST. D	<b>22.01</b>
			<b>74.34</b>	<b>62.02</b>	<b>401.65</b>				
			<b>297.35</b>	<b>558.20</b>	<b>1607.39</b>				
			<b>12.07</b>	<b>22.66</b>	<b>66.26</b>				
					<b>100.00</b>			<b>VCT</b>	<b>2462.95</b>



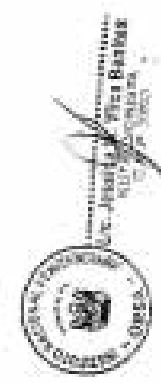
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 M. S. S. S.  
 MINISTERIO DE SALUD  
 DIVISION DE ATENCION  
 Y PROMOCION DE SALUD

**DIETA: GASTRITIS CRONICA Y CANCER**

martes, 17 de julio de 2018

ALIMENTO	grapes	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				FOR MENU
<b>DESAYUNO: Cebada con leche + 02 panes + huevo sancocado</b>									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.19
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	96.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	26.98
<b>ALMUERZO: Pollo sancocado , arroz,papa, refresco y fruta</b>									
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
Aceto 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
Porc	15.00	66.00	0.27	0.05	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1245.85
								% DIS ALM.	54.22
<b>CENA: Infusion + 01 pan + manjar</b>									
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	305.47				
			327.82	387.95	1581.87				
			14.27	16.88	68.85				
					100.00			VCT	2297.64





jueves, 19 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%				PROT	GRASAS	CHO	
<b>DESAYUNO: Harina de cebada + 02 panes + manjar</b>									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	8.21	80.88	109.85
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.18	229.76	262.64
								VC DES.	837.63
								%DIST. D	26.15
<b>Almuerzo: Pollo sancochado ,papa , arroz , refresco y fruta</b>									
Cama de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	83.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	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
<b>CENA: Mazamorra de malzena con leche + 01 pan</b>									
Malzena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.68	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	18.58
			77.16	20.48	486.27				
			308.63	184.30	1945.10				
			12.66	7.56	79.78			VCT MEN	2438.02
					100.00				



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 Tony G...  
 Médico General

*[Signature]*

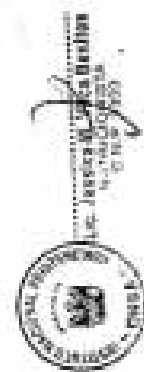
# DIETA: GASTRITIS CRONICA Y CANCER

viernes, 20 de julio de 2018

ALIMENTO	gr/par	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DISTR. CAL %
	(g)	%				PROT	GRASAS	CHO	
<b>DESAYUNO: Infusion + 02 panes + mortadela</b>									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.68	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	7.88	0.24	57.44	30.72	2.16	229.76	262.64
mortadela	35.00	100.00	3.43	6.90	3.28	14	62.06	13.16	88.94
									508.24
									20.47

<b>ALMUERZO: Aji de calabaza , arroz , fruta y refresco</b>									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso pana	20.00	100.00	5.60	6.00	0.88	32	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Papa blanca	300.0	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	38.86
Huacalay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
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	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
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.86	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

<b>CENA Matasquita de pollo , arroz , infusion</b>									
Carno de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.38	124.11
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	9.00	80.00	0.38	0.05	1.95	1.43	0.4608	7.78	9.68
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	749.12
								%DISTR. D	30.28
			71.08	27.35	485.78				
			284.33	246.19	1943.13				
			11.5	10.0	78.6				
					100.00			V.C.T. MENU	2473.66

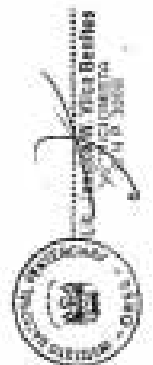


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 Lic. Ingrid M. Rojas Buelton  
 Nutricionista  
 C.R. 1993

sábado, 21 de julio de 2018

ALIMENTO	gr/por (g)	comestible le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche , pan , queso</b>									
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.88	34	81.00	3.58	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labrar	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									722.12
									29.09
<b>ALMUERZO: Asado de pollo , arroz, papa + refresco y fruta</b>									
Carne de Pol	150.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acasita vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.88	164.13	181.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.15	0	0.00	0.64	0.67
									1301.58
								% DIS ALM	52.42
<b>CENA: Infusion + 01 pan + margarina</b>									
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 ve	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labrar	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	192.97				
			298.82	614.07	1571.89				
			12.0	24.7	63.3				
					100.00			VCT	2482.78



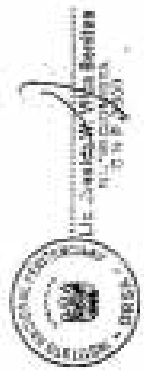
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# DIETA: GASTRITIS CRONICA Y CANCER

domingo, 22 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%				PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla, pan , margarina</b>									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de labrar	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	27.32
<b>ALMUERZO: Caldo blanco con pollo, refresco y fruta</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuflo blanco	23.00	80.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	82.00	80.00	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 seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Plátano	160.00	92.00	0.58	0.28	14.43	2	2.85	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
<b>CENA Tallarines rojos con carne molida + infusion</b>									
Carne de res	60.0	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	68.00	0.25	0.21	3.81	1	1.85	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	60.00	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	358.75				
			286.42	647.14	1435.01				
			12.63	24.12	63.26				
					100.00			VCT	2268.56



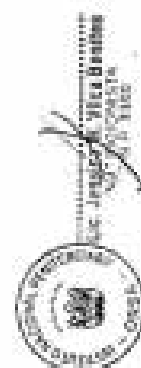
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# DIETA: GASTRITIS CRONICA Y CANCER

lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con pifa + 02 panes + mermelada</b>									
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Pifa	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	30.00	100.00	0.12	0.09	21.93	0	0.54	87.72	88.74
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.18	229.76	262.64
									594.50
									25.02
<b>Almuerzo: Guiso de verduras con pollo + arroz + fruta y refresco</b>									
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Acelgas, hojas	120.00	81.00	1.61	0.22	3.88	6.44	1.98	15.52	23.94
Cama de Pol	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
Valnitas (2)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acete 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	13.16
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
<b>CENA: Sopa de fideos con pollo</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	7.52	0.16	62.56	30	1.44	250.24	281.76
Apio	15.00	75.00	0.09	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acete vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	692.64
								%DIST. D	28.73
			73.89	40.47	429.12				
			296.67	364.26	1716.49				
			12.44	15.33	72.23				
					100.00			VCT	2376.32



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 Lic. Gloria...  
 1471...  
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# DIETA: GASTRITIS CRONICA Y CANCER

40

martes, 24 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Cebada con leche + 02 panes + manjar</b>									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.96
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES	736.62
								%DIST. D	28.58
<b>ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta</b>									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	5.75	466.80	522.75
Carne de Pol	150.00	95.00	26.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	88.00	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 mara	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	87.00	0.75	0.11	6.06	3	0.96	24.23	28.18
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
<b>CENA: Infusion + 01 pan + manjar</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	429.28
								%DIST. D	16.66
			81.65	69.05	407.18				
			326.61	621.49	1628.74				
			12.7	24.1	63.2				
					100.00			VCT	2576.34



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# DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 25 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Infusion + 02 panes + camote sancochado</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.40	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.09	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	23.84	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	302.26
								%DIST. D	12.64
<b>ALMUERZO: Revuelto de zanahoria ,arroz + refresco + fruta</b>									
Zanahoria	80.0	85.00	0.41	0.34	8.28	2	3.08	25.02	29.72
Arroz Filado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.308	5.17	6.43
Acete 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	6	14.58	8.72	28.90
Queso pania	10.00	100.00	2.50	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.85	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.88	164.13	181.24
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.68	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	54.88
<b>CENA Arroz a la jardinera con pollo+ infusion</b>									
Arroz Filado 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 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	5.20
Anejas fresca	10.00	54.00	0.35	0.03	1.02	2	0.29	4.05	5.89
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.53	4.36	5.18
Azucar rubia	25.00	100.00	0.00	0.00	24.66	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.38
									32.47
			65.29	37.49	448.07				
			261.16	337.38	1792.27				
			11	14	75				
					100.00			VCT MEN	2390.82



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 Dpto. Clínica de  
 Gastroenterología

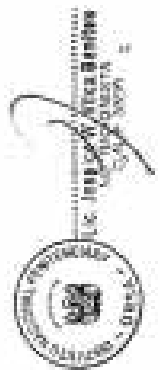
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# DIETA: GASTRITIS CRONICA Y CANCER

38

Jueves, 26 de julio de 2018

ALIMENTO	gr/per (g)	comestible la %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL N.
			An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b> Harina de habas + 02 panes + mortadela									
Harina de Hab	35.00	100.00	8.51	0.67	20.66	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	25.58
<b>Almuerzo:</b> 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	657.60
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	1.97	165.91	183.21
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	3.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.76
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	5.05
Orégano	5.0	86.00	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.	1347.18
								%DIST. D	56.19
<b>CENA:</b> 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	0.06	0.06
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
									436.90
									18.22
			77.55	17.13	483.23				
			310.21	154.18	1932.94				
			12.94	6.43	80.63				
					100.00			VCT MEN	2397.34



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 Hospital General de México

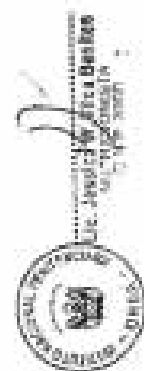
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# DIETA: GASTRITIS CRÓNICA Y CÁNCER

32

viernes, 27 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Infusion + 02 panes + huevo sancochado</b>									
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	0.36
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labrao	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	4.54	1.06	32	44.45	4.23	80.44
									418.12
									16.62
<b>ALMUERZO: Matasquita de pollo, arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.66	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	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	36.81
Arvejas fresca	35.00	54.00	1.34	0.11	3.56	5	1.02	14.21	20.80
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.86	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
									V.C. ALMUERZO
									1369.17
<b>CENA: Pollo guisado, arroz, infusion</b>									
Carne de Pol	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	349.50
Cebolla de ca	60.00	87.00	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	0.08	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
									V.C. CENA
									727.84
									% DIST.CENA
									28.94
	VCT (Gr.)		83.70	44.04	445.90				
	VCT (Kcal.)		334.79	396.37	1783.97				
	VCT (%)		13	16	71			V.C.T. MENU	2515.13
					100.00				



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Dietista

sábado, 28 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche , pan , queso</b>									
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	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	8.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labrar	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	186.96
									668.09
									27.88
<b>Almuerzo: Carne almondrada, arroz , papa + refresco y fruta</b>									
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	567.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
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	89.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajoe	8.00	80.00	0.38	0.05	1.95	1	0.48	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	180.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
									VC Alm 1396.58
									% Dist 58.28
<b>CENA: infusion + 01 pan + mermelada</b>									
Hierbas	10.00	92.00	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	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	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	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labrar	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
									VC DES 331.76
									%DIST. D 13.84
			76.00	40.56	431.84				
			303.98	386.08	1727.37				
			12.68	15.23	72.08				
					100.00				VCT 2396.43

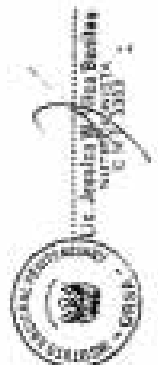
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domingo, 29 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla, pan , mermelada</b>									
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
Clava 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	0.00	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.16	43.06	23	1.62	172.32	198.96
								VC DES.	530.83
								%DIST. D	21.53
<b>ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco</b>									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	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	0.48	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	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	5.88
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Plátano	180.00	82.00	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
<b>CENA: Arroz con huevo sancochado + infusion</b>									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	586.26
								%DIST. D	23.78
			71.83	28.82	479.63				
			287.31	289.39	1918.51				
			11.65	10.52	77.82				
					100.00			VCT	2465.21



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# DIETA: GASTRITIS CRONICA Y CANCER

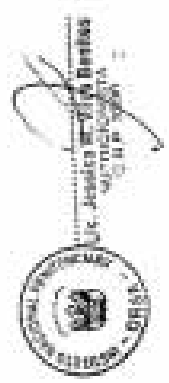
34

Lunes, 30 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
									586.01
									25.38
<b>Almuerzo: Guiso de acelga, arroz, fruta y refresco</b>									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.80
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.96
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	55.04
<b>CENA: Sopa de semola con pollo</b>									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apia	15.00	78.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	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	0.06	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.06
								%DIST. D	19.58
			74.91	59.91	367.87				
			298.03	539.16	1471.49				
			12.9	23.4	63.7				
					100.00			VCT	2308.68

*Ejer*  
 King Charles Medical  
 2018

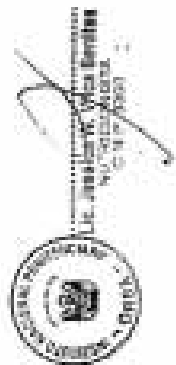
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# DIETA: GASTRITIS CRONICA Y CANCER

martes, 31 de julio de 2018

ALIMENTO	griper (g)	domestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL N. POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Cebada con leche + 02 panes + manjar</b>									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	8.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
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
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	166.98
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	27.58
<b>Almuerzo: Tallarines rojos con pollo, refresco y fruta</b>									
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.08	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	80.00	0.84	0.12	8.78	3	1.08	27.12	31.58
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	29.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
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	138.45
								VC DES.	1432.55
								%DIST. D	56.08
<b>CENA Mazamorra de frutas + 01 pan</b>									
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	88				
					100.00				
									2554.62



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LISTA, IVA Y ITC - POBLACION RURAL - MES DE JULIO 2018

FECHA	DESCRIPCION	MONEDA	DESCRIPCION	DESCRIPCION	MONEDA
domingo, 01 de julio de 2018	SEMOLA CON VAINILLA - 02 PANES + MORTAZELA	EURODOLAR	QUESO DE CARPASA + REFRESCO Y FRUTA	USO DE LUNA	MAYONESA DE POLLO, ARROZ + REFRESCO
lunes, 02 de julio de 2018	SOYA CON PAPA + 02 PANES + MARGARITA	EURODOLAR	QUESO DE ARVEJITA PARTIDA CON CHANCHALARRIZ EN SALADA + REFRESCO Y FRUTA	USO DE LUNA	CHOCULO DE ABEJOS
martes, 03 de julio de 2018	OSADIA CON LECHE + 02 PANES + QUESO DE CHANCHO	EURODOLAR	POLLO A LA OJA, ARROZ, ENSALADA + REFRESCO Y FRUTA	USO DE LUNA	REFRESCO + 01 PAN + MERMELADA
miércoles, 04 de julio de 2018	CAFE + 02 PANES + CAMOTE BANCOCORADO	EURODOLAR	FRÍO DE CAROLINA ARROZ + REFRESCO Y FRUTA	USO DE LUNA	ARROZ CHAFITA CON HARINA Y HOT DOG + REFRESCO
jueves, 05 de julio de 2018	ARRAMA DE CERAMIA + 02 PANES + MANSAR	EURODOLAR	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	USO DE LUNA	MAYONESA DE MARIÑA CON LECHE + 01 PAN
viernes, 06 de julio de 2018	TE + 02 PANES + JAMONADA	EURODOLAR	FRÍO DE CAROLINA ARROZ + REFRESCO Y FRUTA	USO DE LUNA	SOUSA DE FIDEOS CON POLLO, ARROZ + REFRESCO
sábado, 07 de julio de 2018	SOYA CON LECHE + 02 PANES + QUESO	EURODOLAR	REFRESCO DE PULPA ARROZ + REFRESCO Y FRUTA	USO DE LUNA	REFRESCO + 01 PAN CON MARGARITA
domingo, 08 de julio de 2018	SEMOLA CON VAINILLA - 02 PANES + MORTAZELA	EURODOLAR	LOCRO DE PAPA, ARROZ + REFRESCO Y FRUTA	USO DE LUNA	TALLARINES ROJOS CON CARNE MOLIDA + REFRESCO
lunes, 09 de julio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	EURODOLAR	FRÍO DE FRUTAS CON CHANCHALARRIZ + QUESADA + REFRESCO + FRUTA	USO DE LUNA	SOYA DE FIDEOS CON CARBIDA
martes, 10 de julio de 2018	OSADIA CON LECHE + 02 PANES + JAMONADA	EURODOLAR	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	USO DE LUNA	REFRESCO + 01 PAN CON MANSAR
miércoles, 11 de julio de 2018	CAFE + 02 PANES + CAMOTE FRÍO	EURODOLAR	FRÍO CALDO DE POLLO, ARROZ + REFRESCO Y FRUTA	USO DE LUNA	ARROZ A LA AMERICANA CON SALICORNIA + REFRESCO
jueves, 12 de julio de 2018	ARRAMA DE HARINA + 02 PANES + QUESO DE CHANCHO	EURODOLAR	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	USO DE LUNA	MAYONESA DE MARIÑA CON LECHE + 01 PAN
viernes, 13 de julio de 2018	TE + 02 PANES + HUEVO BANCOCORADO	EURODOLAR	FRÍO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	USO DE LUNA	CAMOTE BANCOCORADO, ARROZ + REFRESCO
sábado, 14 de julio de 2018	ARRAMA CON LECHE + 02 PANES + QUESO	EURODOLAR	POLLO DOMINGO, ARROZ, ENSALADA + REFRESCO Y FRUTA	USO DE LUNA	REFRESCO + 01 PAN CON MERMELADA
domingo, 15 de julio de 2018	SEMOLA CON VAINILLA - 02 PANES + MORTAZELA	EURODOLAR	MAYONESA DE POLLO, ARROZ + REFRESCO Y FRUTA	USO DE LUNA	FRÍO FRITO, ARROZ + REFRESCO
lunes, 16 de julio de 2018	SOYA CON PAPA + 02 PANES + MARGARITA	EURODOLAR	FRÍO DE ARVEJITA PARTIDA CON CHANCHALARRIZ EN SALADA + REFRESCO Y FRUTA	USO DE LUNA	SOYA DE ARROZ CON MARGARITA DE POLLO
martes, 17 de julio de 2018	OSADIA CON LECHE + 02 PANES + QUESO DE CHANCHO	EURODOLAR	ARROZ CHAFITA CON POLLO + REFRESCO Y FRUTA	USO DE LUNA	REFRESCO + 01 PAN CON MANSAR
miércoles, 18 de julio de 2018	CAFE + 02 PANES + CAMOTE BANCOCORADO	EURODOLAR	CHAMPURRO ARROZ + REFRESCO Y FRUTA	USO DE LUNA	ARROZ AMARILLO CON POLLO + REFRESCO
jueves, 19 de julio de 2018	ARRAMA DE CERAMIA + 02 PANES + MANSAR	EURODOLAR	FRÍO DE FRUTAS, ARROZ, ENSALADA, REFRESCO + FRUTA	USO DE LUNA	MAYONESA DE MARIÑA CON LECHE + 01 PAN
viernes, 20 de julio de 2018	TE + 02 PANES + JAMONADA	EURODOLAR	FRÍO DE CALABAZA, ARROZ + REFRESCO Y FRUTA	USO DE LUNA	MAYONESA DE POLLO, ARROZ + REFRESCO
sábado, 21 de julio de 2018	ARRAMA CON LECHE + 02 PANES + QUESO	EURODOLAR	ARROZ A LA TACUÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	USO DE LUNA	REFRESCO + 01 PAN CON MARGARITA
domingo, 22 de julio de 2018	SEMOLA CON VAINILLA - 02 PANES + MORTAZELA	EURODOLAR	ARROZ CON MARGARITA + REFRESCO Y FRUTA	USO DE LUNA	TALLARINES ROJOS CON CARNE MOLIDA + REFRESCO
lunes, 23 de julio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	EURODOLAR	FRÍO A LA CHEBENA CON CHANCHO, ARROZ + ENSALADA + REFRESCO Y FRUTA	USO DE LUNA	SOYA DE FIDEOS CON CARBIDA
martes, 24 de julio de 2018	OSADIA CON LECHE + 02 PANES + JAMONADA	EURODOLAR	OSADICHE DE POLLO A LA LIMONIA, ARROZ + REFRESCO Y FRUTA	USO DE LUNA	REFRESCO + 01 PAN CON MANSAR
miércoles, 25 de julio de 2018	CAFE + 02 PANES + CAMOTE FRÍO	EURODOLAR	FRÍO AMILLO, LADO, ARROZ, PAPA + REFRESCO Y FRUTA	USO DE LUNA	ARROZ CHAFITA CON HARINA Y HOT DOG + REFRESCO
jueves, 26 de julio de 2018	ARRAMA DE HARINA + 02 PANES + QUESO DE CHANCHO	EURODOLAR	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	USO DE LUNA	MAYONESA DE MARIÑA CON LECHE + 01 PAN
viernes, 27 de julio de 2018	TE + 02 PANES + HUEVO BANCOCORADO	EURODOLAR	MAYONESA DE POLLO, ARROZ + REFRESCO Y FRUTA	USO DE LUNA	CAMOTE BANCOCORADO, ARROZ + REFRESCO
sábado, 28 de julio de 2018	ARRAMA CON LECHE + 02 PANES + QUESO	EURODOLAR	QUESO DE FES, ALBENDRADA, ARROZ, PAPA + REFRESCO Y FRUTA	USO DE LUNA	REFRESCO + 01 PAN CON MERMELADA
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA - 02 PANES + MORTAZELA	EURODOLAR	QUESO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	USO DE LUNA	ARROZ CON HUEVO FRITO + REFRESCO
lunes, 30 de julio de 2018	SOYA CON PAPA + 02 PANES + MARGARITA	EURODOLAR	QUESO DE ARVEJITA PARTIDA CON CHANCHALARRIZ, ARROZ, REFRESCO Y FRUTA	USO DE LUNA	SOYA DE SEMOLA CON MARGARITA DE POLLO
martes, 31 de julio de 2018	OSADIA CON LECHE + 02 PANES + QUESO DE CHANCHO	EURODOLAR	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	USO DE LUNA	MAYONESA DE FRITAS + 01 PAN



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MUNICIPALIDAD  
SAN JUAN DE LOS RIOS

Tony Gloria Jimenez  
MUNICIPALIDAD  
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Sección de  
L.C. G. /  
MUNICIPALIDAD  
SAN JUAN DE LOS RIOS



DIETA: VIH Y TBC

Lunes, 02 de Julio de 2018

88

ALIMENTO	gr/per (g)	consist ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.30	94.63
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.53	2.73
Canela entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.67
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
Leche evaporada	20.00	100.00	1.40	1.52	2.15	5	14.58	8.72	28.90
Margarina vegg	20.00	100.00	0.12	18.40	0.00	0	147.00	0.00	148.08
Pan de blanco	60.00	100.00	5.75	0.18	43.08	23	1.62	173.33	196.98
									609.45
									21.91
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>Almuerzo: Guiso de arvejeta con choncho, arroz, ensalada, fruta y refresco</b>									
Cerdo de Cerdo	90.0	85.00	8.12	8.42	0.00	24	57.70	0.00	82.24
Arvejeta partida	120.0	100.00	25.62	1.32	77.28	104	11.88	309.12	424.66
Arroz Filado o d	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.50	522.75
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	6.00	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	64.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redonda	60.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ayza	8.00	100.00	0.45	0.08	2.43	1.78	0.96	8.73	12.10
Azúcar rubia	35.00	100.00	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	6.08	11.20	0.96	24.23	36.39
Aji colorado sec	3.00	62.00	0.11	0.12	0.00	0.44	1.10	3.66	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.18	62.32	60.24
								VC DES.	1437.27
								%DIST. D	51.87
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporada	60.00	100.00	5.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
<b>CENA: Caldillo de huevos</b>									
Huevo de gallin	20.00	98.00	2.65	1.65	0.36	11	14.62	1.41	20.81
Leche evaporada	15.00	100.00	1.05	1.22	1.84	4	10.84	6.54	21.66
Fideos	60.00	100.00	5.84	0.12	48.92	23	1.08	187.68	271.32
Zacallo macre	50.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Aplo	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
Aceto vegetal	15.00	100.00	0.00	15.00	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	121.15
Zanahoria	30.00	79.00	0.14	0.12	2.10	1	1.07	8.72	10.36
Sal	4.40	100.00	0.06	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	545.64
								%DIST. CENA	19.62
			84.96	74.40	443.08				
			339.85	669.68	1772.24				
			12.22	24.07	63.71				
					100.00			VCT MENU	2781.79



Lic. Jovanna M. Vaca Benitez  
NUTRICOLOGA  
C.M.P. 199

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martes, 03 de julio de 2018

ALIMENTO	g/por	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Cebada con leche + 02 panes + queso de chancho</b>									
Cebada harina	30.00	100.00	5.54	0.69	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.00	90.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.97
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de chancho	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de lebranz	60.00	100.00	5.75	0.18	43.08	23	1.82	172.32	196.98
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
								VC DES.	637.71
								%DIST. D	25.83
<b>REFRIGERIO: Huevo sancocchado</b>									
Huevo de gallina	55.00	99.00	7.28	4.53	0.87	29	40.75	3.88	73.74
								VC DES.	73.74
<b>Almuerzo: Pollo a la cilla, arroz, ensalada, + fruta y refresco</b>									
Carne de Pollo	160.00	85.00	26.02	4.90	0.00	112	44.00	0.00	156.13
Arroz Pilado o p	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.00	82.00	3.86	0.18	41.03	15	1.80	164.13	181.24
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Lechuga redonda	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Papinito o Pepi	60.00	82.00	0.25	0.05	1.25	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cabe	80.00	92.00	1.03	0.15	8.32	4	1.32	83.27	86.71
Tomate	50.00	96.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	40.00	100.00	0.00	0.00	38.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.205	65.59	84.01
								VC ALML	1486.19
									54.90
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporada	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
<b>CENA: Infusion + 01 pan + mermelada</b>									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.40	1.51	2.67
Canola 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	38.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.05	21.83	0	0.54	87.72	88.74
Pan de lebranz	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	14.29
			58.84	59.68	445.76				
			358.38	537.15	1783.12				
			13.28	20.08	66.64				
					100.00			VCT	2675.65





*[Signature]*  
 Lic. José Luis M. Vique Barrios  
 NUTRICIONISTA  
 C.P. 3349

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miércoles, 04 de julio de 2018

ALIMENTO	grper (g)	gome% ste %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Café + 02 panes + camote sancochado</b>									
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.36	0.27
Camote morado	150.0	95.00	3.02	0.43	37.01	8	3.59	148.03	105.96
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.54	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 labranza	65.00	100.00	6.24	0.20	45.87	25	1.76	185.68	213.40
								VC DES.	511.67
								%DISTR. D	18.92
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>ALMUERZO: Hígado encabollado , arroz ,papa + refresco y fruta</b>									
Hígado de res	120.0	97.00	23.26	5.35	1.15	93.12	48.19	4.66	145.97
Arroz Pilado o t	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	3	0.83	7.91	15.21
Ajo	5.00	85.00	0.24	0.00	1.39	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	0.61	5.90	7.68
Pan seco molido	15.00	100.00	1.65	0.42	12.35	6.60	3.78	49.50	59.88
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de cabe	20.00	87.00	0.24	0.03	1.87	1	0.31	7.86	9.16
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.54	78.54
								V.C. ALMUERZO	1257.33
								% DISTR. ALMUERZO	46.56
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporada	60.00	100.00	6.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
<b>CENA: Arroz chaufa con huevo y hot dog + infusion</b>									
Huevo de gallina	25.00	98.00	3.31	2.05	0.44	13	15.52	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 t	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Cebolla china G	15.00	71.00	0.24	0.04	0.80	1	0.38	3.20	4.55
Pimiento	30.00	83.00	0.37	0.12	1.92	1	1.12	7.67	10.28
Silao	8.00	100.00	0.80	0.77	0.06	4	8.91	0.32	10.85
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	745.38
								%DISTR. D	27.57
			79.21	73.93	438.38				
			316.85	666.33	1721.53				
			11.72	24.61	63.67				
					100.00			VCT	2703.71


  
 Dr. [Signature]  
 REPRESENTANTE

  
 Dr. [Signature]  
 REPRESENTANTE



Jueves, 05 de julio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DISEÑ CAL %
	(g)	%				PROT	GRASAS	CHO	
<b>DESAYUNO: Harina de cebada + 02 panes + manjar</b>									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.60
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	81.80	13.52	127.00
Pan de labranza	60.00	100.00	9.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	871.87
								%DIST. D	28.58
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de galin	65.00	88.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>Almuerzo: Pescado frito , ensalada , arroz , refresco y fruta</b>									
Pescado	280.00	68.00	41.13	7.43	0.67	165	86.83	3.28	233.62
Arroz Pilado o p	180.00	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 Pepi	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.99
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	40.00	100.00	2.55	0.16	30.84	10	1.44	123.36	138.04
Acetite vegetal	58.00	100.00	0.00	38.00	0.00	0	342.00	0.00	342.00
Aji colorado sec	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	3.83
Harina de trigo	40.00	100.00	4.20	0.80	29.92	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.36	0	0.63	1.40	2.03
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.63	64.08	73.79
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1614.54
								%DIST. D	58.10
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	6.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>									
Maizena	35.00	100.00	0.21	0.07	30.95	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	84.00	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	20.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporad	50.00	100.00	3.10	2.43	3.27	8	21.87	13.08	43.35
									402.93
									14.50
			98.18	72.72	432.89				
			392.61	664.50	1731.57				
			14.1	23.6	62.2				
					100.00				2778.68


 Lic. Jovanka Mico Benítez  
 Lic. en Nutrición  
 11/11/2018

*Eja*

*9*

viernes, 06 de julio de 2018

ALIMENTO	grapes		comesti		PROT	GRASA	CHO	VALOR CALORICO (KCAL)		
	(g)	%	ble	%				PROT	GRASAS	CHO
<b>DESAYUNO: Té + 02 panes + jamonada</b>										
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.00	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.04	0.00	0.04	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.06	0.66	0.62
Azúcar rubia	40.00	100.0	0.00	0.00	30.32	0.00	0	157.28	157.28	
Cebolla de cabe	85.00	92.00	1.08	0.18	6.84	4	1.41	35.35	41.13	
Tomate	60.00	69.00	0.48	0.12	2.88	2	1.07	10.22	13.19	
Sal	18.0	100.00	0.23	0.09	1.48	1	0.81	5.90	7.58	
Vinagre	5.00	100.00	0.00	0.08	0.28	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	65.00	100.0	6.24	0.20	46.67	24.95	1.755	185.68	213.40	
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	92.36	
									<b>527.43</b>	
									<b>18.70</b>	
<b>REFRIGERIO: Huevo sancochado</b>										
Huevo de gallin	55.00	95.00	7.28	4.53	0.97	29	40.75	3.88	73.74	
								VC DES.	<b>73.74</b>	
<b>ALMUERZO: Hino de zapallo , arroz , fruta y refresco</b>										
Leche evaporad	25.00	100.00	1.75	2.03	2.73	7	18.23	10.50	36.13	
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80	
Arroz Pilado o p	150.0	100.00	12.50	0.75	116.70	49	6.75	466.80	522.75	
Papa blanca	250.0	85.00	4.45	0.21	47.38	18	1.91	189.55	209.31	
Sal	13.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06	
Zapallo macra	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42	
Maitr Fresco. C	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	0.56	2.56	4.74	
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82	
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78	
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.52	5.95	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	6.64	3	1.08	26.58	30.90	
Naranja	100.00	98.00	1.76	0.29	16.0	7	3.65	64.00	73.79	
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	55.45	59.46	
								VC DES.	<b>1323.79</b>	
								% DIS ALM	<b>46.94</b>	
<b>REFRIGERIO: Vaso de leche</b>										
Leche evaporad	80.00	100.00	5.50	5.48	6.72	22	56.32	94.88	115.60	
								VC DES.	<b>115.60</b>	
<b>CENA Guiso de fideos con pollo, arroz , infusion</b>										
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	52	24.30	0.00	86.10	
Fideos	60.00	100.00	5.04	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	312.65	
Azúcar rubia	18.00	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	20.00	94.00	0.66	0.06	2.54	4	0.73	30.15	14.72	
Zanahoria	25.00	79.00	0.12	0.10	1.52	0	0.89	7.37	8.63	
Cebolla de cabe	30.0	67.00	0.19	0.03	1.51	1	0.24	6.05	7.69	
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59	
Herbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53	
								VC DES.	<b>779.57</b>	
								%DIST. D	<b>37.64</b>	
			<b>67.95</b>	<b>60.03</b>	<b>485.53</b>					
			<b>366.11</b>	<b>511.50</b>	<b>1942.51</b>					
			<b>13.0</b>	<b>18.1</b>	<b>82.9</b>					
					<b>100.00</b>			<b>V.C.T. MENU</b>	<b>2820.12</b>	

 **Dra. Jessica V. Viza Berríos**  
 NUTRI-COORDINADORA  
 Nº 2009

*Jay*

*J*

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
<b>DESAYUNO:</b>	<b>Avena con leche + 02 panes + queso</b>								
Avena hojuelas	35.00	100.00	4.66	1.40	25.20	19	12.60	100.60	132.02
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	61.03	30.62	101.16
Carneja entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.65	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Queso paria	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 lebranca	60.00	100.00	5.76	0.18	43.08	25	1.62	172.32	168.98
									688.95
									26.51
<b>REFRIGERIO:</b>	<b>Huevo sancochado</b>								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	35	40.75	3.68	73.74
								VC DES.	73.74
<b>Almuerzo:</b>	<b>Estofado de res , arroz , refresco y fruta</b>								
Carne de res pe	180.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Avejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajoe	4.00	60.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.06
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 entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.33	4.48
Avejas frescas	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Zanahora	60.00	82.00	0.39	0.33	6.04	2	2.95	24.14	28.67
Acorda 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	2.80	0.11	6.06	11	0.98	24.23	36.25
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1392.88
								% Dist	61.72
<b>REFRIGERIO:</b>	<b>Vaso de leche</b>								
Leche evaporada	60.00	100.00	5.50	6.48	6.72	21	58.32	34.58	115.60
								VC DES.	115.60
<b>CENA:</b>	<b>Infusion + 01 pan + margarina</b>								
Harbas	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 lebranca	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	423.68
								%DIST. C	15.74
			93.51	72.28	417.11				
			374.09	650.53	1668.46				
			13.9	24.2	62.0				
					100.00			VC T	2693.05

 Lic. *[Signature]* W. Ylla Benites  
MAG. EN NUTRICION  
C.R.P. 3920

*[Signature]*  
Lic. *[Signature]* G. H. H.  
MAG. EN NUTRICION  
C.R.P. 3920

*[Signature]*

domingo, 08 de julio de 2018

ALIMENTO	graber	comensal	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	lit				PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla, pan , mortadela</b>									
Semola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.33	138.33
Vainilla	0.18	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	0.53	0.57
Clavo de olor	0.10	84.00	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
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.26	76.23
Pan de abranzo	60.00	100.00	5.76	0.18	43.06	25	1.62	172.32	196.98
								VC DES.	547.80
								%DIST. D	28.34
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallina	50.00	68.00	7.28	4.53	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
<b>ALMUERZO: Locro de panza, arroz , fruta y refresco</b>									
Arroz Pilado o s	150.0	100.00	12.30	0.75	116.70	49	8.76	466.80	522.75
Ajo	4.00	90.00	0.18	0.03	0.97	3	0.23	3.89	4.94
Mondongo de n	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	3.21	219.43	242.31
Cebolla de cabe	65.00	67.00	0.81	0.09	4.82	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
Glándro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.64
Naranja	150.00	98.00	1.76	0.39	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1324.69
								% DIS ALM	48.17
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
<b>CENA Tallarines rojos con carne molida + infusion</b>									
Carne de res m	50.0	100.00	10.65	0.60	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
Zanahora	30.0	69.00	0.12	0.10	1.90	0	0.93	7.67	9.06
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.28	2.73	3.55
Cebolla de cabe	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.09
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceto vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	18.66	0.00	0	78.64	78.64
								VC DES.	632.91
								%DIST. D	23.46
			83.65	68.25	448.99				
			334.69	698.21	1763.20				
			12.42	22.12	68.45				
					100.00				
								VCT	2681.56



Dr. Juan Carlos W. Vica Benites  
N.º de Colección: 1000  
N.º de P. 1998

*Gay*

Dr. Juan Carlos W. Vica Benites  
N.º de Colección: 1000  
N.º de P. 1998

lunes, 09 de julio de 2018

ALIMENTO	grapes (g)	carbohidrato (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + mermelada</b>									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.91	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	59.16
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									<b>491.63</b>
								%DIST. D	24.14
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.68	73.74
								VC DES.	73.74
<b>Almuerzo: Guiso de frejol con chuncho + ensalada + arroz + fruta y refresco</b>									
Arroz Pilado o s	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballero	120.0	100.00	27.48	1.80	68.96	108.92	18.20	279.84	405.96
Carne de Cerdo	60.0	85.00	6.12	6.42	0.00	24	67.76	0.00	82.24
Sal	16.00	100.00	0.22	0.08	1.48	1	0.21	5.90	7.58
Cebolla de cabe	60.00	85.00	0.35	0.14	7.68	4	1.22	30.74	35.77
Aji colorado sec	2.00	68.00	0.10	0.11	0.60	0	0.96	3.19	4.53
Comino	1.00	100.00	0.04	0.00	0.79	0	0.00	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.03	0.00	0.11	0	0.04	0.42	0.53
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pepi	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	8.38
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	98.00	0.48	0.12	2.56	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
Piñano de seda	150.0	85.00	1.91	0.38	38.78	8	3.44	107.10	118.19
									<b>1824.02</b>
								% DES ALM.	55.97
<b>REFRIGERIO: Vaso de leche</b>									
Leche avasorad	80.00	100.00	5.80	6.48	8.72	22	98.32	34.88	116.60
								VC DES.	116.60
<b>CENA: Sopa de fideos con cabeza</b>									
Cabeza de res	60.00	75.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.64	0.12	48.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.58	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	0.25	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	75.81	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	<b>518.04</b>
								%DIST. D	18.02
			<b>88.18</b>	<b>59.99</b>	<b>457.60</b>				
			<b>382.72</b>	<b>539.96</b>	<b>1829.41</b>				
			<b>12.95</b>	<b>19.83</b>	<b>67.22</b>				
					<b>100.00</b>			<b>VC T</b>	<b>2723.02</b>


 Lic. José M. Wiza Berrios  
 N.º 1000114  
 P. 1300

  
 Lic. José M. Wiza Berrios



martes, 10 de julio de 2018

ALIMENTO	gr/per	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)				
<b>DESAYUNO: Cebada con leche + 02 panes + jamonada</b>									
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evaporad	70.00	100.00	4.90	5.87	7.63	28	81.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.54	79.86	1.20	89.89
Pan de habraza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	199.98
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
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de galli	65.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>Almuerzo: Arroz con pollo, ensalada + fruta y refresco</b>									
Carne de Pollo	180.00	85.00	28.02	4.50	0.00	112	44.58	0.00	156.13
Arroz Pilado o p	200.0	100.00	16.40	1.00	156.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.05	0.98	1	0.54	3.94	5.05
Acetate vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	1.19	6.00
Espinaca negra	30.00	97.00	0.81	0.28	1.43	3	2.38	5.70	11.32
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.75	1.08
Ajox	5.00	80.00	0.22	0.03	1.22	3	0.29	4.86	6.05
Avejas frescas	35.00	82.00	1.54	0.13	4.28	6	1.17	16.32	23.00
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de cabe	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lechuga redond	60.00	50.00	0.30	0.08	0.63	2	0.64	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
Platano de sedi	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.58
								VC DES.	1542.22
								%DIST. D	56.77
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	60.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
<b>CENA: Infusion + 01 pan + manjar</b>									
Hierbas	5.00	54.00	0.13	0.04	0.30	0.54	0.38	1.21	2.12
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	5.78	12.75	4.23	27	114.75	16.90	158.79
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	85.16	99.49
								VC DES.	396.99
								%DIST. D	14.81
			93.98	81.55	491.78				
			375.93	733.94	1606.79				
			13.8	27.0	89.1				
					100.00			VCT	2716.66



Lic. Jessica Ticona Benites  
 Nutricionista  
 No. de Coleccionista  
 10112018

*[Signature]*  
 Nutricionista  
 DINAVE  
 No. de Coleccionista  
 10112018

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 Nutricionista  
 DINAVE  
 No. de Coleccionista  
 10112018

miércoles, 11 de julio de 2018

ALIMENTO	griper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL KCAL
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	Ar (g)	(g)	(g)	PROT	GRASAS	CHO	
<b>DESAYUNO: Café+ 02 panes + camote frito</b>									
Café sin azúcar	3.00	100.0	0.01	0.00	0.03	0	0.03	0.10	0.16
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.35	0.57
Clavo de olor	0.10	94.00	0.00	0.00	0.01	0	0.00	0.05	0.28
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.06	117.56
Camote morado	100.0	82.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labranza	80.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.98
									662.83
									19.82
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallin	55.00	88.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>ALMUERZO: Cau cau de pollo , arroz, fruta y refresco</b>									
Carne de Pollo	100.00	88.00	17.72	3.10	0.00	71	27.86	0.00	96.73
Papa blanca	200.0	82.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o p	150.00	100.00	12.30	0.73	116.70	49	6.73	466.80	522.79
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.50
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.33	8.19
Ajos	8.00	80.00	0.36	0.05	1.85	1	0.46	7.78	9.66
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	1.26	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.00	1	1.48	12.07	14.33
Naranja	150.00	88.00	1.78	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								V.C. ALMUERZO	1337.34
								% DISTR. ALMUERZO	47.50
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	5.50	6.48	8.72	22	58.33	34.88	115.00
								VC OPS.	115.00
<b>GENA Arroz a la jardinera con saichicha + infusion</b>									
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.80	38	4.50	311.30	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.83
Saichicha "hot d	30.00	100.00	3.30	10.29	0.30	13	92.61	1.30	107.01
Sal	8.00	100.00	0.10	0.04	0.60	0.36	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.33
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	0.58	0.19	4.84	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.28	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.08	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
pepillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									710.48
									26.46
			76.94	67.51	468.67				
			307.74	607.55	1874.68				
			11	22	67				
					100.00			VCT MEN	2788.97



Lic. Jovanna M. Yliza Benites  
 Lic. en Nutrición  
 C.O.P. 10000

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 Jovanna M. Yliza Benites  
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*[Handwritten signature]*  
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 C.O.P. 10000

Jueves, 12 de julio de 2018

ALIMENTO	gripet		comestible		PROT	GRASA	CHO	VALOR CALORICO (KCAL)		
	g	%	g	%				PROT	GRASAS	CHO
<b>DESAYUNO: Harina de habas + 02 panes + queso de chancha</b>										
Harina de Haba	30.00	100.00	7.29	0.57	17.86	29	5.13	71.52	105.81	
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57	
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62	
Queso de chancha	30.00	100.00	6.03	5.19	6.30	34.12	48.71	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	1.02	172.32	196.96	
									VC DES.	513.86
									%DIST. D	18.82
<b>REFRIGERIO: Huevo sancochado</b>										
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74	
									VC DES.	73.74
<b>Almuerzo: Pescado frito , ensalada , arroz , refresco y fruta</b>										
Pescado	280.00	58.00	41.13	7.43	0.57	165	68.83	2.28	233.62	
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	523.75	
Tomato	40.00	50.00	0.28	0.07	1.58	1	0.65	6.19	7.99	
Peperino o Pepi	60.00	72.00	0.29	0.06	1.50	1	0.53	5.90	7.99	
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	
Mandioca	35.00	100.00	3.24	0.14	26.99	9	1.20	107.94	116.18	
Aji colorado sec	3.00	88.00	0.14	0.16	1.20	1	1.43	4.79	6.79	
Cebolla de cabe	80.00	87.00	0.07	0.14	7.86	4	1.25	31.48	36.61	
Ajoi	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63	
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	126.72	
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	0.83	1.40	2.03	
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.08	73.79	
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74	
									VC DES.	1602.66
									%DIST. D	58.88
<b>REFRIGERIO: Vaso de leche</b>										
Leche evaporad	80.00	100.00	5.90	6.48	8.72	21	58.32	34.88	115.60	
									VC DES.	115.60
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>										
Maizena	40.00	100.00	0.34	0.05	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	21.94	11.52	0.81	86.10	90.49	
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.06	43.35	
										429.48
										15.43
			190.41	64.60	435.85					
			401.62	580.48	1743.38					
			14.74	21.39	63.97					
					100.00				VC MEN	2726.48



Lic. Jhonny M. Vique Benthia  
M.D. N.º 100101578  
1987-1988

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viernes, 13 de julio de 2018

ALIMENTO	griper	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	liba				PROT	GRASAS	CHO	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
<b>DESAYUNO: Te + 03 panes + huevo sancocado</b>									
Té sin azúcar	3.00	64.00	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	26.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Sal	12.00	100.00	0.14	0.09	0.99	1	0.54	3.94	5.08
Pan de labranza	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gallin	60.00	98.00	7.94	4.04	1.06	32	44.45	4.23	80.44
									<b>424.46</b>
									<b>15.72</b>
<b>REFRIGERIO: Huevo sancocado</b>									
Huevo de gallin	60.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	<b>73.74</b>
<b>ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco</b>									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.94	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	25	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.99
Arroz Pilado o s	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	6	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.28
Ajos	8.00	80.00	0.36	0.09	1.95	3	0.46	7.78	9.68
Acete 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	0.88	0.08	4.54	2	0.72	18.17	21.19
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.45	59.46
								VC DES.	<b>1328.18</b>
								%DIST. D	<b>48.18</b>
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	5.60	6.48	6.72	22	36.32	34.88	115.60
								VC DES.	<b>115.60</b>
<b>CENA: Camote amebizado,arroz,infusion</b>									
Camote morado	100.00	84.00	1.18	0.25	31.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.90	2.7	44.88	63.89
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acete 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	2.65	1.85	0.35	11	14.62	1.41	29.81
Hierbas	3.00	54.00	0.08	0.02	0.11	0	0.15	0.45	0.60
								VC . CENA	<b>758.89</b>
								% DIST.CENA	<b>28.08</b>
	VCT (Gr.)		91.63	63.18	441.30				
	VCT (Kcal.)		366.52	568.55	1785.19				
	VCT (%)		14	21	66		V.C.T. MENU		<b>2700.36</b>
					100.00				



Dr. Juana Patricia Buitrago  
 NUTR. DIETA  
 13/07/2018

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sábado, 14 de julio de 2018

ALIMENTO	grapes (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche, pan, queso</b>									
Avena hojuelas	35.00	100.00	4.96	1.40	25.20	19	12.80	100.80	132.02
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.08	0.08
Queso paria	30.00	100.00	8.40	9.00	0.89	34	81.00	3.99	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	157.62	157.62
Pan de habra	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									687.67
									25.20
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallina	55.00	68.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>ALMUERZO: Pollo dorado, arroz, ensalada, fruta y refresco</b>									
Arroz Pilado a s	150.00	100.00	12.30	0.75	116.70	49	5.75	465.80	522.75
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	113	44.08	0.00	195.13
Acéite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.18	0.02	0.84	3	0.20	3.36	4.17
Papa blanca	250.00	95.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.08	0.98	3	0.54	3.94	5.05
Cebolla de cabe	80.00	89.00	1.00	0.14	6.09	4	1.28	32.18	37.45
Lechuga redonda	80.00	92.00	0.99	0.15	1.55	4	1.32	6.18	11.33
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.88	6.51	10.90
Aji colorado sec	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	88.00	1.76	0.29	16.00	7	2.55	64.06	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALML	1468.26
									53.86
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporada	80.00	100.00	5.60	6.48	5.72	22	55.32	34.88	115.60
								VC DES.	115.60
<b>CENA: Infusion + 01 pan + mermelada</b>									
Hierbas	10.00	99.00	0.31	0.10	0.68	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.08	0.08
Azúcar rubia	40.00	100.00	0.00	0.00	38.32	0	0.00	157.28	157.28
Mermelada De	36.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de habra	35.00	100.00	3.36	0.11	26.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	13.99
			93.21	64.22	446.80				
			360.83	877.98	1787.26				
			13.2	21.2	65.6				
					100.00			VC T	2728.91



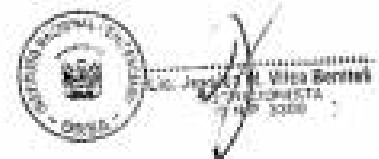
Dr. José W. Vico Brito  
 VICEDIRECTOR  
 N.º P. 3288

*[Signature]*  
 Yany Girona  
 LIC. N.º  
 2.066.1

*[Signature]*

domingo, 25 de julio de 2018

ALIMENTO	gr/por	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Semola con vainilla, pan mortadela</b>									
Semola de Trigo	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.18	100.00	0.00	0.00	0.00	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
Azúcar rubia	38.00	100.00	0.00	0.00	34.60	0	0.00	138.74	138.74
Pan de leonanza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	188.88
Mortadela	50.00	100.00	2.94	8.91	2.82	11.76	53.19	11.28	78.23
									<b>549.02</b>
									<b>19.97</b>
<b>REFRIGERIO: Huevo sancochada</b>									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									<b>VC DES. 73.74</b>
<b>ALMUERZO: Matasquita de pollo, arroz, fruta y refresco</b>									
Carne de Pollo	100.00	88.00	17.51	3.08	0.00	70	27.54	0.00	57.58
Papa blanca	200.0	82.00	3.44	0.16	36.67	34	1.48	146.29	181.54
Arroz Piledo o d	100.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.05	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	8.00	80.00	0.56	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	60.00	67.00	0.75	0.11	8.08	3	0.96	34.23	38.18
Anejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	180.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.78
Azúcar rubia	35.00	100.00	0.00	0.00	34.60	0	0.00	138.74	138.74
									<b>VC DES. 1295.06</b>
									<b>WDIST. D 47.25</b>
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	32	58.32	34.88	116.60
									<b>VC DES. 116.69</b>
<b>CENA: Hígado frito, arroz + infusion</b>									
Hígado de res	80.0	70.00	11.20	2.58	0.58	44.80	23.184	2.24	70.22
Arroz Piledo o d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1725	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	0.09	0.03	0.41	0.24	0.225	1.64	2.11
Pan seco molid	18.00	100.00	1.85	0.42	12.38	8.60	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
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.65	0.00	0	78.64	78.64
									<b>VC DES. 711.71</b>
									<b>% DIS ALM 25.09</b>
			<b>86.71</b>	<b>74.16</b>	<b>433.70</b>				
			<b>346.83</b>	<b>667.48</b>	<b>1734.82</b>				
			<b>12.6</b>	<b>24.3</b>	<b>63.1</b>				
						<b>100.00</b>			
									<b>VCT 2749.12</b>

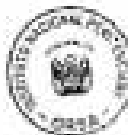


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lunes, 16 de julio de 2018

ALIMENTO	gr/por (g)	concent nó %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR CAL. % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 62 panes + margarina</b>									
Harina de soya	25.00	100.00	2.38	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.03
Azúcar rubia	95.00	100.00	0.00	0.00	34.41	0	0.00	137.63	137.63
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labranza	60.00	100.00	5.76	0.18	43.08	29	1.82	172.92	106.08
									<b>584.64</b>
									<b>26.87</b>
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de galli	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>Almuerzo: Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco</b>									
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	424.68
Carne de Cerdo	60.0	70.00	5.04	5.28	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.96	3	0.54	3.94	5.05
Cebolla de cabr	60.00	65.00	0.71	0.10	5.76	3	0.52	23.05	26.83
Aji colorado sec	2.00	66.00	0.10	0.11	0.80	0	0.50	3.19	4.63
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	64.00	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
Papinillo o Pepi	60.00	98.00	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	0.13	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.69	8.51	10.69
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sed	150.0	65.00	1.91	0.35	26.76	8	3.44	107.10	118.19
									<b>1614.56</b>
								% DIS ALM.	<b>54.67</b>
<b>REFRIGERIO: Vaso de leche</b>									
Leche evapor	80.00	100.00	5.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	<b>115.60</b>
<b>GENA: Sopa de arroz con menudencia de pollo</b>									
Menudencia de	60.00	65.00	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	0.09	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.04	8	0.89	87.77	96.92
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.00	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	<b>512.72</b>
								%DISTR. D	<b>18.30</b>
			<b>84.46</b>	<b>89.52</b>	<b>434.68</b>				
			<b>337.83</b>	<b>724.68</b>	<b>1738.74</b>				
			<b>12.66</b>	<b>25.87</b>	<b>62.07</b>				
					<b>100.00</b>			VC T	<b>2801.26</b>


 Lic. Josefa Y. Vica Barrios  
 M.C. DIETISTA  
 N.º 1200

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martes, 17 de julio de 2018

ALIMENTO	grajer	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCALI)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Cebada con leche + 02 panes + queso de chanco</b>									
Cebada harina	30.00	100.00	5.04	0.08	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	95.00	0.00	0.00	0.10	0	0.02	0.66	0.68
Clavo de olor	0.10	95.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de lebranza	60.00	100.00	5.78	0.18	43.08	23	1.52	172.32	196.88
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.10
								%DIST. D	23.00
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>ALMUERZO: Arroz chaufa con pollo, refresco y fruta</b>									
Carne de Pollo	180.00	98.00	28.02	4.90	0.00	112	44.05	0.00	156.13
Salchicha 'hot'	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado o s	180.00	100.00	14.75	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
Sel	8.00	100.00	0.10	0.04	0.06	0	0.36	3.62	3.37
Cebolla china (C	30.00	71.00	0.49	0.08	1.60	2	0.77	6.29	8.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silao	12.00	100.00	1.38	1.15	0.12	5	10.37	0.48	16.27
Cebolla de cabe	100.00	57.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.75	0.39	16.0	7	2.65	64.09	73.79
Cominos	0.3	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1448.52
								% DIS ALM.	53.89
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporada	60.00	100.00	5.60	6.45	8.72	22	58.32	34.88	115.00
								VC DES.	115.00
<b>CENA: Infusion + 01 pan + manjar</b>									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	95.00	0.00	0.00	0.10	0	0.02	0.66	0.69
Clavo de olor	0.10	95.00	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	81	137.70	20.28	190.00
Pan de lebranza	30.00	100.00	2.88	0.08	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	16.07
			97.67	85.16	380.45				
			390.70	775.44	1521.80				
			14.54	28.85	58.62				
					100.00			VCT	2687.94



Dr. José M. Mina Briones  
Médico  
C.R. 1388

Yany G...  
Médico  
C.R. 1388

*g*



jueves, 19 de julio de 2018

ALIMENTO	g/por	comest	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO:</b>	<b>Harina de cebada + 02 panes + manjar</b>								
Cebada harina	30.00	100.00	5.84	0.89	30.22	23	8.21	80.88	109.85
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.35	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.82	137.82
Manjar blanco	20.00	100.00	5.43	10.30	3.38	23	81.80	13.53	127.00
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.82	172.13	196.98
								VC DES.	571.87
								%DIST. D	20.66
<b>REFRIGERIO:</b>	<b>Huevo sancochado</b>								
Huevo de gallina	55.00	98.00	7.28	4.50	0.87	29	40.75	3.88	73.74
								VC DES.	73.74
<b>Almuerzo:</b>	<b>Pescado frito , ensalada , arroz , refresco y fruta</b>								
Pescado	280.00	88.00	39.82	7.21	0.55	160	64.88	3.22	226.75
Arroz Pilado o p	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	12.98	15.98
Pepinillo o Pepi	90.00	72.00	0.32	0.06	1.88	1	0.58	6.74	8.82
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceite vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Aj colorado sal	4.00	68.00	0.18	0.21	1.80	1	1.81	6.39	9.08
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Cebolla de cabe	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.95
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	1.62	0.12	23.13	8	1.08	92.52	101.28
Vinagre	9.00	100.00	0.00	0.08	0.48	0	0.81	1.80	2.81
Naranja	150.00	88.00	1.78	0.29	18.0	7	2.65	64.08	73.78
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.18	99.18
								VC DES.	1585.94
								%DIST. D	57.30
<b>REFRIGERIO:</b>	<b>Vaso de leche</b>								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	32	58.32	34.88	116.60
								VC DES.	116.60
<b>CENA:</b>	<b>Mazamorra de maizena con leche + 01 pan</b>								
Maizena	40.00	100.00	0.24	0.08	34.58	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.82	137.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	85.18	88.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	429.48
								%DIST. D	15.19
			96.18	76.38	473.91				
			384.74	687.25	1685.64				
			13.96	24.83	81.27			VCT MEN	2787.83
					100.00				



Dr. José María Vique Barrios  
 M. C. P. C. O. C. O. M. P. T. A.  
 N.º 11.119

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viernes, 20 de julio de 2018

ALIMENTO	gripes		comest		PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	Me	%				PROT	GRASAS	CHO	DIST. CAL %
<b>DESAYUNO: Té + 02 panes + jamonada</b>											
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	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	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	37.35	0.00	37.35	0.00	0	149.42	149.42
Pan de habrona	60.00	100.0	6.78	0.16	43.08	23.04	1.92	1.92	172.32	196.96	
Jamonada	20.00	100.00	3.14	5.90	0.20	0.20	0.20	27	24.30	1.20	52.39
											<b>399.39</b>
											<b>14.06</b>
<b>REFRIGERIO: Huevo sancochado</b>											
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88			73.74
									VC DES:		<b>73.74</b>
<b>ALMUERZO: Aji de calabaza , arroz , fruta y refresco</b>											
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90			36.13
Queso para	20.00	100.00	5.50	6.00	0.66	21	54.00	2.64			79.04
Arroz Filado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	666.60			523.75
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	246.19			271.80
Sal	12.0	100.00	0.14	0.05	0.88	1	0.54	3.94			5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.83			42.28
Maíz Fresco. Cl	35.00	60.00	0.92	0.22	7.78	4	2.02	31.14			36.85
Huacafay	8.00	100.00	0.40	0.06	0.84	2	0.58	2.56			4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66			37.13
Ajos	3.30	80.00	0.10	0.01	0.58	0	0.13	2.14			2.78
Tomate	35.00	89.00	0.28	0.07	1.49	1	0.62	5.96			7.69
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00			180.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17			21.15
Naranja	150.00	98.00	1.76	0.29	15.0	7	3.85	64.09			73.79
Azúcar rubia	20.00	100.0	0.00	0.00	18.82	0	0.00	79.28			79.28
									VC DES:		<b>1400.61</b>
									% DIS ALM:		<b>52.47</b>
<b>REFRIGERIO: Vaso de leche</b>											
Leche evaporada	50.00	100.00	3.50	4.48	6.72	22	58.32	34.88			115.60
									VC DES:		<b>115.60</b>
<b>CENA: Matesquita de pollo , arroz , infusion</b>											
Carne de Pollo	100.00	85.00	17.51	3.05	0.00	70	27.64	0.00			97.58
Arroz Filado o p	60.0	100.00	7.38	0.45	70.02	30	4.05	280.08			313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98			58.98
Arvejas frescas	40.00	54.00	1.93	0.13	4.05	6	1.17	15.24			23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.00	15.08			15.54
Papa blanca	150.0	85.00	2.68	0.13	26.43	10.71	1.1475	113.73			125.59
Cebolla de cabe	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	1.99	1.43	0.4608	7.78			9.69
Aji colorado sec	3.00	52.00	0.07	0.06	0.61	0.29	0.7301	2.44			3.48
Tomate	40.00	99.00	0.32	0.09	1.70	1	0.71	6.81			8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	3.21			2.13
									VC DES:		<b>680.09</b>
									%DIST. D		<b>25.48</b>
			<b>85.85</b>	<b>51.58</b>	<b>466.94</b>						
			<b>387.71</b>	<b>435.46</b>	<b>1876.16</b>						
			<b>13.4</b>	<b>16.3</b>	<b>70.3</b>						
									V.C.T. MENU		<b>2669.32</b>

 **Lic. Javier W. Vera Becerra**  
 N° de Colección: 1111111111  
 N° de Colección: 1111111111

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sábado, 21 de julio de 2018

ALIMENTO	grajer	carne	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	ble				AN (g)	PROT	GRASAS	
	(g)	%		(g)	(g)				POR MENU
<b>DESAYUNO: Avena con leche , pan , queso</b>									
Avena, Hojuelas	25.00	100.00	3.33	1.00	18.00	13	8.00	72.00	94.30
Leche evaporad	75.00	100.00	5.25	5.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.90	34	61.00	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 labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	188.98
									566.46
									24.25
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.76	3.38	73.74
								VC DES.	73.74
<b>ALMUERZO: Adobo a la tacnella de cerdo , arroz, papa + refresco y fruta</b>									
Cerdo de Cerdo	150.00	88.00	19.01	18.90	0.00	78	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.59	4.54
Sal	9.00	100.00	0.11	0.06	0.74	0	0.41	2.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.51	0	0.00	0.04	0.05
Aj colorado sec	1.00	52.00	0.04	0.04	0.31	0	0.37	1.23	1.73
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	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	200.00	92.00	3.86	0.18	41.03	15	1.56	164.13	181.24
Aj 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	1.78	0.29	16.00	7	2.85	64.09	73.79
Cominas	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1418.82
								% DIS ALM.	52.41
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	5.60	5.46	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
<b>GENA: Infusion + 01 pan + margarina</b>									
Herbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	4.04
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	184.00	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.	442.88
								%DIST. D	16.35
			77.04	84.30	387.60				
			308.17	648.89	1550.41				
			11.4	31.3	57.3				
					100.00			VC T	2707.27



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 Dra. Juana R. Vique Bertrán  
 N.º REG. PROF. 12  
 C. N.º 2388

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 Dra. Juana R. Vique Bertrán  
 N.º REG. PROF. 12  
 C. N.º 2388

*[Handwritten signature]*  
 Dra. Juana R. Vique Bertrán  
 N.º REG. PROF. 12  
 C. N.º 2388

**DIETA: VIH Y TBC**

domingo, 22 de julio de 2018

ALIMENTO	gr/por		comesti		PROT	GRASA	CHO	VALOR CALORICO (KCAL)		
	gr	%	ble	%				PROT	GRASAS	CHO
	(g)	%	An	(g)	(g)	(g)				POR MENU
<b>DESAYUNO: Semola con vainilla, pan , mortadela</b>										
Sémola de Trigo	35.00	100.00		9.83	3.75	18.83	27	35.71	75.32	138.33
Vainilla	0.18	100.00		0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00		0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00		0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00		0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00		2.94	5.91	2.82	11.78	53.19	11.28	78.23
Pan de blanco	60.00	100.00		5.78	0.18	43.08	23	1.62	172.32	196.98
									VC DES.	547.96
									%DIST. D	23.82
<b>REFRIGERIO: Huevo sancochado</b>										
Huevo de gallina	65.00	98.00		7.28	4.93	0.87	29	40.75	3.88	73.74
									VC DES.	73.74
<b>ALMUERZO: Aguadito con menudencia, refresco y fruta</b>										
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		8.74	0.30	64.46	23	3.15	217.84	243.85
Apio	15.00	75.00		0.08	0.02	0.54	0	0.20	2.16	2.68
Polvo	15.00	85.00		0.27	0.06	0.76	1	0.71	3.01	4.79
Zanahoria	40.00	89.00		0.21	0.18	3.28	1	1.60	13.10	15.98
Papa blanca	300.00	88.00		8.42	0.26	57.53	22	2.32	190.14	254.13
Arvejas frescas	40.00	85.00		1.85	0.16	4.89	7	1.40	19.35	28.34
Cilantro	25.00	88.00		0.73	0.28	1.56	3	2.60	6.23	11.77
Espinaca negra	35.00	87.00		0.95	0.31	1.68	4	2.75	6.65	13.21
Sel	10.00	100.00		0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	80.00		0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00		0.22	0.03	1.22	1	0.29	4.66	6.05
Acetite 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
<b>REFRIGERIO: Vaso de leche</b>										
Leche evaporada	80.00	100.00		5.80	6.48	8.72	22	58.32	34.88	115.60
									VC DES.	115.60
<b>CENA Tallarines rojas con carne molida + infusion</b>										
Carne de res m	50.00	100.00		10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.00	100.00		9.50	0.10	68.60	38	0.90	378.40	317.30
Zanahoria	50.00	89.00		0.25	0.21	3.81	1	1.88	15.24	18.09
Tomate	50.00	80.00		0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabe	80.00	87.00		0.84	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	4.66	6.05
Acetite vegetal	20.00	70.00		0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.00		0.00	0.00	0.00	0	0.00	0.03	0.01
Laurel	0.04	54.00		0.00	0.00	0.00	0	0.01	0.03	0.04
Aji colorado sec	5.00	68.00		0.24	0.27	3.00	1	2.39	7.98	11.32
Azúcar rubia	35.00	100.00		0.00	0.00	34.41	0.00	0	137.62	137.62
										699.10
									%Dist. C	30.52
				80.41	61.61	353.72				
				321.63	554.45	1414.86				
				14.04	24.20	61.76	100			
						100.00			VCT	2289.84



Lic. Jessica M. Vique Barrios  
 Nutricionista  
 C.R. 1000

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 Yany  
 610

Lic. *[Signature]*  
 C.R. 6133

lunes, 23 de julio de 2018

ALIMENTO	grape (g)	comestible % %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. CAL. B. POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + mermelada</b>									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.20	85.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	85.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	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	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
									514.05
									18.95
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de palite	55.00	98.00	7.28	4.53	0.97	29	40.75	3.68	73.74
								VC DES.	73.74
<b>Almuerzo: Frejol a la chilena con chancho, arroz, ensalada, fruta y refresco</b>									
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.50	522.70
sal	10.00	100.00	0.12	0.05	0.62	0.48	0.45	3.28	4.21
Acetite vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	98.00	0.24	0.05	1.28	0.95	0.53	5.11	5.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.46
Lechuga redonda	80.00	50.00	0.62	0.08	0.84	2.08	0.72	3.38	6.16
Flores	25.00	100.00	2.35	0.05	19.55	6.40	0.45	78.20	88.65
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.20
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.58
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	6.08	11.20	0.98	24.23	36.39
Aj colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Naranja	150.00	98.00	1.78	0.20	16.0	7	2.65	64.09	73.79
								VC DES.	1812.14
								%DIST. D	65.74
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporada	80.00	100.00	5.60	6.48	6.72	22	58.32	34.88	115.80
								VC DES.	115.80
<b>CENA: Sopa de fideos con cabeza</b>									
Cabeza de res	60.00	88.00	9.93	1.82	0.53	40	18.34	2.14	58.21
Fideos	50.00	100.0	4.70	0.10	38.10	15	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.03	0.54	0	0.20	2.36	2.88
Porro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	136.93
Sal	12.00	100.00	0.14	0.06	0.95	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	0.87	1	0.22	3.83	4.84
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.35
								%DIST. D	18.33
			93.71	52.78	455.74				
			374.84	475.08	1882.97				
			13.82	17.51	68.67				
					100.00			VC1	2712.87



Lic. Ricardo W. Efron Benítez  
Médico GINECOLOGISTA  
C.R.P. 3390

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DIETA: VIH Y TBC

miércoles, 25 de julio de 2012

ALIMENTO	g/per	comest	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST CAL %
	(g)	ble				PROT	GRASAS	CHO	
<b>DESAYUNO: Café+ 02 panes + camote frito</b>									
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	0.0061	0.34	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Acolla vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de lebranza	50.00	100.00	5.78	0.18	43.08	23	1.62	172.32	195.98
								VC DES.	534.81
								%DIST. D	18.75
<b>REFRIGERIO: Huevo sancóchado</b>									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>ALMUERZO: Hígado encobollado , arroz ,papa + refresco + fruta</b>									
Hígado de res	120.0	97.00	23.28	5.35	1.16	93.12	40.19	4.86	145.87
Arroz Pilado e 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	0.60	7.01	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.55	0.306	6.17	6.43
Acolla 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	0.05	0.98	0.59	0.64	3.94	5.05
Pan seco molido	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.81
Pimienta molida	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Papa blanca	150.0	82.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.96	1.01
Naranja	150.00	86.00	1.75	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
								V.C. ALMUERZO	1481.98
								% DIST. ALMUERZO	50.12
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	60.00	100.00	5.60	6.48	8.72	21	50.32	34.98	115.60
								VC DES.	115.60
<b>CENA: Arroz chaufa con huevo y hot dog + infusion</b>									
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 e p	100.00	100.00	8.30	0.50	77.89	33	4.50	311.20	345.50
Acolla vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.19	0.04	0.66	0	0.36	2.62	3.37
Cebolla china (2	30.00	71.00	0.48	0.09	1.50	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.25	1	0.75	5.11	6.66
Sifao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	15.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	682.19
								%DIST. D	24.38
			81.82	91.98	410.89				
			327.28	827.76	1643.19				
			11.70	25.58	58.72				
					100.00			VCT	2798.25

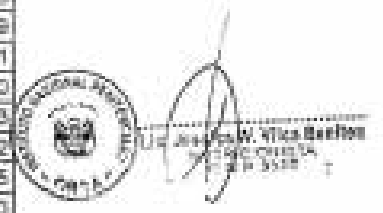


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 LICENCIADO

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Jueves, 26 de julio de 2018

ALIMENTO	g/g/por		comesti		PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	ble	%				PROT	GRASAS	CHO	
<b>DESAYUNO: Harina de habas + 02 panes + queso de chancho</b>											
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	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62		
Queso de chancho	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03		
Pan de labraza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.88		
										VC DES.	513.06
										%DIST. D	18.67
<b>REFRIGERIO: Huevo sancochado</b>											
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74		
										VC DES.	73.74
<b>Almuerzo: Pescado frito , ensalada , arroz , refresco y fruta</b>											
Pescado	280.00	98.00	41.13	7.43	0.57	165	65.83	2.28	233.62		
Arroz Pilado o g	160.00	100.00	12.30	0.75	115.70	49	6.75	466.80	522.75		
Tomate	40.00	90.00	0.29	0.07	1.88	1	0.65	6.19	7.99		
Pepinito o Pepi	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66		
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05		
Aceite vegetal	38.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75		
Mandioca	35.00	100.00	2.34	0.14	26.88	6	1.26	107.94	118.16		
Ají colorado sec	3.00	68.00	0.14	0.15	1.20	1	1.43	4.79	6.79		
Cebolla de cabe	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.81		
Mazena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	89.36	70.20		
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63		
Harina de trigo	35.00	100.00	3.68	0.70	26.16	15	6.30	104.72	125.72		
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.05		
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03		
Naranja	150.00	98.00	1.78	0.29	15.0	7	2.65	64.08	73.79		
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74		
										VC DES.	1625.55
										%DIST. D	58.14
<b>REFRIGERIO: Vaso de leche</b>											
Leche evaporad	80.00	100.00	5.60	6.48	6.72	22	58.33	34.88	115.60		
										VC DES.	115.60
<b>CENA: Mazamorra de maizena con leche + 01 pan</b>											
Mazena	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 labraza	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	21.67	13.08	43.35		
											420.48
											15.30
			100.53	59.29	453.19						
			402.16	533.89	1813.74						
			14.62	19.41	65.96						
					100.00					VCT MEN	2748.43



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 INSTITUTO VENEZOLANO DE NUTRICION Y DIETA  
 CAROLINA

viernes, 27 de julio de 2018

ALIMENTO	gr/por	comesti	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DISTR.CAL %
	(g)	ble				PROT	GRASAS	CHO	
		%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Té + 02 panes + huevo sancochado</b>									
Té sin azúcar	3.00	88.00	0.00	0.00	0.01	0.01	0	0.00	0.04
Canela entera	0.10	100.0	0.00	0.00	0.00	0.01	0.0081	0.34	0.30
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de habanero	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.68
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.50
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									<b>554.30</b>
									<b>18.97</b>
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallina	55.00	98.00	7.28	4.03	0.97	29	40.75	3.88	73.74
								<b>VC DES:</b>	<b>73.74</b>
<b>ALMUERZO: Martesquita de pollo, arroz, fruta y refresco</b>									
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.56
Papa blanca	300.0	93.00	5.86	0.26	62.22	23	2.51	248.87	274.62
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	8.78	466.80	622.75
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	5.79	8.77
Ajca	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aj 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	97.00	0.07	0.14	7.86	4	1.29	31.46	36.61
Arvejas frescas	35.00	64.00	1.34	0.11	3.56	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	68.00	1.76	0.23	18.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								<b>V.C. ALMUERZO</b>	<b>1400.83</b>
								<b>% DISTR. ALMUERZO</b>	<b>47.92</b>
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	119.60
								<b>VC DES:</b>	<b>119.60</b>
<b>CENA: Camote amebizado, arroz, infusión</b>									
Camote morado	100.00	84.00	1.18	0.26	21.55	5	2.27	86.95	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.32	6.30	2.7	44.88	53.68
Arroz Pilado o p	90.00	100.00	7.38	0.46	70.02	30	4.66	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	6.60	6.00	0.66	22	54.00	2.64	79.04
Leche evaporad	15.00	100.00	1.05	1.22	1.64	4	10.94	6.34	21.98
Huevo de gallina	15.00	98.00	1.88	1.23	0.26	6	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
								<b>V.C. CENA</b>	<b>778.27</b>
								<b>% DISTR. CENA</b>	<b>26.63</b>
	VGT (Gr.)		<b>90.77</b>	<b>66.18</b>	<b>490.98</b>				
	VGT (kcal.)		<b>363.88</b>	<b>595.63</b>	<b>1963.91</b>				
	VGT (%)		<b>12</b>	<b>20</b>	<b>67</b>		<b>V.C.T. MENU</b>		<b>2922.62</b>
					<b>100.00</b>				



*[Handwritten signature]*  
 Dra. Wilca Benites  
 Hospital General de la Universidad de la Habana

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sábado, 28 de julio de 2018

ALIMENTO	gr/per (g)	convrsi ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DISTR. GAL %
						PROT	GRASAS	CHO	
<b>DESAYUNO: Avena con leche , pan , queso</b>									
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	80.40	113.16
Leche evaporada	70.00	100.00	4.90	6.67	7.63	20	51.00	30.53	101.13
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 pana	30.00	100.00	8.40	9.00	0.09	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
									<b>668.09</b>
									<b>24.93</b>
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	<b>73.74</b>
<b>Almuerzo: Carne almendrada, arroz , papa + refresco y fruta</b>									
Carne de res pa	150.00	85.00	27.16	2.04	0.00	108.83	18.36	0.00	128.99
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.45	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cabe	80.00	87.00	0.75	0.11	6.05	3	0.96	24.23	26.19
Aji colorado sec	5	68.00	0.24	0.27	2.00	1	2.35	7.98	11.32
Pan seco molido	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	182.85	201.80
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.45	7.78	9.58
Sal	12.00	100.00	0.14	0.05	0.98	1	0.54	3.94	5.05
Aceite vegetal	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, car	10.00	85.00	2.29	4.58	1.68	9	41.21	5.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	<b>1491.20</b>
								% Dist	<b>55.63</b>
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporada	60.00	100.00	5.60	6.48	8.72	22	58.32	34.58	115.80
								VC DES.	<b>115.80</b>
<b>CENA: Infusion + 01 pan + mermelada</b>									
Hierbas	10.00	82.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.65
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	<b>331.76</b>
								%DIST. D	<b>12.38</b>
			<b>92.11</b>	<b>56.56</b>	<b>450.74</b>				
			<b>348.42</b>	<b>509.91</b>	<b>1802.96</b>				
			<b>13.76</b>	<b>18.99</b>	<b>67.26</b>				
					<b>100.00</b>			VC T	<b>2688.38</b>

Dr. W. Vico Berrios  
 Director General  
 Instituto Nacional de Salud y Nutrición  
 Calle 100 No. 100-100, San Juan, P.R. 00906

Dr. [Signature]  
 Your Glucose Sensitivity Dietitian  
 1000 100th St.  
 San Juan, P.R. 00906

[Signature]



lunes, 30 de julio de 2018

ALIMENTO	gr/per (g)	cereal/ ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
<b>DESAYUNO: Soya con piña + 02 panes + margarina</b>									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.53	71.30	24.53
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 vege	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	0.18	43.08	23	1.82	172.32	190.08
									586.01
									21.62
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	75.74
								VC DES.	73.74
<b>Almuerzo: Guiso de arveja partida con chancho + ensalada + arroz + fruta y refresco</b>									
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.70
Arveja partida	120.0	100.00	25.92	1.32	77.38	104	11.88	309.17	424.88
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.94	3.94	5.05
Cebolla de cabe	60.00	85.00	0.71	0.10	0.70	3	0.92	23.05	26.83
Aji colorado sec	2.00	85.00	0.10	0.11	0.80	0	0.86	3.19	4.03
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	84.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	84.00	0.02	0.00	0.11	0	0.04	0.47	0.53
Acetia vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papajillo o Papi	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.30
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	10.88
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Platano de seda	150.0	89.00	1.91	0.38	26.78	8	3.44	107.10	118.18
									1514.56
								% DIS ALM.	65.89
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	6.60	6.48	8.72	23	58.32	34.88	115.60
								VC DES.	115.60
<b>CENA: Sopa de semola con menudencia de pollo</b>									
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Semola de Trig	30.00	100.00	5.85	3.21	16.14	23	28.88	64.56	116.86
Apio	15.00	79.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.28	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	0.05	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.93	3.63
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	420.64
								%DIST. C	15.53
			85.48	78.44	414.85				
			345.95	706.98	1658.64				
			12.8	26.8	81.7				
					100.00			VCT	2710.55



W. Vico Benites  
 COORDINADOR  
 DE ATENCION  
 PRIMARIA

W. Vico Benites  
 COORDINADOR  
 DE ATENCION  
 PRIMARIA

W. Vico Benites  
 COORDINADOR  
 DE ATENCION  
 PRIMARIA

DIETA: VIH Y TBC

martes, 31 de julio de 2018

ALIMENTO	gr/per	consu- ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL N.
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
<b>DESAYUNO: Cebada con leche + 02 panes + queso de chanco</b>									
Cebada harina	30.00	100.00	5.94	0.69	20.22	23	6.21	80.88	100.85
Leche evaporad	70.00	100.00	4.80	6.67	7.63	20	51.00	30.52	101.15
Canela entera	0.30	85.00	0.00	0.00	0.16	0	0.00	0.66	0.89
Clavo de olor	0.10	85.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.60	172.32	195.89
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	22.98
<b>REFRIGERIO: Huevo sancochado</b>									
Huevo de galin	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
<b>Almuerzo: Tallarines rojos con pollo, refresco y fruta</b>									
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.82	501.12	571.14
Carne de Pollo	160.00	85.00	26.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	60.00	99.00	0.63	0.19	3.41	3	1.43	13.62	17.58
Cebolla de cabe	100.0	60.00	0.64	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	78.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajia	3.00	80.00	0.13	0.02	0.73	1	0.17	3.93	3.63
Aceto vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado sec	8.00	68.00	0.36	0.42	3.19	2	3.82	12.77	19.12
Sal	20.00	100.00	0.24	0.10	1.84	1	0.90	6.56	8.42
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Plátano de seda	160.0	92.00	2.21	0.44	30.81	9	3.97	123.65	136.45
								VC DES.	1480.77
								%DIST. D	54.30
<b>REFRIGERIO: Vaso de leche</b>									
Leche evaporad	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
<b>CENA Mazamorra de frutas + 01 pan</b>									
Mandioca	45.00	100.00	2.68	0.18	34.70	12	1.62	138.78	151.52
Riña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.78
Manzana de ag	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de lebranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.53	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	84.00	0.00	0.00	0.14	0	0.01	0.53	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
								VC DES.	421.96
								%DIST. D	16.68
			63.24	59.81	444.75				
			372.95	638.28	1779.02				
			14	28	66				
					100.00				
									2890.24



*[Handwritten signature]*  
 Lic. W. Vica Borites  
 Lic. 019  
 03/2008

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 Lic. W. Vica Borites

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 Lic. W. Vica Borites