

E.P.MOQUEGUA

PROGRAMACION DE MENUS

ABRIL 2018

MENUS PROPUESTOS PARA POBLACION PENAL MOQUEGUA

FECHA	DESAYUNO	ALMUERZO	CENA
Domingo, 01 de Abril de 2018	Avena con leche + 02 panes + queso	Matasquita de pollo , arroz , refresco + fruta	Infusion + 01 pan + manjar
Lunes, 02 de Abril de 2018	Semola con vainilla + 02 pan + mortadela	Caldo blanco + refresco + fruta	Pollo a la mostaza , arroz + infusion
Martes, 03 de Abril de 2018	Maca con cocoa + 02 panes + margarina	Guiso de frejol con chancha , arroz , ensalada , refresco y fruta	Caldillo de huevos
Miércoles, 04 de Abril de 2018	Cebada con leche + 02 panes + jamonada	Pollo al sillao , arroz , refresco y fruta	Infusion + 01 pan + mermelada
Jueves, 05 de Abril de 2018	Cafe + 02 panes + camote frito	Cau cau de mondongo , arroz , refresco + fruta	Pollo encabollado , arroz + infusion
Viernes, 06 de Abril de 2018	Siete cereales + 02 panes + manjar	Pescado frito , arroz , ensalada , refresco y fruta	Mazamorra de florina con leche + 01 pan
Sábado, 07 de Abril de 2018	Cocoa+ 02 panes + atun	Arroz con pollo , ensalada + refresco + fruta	Papa amebollada , arroz + infusion
Domingo, 08 de Abril de 2018	Avena con leche + 02 panes + queso	Guiso de filetes con pollo , arroz , refresco + fruta	Infusion + 01 pan + manjar
Lunes, 09 de Abril de 2018	Semola con vainilla , 02 panes , mortadela	Hiro de zapallo , arroz , refresco y fruta	Talleritos rojos con carne molida + infusion
Martes, 10 de Abril de 2018	Maca con cocoa + 02 panes + mermelada	Guiso de arveja partida con chancha , ensalada , arroz , refresco + fruta	Sopa de filetes de cabeza
Miércoles, 11 de Abril de 2018	Cebada con leche + 02 panes + aceituna	pollo broster , arroz , ensalada , refresco y fruta	Infusion + 01 pan + manjar
Jueves, 12 de Abril de 2018	Cafe + 02 panes + camote frito	Cau cau de pollo , arroz , refresco y fruta	Arroz con huevo + infusion
Viernes, 13 de Abril de 2018	Siete cereales + 02 panes + jamonada	Pescado frito , arroz , ensalada , refresco y fruta	Mazamorra de maizena con leche + 01 pan
Sábado, 14 de Abril de 2018	Cocoa+ 02 panes + huevo sancochado	Seco de res , arroz , refresco y fruta	Casa con de mondongo , arroz + infusion
Domingo, 15 de Abril de 2018	Avena con leche + 02 panes + queso	Patita con mani , arroz , refresco , fruta	Infusion + 01 pan + mermelada
Lunes, 16 de Abril de 2018	Semola con vainilla , 02 pan + mortadela	Locro de panza , arroz , refresco + fruta	Matasquita de pollo , arroz + infusion
Martes, 17 de Abril de 2018	Maca con cocoa + 02 panes + margarina	Frejol a la chilena con chancha , arroz , ensalada , refresco y fruta	Sopa de arroz con menudencia de pollo
Miércoles, 18 de Abril de 2018	Cebada con leche + 02 panes + jamonada	Pollo al mani , arroz , refresco y fruta	Infusion + 01 pan + margarina
Jueves, 19 de Abril de 2018	Cafe + 02 panes + camote frito	Cau cau de papa , arroz , refresco y fruta	Arroz chasfa con huevo y hot dog + infusion
Viernes, 20 de Abril de 2018	Siete cereales + 02 panes + manjar	Pescado frito , arroz , ensalada + refresco y fruta	Mazamorra de maizena con leche + 01 pan
Sábado, 21 de Abril de 2018	Cocoa+ 02 panes + atun	Asado de cerdo , arroz , ensalada , refresco y fruta	Guiso de filetes con pollo , arroz + infusion
Domingo, 22 de Abril de 2018	Avena con leche + 02 panes + queso	Locro con res , pollo , arroz , refresco y fruta	Infusion + 01 pan + manjar
Lunes, 23 de Abril de 2018	Semola con vainilla + 02 panes + mortadela	Sopa de trigo + refresco + fruta	Cascao de pollo , arroz + infusion
Martes, 24 de Abril de 2018	Maca con cocoa + 02 panes + mermelada	Guiso de arveja partida con chancha , arroz , ensalada + refresco y fruta	Sopa de semola con menudencia
Miércoles, 25 de Abril de 2018	Cebada con leche + 02 panes + aceituna	Pollo al olla , arroz , ensalada , refresco y fruta	Infusion + 01 pan + mermelada
Jueves, 26 de Abril de 2018	Cafe + 02 panes + camote sancochado	Hiro de zapallo , arroz , refresco y fruta	Arroz amarillo con pollo + infusion
Viernes, 27 de Abril de 2018	Siete cereales + 02 panes + jamonada	Pescado frito , ensalada , refresco y fruta	Mazamorra maizena con leche + 01 pan
Sábado, 28 de Abril de 2018	Cocoa+ 02 panes + huevo sancochado	Tallarines rojos con pollo , refresco y fruta	Arroz con huevo frito + infusion
Domingo, 29 de Abril de 2018	Avena con leche + 02 panes + queso	Guiso de filetes con pollo , arroz , refresco + fruta	Infusion + 01 pan + margarina
Lunes, 30 de Abril de 2018	Semola con vainilla , 02 panes , mortadela	Picante a la tacuña , arroz , refresco y fruta	Asado de pollo , arroz + infusion


Lic. Gladys Ortiz Gonzales
 NUTRICIONISTA
 CMI 11111


Yanyu María Salas Rumbos
 DNI: 292066323
 REPRESENTANTE




 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 02 panes + queso								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	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	3.96	118.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	648.43
								%DIST. DE	25.81
Almuerzo:	Matasquita de pollo , arroz , refresco y fruta								
Carne de Pollo E	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Arroz Pilado o pu	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
Sel	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Anejas frescas (	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Aji colorado seco	3.00	52.00	0.11	0.12	0.92	0	1.10	3.66	5.19
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Cebolla de cabez	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC ALM.	1403.72
								% DIST. AL	55.88
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	66.00	0.20	0.07	0.46	0.82	0.59	1.85	3.26
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CEN.	370.89
								%DIST. CE	14.76
			74.65	56.67	403.59				
			138.60	510.06	1614.38				
			11.89	20.30	64.27				
					96.46			VCT MENU	2512.00



 REPRESENTANTE



 REPRESENTANTE

lunes, 02 de abril de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla+ 02 panes + mortadela								
Semola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
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	5.81	2.82	11.78	53.19	11.28	79.23
Pan de labranza	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	567.37
								%DIST. DE	22.15
Almuerzo:	Caldo blanco + refresco y fruta								
Cama de Pollo E	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Arroz Pilado o pu	80.00	100.00	8.56	0.40	62.24	26.24	3.60	248.96	278.80
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Poro	18.00	66.00	0.32	0.10	0.90	1.28	0.85536	3.61	5.75
Garbanzo crudo	30.00	90.00	5.16	1.65	16.23	20.74	14.823	64.91	100.47
Papa blanca	200.00	82.00	3.44	0.16	36.57	13.78	1.478	148.29	161.54
Yuca blanca	110.00	70.00	0.62	0.15	30.26	2.46	1.386	121.04	124.89
Chuflo blanco	60.00	90.00	0.27	0.00	2.65	1.08	0	10.58	11.66
Pimienta entera	0.08	100	0.01	0.01	0.05	0.03	0.0576	0.20	0.29
Sal	18.00	100.00	0.22	0.09	1.48	0.88	0.81	5.90	7.58
Cebolla de cabez	40.00	67.00	0.38	0.05	3.03	1.50	0.4824	12.11	14.10
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Verduras surtidas	5.00	80.00	0.19	0.03	0.26	0.77	0.252	1.04	2.06
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.79
								VC ALM.	1191.49
								% DIST. AL	46.51
Cena:	Pollo a la mostaza, arroz + infusión								
Arroz Pilado o pu	90.0	100.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.288	4.86	6.05
Cama de Pollo E	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aji colorado seco	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabez	40.00	67.00	0.38	0.05	3.03	1.50	0.4824	12.11	14.10
Mostaza	8.00	100	0.78	1.58	0.75	3.14	14.18	3.01	20.33
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
								V.C . CEN	707.38
								% DIST.CEN	27.61
			75.56	61.00	403.74				
			302.25	549.02	1614.97				
			12	21	63				
					86.28			VCT. MENU	2562.00

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Maca con cocoa + 62 panes + margarina								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.26	0.72	1	2.31	2.87	6.32
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
Pan de latranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Margarina vegeta	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
								VC DES.	554.07
								% DIST. DE	21.94
Almuerzo:	Guiso de frejol con chancho, arroz, ensalada, refresco y fruta								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballero o	120.0	100.00	27.48	1.80	69.96	108.92	16.20	279.84	405.98
Arroz Pilado o pu	150.0	100.00	12.30	0.75	118.70	49.20	8.75	468.80	522.75
Sal	12.00	100.00	0.14	0.00	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Herba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Lechuga redonda	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Glutamato monos	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Pepinillo o Pepin	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0.00	117.86	117.86
Cebolla de cabeza	60.00	67.00	2.80	0.08	4.54	11.20	0.72	18.17	30.09
Aji colorado seco	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.09	73.79
								VC ALM.	1501.67
								%DIST. ALI	59.46
CENA:	Caldillo de huevos								
Huevo de gallina	20.00	98.00	2.65	1.85	0.35	11	14.82	1.41	26.81
Leche evaporada	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.68
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.06	246.54
Zapallo macre	80.00	47.00	0.26	0.08	2.41	1	0.68	9.63	11.36
Apio	4.08	4.00	0.00	0.00	0.01	0	0.00	0.03	0.04
Porro	2.00	66.00	0.04	0.01	0.10	0.14	0.08504	0.40	0.64
Aceite vegetal	3.00	100.00	0.00	3.00	0.00	0.00	27.00	1.00	27.00
Papa blanca	150.00	82.00	2.58	0.12	27.43	10.33	1.107	108.72	121.16
Zanahoria	35.00	82.00	0.17	0.14	2.64	1	1.29	10.56	12.54
Sal	4.40	100.00	0.05	0.02	0.36	0.21	0.20	1.44	1.85
								VC CEN.	469.61
								% DIST.CE	18.60
			71.32	54.99	395.66				
			285.28	494.87	1582.65				
			11.3	20	63				
					100.00			VGT. MENU	2525.35

miércoles, 04 de abril de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	16.85	39	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
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.85	1.20	99.69
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	620.56
								%DIST. DE	24.72
ALMUERZO:	Pollo al sillao, arroz,fruta y refresco								
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo E	180.0	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	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.06
Cebolla de cabez	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Cebolla china (2)	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.82	138.78	151.92
Pimiento	35.00	90.00	0.47	0.16	2.43	2	1.42	9.70	13.01
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1543.62
								%DIST. ALI	60.71
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	38.00	100.00	0.00	0.00	37.35	0	0.00	149.42	149.42
Mermelada De fr	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC CEN	370.52
								%DIST. CE	14.57
			76.22	43.21	462.24				
			304.89	388.85	1848.95				
			11.99	15.29	72.72				
					100.00			VCT. MENU	2542.69

[Handwritten signature]

[Handwritten signature]
 Naydelin Sotol Samir
 018-22222222
 REPRESENTANTE

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.56	102.21
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.99
								VC DES	507.93
								%DIST. CE	19.90
ALMUERZO:	Cau cau de mondongo , arroz, fruta y refresco								
Mondongo de res	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado seco	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabez	45.00	87.00	0.55	0.08	4.42	2	0.70	17.70	20.59
Arvejas frescas (	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1315.17
								%DIST. AL	51.52
CENA	Pollo encebollado, arroz + infusion								
Came de Pollo E	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o pu	90.0	100.00	7.36	0.45	70.02	30	4.05	280.08	313.66
Acetite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.08	0.98	0.58	0.54	3.94	5.05
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Cebolla de cabez	40.00	87.00	0.38	0.05	3.03	1.50	0.48	12.11	14.10
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Tomate	40.00	82.00	0.26	0.07	1.41	1	0.59	5.64	7.28
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado seco	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
								VC GEN	729.46
								%DIST. GEN	28.58
			64.32	63.51	430.92				
			257.29	571.60	1723.68				
			10	22	68				
					100.00			VCT. MENI	2552.57




 Representante
 OMA 2017-2021
 REPRESENTANTE

viernes, 06 de abril de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + manjar								
Avena, hojuelas	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.81
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.84
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harina de	5.00	100.00	0.45	0.13	3.61	2	1.17	14.42	17.41
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labranza	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	603.92
								%DIST. DE	23.49
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	78.00	47.17	8.52	0.66	189	76.66	2.62	267.98
Arroz Filado o pu	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 Pepin	80.00	82.00	0.33	0.07	1.71	1	0.69	6.82	8.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pepinillo o Pepin	60.00	88.00	0.26	0.05	1.37	1	0.48	5.49	7.02
Acelte vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji colorado seco	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	88.70	87.75
Glutamato monos	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	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1542.62
								%DIST. DE	59.99
CENA:	Mazamorra de harina con leche + 01 pan								
Harina de trigo	40.00	100.00	4.20	0.80	29.92	17	7.20	119.68	143.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.61	88.16	98.49
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC CEN.	424.88
								%DIST. CE	16.52
			91.58	62.98	409.57				
			366.31	566.84	1638.27				
			14.25	22.04	63.71				
					100.00			VCT MENU	2571.42

[Handwritten signature]

[Handwritten signature]
Yony Cepeda
CMI 20096333
REPRESENTANTE



ALIMENTO	griper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa + 02 panes + atún								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Cebolla de cabez	60.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Tomate	30.00	82.00	0.20	0.05	1.08	1	0.44	4.23	5.48
Graved de Sardina	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
								VC DES.	411.17
								%DIST. DE	14.26
ALMUERZO:	Arroz con pollo , fruta y refresco								
Cama de Pollo E	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado o pu	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceito vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilandro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca negra	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas frescas (	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de cabez	35.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de seda	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC ALM.	1538.38
								%DIST. ALM	53.35
CENA:	Papa arrebozada ,arroz,infusion								
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Harina de trigo	25.00	100.00	2.63	0.50	18.70	10.50	4.5	74.80	89.80
Arroz Pilado o pu	90.00	100.00	7.38	0.45	70.02	30	4.05	260.08	313.65
Aceito 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	26.81
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								VCT CEN	934.17
								%DIST.CEN	32.39
			88.11	83.24	445.53				
			352.46	749.15	1782.12				
			12	26	62			VCT MENU	2883.73
					100.00				

2018 04/07 10:00 AM
 001.102.07003
 001.102.07003

domingo, 08 de abril de 2018

ALIMENTO	griper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 02 panes + queso								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	15	10.80	85.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES	668.09
								%DIST. DE	26.35
Almuerzo:	Guiso de fideos con pollo, arroz, refresco y fruta								
Carne de Pollo E	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	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.69
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabez	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas (-	45.00	54.00	1.73	0.15	4.57	7	1.31	18.27	26.49
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Plátano de seda	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1437.81
								%DIST. DE	56.71
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	96.16	98.49
								VC DES.	429.28
								%DIST. DE	16.93
			79.40	51.57	438.36				
			317.60	464.14	1753.44				
			12.5	18.3	69.2				
					100.00			VCT	2535.18

[Handwritten signature and circular stamp]

[Handwritten signature]
GPT 1342

[Handwritten signature]
Yony García
DNI 5
Nº 110 200 010

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla + 62 panes + mortadela								
Semola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.15	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de latranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	547.90
								%DIST. DE	21.63
ALMUERZO:	Hiro de zapallo , arroz , refresco y fruta								
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado o pu	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sal	18.00	100.00	0.22	0.08	1.48	1	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.88	21	2.21	219.43	242.31
Cebolla de cabeza	65.00	67.00	0.61	0.08	4.92	2	0.78	19.68	22.91
Huacatay	8.00	54.00	0.22	0.03	0.35	0.88	0.31	1.38	2.56
Habas frescas	35.00	35.00	1.38	0.10	3.17	5.54	0.882	12.69	19.11
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Zapallo macre	300.00	47.00	0.99	0.28	8.02	4	2.54	36.10	42.68
Malz Fresco, Cho	35.00	57.00	0.66	0.16	5.55	2.63	1.4364	22.18	26.25
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC ALM.	1466.25
								%DIS ALM.	58.29
CENA	Tallarines rojos con carne molida + infusion								
Carne de res mol	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	90.00	8.55	0.08	62.64	34	0.81	250.56	295.57
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 cabeza	35.00	57.00	0.28	0.04	2.25	1	0.36	9.02	10.49
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	9.00	100.0	0.00	9.00	0.00	0	81.00	0.00	81.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ají colorado seco	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	590.68
								%DIST. CE	22.68
			68.35	57.10	454.38				
			273.42	513.89	1817.52				
			10.50	19.73	69.78				
					100.00				
								VCT. MENU	2804.83

[Handwritten signature]

[Handwritten signature]
 Yany Gloria Nolasco
 DNI: 25.512.000
 REPRESENTANTE

martes, 10 de abril de 2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)		DIST.CAL %
DESAYUNO:	Maca con cocoa + 02 panes + mermelada							POR MENU
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80
Cocoa	1.50	100.00	0.29	0.28	0.72	1	2.31	2.87
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74
Mermelada De fr	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32
							VC DES	484.97
							%DIST. DE	18.90
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco							
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94
Cebolla de cabeza	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74
Aji colorado seco	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00
Papinito o Papine	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10
							VC ALM	1568.50
							%DIS ALM	61.13
CENA:	Sopa de fideos con cabeza							
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68
Apio	15.00	4.00	0.00	0.00	0.03	0	0.01	0.12
Porro	15.00	66.00	0.27	0.08	0.75	1.07	0.7128	3.01
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00
							VC CEN	612.20
							%DIST CEN	19.86
			72.73	51.16	453.58			
			290.92	460.43	1814.32			
			11.34	17.95	70.72			
					100.00		VCT MENU	2566.67



[Signature]

[Signature]
 Yony Gloria Salas Escobar
 DNI: 201200225
 RESPH/2017/00110

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	40.00	100.00	7.52	0.92	26.96	50	8.28	107.84	146.20
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Aceituna	30.00	92.00	0.22	8.86	2.01	0.88	79.74	8.06	88.68
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	671.25
								%DIST. DE	26.21
ALMUERZO:	Pollo broster, arroz, ensalada, fruta y refresco								
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo E	180.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Mandioca	25.00	100.00	1.50	0.10	19.28	6	0.90	77.10	84.40
Acelte vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	180.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabez	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Lechuga redonda	70.00	50.00	0.46	0.07	0.74	2	0.63	2.94	5.39
Tomate	50.00	90.00	0.38	0.09	1.94	1	0.81	7.74	9.99
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138.74	138.74
								VC ALM	1524.37
								%DIST. ALM	59.53
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	365.24
								%DIST. DE	14.26
			78.00	63.05	420.35				
			312.01	567.46	1681.39				
			12.2	22.2	65.7				
					100.00			VCT MENU	2560.86

[Firma]
 Dr. Carlos L. L. L. L. L.
 11/04/2018

[Firma]
 Dr. Carlos L. L. L. L. L.
 11/04/2018

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL%
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labranza	60.00	100.00	5.76	0.19	43.08	23	1.62	172.32	196.98
								VC DES	552.93
								%DIST ALM	21.44
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carné de Pollo E	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	96.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado seco	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabez	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ancejas frescas (	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	160.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALM	1349.50
								%DIST ALM	52.33
CENA	Arroz con huevo frito + infusión								
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Arroz Pilado o pu	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Cebolla de cabeza	80.00	67.00	0.56	0.08	4.54	2.25	0.72	18.17	21.15
Tomate	40.00	82.00	0.26	0.07	1.41	1	0.59	5.64	7.28
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
									676.63
									26.24
			63.97	67.43	429.07				
			258.89	606.87	1716.29				
			10	24	67				
					100.00			VCT MENU	2579.06

[Firma]

[Firma]
Vergil Gloria Siles Rumbaut
 DIB-2014-003
 REPRESENTANTE

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + jamonada								
Avena, hojuelas	5.00	100.00	0.67	0.20	3.60	3	1.90	14.40	18.88
Harina de soya	5.00	100.00	0.44	0.33	3.58	2	2.93	14.24	18.91
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harina de	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	527.12
								%DIST. DE:	20.71
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	220.00	66.00	31.36	5.68	0.44	325	50.97	1.74	178.16
Arroz Pilado o pu	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
Pepinito o Pepin	90.00	72.00	0.32	0.08	1.68	1	0.58	6.74	8.62
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	40.00	100.00	0.00	40.00	0.00	0	360.00	0.00	360.00
Aji colorado seco	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cabeta	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Mandioca	30.00	100.00	1.92	0.12	23.13	6	1.08	92.52	101.28
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Maizena	20.00	100.00	0.12	0.04	17.34	0.46	0.36	69.36	70.20
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1590.34
								%DIST. DE:	62.48
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporada	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
								VC DES.	427.71
								%DIST. DE	16.80
			72.61	61.08	426.25				
			290.42	549.72	1705.02				
			11.41	21.60	66.99			VCT MENU	2545.16
					100.00				


 YONY GLORIA SALAS RUEDA
 DIETISTA
 4-4119


 YONY GLORIA SALAS RUEDA
 DIETISTA
 REPRESENTANTE



sábado, 14 de abril de 2018

ALIMENTO	gr/per	comestibil e	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa + 02 + panes + huevo sancochado								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	8.18	7.65	16.84
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.00	0.00	0.00	37.66	0	0.00	150.63	150.63
Huevo de gallina, c	60.00	98.00	7.84	4.94	1.06	32	44.45	4.23	80.44
Pan de libranza o f	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.88
								VC DES.	445.82
								%DIST. DES	16.93
Almuerzo:	Seco de res , arroz , refresco y fruta								
Carne de res pedro	150.00	87.00	27.80	2.09	0.00	111.18	18.79	0.00	129.98
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.49	4.64
Arroz Pilado o pulc	160.0	100.00	13.12	0.80	124.48	52	7.20	497.52	557.80
Papa blanca	220.0	85.00	3.93	0.19	41.70	16	1.68	166.80	184.20
Sal	18.00	100.00	0.22	0.06	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Comino	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato monosó	0.20	100.00	0.02	0.00	0.17	0.08	0	0.69	0.79
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	12.00	67.00	0.20	0.08	1.00	1	0.58	3.95	5.37
Vinagre	8.00	100.00	0.00	0.08	0.45	0	0.81	1.80	2.61
Cilantro	35.00	57.00	0.66	0.26	1.40	2.83	2.33	5.59	10.55
Aji colorado seco, p	3.00	52.00	0.11	0.12	0.82	0	1.10	3.66	5.18
Arvejas frescas (4)	40.00	54.00	1.53	0.13	4.06	6	1.17	16.34	23.54
Acetate 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	3.59	1	1.86	13.58	16.13
Espinaca negra	25.00	85.00	0.60	0.18	1.04	2.38	1.72	4.17	8.27
Cebolla de cabeza	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0	0.00	149.42	149.42
Naranja	150.00	98.00	1.76	0.28	16.0	7	2.65	64.68	73.79
								VC ALM	1443.71
								% DIST. ALM	54.88
CENA	Cau cau de mondongo , arroz e infusion								
Mondongo de res	100.0	65.00	10.99	2.28	0.65	44	20.48	2.60	67.02
Arroz Pilado o pulc	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Arvejas frescas (4)	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
Papa blanca	200.0	82.00	3.44	0.16	36.57	13.78	1.476	148.29	161.54
Aji colorado seco, p	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabeza	25.00	67.00	0.23	0.03	1.89	0.94	0.3015	7.57	8.81
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilantro	1.00	57.00	0.02	0.01	0.04	0.08	0.06689	0.16	0.30
Azúcar rubia	25.00	100.00	0.00	0.00	24.56	0.00	0	98.30	98.30
Acetate vegetal	2.00	100.00	0.00	2.00	0.00	0.00	18	0.00	18.00
								VC DES.	741.58
								%DIST. DES	28.15
			92.14	38.80	448.93				
			368.56	348.22	1795.71				
			14.0	13.3	68.3				
					100.00		VCT MENU		2638.81



ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Avena con leche + 02 panes + queso								
Avena, hojuelas d	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 pane	30.00	100.00	8.40	9.00	0.90	34	81.00	3.96	118.56
Azúcar rubia	38.00	100.00	0.00	0.00	37.35	0	0.00	149.42	149.42
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	698.75
								%DIST. DE	27.89
Almuerzo:	Patita con mani, arroz + refresco y fruta								
Arroz Pilado o pu	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Patas de cerdo sere	150.0	56.00	16.80	18.48	0.00	67	166.32	0.00	233.52
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Mani crudo, con y	15.00	71.00	2.57	5.13	1.89	10	46.20	7.54	64.01
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Aji colorado seco	2.00	52.00	0.07	0.08	0.61	0	0.73	2.44	3.46
Cebolla de cabez	15.00	67.00	0.14	0.02	1.14	0.56	0.1809	4.54	5.29
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0	0.14	0.51	0.72
Cochayuyo	8.00	100.00	0.00	0.00	0.84	0	0.00	3.35	3.36
Cilantro	1.00	57.00	0.02	0.01	0.04	0	0.07	0.16	0.30
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Plátano de seda	160.0	85.00	2.04	0.41	28.56	8	3.67	114.24	126.07
								VC ALM	1442.76
								% Dist	57.59
CENA:	Infusion + 01 pan + mermelada								
Hierbas	12.00	66.00	0.25	0.08	0.55	0.98	0.71	2.22	3.91
Azúcar rubia	36.00	100.00	0.00	0.00	35.38	0	0.00	141.55	141.55
Mermelada De fr	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC CEN	383.90
								%DIST. CE	14.52
			65.99	56.69	432.79				
			263.98	510.25	1731.18				
			10.54	20.37	69.10				
					100.00			VCT	2505.41



 MUNICIPIO DE NUEVA ESPERANZA

 T.M.P. 5193



 Yany Gloria Sotelo Ramirez

 DPO. 2020010423

 REPRESENTANTE

ALIMENTO	griper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , 02 panes , mortadela								
Semola de Tripo	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.73	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	0.03	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	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	195.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.18	11.28	76.23
								VC DES.	510.68
								%DIST. DE	19.37
Almuerzo:	Locro con panza, arroz , +refresco y fruta								
Arroz Pilado o pu	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Mondongo de res	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.565	254.22	280.73
Aji colorado seco	2.00	52.00	0.07	0.08	0.81	0.29	0.73008	2.44	3.46
Cebolla de cabez	80.00	85.00	0.95	0.14	7.68	3.81	1.224	30.74	35.77
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0.13	0	1.04	1.17
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Naranja	150.00	92.00	1.66	0.28	15.04	8.62	2.484	80.17	89.28
								VC ALM	1338.00
								% DIST ALI	50.74
CENA	Matasquita de pollo , arroz , infusion								
Carné de Pollo E	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o pu	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas (	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de cabez	80.0	87.00	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 seco	2.00	52.00	0.07	0.08	0.61	0.20	0.73008	2.44	3.46
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.90	0.53
								VC DES.	788.35
								%DIST. DE	29.90
			79.60	47.41	472.98				
			318.40	428.70	1891.94				
			12.1	16.2	71.7				
					100.00			V.C.T. MENU	2637.04


 Tony Luis Ramos
 CNI: 20200023
 REPUBLICA VENEZUELA

ALIMENTO	gr/per (g)	comesti ble %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Maca con cocoa + 02 panes + margarina								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.26	0.72	1	2.31	2.87	6.32
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Margarina vegetal	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
								VC DES.	554.07
								%DIST. DE	21.12
Almuerzo:	Frejol a la chilena con chanchito, arroz, ensalada, refresco y fruta								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballero o b	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.86
Arroz Pilado o pu	150.0	100.00	12.30	0.75	116.70	49.20	6.75	488.80	522.75
sal	12.00	100.00	0.14	0.06	0.96	0.58	0.54	3.94	5.05
Aceite vegetal	25.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Tomate	30.00	99.00	0.24	0.06	1.26	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lectura redonda	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	30.00	100.00	2.82	0.06	23.46	11.28	0.54	93.84	105.66
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Glutamato monos	0.30	68.00	0.02	0.00	0.18	0.08	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 cabez	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Ajl colorado seco	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC ALM.	1575.99
								%DIST. ALI	60.08
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia de p	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.87
Arroz Pilado o pu	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	5.00	90.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC CEN	493.18
								%DIST. CEN.	18.80
			79.05	69.91	419.45				
			316.21	629.21	1677.62				
			12.05	23.99	63.96				
					100.00			VCT MENU	2623.24

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	18.85	19	5.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	588.12
								%DIST. DE	23.52
Almuerzo:	Pollo al mani , arroz , refresco y fruta								
Carne de Pollo E	180.00	75.00	24.72	4.32	0.00	99	38.88	0.00	137.76
Arroz Pilado o pu	150.0	100.00	12.30	0.75	118.70	49	6.75	456.30	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Mani crudo, con g	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Pape blanca	250.0	85.00	4.48	0.21	47.39	18	1.91	189.55	209.31
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado seco	1.00	88.0	0.05	0.05	0.40	0	0.48	1.60	2.26
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Zanahoria	35.00	92.00	0.19	0.16	2.96	1	1.45	11.85	14.07
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cabeza	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.88	0	0.00	138.74	138.74
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC ALM	1471.46
								%DIST. ALI	58.85
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.81	3.20
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	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. CE	17.63
			70.90	78.60	381.85				
			283.60	688.42	1527.32				
			11.34	27.57	61.09				
					100.00			VCT MENU	2500.40

2


 Yury Carlos Jimenez
 DNI: 20236013
 18/04/2018



ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			Dist.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cafe + 02 panes + camote frito								
Cafe sin azúcar	3.00	100.00	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	25.00	100.0	0.00	0.00	24.68	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	198.98
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	578.05
								%DIST. DE	23.08
ALMUERZO:	Cau cau de panza, arroz ,refresco y fruta								
Mondongo de res	120.0	65.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Arroz Pilado o pu	200.0	100.00	16.40	1.00	155.80	66	9.00	622.40	697.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	99.00	0.36	0.09	1.92	1	0.80	7.66	9.89
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Aji colorado seco	4.00	68.0	0.19	0.21	1.80	1	1.91	6.39	9.06
Glutamato mono	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Arvejas frescas (	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	20.00	92.00	0.11	0.09	1.89	0	0.83	6.77	8.04
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.88
Cebolla de cabez	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
								VC ALM	1312.10
								% DIS ALM	52.39
CENA:	Arroz chaufa con huevo y hotdog + infusión								
Huevo de gallina	35.00	98.00	4.83	2.88	0.62	19	25.93	2.47	46.82
Salchicha "hot do	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado o pu	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0.00	45	0.00	45.00
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Glutamato mono	0.50	100.00	0.06	0.00	0.43	0.22	0	1.74	1.96
Cebolla china (2)	35.00	71.00	0.57	0.10	1.86	2	0.89	7.46	10.64
Pimiento	25.00	83.00	0.31	0.10	1.60	1	0.83	6.39	8.57
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC CEN.	614.19
								%DIS CEN.	24.52
			62.87	53.76	442.27				
			251.46	483.80	1789.68				
			10.0	19.3	70.6				
					100.00				
								VCT	2504.34

[Firma]


[Firma]
Lic. Gladys Cruz Gonzalez
 NUTRI. DIETISTA
 INEP 5153

[Firma]
Rony Rivas
 DNI: 20290117
 REPRESENTANTE

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + manjar								
Avena, hojuelas	10.00	100.00	1.33	0.40	7.20	5	3.80	28.80	37.72
Harina de soya	5.00	100.00	0.44	0.33	3.66	2	2.93	14.24	18.91
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harina de	5.00	100.00	0.48	0.13	3.61	2	1.17	14.42	17.41
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.82
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	5.76	0.18	43.08	23	1.62	173.32	196.98
								VC DES.	572.17
								%DIST. DE	22.63
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	78.00	47.17	8.52	0.66	189	76.68	2.62	287.98
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pepin	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Ají colorado seco	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Maizena	25.00	100.00	0.15	0.05	21.68	0.80	0.45	88.70	87.75
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1534.80
								%DIST. DE	80.70
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC CEN.	421.80
								%DIST. CEN	16.67
			85.96	59.65	411.92				
			343.85	538.86	1647.66				
			13.60	21.23	65.17				
					100.00			VCT MENU	2528.37



 MINISTERIO DE SALUD

 DIRECCIÓN GENERAL DE ALIMENTACIÓN Y NUTRICIÓN

 LIMA - PERÚ

 0100



 Representante

 DNI: 20290329

 REPRESENTANTE

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa + 02 panes + atún								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0.00	0	157.28	157.28
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Cebolla de cabez	60.00	67.00	0.56	0.06	4.54	2.25	0.72	18.17	21.15
Sal	18.00	100.00	0.22	0.09	1.48	1	0.61	5.90	7.59
Grated de Sardina	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
Tomate	40.00	82.00	0.26	0.07	1.41	1	0.59	5.64	7.28
								VC DES.	459.89
								%DIST. DE	16.34
ALMUERZO:	Asado de cerdo , arroz ,refresco y fruta								
Carne de Cerdo	150.00	92.00	19.87	20.84	0.00	79	187.54	0.00	287.03
Arroz Pilado o pu	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.50	100.00	0.15	0.08	1.03	1	0.56	4.10	5.26
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Vinagre	1.60	100.00	0.00	0.02	0.06	0	0.14	0.32	0.46
Glutamato monos	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	0.75	1.08
Cominos	0.3	100	0.01	0.00	0.24	0	0.01	0.95	1.01
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Papa blanca	200.00	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Perejil	2.80	50.00	0.07	0.01	0.09	0	0.08	0.36	0.72
Cebolla de cabez	80.0	85.00	0.95	0.14	7.68	4	1.22	30.74	36.77
Tomate	40	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
								VC ALM.	1538.01
								%DIS ALM.	54.64
CENA:	Guiso de fideos con pollo,arroz , infusión								
Carne de Pollo E	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Arroz Pilado o pu	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0.00	108	0.00	108.00
Arvejas frescas (	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	92.00	0.14	0.12	2.12	1	1.04	8.46	10.95
Cebolla de cabez	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.06	0	0.10	0.30	0.53
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0	58.98	58.98
								VC CEN.	816.99
								%DIS CEN.	29.02
			85.98	61.91	478.44				
			343.94	557.20	1913.76				
			12.2	19.8	68.0				
					100.00				
								VCT	2814.89

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
DESAYUNO:	Avena con leche + 02 panes + queso								POR MENU
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
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	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	668.09
								%DIST. DE	26.66
ALMUERZO:	Locro con res, pecho, arroz, fruta y refresco								
Arroz Pilado o pu	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 ped	80.00	70.00	11.93	0.90	0.00	47.71	8.08	0.00	55.78
Mondongo de res	120.0	60.00	12.17	2.52	0.72	49	22.68	2.88	74.23
Aceite vegetal	28.00	100.00	0.00	28.00	0.00	0	252.00	0.00	252.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	2.94	5.05
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0	0.24	1.66	2.24
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	246.19	271.86
Cebolla de cabez	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Cilantro	3.00	57.00	0.06	0.02	0.12	0	0.20	0.48	0.90
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Plátano de seda	160.0	86.00	2.04	0.41	28.56	8	3.67	114.24	126.07
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC ALM.	1471.95
								%DIST. ALI	58.74
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	81.80	13.52	127.00
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CEN.	365.78
								%DIST. CE	14.80
			76.79	59.49	415.83				
			307.14	535.37	1663.31				
			12.3	21.4	66.4				
					100.00			VC T MENU	2505.82

g

Yany
Yany y Ana Salas Romeros
CNA 29200327
RESPONSABLE

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , mortadela								
Semola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	76.23
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	547.90
								%DIST. DE	21.75
ALMUERZO:	Sopa de trigo + refresco y fruta								
Carne de Pollo Ent	100.00	85.00	17.51	3.05	0.00	70	27.54	0.00	97.58
Zapallo macro	45.00	72.00	0.23	0.06	2.07	1	0.58	8.29	9.78
Habas frescas	35.00	50.00	1.98	0.14	4.53	8	1.26	18.13	27.30
Apio	18.00	75.00	0.09	0.03	0.65	0	0.24	2.59	3.21
Poro	18.00	82.00	0.40	0.12	1.12	2	1.06	4.49	7.14
Nabo	18.00	82.00	0.09	0.03	0.53	0	0.27	2.13	2.75
Trigo	80.00	100.00	6.88	1.20	58.96	28	10.80	235.84	274.16
Zanahoria	45.00	88.00	0.24	0.20	3.84	1	1.78	14.57	17.31
Chufa negro	20	100.00	0.10	0.00	0.98	0	0.00	3.92	4.32
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado seco	0.50	68.00	0.02	0.03	0.25	0	0.24	0.80	1.13
Papa blanca	200.00	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	0.15	70.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Cebolla de cabez	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Verduras surtidas	5.00	82.00	0.22	0.03	0.30	1	0.29	1.20	2.37
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	160.0	85.00	2.04	0.41	28.56	8	3.67	114.24	126.07
								VC ALM.	1053.71
								% DIST. AL	41.83
CENA:	Cau cau de pollo, arroz + infusión								
Arroz Pilado o pu	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Carne de Pollo E	80.00	85.00	14.01	2.45	0.00	56	22.03	0.00	78.06
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Papa blanca	200.0	82.00	3.44	0.18	36.57	14	1.48	145.29	161.54
Cebolla de cabez	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Aji colorado seco	2.00	100.00	0.14	0.16	1.17	0.56	1.40	4.70	6.86
Zanahoria	40.00	88.00	0.21	0.18	3.24	1	1.58	12.95	15.38
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Anvejas frescas (	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
								VC GEN.	917.46
								%DIST. CE	36.42
			77.77	49.15	441.41				
			311.10	442.32	1765.65				
			12.35	17.56	70.09	V.C.T. MENU			2510.07
					100.00				


 M. Gloria P. Cruz Gonzalez
 NUTRICIONISTA
 C.R.P. 0132


 Yony G. G. G. G.
 R.C. 177-1-1
 R.C. 177-1-1
 R.C. 177-1-1

ALIMENTO	griper	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)		DIST.CAL %	
DESAYUNO:	Maca con cocoa + 02 panes + mermelada							POR MENU	
Maca	25.00	100.00	2.28	0.25	17.95	5	2.25	71.80	83.15
Cocoa	1.50	100.00	0.29	0.26	0.72	1	2.31	2.87	6.32
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.68	0	0.00	138.74	138.74
Mermelada De fr	30.00	100.00	0.12	0.06	21.83	0	0.54	87.72	88.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	514.55
								%DIST. DE	20.51
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabeza	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado seco	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito o Papin	70.00	88.00	0.31	0.08	1.80	1	0.55	6.41	8.19
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC ALM.	1513.39
								%DIS ALM.	60.34
CENA:	Sopa de semola con menudencia								
Menudencia de p	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
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	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.49	4.84
Aceite vegetal	18.00	100.00	0.00	18.00	0.00	0	162.00	0.00	162.00
								VC CEN.	480.34
								%DIST. CEN	19.15
			75.10	53.57	431.43				
			306.38	482.17	1725.72				
			12.0	19.2	68.8				
					100.00			VCT MENU	2508.28




 DNI 3123
 RCHSSESVANTE

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	30.00	100.00	5.84	0.88	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	8.88	2.01	0.88	79.74	8.06	88.68
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	654.36
								%DIST. DE	25.90
Almuerzo:	Pollo a la olla , arroz ,ensalada, + refresco y fruta								
Carné de Pollo E	160.00	85.00	28.02	4.80	0.00	112	44.06	0.00	158.13
Arroz Pilado o pu	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Glutamato monos	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado seco	8.00	98.0	0.55	0.61	4.80	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.69
Aceto 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
Papinitillo o Papine	80.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cabez	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMUE	1490.20
								%DIST. ALI	58.97
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De fr	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC GEN.	382.41
								%DIST. CE	15.13
			70.36	53.29	441.48				
			281.43	478.62	1765.93				
			11.14	18.98	69.88				
					100.00			VCT	2526.98


 Yany Carlos Rojas Buitrago
 DNI: 202905323
 REPRESENTANTE

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALDRICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cafe + 02 panes + camote sancochado								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labranza	60.00	100.0	5.78	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
Aceite vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
								VC DES.	437.43
								%DIST. DE	17.38
ALMUERZO:	Hiro de zapallo , arroz , refresco y fruta								
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.58
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	45.72	17	1.85	182.86	201.93
Arroz Pilado o pu	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Maíz Fresco, Cho	40.00	57.00	0.75	0.18	6.34	3.01	1.6416	25.35	30.00
Tomate	35.00	79.00	0.22	0.06	1.19	1	0.50	4.76	6.14
Ajos	8.00	80.00	0.36	0.05	1.86	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 cabez	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Habas frescas	35.00	50.00	1.98	0.14	4.53	8	1.28	18.13	27.30
Huacatay	8	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC ALM.	1406.90
								%DIST. ALI	55.83
CENA:	Arroz amarillo con pollo + Infusión								
Carné de Pollo E	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o pu	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	3.10	80.00	0.14	0.02	0.75	1	0.18	3.02	3.75
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Cebolla de cabez	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas frescas (	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	85.00	0.15	0.13	2.35	1	1.15	9.38	11.14
Azúcar rubia	7.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC CEN.	675.85
								%DIST. CEN.	26.82
			65.97	62.16	424.22				
			263.89	559.40	1698.89				
			10.5	22	67				
					100.00			VCT MENU	2520.18


Lic. Gladys E. Cruz González
NUTRICIONISTA
CNP 8193


Tony Ojeda Santos Rosales
Diet. 2011-2014
NUTRICIONISTA

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Siete cereales + 02 panes + jamonada								
Avena, hojuelas	10.00	100.00	1.33	0.40	7.20	5	3.60	28.80	37.72
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.93	14.34	18.91
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.86	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Quinoa Harina de	5.00	100.00	0.46	0.13	3.61	2	1.17	14.42	17.41
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	525.20
								%DIST. DE	20.36
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	78.00	47.17	8.52	0.66	189	78.66	2.62	267.98
Arroz Pilado o pu	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.85	5.19	7.99
Pepinillo o Pepin	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Aji colorado seco	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
Glutamato monos	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	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1534.60
								%DIST. DE	59.48
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC CEN	520.09
								%DIST. CE	20.16
			88.13	58.39	425.46				
			352.53	525.52	1701.84				
			13.66	20.37	65.97				
					100.00			VCT MENU	2579.89


 Tony Cárdenas
 OMA


 Tony Cárdenas
 OMA
 REPUBLICA DOMINICANA

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa + 02 panes + huevo sancochado								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.65	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
								VC DES.	432.29
								%DIST. DE	16.39
ALMUERZO:	Tallarines rojos con pollo, refresco y fruta								
Fideos	160.00	100.00	15.04	0.32	125.12	60	2.88	500.48	563.52
Carne de Pollo E	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Hongos	0.30	54.00	0.01	0.00	0.02	0	0.01	0.06	0.10
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	150.0	85.00	2.88	0.13	28.43	11	1.15	113.73	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cabez	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	28.83
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	9.89
Aji colorado seco	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Plátano de seda	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	138.45
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1482.23
								%DIST. DE	56.21
CENA:	Arroz con huevo frito + infusión								
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Arroz Pilado o pu	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.0	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Cebolla de cabez	60.00	67.00	0.56	0.08	4.54	3	0.72	18.17	21.15
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC CEN.	722.20
								%DIST. CEN.	27.39
			82.18	69.36	420.95				
			328.72	624.20	1683.80				
			12.5	24	64				
					100.00			VCT MENU	2636.72

[Firma]

[Firma]
 Yenny G. Salas
 DNI 7
 REPÚBLICA

ALIMENTO	gr/per	comesti ble	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche + 02 panes + queso								
Avena, hojuelas	30.00	100.00	3.99	1.20	21.60	16	10.00	86.40	113.16
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
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	668.09
								%DIST. DE	26.63
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Pollo E	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.56	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	200.0	82.00	3.44	0.16	36.57	34	1.48	146.29	161.54
Arroz Pilado a pu	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	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0	207.00	0.00	207.00
Cebolla de cabez	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas (-	30.00	54.00	1.15	0.10	3.06	5	0.87	12.38	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC ALMUE	1416.31
								%DIST. ALA	56.46
CENA:	Infusion + 01 pan + margarina								
Hierbas	10.00	60.00	0.19	0.06	0.42	0.74	0.54	1.68	2.96
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC CEN.	424.17
								%DIST. CE	16.91
			78.37	64.54	411.55				
			281.47	580.90	1646.21				
			11.22	23.16	65.62				
					100.00			VCT	2908.58

Firma:

Firma:

Yany Chiriquitas Ramirez
CIN: 28266323
RA TRIPONDANTE

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla + 02 panes + mortadela								
Sémola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	76.23
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.86
								VC DES.	567.37
								%DIST. DE	22.42
Almuerzo:	Picante a la tacneña, arroz , refresco y fruta								
Arroz Pilado o pu	160.0	100.00	12.30	0.75	116.70	49.20	6.75	468.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Acetite vegetal	30.00	100.00	0.00	30.00	0.00	0.00	270	0.00	270.00
Sal	18.00	100.00	0.22	0.09	1.48	0.86	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	54.86	20.66	2.214	219.43	242.31
Aji colorado seco	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de cabez	30.00	67.00	0.28	0.04	2.27	1.13	0.3618	9.09	10.57
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Cilantro	2.80	57.00	0.05	0.02	0.11	0.21	0.18673	0.45	0.84
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Naranja	155.00	80.00	1.49	0.26	13.52	5.96	2.232	54.06	62.25
								VC ALM	1266.94
								% DIST. AL	50.66
CENA:	Asado de pollo , arroz e infusion								
Carne de Pollo E	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Arroz Pilado o pu	90.0	100.00	7.38	0.45	70.02	30	4.05	280.88	313.65
Acetite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Cebolla de cabez	30.00	67.00	0.28	0.04	2.27	1.13	0.3618	9.09	10.57
Glutamato monos	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Aji colorado seco	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC CEN.	696.40
								%DIST. CE	27.52
			59.05	60.18	438.22				
			236.21	541.63	1752.87				
			9.33	21.40	69.26				
					100.00			VCT MENU	2530.71


 Dr. Edgardo Arce
 Director General
 DGE - DGE
 1074-112


 Rudy
 DGE - DGE
 1074-112

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

FECHA	DESAYUNO	ALMUERZO	CENA
01-02- 03 abril	Pebre +Café + pan	Chaque, Almondrado de pollo + arroz + refresco + fruta	Lomo Saltado , arroz + infusion
04-05-06 abril	Olluquito con carne,Té y pan	Cazuela de verduras / Atomatada de res + arroz + refresco + fruta	Sopa de pollo+ infusion
07-08-09 abril	Salpicon de pollo + Avena con manzana + pan	Sopa de quinua + aji de pollo ,arroz + refresco + fruta	Pollo a la naranja , arroz + infusion
10-11-12 abril	Mondonguito a la italiana con arroz + Café y 01 pan	Cazuela de fideos ,Frijoles con seco de pollo , arroz ; refresco + fruta	Sopa a la minuta con res + infusion
13-14-15 abril	Arroz a la cubana, té y pan	Papa a la huancaína + Arroz con pollo,ensalada + refresco + fruta	Asado de res, arroz + infusión
16-17-18 abril	Guiso de fideos con res,arroz + té y pan	Sopa de trigo moron + Quinoa batida con bistec,arroz,ensalada y refresco + fruta	Arroz a la jardiera con pollo +Ensalada+ Infusion
19-20-21 abril	Escabeche de pollo limeño,arroz,te y pan	Sopa juliana + pescado frito,arroz,ensalada + refresco + fruta	Saltado de acelga con carne, arroz + infusion
22-23-24 abril	Ajiaco de habas + arroz + café + pan	Ensalada mixta, Estofado de res , arroz , refresco + fruta	Arroz chaufa + infusion
25-26-27 abril	Caldo blanco con pollo, Café y pan	Soltero arequipeño, Pollo broster, arroz,ensalada , refresco y fruta	Yuca arrebozada , arroz ,ensalada + infusión
28-29-30 abril	Revuelto de verduras,arroz + té y pan	Cazuela de res, Pachamanca de pollo a la olla , arroz, refresco + fruta	Aguadito de pollo + infusion


Etc. Glorie A. Ruiz Gonzales
NUTRI. DIETISTA
CNE 3159


Jorge Chiribari
CNE 230003
ADMINISTRATIVO




Jorge Chiribari

100-443887-100
 100-443887-100
 100-443887-100

04-09-2019 ABRIL 2019

ALIMENTO	gr/por (g)	cantidad %	PROT An 100	GRASA (g)	C=ID (g)	Porcentaje de nutrientes			Total en g
						PROT	GRASAS	C=ID	
DESAYUNO: Galletita con carne, Té y pan									
Té sin azúcar	3.00	100.00	0.00	0.00	2.01	0.01	0.00	0.00	0.99
Pan de Mielera o H	30.0	100.00	2.69	0.00	21.64	17.60	0.21	85.19	90.49
Azúcar rubia	10.00	100.00	0.00	0.00	9.8	0.00	0.00	89.82	90.82
Carné de res pupa	30.00	100.00	6.39	0.48	9.00	25.59	4.32	0.00	20.59
Papa blanca	100.0	82.00	1.32	0.08	10.20	8.89	0.70	70.14	80.77
Cebolla de cabeza (C)	20.00	87.00	0.10	0.00	1.51	0.70	0.29	0.00	7.00
Ajo	4.00	80.00	0.10	0.00	0.97	0.70	0.00	0.00	4.00
Aj colorado seco, po	2.00	60.00	0.10	0.11	0.80	0.20	0.00	0.00	4.00
Cilantro	100.00	81.00	1.00	0.00	10.00	4.00	0.00	80.00	86.00
Arroz Pardo o pardo	100	100.00	6.00	0.00	77.00	12.00	4.00	111.00	100.00
Acido vegetal	10.00	100.00	0.00	10.00	0.00	0.00	0.00	0.00	10.00
Sal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Glutenato monosod	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
V.C. DESAYUNO									160.00
% DIETA DESAYUNO									27.00
ALMUERZO: Galletita de verduras / Asomado de res + arroz + refresco + fruta									
Galletita dulce	30.00	107.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Ajo	8.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Papa	8.00	66.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
Arroz Pardo	20.00	35.00	0.70	0.00	1.00	0.10	0.00	0.00	10.00
Zanahoria	20.00	70.00	0.00	0.00	1.00	0.00	0.00	0.00	8.00
Papa blanca	50.00	80.00	0.00	0.00	9.00	8.00	0.00	0.00	40.00
Carné de Pato Entero	80.0	65.00	14.00	2.00	0.00	90.00	10.00	0.00	70.00
Nabo	2.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Refresco	20.00	35.00	1.00	0.00	2.00	4.00	0.00	0.00	10.00
Mala Fresco, Choclo	40.00	67.00	0.70	0.10	0.00	0.00	0.00	0.00	20.00
Carné de res pupa	100.0	100.00	21.00	1.00	0.00	80.00	14.00	0.00	90.00
Cebolla de cabeza (C)	30.0	60.00	0.00	0.00	0.00	1.00	0.00	0.00	8.00
Arroz Pardo o pardo	100.0	100.0	12.00	0.70	110.00	40.00	8.00	400.00	500.00
Zanahoria	20.00	70.00	0.00	0.00	1.00	0.00	0.00	0.00	8.00
Cebolla de cabeza (C)	30.00	67.00	0.00	0.00	2.00	1.00	0.00	0.00	10.00
Plumita melada	0.0	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ajo	2.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00
Arroz Pardo	10.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Papa	1.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aj colorado seco, po	2.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sal	10.00	100.0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gluten	4.00	100.0	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Refresco	6.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mala Pardo	10.00	100.00	1.00	0.00	11.00	4.00	0.00	40.00	50.00
Limon	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz rubia	30.00	100.00	0.00	0.00	34.00	0.00	0.00	100.00	130.00
Papa	100.00	100.00	0.00	0.00	14.00	2.00	0.00	0.00	100.00
V.C. ALMUERZO									1172.00
% DIETA ALMUERZO									40.00
CENA: Sopa de pollo + infusión									
Carné de Pato Entero	100.00	70.00	14.00	2.00	0.00	80.00	10.00	0.00	80.00
Arroz Pardo	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Ajo	8.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	8.00
Papa	10.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Papa	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Nabo	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Sal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Refresco	80.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	80.00
Orégano seco	6.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	6.00
Papa Pardo	100.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Cebolla china (C)	10.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00
Papa	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Refresco	6.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	6.00
Arroz rubia	40.00	100.00	0.00	0.00	34.00	0.00	0.00	100.00	130.00
V.C. CENA									815.00
% DIETA CENA									29.00
VCT. MENU									2700.00



g


 Jenny
 DNI: 382485023
 REPRESENTANTE




 UNIVERSITY OF THE SOUTH PACIFIC
 VICE-CHANCELLOR'S OFFICE
 SUVA, FIJI

ALIMENTO	g/kg	convertibile %	PROT An (g)	GRASA (g)	CND (g)	Nutrientes g/kg (g/kg)			g/kg total
						PROT	GRASA	CND	
DESAYUNO Mondogusto a la italiana con arroz + Celi y 57 sat									
Celi sin azúcar	4.25	100.00	0.04	0.00	0.00	0.04	0.04	0.10	0.18

10-11-12 ABRIL 2018

ALIMENTO	gramo (g)	convertible %	PROT Aa (g)	GRASA (g)	CHO (g)	energéticos (Kcal, KJ)			TOTAL (Kcal)
						PROT	GRASA	CHO	
DESAYUNO: Mordorogallo a la italiana con arroz + Café y 87 pan									
Café sin azúcar	4.00	100.00	0.01	1.00	8.00	0.05	0.04	0.10	0.21
Pan de maitena a French	30.00	100.00	2.80	0.06	21.64	11.52	0.03	88.16	90.49
Azúcar rubio	30.00	100.00	0.90	0.00	21.60	0.00	0	86.38	88.30
Arroz Pardo o pulao crudo (1)	80.00	100.00	7.28	0.45	79.00	28.00	4.00	280.00	313.60
Ajo	1.00	100.00	0.08	0.01	0.30	0.004	0.07	1.22	1.31
Mondongo de res	100.00	80.00	13.60	2.60	9.40	64.00	25.0	9.20	92.40
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Sal	6.00	100.00	0.08	0.00	0.00	0.01	0.00	2.10	2.14
Orégano seco	1.00	85.00	0.01	0.00	0.10	0.00	0.04	0.38	0.48
Papa blanca	100.00	82.00	1.70	0.08	18.20	6.88	0.76	73.14	80.71
Cebolla de cabeza (2)	15.00	67.00	0.14	0.02	1.14	0.06	0.1804	4.04	5.20
Zanahoria	15.00	75.00	0.07	0.06	1.08	0.2844	0.53	4.90	5.19
Arvejas frescas (4)	20.00	64.00	0.77	0.08	2.00	3.60	0.5832	8.12	11.71
Aj colorado seco, curado (2)	1.00	100.00	0.07	0.00	0.00	0.26	0.70	3.35	3.33
						V.C. DESAYUNO			794.18
						% DIST. DESAYUNO			82.32
ALMUERZO: Cazuela de fideos, Frijoles con salsa de pollo, arroz, refresco + fruta									
Carnes de Pollo Entero sin piel	88.8	75.00	9.27	1.80	0.00	37.68	14.58	0.00	51.66
Zapallo macizo	30.00	47.00	0.10	0.00	0.00	0.28	0.28	3.81	4.38
Ajo	5.00	75.00	0.03	0.01	0.00	0.12	0.06	0.80	1.07
Papa	5.00	66.00	0.11	0.00	0.00	0.43	0.28	1.30	1.82
Nabo	5.00	66.00	0.02	0.01	0.14	0.12	0.07	0.57	0.74
Cebollas frescas	25.00	66.00	0.09	0.08	1.81	3.18	0.60	7.20	10.90
Zanahoria	25.00	79.00	0.09	0.08	1.48	0.28	0.71	5.81	6.90
Fideos	80.00	100.00	7.00	0.70	62.58	30.88	1.44	250.24	289.10
Papa blanca	80.00	82.00	1.36	0.07	14.60	6.01	0.68	68.62	84.62
Frijol blanco crudo	120.00	100.00	26.28	2.00	72.24	104.10	22.88	380.80	418.70
Cebolla de cabeza (2)	20.00	66.00	0.06	0.00	2.00	1.44	0.08	11.90	13.37
Tomate	25.00	66.00	0.18	0.08	0.07	0.70	0.41	3.87	5.00
Aj colorado seco, curado (2)	1.00	66.00	0.01	0.00	1.70	0.82	2.00	6.90	8.70
Carnes de Pollo Entero sin piel	188.8	75.00	20.07	4.00	0.00	82.28	36.20	0.00	128.58
Arroz Pardo o pulao crudo (1)	160.00	100.00	12.90	0.78	158.70	48.00	6.75	480.00	632.70
Acetate vegetal	5.00	100.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
Escondido negro	15.00	85.00	0.06	0.10	0.00	1.43	1.00	2.90	4.58
Cilantro	20.00	67.00	0.08	0.10	0.00	1.00	1.30	3.10	4.00
Zanahoria	20.00	79.00	0.09	0.08	1.48	0.28	0.71	5.81	6.90
Aj verde (2)	2.00	67.00	0.03	0.01	0.17	0.10	0.10	0.80	0.90
Sal	5.00	100.00	0.10	0.04	0.00	0.28	0.36	2.62	3.37
Ajo	1.00	60.00	0.04	0.01	0.24	0.18	0.06	0.97	1.21
Papa blanca	100.00	82.00	1.70	0.08	18.20	6.88	0.76	73.14	80.71
Arvejas frescas (4)	20.00	64.00	0.77	0.08	2.00	3.60	0.5832	8.12	11.71
Azúcar rubio	15.00	100.00	0.00	0.00	14.75	0.00	0.00	50.98	58.58
Plátano de riego	198.8	66.00	1.60	0.01	21.40	6.12	2.70	80.68	94.55
						V.C. ALMUERZO			884.73
						% DIST. ALMUERZO			85.49
CENA:									
Sopa a la minuta con res + infusiones									
Carnes de res guiso	88.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.08
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajo	5.00	85.00	0.24	0.00	1.28	1	0.21	3.17	5.40
Ajo	12.00	75.00	0.06	0.00	0.48	0	0.06	1.70	2.14
Papa	12.00	75.00	0.24	0.00	0.00	1	0.00	2.74	4.38
Nabo	12.00	75.00	0.06	0.00	0.00	0	0.16	1.30	1.67
Sal	18.00	100.00	0.22	0.08	1.48	1	0.81	5.88	7.58
Papa blanca	60.00	82.00	1.02	0.07	14.60	6.01	0.69	68.62	84.62
Fideos	80.00	100.00	7.00	0.70	62.58	30	1.44	250.24	289.10
Orégano seco	0.00	100.00	0.00	0.00	0.04	0	0.14	1.28	1.85
Papa blanca	120.00	82.00	3.87	0.10	21.64	6	0.89	87.77	96.82
Tomate	25.00	66.00	0.70	0.08	1.08	1	0.45	4.28	5.40
Cebolla de cabeza (2)	60.00	66.00	0.21	0.18	0.70	0	0.61	22.78	29.61
Verduras variadas	5.00	85.00	0.20	0.00	0.28	1	0.27	1.11	2.10
Hierbas	0.00	100.00	0.08	0.00	0.01	0	0.27	8.84	1.40
Azúcar rubio	40.00	100.00	0.08	0.00	36.30	0	0.00	157.28	197.38
						V.C. CENA			884.73
						%DIST. CEN			34.44
			148.62	56.20	987.17				
			342.48	506.77	2326.46				
			28.68	18.00	80.12				
						VCT MON			2881.44

Lic. Gloria P. Cruz de la Cruz
 Lic. Gloria P. Cruz de la Cruz

Lic. Gloria P. Cruz de la Cruz
 Lic. Gloria P. Cruz de la Cruz
 DNI: 2123 17 021
 REPÚBLICA DOMINICANA

13-14-15 APRIL 2009

[illegible]

16-17-18 ABRIL 2022

ALIMENTO	grapes	corrected	PROT	GRASA	CHO	energía asociada			total kcal
	(g)	%	kg (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Guiso de fideos con resacas + té y pan									
Té sin azúcar	2.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Azúcar rubia	5.00	100.00	0.00	0.00	4.80	0.00	0	19.08	19.08
Pan de latencia e fresco	30.0	100.00	2.50	0.00	27.54	19.00	0.01	96.56	96.56
Fideos	50.00	100.00	7.50	0.70	62.84	30.00	1.44	290.74	281.76
Arroz Pilado o pulido crudo (	20.00	100.00	7.30	0.40	70.80	29.00	4.00	200.60	213.60
Ajo	6.50	100.00	0.00	0.00	0.12	0.00	0.00	0.49	0.49
Acolla vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Papa blanca	100.0	100.00	2.10	0.70	22.30	3.40	0.60	69.20	69.20
Carne de res picada	80.00	70.00	11.00	0.90	0.00	47.71	0.00	0.00	85.76
Cebolla de cabeza (2)	10.00	67.00	0.14	0.00	1.14	0.00	0.16	4.54	5.29
Sal	4.00	100.0	0.10	0.04	0.00	0.38	0.00	2.62	3.37
Maní	3.00	100.00	0.10	0.00	0.21	0.01	0.20	0.83	1.00
Aveses frescos (4)	10.00	54.00	0.00	0.00	1.82	2.90	0.44	0.00	5.25
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.71	0.01	4.99
Ají colorado seco, panca (2)	9.00	68.00	0.00	0.00	0.24	0.11	0.30	0.00	1.38
					V.C. DESAYUNO				986.67
					% DIST. DESAYUNO				38.61
ALMUERZO: Sopa de trigo marro + Guiso batido con fideos, arroz, zanahoria y refresco + fruta									
Carne de Pollo Entero sin es	80.0	70.00	9.00	1.51	0.00	34.61	13.000	0.00	48.20
Zapato marro	40.00	47.00	0.10	0.04	1.20	0.00	0.04	4.01	5.08
Miel Fresco, Choclo	40.00	57.00	0.70	0.10	6.34	0.01	1.64	25.30	30.00
Ajo	10.00	70.00	0.00	0.00	0.00	0.01	0.100	1.40	1.70
Papa	10.00	68.00	0.10	0.00	0.00	0.70	0.4000	0.01	3.19
Galbani	10.00	68.00	0.00	0.00	0.00	0.00	0.10	1.31	1.64
Marra picada	30.00	100.00	0.01	1.00	0.00	30.00	0.40	1.20	35.60
Fideos frescos	20.00	58.00	0.00	0.01	2.27	0.00	0.00	0.07	13.00
Quinoa Cruda	30.00	100.00	6.00	2.00	30.10	27.00	0.10	100.00	185.90
Papa blanca	30.00	62.00	0.60	0.04	0.14	3.44	0.07	30.57	40.30
Leche evaporada	10.00	100.00	1.00	1.20	1.04	4	10.04	0.04	21.60
Queso curado	10.00	100.00	2.00	3.00	0.00	3.00	27.00	1.30	30.30
Margarina vegetal con sal	10.00	100.00	0.00	8.20	0.00	0	72.60	0.00	74.04
Sal	4.00	100.00	0.00	0.00	0.00	0.10	0.10	1.31	1.60
Verduras variadas	3.00	68.00	0.10	0.00	0.10	0.40	0.10	0.60	1.24
Carne de res picada	100	100.00	31.00	2.40	0.00	127.00	31.0	0.00	160.40
Arroz Pilado o pulido crudo (	180.00	100.00	12.00	0.70	118.70	40.00	0.70	480.00	522.70
Ajo	3.00	66.00	0.10	0.00	0.00	0.07	0.01	0.01	4.49
Ají colorado seco, panca (2)	1.00	68.00	0.07	0.00	0.00	0.20	0.70	2.30	3.40
Cominos	0.3	100	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Misgno	1.00	100.00	0.00	0.00	0.00	0.00	0.14	0.30	0.44
Cebolla de cabeza (2)	10.00	67.00	0.00	0.01	0.04	0.00	0.10	0.00	3.00
Tomate	20.00	60.00	0.14	0.04	0.77	0.00	0.00	3.10	4.00
Peperita morada	0.10	100	0.01	0.01	0.10	0.00	0.11	0.00	0.04
Cebada con cáscara (0)	0.00	100.00	0.40	0.10	0.00	1.00	1.07	30.20	30.11
Limón	4.00	100.00	0.00	0.01	0.00	0.00	0.01	1.00	1.70
Azúcar rubia	0.00	100.00	0.00	0.00	4.80	0.00	0.00	19.08	19.08
Pilano de soda	100.0	68.00	1.00	0.31	21.42	0.10	2.70	80.00	94.00
					V.C. ALMUERZO				1097.11
					% DIST. ALMUERZO				81.70
CENA: Arroz a la jardinera con pato + Ensalada + infusion									
Azúcar rubia	30.00	100.00	0.00	0.00	34.41	0.00	0	137.60	137.60
Arroz Pilado o pulido crudo (	100.0	100.00	8.20	0.60	77.60	30.00	4.0	371.00	396.60
Acolla vegetal	20.0	100.00	0.00	20.0	0.00	0.00	200	0.00	200.00
Arroz fresco (4)	20.00	64.00	0.00	0.00	2.04	3.00	0.700	10.10	14.72
Zanahoria	20.00	60.00	0.00	0.10	2.74	0.71	0.3000	10.00	13.00
Fideos batidos	30.0	60.00	2.07	0.20	10.70	10.00	0.240	70.17	85.67
Verduras (2)	20.00	91.00	0.00	0.07	1.44	2.10	0.4000	7.37	10.17
Carne de pollo pochada	100.0	70.00	13.40	2.00	0.00	53.70	10.77	0.00	72.00
Tomate	20.00	60.00	0.10	0.00	0.07	0.70	0.400	3.07	5.00
Cebolla (1/ cabeza (2)	100.00	67.00	0.04	0.10	7.57	3.70	1.200	30.00	35.34
Sal	11.00	100.00	0.10	0.00	0.00	0.00	0.400	0.01	4.00
Luchuga cocida	60.00	60.00	0.07	0.00	0.00	2.30	0.7000	3.71	0.01
					V.C. CENA				999.39
					% DIST. CENA				37.33
	VCT (Gr.)		100.11	82.12	016.20				
	VCT (Kcal)		820.00	100.10	1000.00				
	VCT (L)		01	00	00				
	V.C.T. MENU								2087.09



16-17-18 ABRIL 2022

[Signature]

16-17-18 ABRIL 2022

[Signature]

Rony Glavic Infante Ramírez

DNI: 2° 000 000 000

16-17-18 ABRIL 2022

19-20-21 ABRIL 2018

ALIMENTO	grupos (kg)	comestibles %	PROT Kg (g)	GRASA (kg)	CHO (kg)	NUTRIENTES (Kcal/Menú)			Total (Kcal)
						PROT	GRASAS	CHO	
DESAYUNO: Escabeche de pollo frito, arroz rojo y pan									
Pi sin espinar	3.00	54.00	0.80	0.00	0.01	0.01	0	0.00	0.00
Carne escabe	0.00	54.00	0.80	0.00	0.00	0.00	0.00	0.10	0.11
Olivo de olor	0.00	54.00	0.80	0.00	0.01	0.00	0.00	0.00	0.00
Azul de color	20.00	100.00	0.30	0.00	18.7	0.00	0.00	76.64	18.60
Pan de sobrasa o francés	30.00	100.00	7.88	0.00	21.3	11.00	0.00	80.18	28.40
Carne de Pavo Entero a la sal	100.00	70.00	14.42	0.00	0.00	87.68	20.64	0.00	90.30
Ajo	0.00	90.00	0.22	0.00	1.20	0.00	0.00	4.88	0.00
Sal	0.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Aj verde (2)	0.00	67.00	0.10	0.00	0.70	0.00	0.00	0.00	0.00
Arroz Pilado o guiso crudo	80.00	100.00	7.38	0.40	70.00	20.00	0.00	280.00	310.00
Cebolla de cabeza (2)	80.00	67.00	0.90	0.00	4.84	0.00	0.00	10.17	20.10
Aj colorado seco, puerco (2)	1.00	66.00	0.00	0.00	0.40	0.10	0.40	1.00	2.00
Acorda vegetal	10.00	100.00	0.00	10.00	0.00	0.00	117.00	0.00	117.00
Orégano seco	0.00	94.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Olivo de no comestible	0.00	100.00	0.00	0.00	0.00	0.10	0.00	1.00	1.00
Vinagre	0.00	100.00	0.00	0.00	0.40	0.00	0.00	1.00	2.00
Carne de resado (2)	100.00	64.00	1.10	0.00	21.00	0.00	0.00	80.00	80.00
V.C. DESAYUNO									622.20
% DISTR. DESAYUNO									31.10
ALMUERZO: Sopa Arroz + pescado frito, arroz, ensalada + refresco + fruta									
Huevo de gallina, crudo	10.00	98.00	1.00	1.00	0.00	0.00	0.00	1.00	1.00
Pavo	0.00	66.00	0.11	0.00	0.00	0.00	0.00	0.00	0.00
Ajo	0.00	70.00	0.00	0.00	0.11	0.00	14.00	0.00	28.00
Lechón desmenuz	20.00	100.00	7.40	1.00	2.10	11.00	28.00	1.00	41.00
Queso parmes	10.00	70.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa blanca	100.00	80.00	1.00	0.00	10.00	0.00	0.00	0.00	0.00
Quesito mozo	20.00	98.00	0.14	0.00	1.00	0.00	0.00	0.00	0.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	0.00
Maíz Fresco, Chirito	40.00	67.00	0.70	0.00	0.00	1.00	0.00	0.00	0.00
Harina blanca	20.00	30.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Zanahoria	20.00	10.00	0.10	0.00	1.00	0.00	0.00	0.00	0.00
Manzanilla	4.00	54.00	0.11	0.00	0.00	0.00	0.00	0.00	0.00
Papadaya	100.00	100.00	0.00	1.10	21.00	0.00	10.00	0.00	20.00
Ajo	2.00	80.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sal	10.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Arroz Pilado o guiso crudo	100.00	100.00	12.00	0.70	110.00	40.00	0.00	400.00	520.00
Cebolla de cabeza (2)	30.00	67.00	0.20	0.00	0.00	0.00	0.00	0.00	0.00
Aj colorado seco, puerco (2)	3.00	66.00	0.14	0.00	1.00	0.00	1.00	0.00	0.00
Acorda vegetal	2.00	100.00	0.00	0.00	0.00	0.00	10.00	0.00	10.00
Orégano seco	0.00	94.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vinagre	10.00	100.00	0.00	0.10	0.00	0.00	0.00	0.00	0.00
Harina de trigo	20.00	100.00	0.10	0.00	10.00	0.00	0.00	0.00	0.00
Cebolla con cáscara (2)	0.00	100.00	0.00	0.10	0.00	0.00	0.00	0.00	0.00
Manzana	100.00	100.00	0.00	0.10	21.00	0.00	1.00	0.00	20.00
Arroz rubio	30.00	100.00	0.00	0.00	30.00	0.00	0.00	0.00	30.00
V.C. ALMUERZO									1204.24
% DISTR. ALMUERZO									48.88
CENA: Sándwich de res, arroz + infusion									
Carne de res, pecho	80.00	100.00	11.00	1.00	0.00	80.00	11.00	0.00	70.00
Ajo	0.00	60.00	0.00	0.00	0.10	0.00	0.00	0.00	0.00
Acorda vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Papa blanca	200.00	100.00	4.00	0.00	40.00	10.00	1.00	170.00	190.00
Cebolla de cabeza (2)	80.00	67.00	0.70	0.10	0.00	0.00	0.00	0.00	0.00
Sal	0.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
Arroz Pilado o guiso crudo	90.00	100.00	7.30	0.40	70.00	20.00	0.00	280.00	310.00
Papa	2.00	100.00	0.10	0.00	0.10	0.00	0.00	0.00	0.00
Formosa	40.00	90.00	0.20	0.00	1.00	1.10	0.00	0.00	0.00
Arroz, arroz de	100.00	90.00	2.10	0.20	1.10	0.00	0.00	0.00	0.00
Aj colorado seco, puerco (2)	1.00	66.00	0.00	0.00	0.00	0.10	0.00	0.00	0.00
Harina	2.00	94.00	0.00	0.00	0.00	0.10	0.00	0.00	0.00
Arroz rubio	30.00	100.00	0.00	0.00	30.00	0.00	0.00	0.00	30.00
V.C. CENA									874.32
% DISTR. CENA									33.80
V.C.T. (Kcal)									2547.80
V.C.T. (Kcal)									2547.80
V.C.T. (%)									100.00
V.C.T. MENU									2547.80



Dr. Yony Clara Salas B. L. M. D. M.
 Dr. Yony Clara Salas B. L. M. D. M.
 Dr. Yony Clara Salas B. L. M. D. M.

Dr. Yony Clara Salas B. L. M. D. M.
 Dr. Yony Clara Salas B. L. M. D. M.
 Dr. Yony Clara Salas B. L. M. D. M.

Dr. Yony Clara Salas B. L. M. D. M.
 Dr. Yony Clara Salas B. L. M. D. M.
 Dr. Yony Clara Salas B. L. M. D. M.

22-23-24 ABRIL 2023

ALIMENTO	grapes (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR NUTRICIONAL			TOTAL
						PROT	GRASAS	CHO	
DESAYUNO: Arroz de habas, arroz + café + pan									
Café sin azúcar	3.00	100.00	0.01	0.00	0.02	0.04	0.00	0.10	0.16
Azúcar rubia	20.00	100.00	0.00	0.00	20.00	0.00	0.00	112.80	112.80
Pan de molde o francés	30.00	100.00	2.28	0.00	21.0	11.28	0.01	88.10	88.40
Cerveza fría	20.00	75.00	3.00	4.20	0.40	0.30	0.20	4.80	5.54
Agua	5.00	88.00	0.22	0.00	1.20	0.00	0.00	4.80	6.00
Cebolla de cabaza (2)	30.00	67.00	0.10	0.00	1.50	0.75	0.04	0.00	7.20
Sal	8.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.20
Harina blanca	50.00	75.00	1.50	0.14	4.50	1.50	1.00	18.10	27.30
Leche evaporada	20.00	100.00	1.00	1.00	2.00	2.00	4.00	280.00	213.00
Arroz Pilado o pulido crudo (1)	90.0	100.00	7.20	0.40	70.00	20.00	4.00	280.00	213.00
Arroz vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Harina de trigo	2.00	84.00	0.00	0.01	0.00	0.00	0.00	0.00	0.04
Papas blancas	100.00	82.00	2.00	0.10	21.00	8.00	0.00	67.70	90.00
						V.C. DESAYUNO			1118.77
						% DISTR. DESAYUNO			38.77
ALMUERZO: Escalado mixto, escalado de res., arroz, refresco + fruta									
Tortilla	40.00	88.00	0.20	0.00	1.00	1.00	0.01	0.01	8.70
Arroz (2)	40	15.0	0.00	0.01	0.00	0.00	0.10	0.20	0.61
Papillón o Puerro de masa	30.00	80.00	0.00	0.00	0.00	0.00	0.14	1.50	2.00
Cebolla de cabaza (2)	60.00	67.00	0.00	0.00	4.50	2.25	0.70	18.10	21.10
Papa	3.00	100.00	0.14	0.00	0.00	0.00	0.10	0.70	1.50
Limón	0.00	82.00	0.01	0.01	0.00	0.00	0.00	1.00	1.11
Morosa	4.00	100.00	0.00	0.00	0.00	0.00	0.00	1.00	12.10
Lechuga romana	20.00	80.00	0.20	0.00	0.00	0.00	0.00	1.00	2.20
Sal	0.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.20
Arroz vegetal	10.00	100.00	0.00	10.00	0.00	0.00	0.00	0.00	90.00
Cebolla de cabaza (2)	60.00	67.00	0.00	0.00	4.50	2.25	0.70	18.10	21.10
Zanahoria	30.00	75.00	0.00	0.00	1.00	0.00	0.01	0.01	6.80
Carne de res	180.0	100.00	36.70	4.60	0.00	122.80	41.70	0.00	184.80
Arroz Pilado o pulido crudo (1)	150.00	100.00	12.00	0.70	110.00	40.00	8.70	480.00	322.70
Tortilla	30.00	88.00	0.20	0.00	1.00	0.00	0.00	0.01	8.70
Arroz blanco (1)	20.00	84.00	0.00	0.00	2.00	0.00	0.00	10.10	14.70
Aj colorado seco, planta (2)	0.00	68.00	0.14	0.10	1.00	0.00	1.00	4.70	5.70
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00
Tortilla	30.00	88.00	0.20	0.00	1.00	0.00	0.00	0.01	8.70
Zanahoria	30.00	75.00	0.00	0.00	1.00	0.00	0.01	0.01	6.80
Agua	4.00	80.00	0.20	0.00	1.00	0.00	0.00	4.00	5.00
Papas	5.00	88.00	0.00	0.00	0.00	0.00	0.00	1.00	2.00
Limón	0.00	100.00	0.00	0.01	0.00	0.00	0.00	1.00	1.20
Morosa	20.00	100.00	0.00	0.00	0.00	0.00	0.00	10.00	16.00
Azúcar rubia	20.00	100.0	0.00	0.00	20.00	0.00	0.00	70.00	12.00
Refresco	180.0	80.00	0.70	0.24	50.00	2.00	2.10	40.00	93.00
						V.C. ALMUERZO			1008.10
						% ALMUERZO			35.07
CENA: Arroz blanco con pollo + infusion									
Carne de Pollo Empanado	100.00	70.00	14.00	2.20	0.00	57.00	22.00	0.00	80.00
Arroz de galleta, crudo	10.00	80.00	1.00	0.70	0.10	4.00	0.40	0.01	11.00
Arroz Pilado o pulido crudo (1)	100.0	100.00	8.00	0.50	70.00	20.00	4.0	210.00	240.00
Cebolla china (2)	0.00	71.00	0.10	0.00	0.40	0.00	0.00	1.00	2.40
Pimiento	0.00	80.00	0.00	0.00	0.00	0.00	0.00	1.00	1.70
Sal	0.00	100.00	0.04	0.00	0.00	0.00	0.00	0.00	4.00
Agua	0.00	80.00	0.20	0.00	1.00	0.00	0.00	4.00	6.00
Arroz vegetal	20.00	80.00	0.00	20.00	0.00	0.00	180.00	0.00	180.00
Agua	0.00	101.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Aj colorado seco, planta (2)	0.00	68.00	0.14	0.10	1.00	0.00	0.00	7.00	11.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	0.00
Harina	1.00	84.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00
Azúcar rubia	30.00	100.00	0.00	0.00	30.00	0.00	0.00	100.00	100.00
						V.C. CENA			790.00
						% DISTR. CENA			26.74
			91.00	81.00	448.11				
			224.04	618.89	1182.40				
			12.49	20.43	58.38				
						VCT. MPNU			3820.81







 VOTY G...
 DNI: 22.000.000
 REPRESENTANTE

9

Copy

FOR OFFICIAL USE ONLY

CONFIDENTIAL

NOFORN DISSEM

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

Domingo, 01 de Abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	GUISO DE VAINITAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
Lunes, 02 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MORTADELA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 03 de Abril de 2018	TÉ + 02 PANES + ATUN	HIJO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
Miércoles, 04 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 05 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACELGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Viernes, 06 de Abril de 2018	SOYA CON PIÑA + 02 PANES + HUEVO SANCOCHADO	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
Sábado, 07 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Domingo, 08 de Abril de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON SALCHICHA + INFUSION
Lunes, 09 de Abril de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 10 de Abril de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
Miércoles, 11 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO DORADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
Jueves, 12 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ, ENSALADA + INFUSION
Viernes, 13 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
Sábado, 14 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Domingo, 15 de Abril de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	CHAFPAITA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Lunes, 16 de Abril de 2018	HARINA DE CEBADA + 02 PANES + FRUTA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 17 de Abril de 2018	TÉ + 02 PANES + ATUN	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Miércoles, 18 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACÑERA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 19 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	AQUADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Viernes, 20 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
Sábado, 21 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ESCARBON DE POLLO A LA LIMERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Domingo, 22 de Abril de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
Lunes, 23 de Abril de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 24 de Abril de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
Miércoles, 25 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMONDRADA,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
Jueves, 26 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
Viernes, 27 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CAIGUA RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
Sábado, 28 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN
Domingo, 29 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
Lunes, 30 de Abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CAIGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN

Etc. Gloria J. Cruz González
NACIONALISTA
GNP 6193

Yony Carlos Salas Ramírez
DNI: 207250323
REPRESENTANTE



[Signature]
DIRECCIÓN GENERAL DE ALIMENTACIÓN Y NUTRICIÓN

DIETA: DIABETES MELLITUS

Domingo, 01 de Abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote morado	100.0	96.00	1.34	0.29	24.67	5	2.59	98.69	106.66
Canola entera	0.10	100.0	0.00	0.00	0.06	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
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	304.30
								%DIST. D	16.97
ALMUERZO:	Guiso de vainitas, arroz + refresco y fruta								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado cocido	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Tomate	40.00	92.00	0.29	0.07	1.58	1	0.68	6.33	8.17
Ajos	5.00	85.00	0.24	0.03	1.28	0.95	0.306	5.17	6.43
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Vainitas (2)	140.00	91.00	3.05	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.52
Cebolla de caudex	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALM.	922.30
								%DIST. A	51.43
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gallina	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha "hot"	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado cocido	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	8.12
Pimiento	45.00	85.00	0.58	0.19	2.69	2	1.66	11.50	15.43
Silao	5.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
								VC CEN.	565.78
								%DIST. C	31.60
			58.02	42.46	294.80				
			232.07	382.14	1179.18				
			12.94	21.31	65.75				
					100.00			VCT	1793.39

[Firma]

 DIETISTA

[Firma]

 Taty Gloria Soto Pulido
 DNI: 28219072
 RESPONSABLE



[Firma]

 DIETISTA

lunes, 02 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + mortadela								
Cebada harina	35.00	100.00	6.58	0.81	23.59	26	7.25	94.36	127.93
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	35.00	100.00	3.43	6.90	3.29	13.72	62.055	13.16	88.94
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	414.46
								%DIST. D	27.03
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	68.83	2.28	233.82
Arroz Pilado d	120.00	100.00	9.84	0.60	93.38	39	5.40	373.44	418.20
Tomate	60.00	90.00	0.43	0.11	3.32	2	0.97	9.29	11.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Lechuga rojo	100.00	50.00	0.85	0.10	1.05	2.60	0.80	4.20	7.70
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	26.19
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	821.33
								%DIST. D	53.57
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.88	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	40.00	100.00	2.80	3.24	4.36	11	29.16	17.44	57.80
									297.31
									19.39
			77.31	20.61	259.60				
			309.26	185.47	1038.38				
			20.2	12.1	67.7				
					100.00				1533.11


Lic. Gladys
Dpto. de Nutrición
H. C. de la U. de Chile


Lic. Gladys
Dpto. de Nutrición
H. C. de la U. de Chile




Lic. Gladys
Dpto. de Nutrición
H. C. de la U. de Chile

DIETA: DIABETES MELLITUS

martes, 03 de abril de 2018

ALIMENTO	griper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 62 panes + atun								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela enteras	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Cebolla de ca	85.00	92.00	1.09	0.18	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.46	0.12	2.65	2	1.07	10.22	13.19
Sal	18.0	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.05	0.25	0	0.45	1.00	1.45
Pimienta molin	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.54
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.99
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	62.38
									363.73
									18.41

ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Lleche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso pana	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	96.80
Arroz Pilado d	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	68.98
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macn	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco-	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.08	73.79

VC DES. 972.45
% DIS ALM. 50.62

CENA	Guiso de fideos con pollo, arroz , infusion								
Cama de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	105.66
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0.00	45	0.00	45.00
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
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
									VC DES. 594.80
									%DIST. D 30.96
			70.15	37.51	325.69				
			280.61	337.61	1302.76				
			14.6	17.6	67.8				
					100.00		V.C.T. MENU		1920.98

Dr. Gloria
Dr. Gloria
RESPONSABLE



Dr. Gloria
Dr. Gloria
RESPONSABLE

Dr. Gloria
Dr. Gloria
RESPONSABLE

DIETA: DIABETES MELLITUS

miércoles, 04 de abril de 2018

ALIMENTO	griper	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.86	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Queso 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	1.82	172.32	196.98
									549.33
									30.53
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	15.24	23.64
Tomato	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Arvejas frescas	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	5.10	8.86
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.68	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	87.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	926.77
								% Dist	51.50
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	0.49	1.51	2.67
Margarina veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	323.28
								%DIST. D	17.97
			75.45	55.23	250.14				
			301.79	497.04	1000.55				
			16.8	27.6	55.6				
					100.00			VCT	1799.38

Yony
Yony Gloria Santos Ramírez
CMI: 2002505325
REPRESENTANTE

Lic. Gloria
Lic. Gloria Santos Ramírez
CMI: 2002505325
REPRESENTANTE



Yony
Yony Gloria Santos Ramírez
CMI: 2002505325
REPRESENTANTE

DIETA: DIABETES MELLITUS

jueves, 05 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.78	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	23.43
Almuerzo: Guiso de acelga, arroz , fruta y refresco									
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	3.88	6	1.98	15.52	23.94
Arroz Pilado c	120.0	100.00	9.84	0.60	93.36	39.36	5.40	373.44	418.20
Acelga vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	99.00	0.63	0.18	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	80.0	88.00	1.48	0.07	15.70	6	0.63	62.80	69.34
Cebolla de ca	80.00	67.00	2.60	0.11	6.08	11.20	0.96	24.23	36.39
Plátano	180.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	889.59
								%DIST. D	50.80
CENA: Tallarines rojos con carne molida + infusion									
Carné de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	90.00	8.55	0.09	62.64	34	0.81	250.56	285.57
Zanahoria	30.0	89.00	0.12	0.10	1.80	0	0.93	7.62	9.35
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceto vegetal	10.00	100.0	0.00	10.00	0.00	0	90.00	0.00	90.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.05	0.09
									451.44
								%DIST. D	25.78
			70.51	40.68	275.78				
			282.06	366.12	1103.14				
			16.11	20.91	62.99				
					100.00				
								VCT	1751.31


 Dr. Gloria Solís Jiménez
 1981-20065323
 REPRESENTANTE


 Lic. Glenny R. López
 1974-20065323
 NUTRICIONISTA

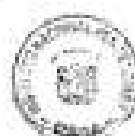



 Dr. Víctor Benítez
 1950-20065323
 MEDICO

viernes, 06 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	
DESAYUNO: Soya con piña + 02 panes + huevo sancocado									
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	84.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.53	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de Isbrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									375.29
								%DIST. D	24.14
ALMUERZO: Caligua refina, arroz , refresco y fruta									
Cama de res	80.00	85.00	14.48	1.09	0.00	58	9.79	0.00	67.73
Arroz Pilado c	120.0	100.00	9.84	0.60	83.36	39	5.40	373.44	418.20
Papa blanca	60.0	85.00	1.43	0.07	15.16	6	0.61	60.66	66.98
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caligua Serran	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	45.98
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Anejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Vainitas (2)	40.00	91.00	0.87	0.11	2.95	3.48	0.9828	11.79	16.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				923.97
					% DISTR. ALMUERZO				53.49
CENA: Sopa de fideos con cabeza									
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.84	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano 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
Acete vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	428.04
								%DIST. D	24.78
			67.88	32.10	291.72				
			271.51	288.96	1166.90				
			15.72	16.73	67.56				
					100.00			VCT	1727.30


Yanyu García Ramos Ramírez
DIA
RATPL




Yanyu García Ramos Ramírez
DIA
RATPL


Yanyu García Ramos Ramírez
DIA
RATPL

DIETA: DIABETES MELLITUS

sábado, 07 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	489.82
								%DIST. D	30.37
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	130.0	100.00	10.86	0.65	101.14	43	5.85	404.56	453.05
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cilantro	20.00	57.00	0.38	0.15	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
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Arvejas frescas	30.00	62.00	1.32	0.11	3.60	5	1.00	13.99	20.27
Zanahoria	30.00	82.00	0.15	0.12	2.26	1	1.11	9.05	10.75
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Lechuga rojo	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Plátano de se	150.0	86.00	1.94	0.39	27.09	8	3.48	108.36	119.58
								VC DES.	915.17
								%DIST. D	58.75
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	65.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labranza	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	207.72
								%DIST. D	12.88
			76.59	36.97	243.41				
			306.34	332.73	973.83				
			19.0	20.8	60.4				
					100.00			VCT	1612.71

[Firma]
Yany R. R. R. R.
M. 12009323
COORDINADORA

[Firma]
M. Gómez
54



[Firma]
M. Gómez
M. Gómez
M. Gómez

domingo, 08 de abril de 2018

ALIMENTO	gelper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Café+ 02 panes + camote sancochado								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									299.97
									18.30
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Arroz Pilado	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aji colorado	4.00	92.00	0.26	0.29	2.18	1	2.58	8.64	12.25
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Arvejas fresc	30.00	54.00	1.15	0.10	3.08	5	0.87	12.18	17.66
Zanahoria	30.00	82.00	0.15	0.12	2.26	1	1.11	9.05	10.75
Naranja	150.00	98.00	1.76	0.20	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				804.36
					% DISTR. ALMUERZO				49.67
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.83
Salchicha *ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	20.00	100.00	1.88	0.04	15.64	8	0.36	62.56	70.44
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.66	0.18	4.54	5.29
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
pañillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									534.97
									32.63
			54.49	26.40	295.94				
			217.97	237.57	1183.76				
			13	14	72				
					100.00			VCT MEN	1639.30


Yony Carlos Salas Ramírez
CMI 202965329
MEDICIN GENERAL


Lic. Gloria
CMI 202965329
MEDICIN GENERAL




Lic. Jovana
CMI 202965329
MEDICIN GENERAL

DIETA: DIABETES MELLITUS

lunes, 09 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Habas	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	375.44
								%DIST. D	25.12
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	86.83	2.28	233.62
Arroz Pilado	120.00	100.00	9.84	0.60	83.38	39	5.40	373.44	418.20
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pico	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 redonda	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	60.00	69.00	0.25	0.21	3.81	1	1.88	15.24	18.09
Aji colorado	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de casa	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.36	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	836.02
								%DIST. D	55.95
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	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 labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.18	98.49
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									282.86
									18.93
			80.79	17.93	252.45				
			323.18	161.34	1009.80				
			21.63	10.80	67.58				
					100.00			VCT MEN	1494.32


Yony Sandoval
REPRESENTANTE


Lic. Gloria




Lic. Gloria

martes, 10 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO: Té + 62 panes + huevo sancochado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Pan de lebrant	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.88
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									276.20
									15.00
ALMUERZO: Guiso de fideos con pollo, arroz, fruta y refresco									
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	105.66
Papa blanca	80.0	85.00	1.43	0.07	15.18	6	0.61	60.66	68.88
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acete vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.88	73.79
								VC DES.	930.74
								%DIST. D	50.83
CENA: Guiso de pollo con verduras, arroz, infusión									
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Cebolla de cal	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Papa blanca	60.0	85.00	1.07	0.05	11.37	4	0.46	45.49	50.24
Acete vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.60
								V.C. CENA	634.92
								% DIST.CENA	34.47
	VCT (Gr.)		79.33	33.53	385.69				
	VCT (kcal.)		317.31	301.80	1222.75				
	VCT (%)		17	16	66			V.C.T. MENU	1841.87
					100.00				


Yany Guezo Salas Ramirez
CNI: 202865320
RESPUDELTANTE


Lic. Glenda J. Pineda
NUTRI-TERAPISTA
CNP 5153




Lic. Jovanna Ariza Benitez
NUTRI-TERAPISTA
CNP 5153

DIETA: DIABETES MELLITUS

miércoles, 11 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.68	1.40	25.20	19	12.80	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.45
									32.93
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado d	120.00	100.00	9.84	0.60	93.36	39	6.40	373.44	418.20
Carne de Poli	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	166.13
Aceite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	80.0	96.00	1.61	0.06	17.13	6	0.69	68.51	75.65
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	80.00	89.00	1.00	0.14	8.06	4	1.28	32.18	37.45
Lechuga redo	100.00	92.00	1.20	0.16	1.93	5	1.68	7.73	14.17
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Aji colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC ALMU	932.05
									55.86
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	99.00	0.31	0.10	0.89	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	20.00	100.00	3.14	5.90	0.20	13	63.10	0.80	68.48
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	186.99
								%DIST. D	11.21
			74.68	43.77	243.97				
			298.73	393.89	975.87				
			17.9	23.6	58.5				
					100.00			VCT	1668.49


Rany Carolina Díaz Rumbler
Lic. 20248523
PSICÓLOGA


Lic. Giam
8




Dr. Rany Carolina Díaz Rumbler
Lic. 20248523
PSICÓLOGA

DIETA: DIABETES MELLITUS

Jueves, 12 de abril de 2013

ALIMENTO	gr/per	Consumido	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.38	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

419.28

22.71

ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	67.00	0.75	0.11	6.08	3	0.98	24.23	28.19
Anejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79

VC DES. 952.16

%DIST. D 52.72

CENA: Pollo sancochado, arroz, ensalada + infusion									
Carne de 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	2.82	3.63
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.68
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
								VC DES.	443.80
								% DIS ALM	24.57
			77.86	28.44	309.79				
			311.45	255.98	1238.80				
			17.2	14.2	68.6				
					100.00				
								VCT	1806.23


Yany María Solís Ramírez
DNI: 99.20865323
RESPONSABLE




Wilma Serrano
DNI: 99.20865323
RESPONSABLE


Lic. (S)
DNI: 99.20865323
RESPONSABLE

DIETA: DIABETES MELLITUS

viernes, 13 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina vegetal	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
									447.02
									25.29
ALMUERZO:	Calgua rellena, arroz, refresco y fruta								
Cama de ratón	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado cocido	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.00	85.00	1.43	0.07	15.18	6	0.61	60.66	66.90
Cebolla de color	80.00	88.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Serrano	150.00	97.00	2.18	0.15	8.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado seco	4.00	88.00	0.19	0.21	1.80	1	1.91	6.39	9.08
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Ancejas frescas	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	18.00	7	2.65	64.09	73.79
					V.C. ALMUERZO				872.37
					% DISTR. ALMUERZO				49.36
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia de pollo	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado cocido	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	40.00	82.00	0.69	0.09	7.31	3	0.30	29.26	32.31
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	448.10
								%DIST. D	25.35
			52.63	58.85	258.82				
			210.53	529.69	1027.27				
			11.91	29.97	58.12				
					100.00			VCT	1767.49


Yony Pérez Juan Rodríguez
CMI: 22-06-0223
REPRESENTANTE




Lic. G. Pérez
Médico
10/04/2018


Lic. G. Pérez
Médico
10/04/2018

DIETA: DIABETES MELLITUS

sábado, 14 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	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	5.67	7.83	20	51.03	30.52	101.15
Canola enter	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	8.03	5.19	0.30	24.12	48.71	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. D	30.70

ALMUERZO:	Arroz chaufa con pollo , refresco y fruta								
Carnes de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Acetia 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	0.68	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	40.00	87.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									900.65
								% DIS ALM.	57.53

CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola enter	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	80.00	98.00	7.94	4.94	1.06	32	44.45	4.23	60.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	85.15	98.49
								VC DES.	154.22
								%DIST. D	11.77
			79.12	44.41	212.31				
			316.49	399.70	849.24				
			20.22	26.53	54.25	100			
					100.00			VCT	1565.44


Yony Fabris
CMI 2203329
DIPLOMATADO


Lic. Glor
CMI 2203329
DIPLOMATADO




CMI 2203329
DIPLOMATADO

DIETA: DIABETES MELLITUS

domingo, 15 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.85	100.74	108.88
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	306.43
								%DIST. D	18.51
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado c	120.0	100.00	9.84	0.60	93.38	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.18	6	0.61	60.66	66.98
Cebolla de ca	30.00	89.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Ají colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	8.00	100.00	0.80	0.77	0.08	4	6.91	0.32	10.85
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	84.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				802.98
					% DISTR. ALMUERZO				48.50
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.83
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	20.00	87.00	0.19	0.03	1.51	0.75	0.24	6.06	7.05
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									546.22
									32.99
			69.52	27.83	281.79				
			278.08	250.44	1127.16				
			16.80	15.13	68.08				
					100.00			VCT MEN	1855.68

[Firma]

Glenn Solís Ramírez
DNI: 28021623
Médico Generalista



[Firma]

Lic. Jessica Solís Benítez
Nutricionista
C.R. 115.115

[Firma]
Lic. Gloria Solís Benítez
Nutricionista
C.R. 115.115

lunes, 16 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + fruta									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.85
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	381.85
								%DIST. D	26.91
Almuerzo: Pescado al horno , ensalada , arroz , refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.82
Arroz Pilado	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Papinillo 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 rdo	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.68	15.24	18.09
Aji colorado	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	36.81
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Peruill	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	0.36	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
								VC DES.	836.02
								%DIST. D	57.07
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	30.00	100.00	0.18	0.06	26.01	0.72	0.54	104.04	105.30
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	247.76
								%DIST. D	16.91
			74.82	13.13	261.84				
			299.27	118.18	1047.38				
			20.43	8.07	71.50			VCT MEN	1464.83
					100.00				


Samir Arce
 DNI: 280986323
 REPRESENTANTE


Lic. Gladys
 NUTRICIONISTA
 CMT 5103




Lic. Gladys
 NUTRICIONISTA
 CMT 5103

DIETA: DIABETES MELLITUS

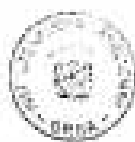
martes, 17 de abril de 2018

ALIMENTO	gr por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 82 panes + atun								
Té sin azúcar	4.00	100.00	0.32	0.16	2.86	1	1.44	11.42	14.14
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Pan de libran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									292.74
									16.78

ALMUERZO:	Aji de calabaza , arroz , fruta y refresco								
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	20.00	100.00	5.60	6.00	0.88	22	54.00	2.64	79.04
Arroz Pilado c	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.26
Maiz Fresco	30.00	80.00	0.79	0.19	6.87	3	1.73	26.69	31.56
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	40.00	68.00	3.07	0.22	7.04	12	1.96	28.18	42.43
Ajos	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acete vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
							VC DES.		934.91
							% DIS ALM.		53.58

CENA	Matasquita de pollo , arroz , infusion								
Carnes de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	80.0	100.00	6.56	0.40	62.24	26	3.60	248.96	276.80
Arvejas frescas	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	70.0	85.00	1.26	0.06	13.27	5.00	0.5355	53.07	58.61
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.7301	2.44	3.46
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		517.08
							%DIST. D		29.64
			69.02	27.17	306.04				
			276.08	244.50	1224.16				
			15.8	14.0	70.2				
					100.00		V.C.T. MENU		1744.73

Yany
Yany
UNIVERSIDAD
BIOLOGICOS



Dr. José María Viquez
Dr. José María Viquez
M.D. (Peru) 1961

Dr. Gloria P. Ruiz
Dr. Gloria P. Ruiz
M.D. (Peru) 1965

DIETA: DIABETES MELLITUS

miércoles, 18 de abril de 2018

ALIMENTO	grper	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche , pan , queso									
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	8.08	8.18	21	54.68	32.70	108.38
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									518.84
									31.81
ALMUERZO: Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta									
Carne de Cer	150.00	88.00	19.01	19.93	0.00	76	179.38	0.00	255.42
Ajos	4.00	88.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.06
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado	120.0	100.00	9.84	0.60	93.38	39	5.40	373.44	418.20
Pepinito o Pa	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Tomate	60.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	80.0	92.00	1.55	0.07	16.41	6	0.66	65.65	72.50
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									860.39
								% DIS ALM	52.76
CENA: Infusion + 01 pan + margarina									
Hierbas	12.00	88.00	0.32	0.10	0.71	1.28	0.92	2.88	5.04
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.15	98.49
								VC DES.	251.61
								%DIST. D	15.43
			59.52	54.06	226.55				
			238.08	486.55	906.21				
			14.6	29.8	55.6				
					100.00			VCT	1630.84


 Tony Chiribac
 DNI 260968323
 REPRESENTANTE




 Lic. Gloria
 REPRESENTANTE


 Lic. Gloria
 REPRESENTANTE

DIETA: DIABETES MELLITUS

Jueves, 19 de abril de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , mortadela								
Semola de Tr	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela en polvo	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	371.33
								%DIST. D	27.23
ALMUERZO:	Aguadito con menudencia, refresco y fruta								
Menudencia c	80.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Amor Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	138.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	88.00	0.21	0.18	3.28	1	1.80	13.10	15.56
Papa blanca	80.0	88.00	1.44	0.07	15.34	6	0.62	61.37	67.77
Arvejas frescas	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	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	7.50
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Aceto vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	505.86
								%DIST. D	37.10
CENA	Tallarines rojos con carne molida + infusion								
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	68.60	38	0.90	278.40	317.30
Zanahoria	50.0	69.00	0.25	0.21	3.81	1	1.68	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	40.00	67.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceto vegetal	10.00	70.0	0.00	7.00	0.00	0	63.00	0.00	63.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
									486.49
								%DIST. D	35.67
			60.68	27.48	218.41				
			242.75	247.29	873.62				
			17.80	18.13	64.06	100			
					100.00			VCT	1363.67

Lorey
Lorey Control Sports Manifest
Date: 2008-07-07
By: [Signature]



100-443887-100
 Mr. Chairman
 100-443887-100

DIETA: DIABETES MELLITUS

viernes, 20 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.53	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Margarina vegetal	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	80.00	100.00	5.76	0.18	43.09	23	1.82	172.32	196.86
									487.58
									30.22
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	68.98
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Anejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.35	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
					V.C. ALMUERZO				807.23
					% DISTR. ALMUERZO				50.04
CENA:	Sopa de fideos con cabeza								
Cabeza de res	80.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	30.00	100.0	2.82	0.06	23.46	11	0.54	93.84	105.66
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	80.0	92.00	1.55	0.07	16.41	6	0.88	65.65	72.50
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceto vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	318.47
								%DISTR. D	19.74
			51.56	42.12	257.00				
			206.23	379.04	1028.01				
			12.78	23.48	63.72				
					100.00			VCT	1613.28


Nay Gloria Salas Ramirez
 C.C. 25055323
 REPRESENTANTE




Lic. Jessica Patricia Restrepo
 DIETISTA
 C.C. 3029


Lic. Gloria Patricia
 DIETISTA
 C.C. 3029

DIETA: DIABETES MELLITUS

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	61.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.65	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	489.82
								%DIST. D	28.97
ALMUERZO: Escabeche de pollo a la limeña, arroz , refresco y fruta									
Arroz Pilado	120.00	100.00	9.84	0.60	93.38	39	5.40	373.44	418.20
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceitunas de	8.00	92.00	0.06	2.36	0.54	0	21.26	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.06
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.63	6.10	8.66
Camote moro	80.00	92.00	1.03	0.22	18.92	4	1.99	75.66	81.77
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
Cominas	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1072.88
								% DIS ALM.	61.49
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	12.00	54.00	0.20	0.06	0.45	0.80	0.58	1.61	3.20
Huevo de gali	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.08	21.54	12	0.81	86.16	98.49
								VC DES.	182.13
								%DIST. D	10.44
			73.26	54.26	240.85				
			293.06	488.38	963.39				
			16.8	28.8	55.2				
					100.00			VCT	1744.83

[Firma]
 Yancy de la Cruz J. Ramirez
 DNI: 552165713
 REPRESENTANTE



[Firma]
 Lic. Gladys M. Ruiz Luna
 DNI: 552165713
 NUTRICIONISTA

[Firma]
 Lic. Gladys M. Ruiz Luna
 DNI: 552165713
 NUTRICIONISTA

DIETA: DIABETES MELLITUS

domingo, 22 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café + 02 panes + camote sancochado								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote moro	100.0	92.00	1.29	0.28	23.64	5	2.48	54.58	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VG DES.	299.81
								%DIST. D	17.17
ALMUERZO:	Gulso de vainitas , arroz + refresco y fruta								
Came de Pollo	100.00	85.00	17.51	3.08	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Tomate	15.00	92.00	0.11	0.03	0.59	0	0.26	2.37	3.08
Ajos	5.00	85.00	0.24	0.03	1.29	0.05	0.306	5.17	6.43
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	60.0	92.00	1.55	0.07	16.41	6	0.66	65.65	72.50
Cebolla de ca	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
						V.C. ALMUERZO			884.07
						% DISTR. ALMUERZO			50.64
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.62
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	80.00	0.00	80.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.76	5.11	6.86
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VG DES.	561.95
								%DIST. D	32.19
			56.27	42.62	284.28				
			225.08	383.62	1137.13				
			12.89	21.97	65.13				
					100.00			VCT	1745.83

Yany Carolina Rueda
 Yany Carolina Rueda
 C.I. 22108123
 REPRESENTANTE



Dr. Jenny...
 Dr. Jenny...
 C.I. 22108123
 REPRESENTANTE

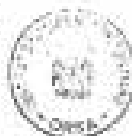
Dr. Jenny...
 Dr. Jenny...
 C.I. 22108123
 REPRESENTANTE

DIETA: DIABETES MELLITUS

lunes, 23 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	375.44
								%DIST. D	25.90
Almuerzo:	Pescado al horno , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Papinillo 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	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	80.0	69.00	0.33	0.28	5.08	1	2.48	20.31	24.12
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	8.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	38.81
Ajos	3.00	88.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Porajil	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.	842.05
								%DIST. D	57.19
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	30.00	100.00	0.18	0.06	28.01	0.72	0.54	104.04	105.30
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.06	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	99.49
Leche evapora	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.68
									254.99
									17.32
			81.17	18.38	245.60				
			324.67	165.43	982.38				
			22.05	11.23	68.72				
					100.00			VCT MEN	1472.48


 Mary Graciela Siles Ramirez
 1-765023
 REPRESENTANTE




 Lic. Jessica R. Tiza Bantón
 NITEL 1111111111
 C. 23-04-2018


 Lic. Graciela
 23-04-2018

DIETA: DIABETES MELLITUS

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + huevo sancocado								
Té sin azúcar	3.00	88.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.38
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									282.92
									15.28
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	86.00	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 o	120.00	100.00	9.84	0.60	83.36	39	5.40	373.44	418.20
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.89	11.67	14.52
Aji colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	40.00	87.00	0.48	0.07	3.93	2	0.83	15.73	18.30
Ancejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				911.62
					% DISTR. ALMUERZO				49.23
CENA:	Guiso de pollo con verduras ,arroz,infusion								
Carne de Pollo	100.00	86.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ancejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	100.00	61.00	1.34	0.18	3.23	5	1.65	12.93	19.96
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	80.0	85.00	1.43	0.07	15.16	5	0.81	60.66	66.98
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomato	40.00	79.00	0.25	0.08	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
					V.C. CENA				687.23
					% DIST.CENA				35.49
	VCT (Gr.)		79.47	34.37	306.14				
	VCT (kcal.)		317.88	309.33	1224.56				
	VCT (%)		17	17	66	V.C.T. MENU			1851.78
					100.00				


Tony García Soria
 CIP 265163328
 REPRESENTANTE




Lic. Gladys
 CIP 265163328
 REPRESENTANTE


Lic. Gladys
 CIP 265163328
 REPRESENTANTE

DIETA: DIABETES MELLITUS

miércoles, 25 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	25.00	100.00	3.33	1.00	16.00	13	9.00	72.00	94.30
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 parmesano	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									511.61
									36.05
Almuerzo:	Carne almendrada, arroz , ensalada + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	128.99
Arroz Pilado cocido	120.00	100.00	9.64	0.60	93.36	39	5.40	373.44	418.20
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de caudex	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Aji colorado seco	2	68.00	0.10	0.11	0.80	0	0.96	3.19	4.53
Lechuga redonda	80.00	50.00	0.52	0.08	0.84	2	0.72	3.36	6.16
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.88	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, con cáscara	8.00	95.00	1.83	3.66	1.35	7	32.97	5.38	46.68
Plátano	150.00	69.00	0.41	0.21	10.14	2	1.86	40.57	44.69
								VC Alm	687.74
								% Dist	48.46
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	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 labranza	35.00	100.00	3.36	0.11	26.13	13	0.96	100.52	114.91
								VC DES.	219.88
								%DIST. D	15.49
			72.00	31.90	211.04				
			287.98	287.09	844.15				
			20.28	20.23	58.48				
					100.00			VCT	1419.23

Gary
Gary C. & Sons Remittants
800-769-8888
www.garyc.com



100-443887-100


 Eric G. Christensen
 Director

Jueves, 26 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Semola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	410.28
								%DIST. D	19.94
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carnes de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	80.0	62.00	1.38	0.07	14.63	6	0.69	58.52	64.82
Arroz Pilado c	120.00	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	80.00	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 frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	78.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1076.47
								%DIST. D	52.33
CENA: Arroz con huevo sancochado; ensalada + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Lechuga redo	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Cebolla de ca	80.00	87.00	0.75	0.11	6.06	3	0.98	24.23	28.19
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
								VC DES.	670.42
								%DIST. D	27.73
			71.67	44.63	342.20				
			286.69	401.68	1368.79				
			13.94	19.53	66.54				
					100.00			VCT	2057.16


Yvonne García
CMI: 292063323
REPRESENTANTE




Dr. Pedro
CMI: 292063323
CMI: 292063323


Dr. García
CMI: 292063323
CMI: 292063323

DIETA: D IABETES MELLITUS

viernes, 27 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Margarina vegetal	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	23	1.62	172.32	196.90
									448.39
									28.20
ALMUERZO:	Caligua rellena, arroz, refresco y fruta								
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	120.0	100.00	9.84	0.60	93.36	39	5.40	373.44	418.20
Papa blanca	80.0	85.00	1.43	0.07	15.16	6	0.61	60.66	68.98
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
Caligua Seman	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	88.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Zanahoria	20.00	79.00	0.09	0.06	1.45	0	0.71	5.81	6.80
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
						V.C. ALMUERZO			827.37
						% DISTR. ALMUERZO			52.03
CENA:	Sopa de semola con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tri	30.00	100.00	6.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	80.0	82.00	1.38	0.07	14.83	6	0.59	58.52	64.82
Sal	10.00	100.00	0.12	0.06	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	314.49
								%DISTR. D	19.78
			55.70	41.82	247.76				
			222.78	376.41	991.06				
			14.0	23.7	62.3				
					100.00			VCT	1590.25

Yany
Yany Gloria Salas Rumbaut
D&B PRODUCTIONS
www.dandb.com/16



LAC JPSOEN 401 TOWER 1000	1000
---------------------------------	------

G
Mr. [illegible] Mr. [illegible]
NOTE: [illegible]
GSP 5151

DIETA: DIABETES MELLITUS

Sábado, 28 de Abril de 2018

ALIMENTO	g/por (g)	comestible le (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL. %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	0.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.87	7.63	20	51.03	90.52	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	68.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	195.56
								VC DES.	480.56
								%DIST. D	29.92
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	120.0	100.00	11.40	0.12	83.52	46	1.08	334.08	380.76
Carne de Pol	160.00	65.00	25.02	4.60	0.00	112	44.06	0.00	156.13
Tomate	60.00	99.00	0.63	0.18	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	60.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Aji colorado s	6.00	88.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Sal	20.00	100.00	0.24	0.10	1.64	1	0.90	6.56	8.42
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.65
Plátano de sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
								VC DES.	908.47
								%DIST. D	58.56
CENA	Mazamorra de frutas + 01 pan								
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de a	20.00	100.00	0.05	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	217.28
								%DIST. D	13.53
			71.38	33.56	254.72				
			285.44	302.01	1018.86				
			18	19	63				
					100.00				
								VCT MEN	1606.31

Elic Gladys Ortiz Arizales
M. NUTRICIONISTA

Yony Gladys Sales Nandron
DNI: 272151023
REPRESENTANTE



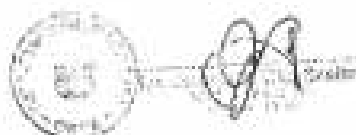
DIETA: DIABETES MELLITUS

Domingo, 29 de Abril de 2018

ALIMENTO	g/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla + 02 panes + margarina								
Semola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Margarina veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.66
								VC DES.	634.81
								%DIST. D	35.65
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carne de Pollo	100.00	88.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	100.0	100.00	8.20	0.50	77.60	33	4.50	311.20	349.50
Sal	18.00	100.00	0.22	0.09	1.45	1	0.81	5.90	7.58
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado sa	8.00	98.0	0.55	0.61	4.60	2	5.50	18.41	26.11
Cominos	0.80	100.00	0.02	0.00	0.40	0	0.01	1.58	1.68
Aceite vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Lechuga redo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Sillao	8.00	100.00	0.67	0.48	0.05	2	4.32	0.20	6.78
Pepinillo o Pe	60.00	82.00	0.25	0.05	1.28	1	8.44	5.12	6.54
Ajos	2.00	80.00	0.08	0.01	0.45	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	35.27	38.71
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	85.59	94.01
								VC ALMU	961.90
									84.02
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.35	0.67	0.48	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.45	0	0.04	1.82	1.81
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Huevo de gall	60.00	95.00	7.94	4.94	1.05	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	85.16	98.49
								VC DES.	184.00
								%DIST. D	10.33
			61.19	57.37	220.64				
			244.76	516.33	882.56				
			13.75	29.00	49.56				
					92.30			VCT MENU	1780.71

Lic. Gloria Cruz Amador
D.M. 202400023
REPRESENTANTE

Lic. Gloria Cruz Amador
D.M. 202400023
REPRESENTANTE



DIETA: DIABETES MELLITUS

Lunes, 30 de Abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de habas + 02 panes + jamonada									
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Jamonada	30.00	100.00	4.71	8.86	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.69	172.32	198.98
								VC DES.	481.88
								%DIST. D	27.75
ALMUERZO: Calgua rellena, arroz, refresco y fruta									
Carné de res	80.00	85.00	10.86	0.52	0.00	43	7.34	0.00	50.80
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.06	3.02	1	0.48	12.07	14.04
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
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
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresc	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Platano	160.00	82.00	0.59	0.29	14.43	2	2.85	57.70	62.71
								V.C. ALMUERZO	938.23
								% DIST. ALMUERZO	54.04
CENA: Mazamora de maizana con leche + 01 pan									
Maizana	25.00	100.00	0.15	0.06	21.68	0.80	0.45	85.70	87.76
azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
Canela entera	0.30	64.00	0.00	0.00	0.18	0.02	0.01555	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.18	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.82	15.26	50.58
								VC CEN.	316.19
								%DIST. CE	18.21
			51.24	29.89	315.57				
			204.97	269.63	1262.27				
			11.81	15.49	72.70				
					100.00			VCT MEN	1738.28

Dr. Glenny R. Price Gonzalez
NUTRICIONISTA
CNP 3123

Yolanda
NUTRICIONISTA
CNP 3123



Dr. Glenny R. Price Gonzalez
NUTRICIONISTA
CNP 3123

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

Domingo, 01 de Abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VAINITAS, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Lunes, 02 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO, ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 03 de Abril de 2018	INFUSION + 02 PANES + FRUTA	HINO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
Miércoles, 04 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOPADO DE RES, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 05 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOCO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOIDA + INFUSION
Viernes, 06 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE FREJOL CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABELLA
Sábado, 07 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Domingo, 08 de Abril de 2018	INFUSION + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
Lunes, 09 de Abril de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO, ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 10 de Abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
Miércoles, 11 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
Jueves, 12 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO GORDO, ARROZ + INFUSION
Viernes, 13 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO, ARROZ, ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON POLLO
Sábado, 14 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO GORDO, ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
Domingo, 15 de Abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAJUN RELLENA, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Lunes, 16 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO, ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 17 de Abril de 2018	INFUSION + 02 PANES + 02 FRUTAS	AJI DE CALABAZA, ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Miércoles, 18 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBIO A LA TACUEÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 19 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	AGUSTO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOIDA + INFUSION
Viernes, 20 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FRUJA A LA CHILENA CON CHANCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABELLA
Sábado, 21 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMÓN, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
Domingo, 22 de Abril de 2018	INFUSION+ 02 PANES + CAMOTE FRITO	REVUELTO DE ZANAHORIA, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
Lunes, 23 de Abril de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO, ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 24 de Abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
Miércoles, 25 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENTRADA, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
Jueves, 26 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
Viernes, 27 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO, ENSALADA, ARROZ, REFRESCO Y FRUTA	SOPA DE SEMOLA CON POLLO
Sábado, 28 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN
Domingo, 29 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
Lunes, 30 de Abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CAJUN RELLENA, ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN

[Firma]

 Representante

[Firma]
Tony García Salas
 DNI: 282915733
 REPRESENTANTE



[Firma]

 Representante

DIETA: HIPERTENSION ARTERIAL

domingo, 01 de abril de 2018

ALIMENTO	gr/per (g)	carbohidr le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion + 02 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote morado	150.0	96.00	2.00	0.43	37.01	8	3.89	148.03	159.96
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de latrón	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	29.19
ALMUERZO:	Guiso de vainitas , arroz, papa + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado C	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4388	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.28
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.21	17.1	8	2.82	68.36	78.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1278.43
					% DISTR. ALMUERZO				50.33
CENA	Arroz amarillo con pollo + Infusion								
Arroz Pilado C	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Anvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	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	1.26
									748.90
									29.48
			75.82	47.73	451.81				
			393.28	429.54	1807.25				
			11.94	16.91	71.15				
					100.00			VCT MEN	2540.07


 Jovany
 REPRESENTANTE


 Dr. Gloria
 NUTRICIONISTA
 CNP. 5152




 Dr. Gloria
 NUTRICIONISTA
 CNP. 5152

DIETA: HIPERTENSION ARTERIAL

lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	653.65
								%DIST. D	25.77
Almuerzo:	Sudado de pescado ,papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Aceite vegetal	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Aji colorado	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de oja	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Papa blanca	180.0	93.00	3.52	0.17	37.33	14	1.51	149.32	164.89
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Orégano	5	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Naranja	150.00	98.00	1.78	0.29	16.02	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1472.32
								%DIST. D	58.05
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
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	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00	0.05	0.05
Pan de labranza	30.00	100.00	2.86	0.09	21.54	11.52	0.81	88.16	98.49
Leche evaporada	35.00	100.00	2.45	2.64	3.82	10	25.52	15.26	50.58
									410.16
									16.17
			90.02	46.10	440.28				
			360.07	414.94	1761.12				
			14.2	18.4	69.4				
					100.00				2536.12

[Firma]



[Firma]

[Firma]

DIETA: HIPERTENSION ARTERIAL

martes, 03 de abril de 2018

ALIMENTO	gr/per (g)	comestib la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + fruta								
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.48	1.51	2.87
Canela enteros	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 lebrón	65.00	100.0	6.24	0.20	46.67	25	1.78	186.68	213.40
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									441.78
									16.97
ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado O	150.0	100.00	12.30	0.75	116.70	49	6.75	456.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco.	40.00	80.00	1.08	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	66.00	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
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	98.00	0.82	0.12	6.64	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.78	0.29	18.0	7	2.65	84.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
							VC DES.		1318.74
							% DIS ALM.		80.66
CENA	Guiso de fideos con pollo, arroz , infusion								
Came de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	80.00	100.00	5.84	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado O	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.88	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		842.57
							%DIST. D		32.37
			70.74	45.99	476.56				
			282.98	413.89	1806.23				
			10.9	15.9	73.2				
					100.00		V.C.T. MENU		2603.09

Glenn
 Lic. Glenn Gonzales
 Lic. 200000000
 REPRESENTANTE



Glenn
 Lic. Glenn Gonzales
 Lic. 200000000
 REPRESENTANTE

Glenn
 Lic. Glenn Gonzales
 Lic. 200000000
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

miércoles, 04 de abril de 2018

ALIMENTO	gr/per	convertible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuela	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
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 parmesano	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 molde	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	186.98
									694.18
									27.56
Almuerzo: Estofado de res, arroz, refresco y fruta									
Carné de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Anchoas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	88.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Anchoas frescas	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 54	5.00	52.00	0.18	0.20	1.33	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	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de color	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
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
									VC Alm 1385.27
									% Dist 54.38
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de molde	35.00	100.00	3.38	0.11	25.13	13	0.95	100.52	114.91
									VC DES. 440.29
									%DIST. D 17.47
			81.42	61.73	409.61				
			325.78	535.61	1638.43				
			12.9	22.1	65.0				
					100.00				VCT 2519.74

García
Lic. Gloria B. García
NUTRICIONISTA
C.M.B.



[Signature]
Lic. Gloria B. García
NUTRICIONISTA
C.M.B.

G
Lic. Gloria B. García
NUTRICIONISTA
C.M.B.

viernes, 05 de abril de 2018

[illegible]

DIETA: HIPERTENSION ARTERIAL

viernes, 06 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.83	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada D4	20.00	100.00	0.08	0.04	14.82	0	0.36	58.48	59.16
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de frejol con chanchó + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol cabellero	120.0	100.00	27.48	1.80	68.96	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	88.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Cebolla de cab	80.00	85.00	0.96	0.14	7.68	4	1.22	30.74	35.77
Aji colorado s	2.00	88.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	84.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.38
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	3.55	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	160.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.10
									1513.09
								% DIS ALM.	60.10
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	79.00	8.82	1.61	0.47	35	14.50	1.90	51.67
Fideos	60.00	100.0	5.84	0.12	48.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	512.90
								%DIST. D	20.38
			74.90	48.83	444.66				
			299.61	439.46	1778.64				
			11.90	17.45	70.65				
					100.00			VCT	2517.70

García



[Signature]
MAY 1998

[Signature]

DIETA: HIPERTENSION ARTERIAL

sábado, 07 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	18.85	19	5.18	67.40	91.38
Leche 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	18.30	5.07	33	137.70	20.28	180.50
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.87
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Cama de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	158.13
Arroz Pilado	200.0	100.00	16.40	1.00	156.80	66	9.00	622.40	697.00
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Ciandro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca negra	30.00	97.00	0.61	0.26	1.43	3	2.38	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Anjeles fresco	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lchuga rojo	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	88.00	0.40	0.10	2.13	2	0.88	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.88	0	0.00	138.74	138.74
Pistano de sa	180.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.58
								VC DES.	1536.09
								%DIST. D	60.79
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.38	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de lebrán	30.00	100.00	2.88	0.09	21.54	13	0.81	86.16	98.49
								VC DES.	311.98
								%DIST. D	12.35
			84.88	68.69	392.35				
			339.44	618.17	1569.39				
			13.4	24.5	62.1				
					100.00			VCT	2526.99

García
 Fony García
 DNI: 25050101
 REPRESENTANTE

[Firma]
 DNI: 25050101
 REPRESENTANTE

[Firma]
 MURILLO JORDA
 CRP 5153

DIETA: HIPERTENSION ARTERIAL

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Infusion + 02 panes + camote frito								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela emera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote moro	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	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	1.62	172.32	196.96
									555.44
									21.40
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.68	164.13	181.24
Arroz Pilado o	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	1.96	1	0.46	7.78	9.68
Aji colorado se	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1341.92
					% DISTR. ALMUERZO				51.71
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas 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	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	0.53
									897.66
									26.88
			78.37	49.48	459.06				
			313.49	445.29	1836.25				
			12	17	71				
					100.00			VCT MEN	2595.63

[Signature]



[Signature]
Lic. En Nutrición
C.H. 5123

[Signature]
Lic. En Nutrición
C.H. 5123

DIETA: HIPERTENSION ARTERIAL

lunes, 09 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de Habas	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de lebrán	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	539.13
								%DIST. D	21.53
Almuerzo:	Sudado de pescado, arroz, refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.38	233.82
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Aj. 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	6.06
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	21.66
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.	1528.03
								%DIST. D	61.02
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.88	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.82	137.62
Canela entera	0.30	84.00	0.00	0.00	0.16	0.02	0.01555	0.65	0.68
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.06
Pan de lebrán	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									437.61
									17.45
			83.60	49.27	432.20				
			332.00	443.39	1728.79				
			13.26	17.71	66.04				
					100.00			VCT MEN	2504.17


 Dr. Jorge W. Silva
 Médico General




 Dr. Jorge W. Silva
 Médico General


 Dr. Jorge W. Silva
 Médico General

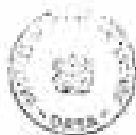
DIETA: HIPERTENSION ARTERIAL

martes, 10 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	82.00	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	0.38
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de lebrón	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	88.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									538.82
									29.55
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.25	218.96	246.54
Papa blanca	150.0	85.00	2.88	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado C	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	3	0.72	18.17	21.15
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.56
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.08	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
CENA:	Camote asado, arroz, infusion								
Camote asado	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	8.30	2.7	44.88	53.88
Arroz Pilado C	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evaporada	25.00	100.00	1.73	2.03	2.73	7	18.23	10.90	38.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									V.C. CENA 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		2622.03
					100.00				

Yany

g



Lic. Anselmo W. José Sánchez
DIRECCIÓN GENERAL DE NUTRICIÓN
Y ALIMENTACIÓN

DIETA: HIPERTENSION ARTERIAL

miércoles, 11 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	35.00	100.00	4.66	1.40	25.20	19	12.80	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	0.06	0.06
Queso parmesano	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebrán	80.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.96
									687.07
									27.84
ALMUERZO:	Pollo al horno, arroz, ensalada, fruta y refresco								
Arroz Pilado G	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Acete vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	8.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de cab	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga roja	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Aj. colorado 8	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1472.64
									57.95
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada D	35.00	100.00	0.14	0.07	25.69	1	0.83	102.34	103.53
Pan de lebrán	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.01
			77.66	53.25	437.79				
			310.65	479.24	1751.16				
			12.2	18.9	68.9				
					100.00			VCT	2541.05


Lic. Gladys J. de Guzmán
NUTRICIONISTA
CNR 2153


Lic. Gladys J. de Guzmán
NUTRICIONISTA
CNR 2153



DIETA: HIPERTENSION ARTERIAL

lueves, 12 de abril de 2012

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mermelada								
Sémola de Tr	35.00	100.00	6.53	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	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95

546 T.4

2129

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58	
Papa blanca	200.0	82.00	3.44	0.16	36.67	34	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	3	0.43	4.08	5.26	
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68	
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00	
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19	
Arvejas 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	2.01	1	1.42	11.63	13.81	
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.00	73.79	
Azulcar rubio	35.00	100.00	0.00	0.00	34.88	0	0.00	138.74	138.74	

VC DES.	1294.00
---------	---------

%DIST. 0 50.75

CENA:	Pollo dorado, arroz + infusion								
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Arroz Pilado O	50.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.66
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceto vegetal	20.00	100.00	0.08	20.00	0.00	0.00	180	0.00	180.00
Pan seco mol	15.00	100.00	1.85	0.42	12.38	6.60	3.78	49.50	59.88
Caminos	0.3	100	0.01	0.00	0.24	0.03	0.0054	0.95	1.01
Amorcion rubio	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64

VC DES.	734.39
---------	--------

% DIS ALN	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

VCT	2579.12
-----	---------

100%

Gary

[illegible]

Lic. Glenn A. Gaudes
NUTRITIONIST
CNP 0031

DIETA: HIPERTENSION ARTERIAL

viernes, 13 de abril de 2018

ALIMENTO	griper (g)	comestible H %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Hacha de soya	25.00	100.00	2.18	1.83	17.80	9	14.03	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.02
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									584.54
									22.21
Almuerzo:	Guiso de arvejita partida con chanchito + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita 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 cas	60.00	86.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado sa	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pie	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM	57.21
CENA:	Sopa de arroz con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Ajo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	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
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	28.59
			78.63	70.64	421.99				
			314.52	630.35	1687.95				
			11.95	23.94	64.11				
					100.00			VCT	2632.81


 Tony García
 DNI: 25.065323
 REPRESENTANTE




 Dr. Jhonny
 MEDICO
 C.M.S.A.


 Dr. Jhonny
 MEDICO
 C.M.S.A.

DIETA: HIPERTENSION ARTERIAL

sábado, 14 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.84	0.88	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de lebrón	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	24.60
ALMUERZO:	Pollo dorado , arroz,papa, ensalada, refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Píldo	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Lechuga redonda	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	32.91	12	1.33	131.66	145.39
Pimienta	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla de casa	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.78	0.28	16.0	7	2.85	64.08	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1467.87
								% DIS ALM.	58.26
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.84	1.14	0.83	2.58	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de lebrón	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	17.14
			84.46	63.18	403.31				
			337.83	588.58	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	2519.66

Goey



Dr. Josefa B. V. de la Cruz
Nutrióloga
1-101

[Signature]

[Signature]

CLINICA

domingo, 15 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion+ 62 panes + camote al horno								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canola enteros	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote morado	100.0	98.00	1.37	0.28	28.19	5	2.65	100.74	108.88
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	448.56
								%DIST. D	18.29
ALMUERZO:	Caligua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado G	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	622.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caligua 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
Aj colorado s	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	8.08
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	325.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Anejas frescas	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	15.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1285.35
					% DISTR. ALMUERZO				52.30
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado 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	2.82	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Anejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
pollo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									722.85
									29.41
			68.93	47.27	438.15				
			275.73	425.42	1756.68				
			11.22	17.31	71.47				
					100.00			VCT MEN	2457.75

[Firma]
DNI: 22610001
NUTRICIONISTA
CNP: 5150



[Firma]
DNI: 22610001
NUTRICIONISTA
CNP: 5150

[Firma]
DNI: 22610001
NUTRICIONISTA
CNP: 5150

DIETA: HIPERTENSION ARTERIAL

lunes, 16 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Canela enteras	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.50
Almuerzo:	Sudado de pescado, papa, arroz, refresco y fruta								
Pescado	280.00	88.00	38.92	7.21	0.55	160	64.85	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	80.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Acetate vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Aji colorado s	4.00	88.00	0.19	0.21	1.80	1	1.91	6.39	9.06
Orégano seco	0.10	84.00	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 cat	80.00	75.0	0.84	0.12	8.78	3	1.08	27.12	31.56
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	98.00	1.76	0.29	15.0	7	2.85	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	28.73	0	0.00	118.92	118.92
								VC DES.	1631.45
								%DIST. D	62.08
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.88	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela enteras	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de lebrán	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	436.90
								%DIST. D	16.42
			84.32	66.01	432.22				
			337.28	994.07	1728.87				
			12.68	22.33	64.99			VCT MEN	2660.22
					100.00				

[Firma]



Lic. JESSICA RAMÍREZ FERRER
NUTRICIONISTA
CNP 5783

Lic. GARCÍA R. CHAZ GONZÁLES
NUTRICIONISTA
CNP 5783

martes, 17 de abril de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO:	Infusion + 02 panes + 02 frutas								
Hierbas	10.00	99.00	0.30	0.10	0.09	1.22	0.58	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de labra	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Plátano	240.00	97.00	0.93	0.47	22.81	4	4.19	91.26	99.17
									419.37
									18.63
ALMUERZO:	Aji de calabaza , arroz , fruta y refresco								
Leche evaporada	25.00	100.00	1.75	2.00	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado C	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	85.00	5.36	0.28	86.87	21	2.30	227.46	251.18
Calabaza	350.00	47.00	0.99	0.18	9.21	4	1.48	36.85	42.28
Maiz Fresco	30.00	80.00	0.79	0.19	6.87	3	1.73	26.69	31.58
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.82	5.96	7.69
Acidita vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de ca	30.00	67.00	0.29	0.04	2.27	1	0.38	9.09	10.57
Naranja	150.00	98.00	1.70	0.29	16.0	7	2.65	84.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
							VC DES.		1223.94
							%DIS ALM		52.61
CENA	Matasquita de pollo , arroz , infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado C	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Anchoas frescas	38.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Ajos	8.00	80.00	0.38	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado	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 DES.		683.03
							%DIST. D		29.36
			69.83	20.01	467.04				
			278.11	180.05	1868.17				
			12.0	7.7	80.3				
					100.00		V.C.T. MENU		2326.33


 Lic. 392909323
 REPRESENTANTE




 Lic. 392909323
 REPRESENTANTE


 Lic. 392909323
 REPRESENTANTE

DIETA: HIPERTENSION ARTERIAL

miércoles, 18 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	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	8.08	8.18	21	54.68	32.70	108.38
Carneja entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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 parmesano	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.66
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									656.46
									26.11
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta								
Cerdo de Cerdo	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	268.42
Ajos	4.00	80.00	0.19	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado 84	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado 84	180.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ceb	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.66	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	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
									1415.03
							% DIS ALM		56.28
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.88	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labranza	35.00	100.00	3.38	0.11	25.13	13	0.96	100.52	114.91
								VC DES.	442.66
								%DIST. D	17.61
			64.06	83.25	377.17				
			258.23	749.22	1508.70				
			10.2	29.8	60.0				
					100.00			VCT	2814.15

[Firma]



[Firma]
Lic. 1973
1973

[Firma]

Jueves, 19 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Margarina veg	20.00	100.00	0.12	18.40	0.00	0	147.80	0.00	148.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	561.14
								%DIST. D	33.13
ALMUERZO: Aguadite con pollo, refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado c	50.00	100.00	4.10	0.25	38.90	16	2.25	155.60	174.25
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	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	1.80	13.10	15.56
Papa blanca	300.0	87.00	5.48	0.26	68.20	22	2.35	232.81	257.09
Avejas frescas	40.00	65.00	1.85	0.18	4.89	7	1.40	19.55	28.34
Glándia	25.00	89.00	0.73	0.29	1.56	3	2.80	6.23	11.77
Espinaca negr	40.00	97.00	1.09	0.35	1.90	4	3.14	7.60	15.09
Crégano seco	2.00	90.00	0.03	0.01	0.20	0	0.08	0.81	1.01
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	749.20
								%DIST. D	44.23
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	80.0	100.00	7.60	0.08	55.88	30	0.72	222.72	253.84
Zanahoria	40.0	69.00	0.17	0.14	2.54	1	1.24	10.16	12.06
Tomate	40.00	80.00	0.26	0.08	1.38	1	0.58	5.50	7.10
Cebolla de cal	60.00	57.00	0.48	0.07	3.86	2	0.62	15.46	17.99
Ajos	1.00	80.00	0.04	0.01	0.24	0	0.06	0.97	1.21
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	1.00	88.0	0.05	0.05	0.40	0	0.48	1.60	2.28
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0.00	0	39.32	39.32
									383.64
								%DIST. D	22.65
			61.57	48.15	271.57				
			246.30	381.39	1086.29				
			14.54	21.33	64.13	100			
					100.00			VCT	1693.98

[Firma]
 DR. J. J. J. J.
 REPRESENTANTE



[Firma]
 DR. J. J. J. J.
 REPRESENTANTE

[Firma]
 NUTRICIONISTA
 CIP-1193

DIETA: HIPERTENSION ARTERIAL

viernes, 20 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	30.00	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	0.18	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									20.45
Almuerzo:	Frejol a la chilena con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	8.42	0.00	24	57.78	0.00	82.24
Fríjol caballero	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Arroz Pilado o	150.0	100.00	12.30	0.75	118.70	49.20	6.75	466.80	522.75
Acetate vegetal	22.00	80.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga roja	80.00	90.00	0.52	0.08	0.84	2.08	0.72	3.38	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo macre	30.00	47.00	0.10	0.03	0.90	0.38	0.25	3.61	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	87.00	2.80	0.11	8.06	11.20	0.96	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.88	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1507.93
								%DIST. D	59.97
CENA:	Sopa de fideos con cabeza								
Cabeza de 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	0.90	156.40	176.10
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.64
Acetate vegetal	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				
			122.28	375.00	1816.99				
			12.82	14.91	72.27				
					100.00			VCT	2514.27

[Firma]



Lic. Jazmín Ríos González

[Firma]

Lic. Glenny R. Cruz González
NUTRICIONISTA

DIETA: HIPERTENSION ARTERIAL

36

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comessib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	109.55
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.52
								%DIST. D	28.44
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Piledo d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aji verde (2)	10.00	67.00	0.17	0.05	0.63	1	0.48	3.32	4.48
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aji colorado s	5.00	82.00	0.18	0.20	1.53	1	1.83	6.10	8.68
Camote morat	200.00	82.00	2.58	0.56	47.29	10	4.97	189.15	204.42
Cebolla de cal	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1424.17
								% DIS ALM	54.99
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de lebran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.57
			82.00	69.31	409.54				
			328.01	623.80	1638.17				
			12.7	24.1	63.3				
					100.00			VCT	2589.97


DNI: 24276523
REPRESENTANTE




DIRECCION REGIONAL DE SALUD
LIMA


Paciente

DIETA: HIPERTENSION ARTERIAL

domingo, 22 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + camote frito								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote molido	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de latrón	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	527.26
								%DIST. D	20.03
ALMUERZO:	Revuelto de zanahoria, papa + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.06	25.02	29.72
Aroz Pilado	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso parmesano	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de casa	80.00	87.00	0.97	0.14	7.96	4	1.25	31.46	36.61
Huevo de gallina	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	28.81
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Huacatay	8.00	100.00	0.40	0.08	0.84	2	0.58	2.56	4.74
Naranja	180.00	90.00	1.80	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO			1328.26	
					% DISTR. ALMUERZO			50.47	
CENA	Aroz a la jardinera con pollo+ infusion								
Aroz Pilado	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de casa	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	0.08	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.62
									776.30
									29.50
			68.58	62.51	450.73				
			266.33	562.55	1802.93				
			10	21	69				
					100.00			VCT MEN	2631.82

Lucy
Lic. Lucy R. Cruz



Ministerio de Salud Pública
Lic. Lucy R. Cruz

Lucy
Lic. Lucy R. Cruz

lunes, 23 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + fruta								
Harina de habas	35.00	100.00	8.51	0.67	20.86	34	6.99	83.44	123.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sds	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
Pan de haba	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	595.12
								%DIST. D	23.45
Almuerzo:	Sudado de pescado , papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	86.83	2.28	233.62
Arroz Pilado	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomato	60.00	90.00	0.43	0.11	2.32	2	0.87	9.29	11.99
Papa blanca	160.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Crépano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Aceto vegetal	35.00	86.00	0.00	28.75	0.00	0	287.75	0.00	287.75
Leche evaporada	15.00	100.00	1.06	1.22	1.84	4	10.94	6.54	21.68
Aj colorado	3.00	88.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	99.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.89	0	0.00	138.74	138.74
								VC DES.	1505.99
								%DIST. D	59.34
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.05	34.88	0.88	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 haba	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.82	114.91
Leche evaporada	30.00	100.00	2.10	2.43	3.27	8	21.87	13.88	43.35
									436.90
									17.21
			64.17	44.05	451.23				
			336.67	396.43	1804.91				
			13.27	15.62	71.12				
					100.00			VCT MEN	2538.01

[Firma]
 Dr. Jorge Luis Rivas
 DR. 2018-04-23
 10:00



[Firma]
 Lic. JESSICA
 Lic. JESSICA
 2018-04-23
 10:00

[Firma]
 Lic. JESSICA
 Lic. JESSICA
 2018-04-23
 10:00

DIETA: HIPERTENSION ARTERIAL

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela enter	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.78	0.18	43.08	23.04	1.82	172.32	196.98
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									411.42
									16.48
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aj colorado	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de col	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	38.61
Arvejas fresc	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Zanahoria	40.00	79.00	0.19	0.18	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.85	64.08	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
						V.C. ALMUERZO			1307.30
						% DISTR. ALMUERZO			52.36
CENA:	Camote arrebozado,arroz,infusion								
Camote morib	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	6.50	2.7	44.86	53.86
Arroz Pilado	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.80	6.00	0.88	22	54.00	2.64	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.88
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C . CENA			778.27
						% DIST.CENA			31.17
	VCT (Gr.)		73.22	44.57	450.76				
	VCT (kcal.)		292.88	491.09	1803.01				
	VCT (%)		12	16	72	V.C.T. MENU			2496.99
					100.00				

Gary



424 J. J. J. M. van Tol et al.

Lt. Governor R. Cruz Colmenero

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

miércoles, 25 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.13
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									628.77
									27.11
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	86.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Aji colorado	1	88.00	0.05	0.05	0.40	0	0.48	1.60	2.28
Pan seco molli	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceto 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	0.06
Mari crudo, co	3.00	95.00	0.89	1.37	0.50	3	12.36	2.02	17.13
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	88.00	0.44	0.22	10.82	2	1.89	43.28	47.63
								VC Alm	1394.51
								% Dist	60.14
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.68	0.68
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	30.00	100.00	2.85	0.09	21.54	12	0.81	85.16	98.49
								VC DES.	295.68
								%DIST. D	12.75
			76.15	41.94	409.22				
			304.61	377.48	1636.88				
			13.14	18.28	70.59				
					100.00			VCT	2318.97

[Firma]
DNI: 25.000.000



[Firma]
Lic. Jessica M. Pineda Romero

[Firma]

DIETA: HIPERTENSION ARTERIAL

jueves, 26 de abril de 2018

AUMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Sémola con vainilla, pan , mermelada								
Sémola de Tr	35.00	100.00	6.83	3.75	18.63	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 enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada de	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de lepra	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	530.83
								%DIST. D	20.28
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carné de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.34	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	486.80	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
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arujas fresc	10.00	84.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.06	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	8.91	0	0.00	39.64	39.64
								VC DES.	1359.21
								%DIST. D	51.94
CENA:	Arroz con huevo frito + infusion								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado	100.00	100.00	8.20	0.50	77.60	33	4.50	311.20	348.50
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	726.94
								%DIST. D	27.78
			73.00	48.82	471.40				
			292.01	439.39	1885.58				
			11.16	16.79	72.05				
					100.00			VCT	2616.98

Gary
 Gary S. Jones



U.S. Army, Ft. Monmouth

2

viernes, 27 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela enteras	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebrán	60.00	100.00	5.76	0.18	43.05	23	1.62	172.32	196.98
									588.01
									23.03
Almuerzo:	Guiso de arveja partida con choncho + ensalada + arroz + fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arveja partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Came de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de café	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado seco	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pez	80.00	88.00	0.35	0.07	1.63	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de café	150.0	85.00	1.91	0.35	26.78	8	3.44	107.10	118.19
									1506.15
								% DIS ALM.	59.20
CENA:	Sopa de semola con pollo								
Came de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sémola de Trigo	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.66
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	2.16	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	16.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.06	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	17.77
			80.72	67.98	492.37				
			322.88	611.85	1606.45				
			12.7	24.0	63.3				
					100.00			VCT	2544.21

[Firma]
Yony Guerra
DIA 23/04/2018
RESPONSABLE



[Firma]
Lic. Jenny...
DIA 23/04/2018
RESPONSABLE

[Firma]
Lic. Jenny...
DIA 23/04/2018
RESPONSABLE

DIETA: HIPERTENSION ARTERIAL

sábado, 28 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. GAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada hervida	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.85
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de lebrón	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	704.90
								%DIST. D	27.35
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.62	501.12	571.14
Carné de Pollo	160.00	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Aji colorado s	8.00	68.00	0.38	0.42	3.19	2	3.82	12.77	18.12
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	138.45
								VC DES.	1450.67
								%DIST. D	56.28
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Mancana de s	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de lebrón	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	421.96
								%DIST. D	16.37
			80.84	56.26	436.95				
			323.38	506.34	1747.81				
			13	20	68				
					100.00				
									2577.53

[Firma]
28/04/2018



[Firma]
Lic. Josselyn Viera Estrella
ADICCIÓN AL ALCOHOL
E. T. 101

[Firma]
Lic. Glenny R. Céspedes González
NUTRICIONISTA
CMT 5153

DIETA: HIPERTENSION ARTERIAL

Domingo, 29 de Abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Sémola con vainilla + 02 panes + margarina								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ve	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	693.79
								%DIST. D	33.45
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	166.13
Arroz Pilado o	160.0	100.00	13.12	0.60	124.48	52	7.20	497.92	557.60
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.53	82.06	90.62
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.23	0.76	1.08
Ajl colorado s	8.00	98.0	0.55	0.51	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
Aceto vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Lechuga rojo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Salmo	5.00	100.00	0.57	0.45	0.05	2	4.32	0.20	6.78
Papinito o Pa	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.22	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	2.285	55.59	64.01
								VC ALMU	1163.42
								%DIST. A	56.89
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.36	0.57	0.49	1.51	2.57
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	60.44
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC CEN.	216.83
								%DIST. C	10.45
			66.85	57.61	287.77				
			267.42	518.49	1151.08				
			12.89	25.60	55.50				
					93.39			VCT	2074.04

g
Lic. Gladys A. González
NUTRICIONISTA
CNP- 6162

Yany
Yany Leticia Ramírez
DNI- 25296523
RESPONSABLE



g
Lic. Gladys A. González
NUTRICIONISTA
CNP- 6162

DIETA: HIPERTENSION ARTERIAL

Lunes, 30 de Abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 03 panes + jamonada								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canola entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	321.18
								%DIST. D	25.69
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.66	0.82	0.00	43	7.34	0.00	50.00
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Sernar	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.45
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.66	6.05
Acelta vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	94.00	1.53	0.13	4.06	6	1.17	16.24	23.94
Hierba buena	1.00	94.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
								VC ALM	1191.80
								%DIST. AL	58.78
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canola entera	0.30	64.00	0.00	0.00	0.16	0.02	0.01555	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
								VC CEN.	358.91
								%DIST. CE	17.63
			55.34	39.14	383.96				
			321.37	271.28	1535.83				
			10.91	13.37	75.71				
					100.00			VGT MEN	2028.49

Lic. Gloria R. G. González
CIV

Yenny Gloria Salas Rumbaut
DNI: 292965323
mariposa1974@G



[Signature]
CIV

DIETA: VII Y TFC - POBLACION PENAL - MES DE ABRIL 2019

FECHA	DESAYUNO	REFRESCO	ALMUERZO	BEBIDA	CENA
Domingo, 01 de Abril de 2019	CAFE + 02 PANES + CAMOTE AL HORNO	FRUTAS	HIGADO ENCEBOLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	AGUA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
Lunes, 02 de Abril de 2019	HARINA DE CEBADA + 02 PANES + MANJAR	HUEVO BATIDO	PESCADO FRITO, ARROZ, ENSALADA, REPESCO + FRUTA	AGUA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
Martes, 03 de Abril de 2019	TE + 02 PANES + JAMONADA	HUEVO BATIDO	HINO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	AGUA	SOPO DE FIDEOS CON POLLO, ARROZ + INFUSION
Miércoles, 04 de Abril de 2019	AVENA CON LECHE + 02 PANES + QUESO	HUEVO BATIDO	ESTOFADO DE RES, ARROZ + REFRESCO Y FRUTA	AGUA	INFUSION + 01 PAN CON MARGARITA
Jueves, 05 de Abril de 2019	SEMOLA CON VAINILLA + 02 PANES + MORTADALA	HUEVO BATIDO	LOCO DE PANDA, ARROZ + REFRESCO Y FRUTA	AGUA	1/2 TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Viernes, 06 de Abril de 2019	SOYA CON PISA + 02 PANES + MERMELADA	HUEVO BATIDO	QUESO DE FIDEOS CON POLLO, ARROZ + REFRESCO + FRUTA	AGUA	SOFA DE FIDEOS CON CARNE
Sábado, 07 de Abril de 2019	CEBADA CON LECHE + 02 PANES + JAMONADA	HUEVO BATIDO	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	AGUA	INFUSION + 01 PAN CON MANJAR
Domingo, 08 de Abril de 2019	CAFE + 02 PANES + CAMOTE FRITO	HUEVO BATIDO	GRU CRU DE POLLO, ARROZ + REFRESCO Y FRUTA	AGUA	ARROZ A LA JARDINERA CON MARGARITA + INFUSION
Lunes, 09 de Abril de 2019	HARINA DE HARAS + 02 PANES + QUESO DE CHANCHO	HUEVO BATIDO	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	AGUA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
Martes, 10 de Abril de 2019	TE + 02 PANES + HUEVO SANDOCHADO	HUEVO BATIDO	QUESO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	AGUA	CAMOTE AHREDOADO, ARROZ + INFUSION
Miércoles, 11 de Abril de 2019	AVENA CON LECHE + 02 PANES + QUESO	HUEVO BATIDO	POLLO CORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	AGUA	INFUSION + 01 PAN CON MERMELADA
Jueves, 12 de Abril de 2019	SEMOLA CON VAINILLA + 02 PANES + MORTADALA	HUEVO BATIDO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	AGUA	HIGADO FRITO, ARROZ + INFUSION
Viernes, 13 de Abril de 2019	SOYA CON PISA + 02 PANES + MARGARITA	HUEVO BATIDO	QUESO DE ARVEJA PARTIDA CON CHANCHO, ARROZ, ENSALADA + REFRESCO Y FRUTA	AGUA	SOFA DE ARROZ CON MARGARITA DE POLLO
Sábado, 14 de Abril de 2019	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCHO	HUEVO BATIDO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	AGUA	INFUSION + 01 PAN CON MANJAR
Domingo, 15 de Abril de 2019	CAFE + 02 PANES + CAMOTE AL HORNO	HUEVO BATIDO	CHIRIFAUTA, ARROZ + REFRESCO Y FRUTA	AGUA	ARROZ AMARILLO CON POLLO + INFUSION
Lunes, 16 de Abril de 2019	HARINA DE CEBADA + 02 PANES + MANJAR	HUEVO BATIDO	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	AGUA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
Martes, 17 de Abril de 2019	TE + 02 PANES + JAMONADA	HUEVO BATIDO	AJ DE CALABAZA, ARROZ + REFRESCO Y FRUTA	AGUA	MATASQUITA DE POLLO, ARROZ + INFUSION
Miércoles, 18 de Abril de 2019	AVENA CON LECHE + 02 PANES + QUESO	HUEVO BATIDO	ADOCO A LA TACUEÑA DE CHIRO, ARROZ, PAPA + REFRESCO Y FRUTA	AGUA	INFUSION + 01 PAN CON MARGARITA
Jueves, 19 de Abril de 2019	SEMOLA CON VAINILLA + 02 PANES + MORTADALA	HUEVO BATIDO	AGUADO CON MENCIONA + REFRESCO Y FRUTA	AGUA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
Viernes, 20 de Abril de 2019	SOYA CON PISA + 02 PANES + MERMELADA	HUEVO BATIDO	CRUOL A LA DIOLERA CON CHANCHO, ARROZ + REFRESCO + FRUTA	AGUA	SOFA DE FIDEOS CON CARNE
Sábado, 21 de Abril de 2019	CEBADA CON LECHE + 02 PANES + JAMONADA	HUEVO BATIDO	ESCARBONE DE POLLO A LA LIMONERA, ARROZ + REFRESCO Y FRUTA	AGUA	INFUSION + 01 PAN CON MANJAR
Domingo, 22 de Abril de 2019	CAFE + 02 PANES + CAMOTE FRITO	HUEVO BATIDO	HIGADO ENCEBOLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	AGUA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
Lunes, 23 de Abril de 2019	HARINA DE HARAS + 02 PANES + QUESO DE CHANCHO	HUEVO BATIDO	PESCADO FRITO, ARROZ, ENSALADA, REFRESCO + FRUTA	AGUA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN
Martes, 24 de Abril de 2019	TE + 02 PANES + HUEVO SANDOCHADO	HUEVO BATIDO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	AGUA	CAMOTE AHREDOADO, ARROZ + INFUSION
Miércoles, 25 de Abril de 2019	AVENA CON LECHE + 02 PANES + QUESO	HUEVO BATIDO	CANINE DE RES ALMENDRADA, ARROZ, PAPA + REFRESCO Y FRUTA	AGUA	INFUSION + 01 PAN CON MERMELADA
Jueves, 26 de Abril de 2019	SEMOLA CON VAINILLA + 02 PANES + MORTADALA	HUEVO BATIDO	QUESO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	AGUA	ARROZ CON HUEVO FRITO + INFUSION
Viernes, 27 de Abril de 2019	SOYA CON PISA + 02 PANES + MARGARITA	HUEVO BATIDO	QUESO DE ARVEJA PARTIDA CON CHANCHO, ENSALADA, ARROZ, REFRESCO Y FRUTA	AGUA	SOFA DE SEMOLA CON MENCIONA DE POLLO
Sábado, 28 de Abril de 2019	CEBADA CON LECHE + 02 PANES + QUESO DE CHANCHO	HUEVO BATIDO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	AGUA	MAZAMORRA DE FRUTAS + 01 PAN
Domingo, 29 de Abril de 2019	SEMOLA CON VAINILLA + 02 PANES + MARGARITA	HUEVO BATIDO	POLLO AL HORNO, ARROZ, ENSALADA + FRUTA + REFRESCO	AGUA	INFUSION + 01 PAN + HUEVO SANDOCHADO
Lunes, 30 de Abril de 2019	HARINA DE HARAS + 02 PANES + JAMONADA	HUEVO BATIDO	CAROL BELISA, ARROZ + REFRESCO Y FRUTA	AGUA	MAZAMORRA DE MAIZENA CON LECHE + 01 PAN


 Lic. Carlos E. Cruz Gutierrez
 AUTOTESTADO
 CIP 4183


 Yorgio Salas
 DNI 7745001
 REPRESENTANTE




 [Illegible text]

VIH Y TBC

Domingo, 01 de Abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Café + 02 panes + camote al horno									
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote moro	150.0	98.00	2.08	0.44	37.78	8	3.97	151.12	163.32
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
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	50.00	100.00	5.78	0.18	43.08	23	1.82	172.32	196.88
								VC DES.	496.89
								%DIST. D	19.77
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	46.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Hígado encebollado , arroz ,papa + refresco y fruta									
Hígado de res	120.0	98.00	23.52	5.41	1.18	94.08	48.8864	4.70	147.47
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.08	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	18.00	100.00	0.22	0.09	1.48	0.88	0.81	5.90	7.58
Pan seco mol	20.00	100.00	2.20	0.58	16.50	8.00	5.04	68.00	79.84
Papa blanca	180.0	92.00	3.48	0.17	36.83	14	1.49	147.72	163.12
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Naranja	150.00	98.00	1.76	0.29	36.0	7	2.66	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
					V.C. ALMUERZO				1297.28
					% DISTR. ALMUERZO				51.43
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Arroz chaufa con huevo y hot dog + infusion									
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Salchicha "ho	25.00	100.00	2.78	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.68
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Cebolla china	15.00	71.00	0.24	0.04	0.80	1	0.38	3.20	4.58
Pimiento	30.00	83.00	0.37	0.12	1.82	1	1.12	7.67	10.38
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	537.34
								%DIST. D	21.30
			79.92	50.78	438.48				
			319.88	457.03	1745.83				
			12.67	18.12	69.21				
					100.00			VCT	2522.54








 Lic. Saúl Hernández
 14 de Julio, 2018

VIH Y TBC

lunes, 02 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.59
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	88.00	41.13	7.43	0.57	165	86.83	2.28	233.62
Arroz Pardo	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.38	0.09	1.94	1	0.81	7.74	9.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	40.00	100.00	2.56	0.16	30.84	10	1.44	123.36	135.04
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	40.00	100.00	4.20	0.80	29.92	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1484.19
								%DIST. D	56.04
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.83	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									402.93
									15.21
			97.92	59.39	430.55				
			391.66	534.48	1722.18				
			14.8	20.2	65.0				
					100.00				2648.33

Gleany
Lic. Gleany E. C. Gonzales
NUTRICIONISTA
CNP. 5133

Gleany
Lic. Gleany E. C. Gonzales
NUTRICIONISTA
CNP. 5133

Gleany
Lic. Gleany E. C. Gonzales
NUTRICIONISTA
CNP. 5133

martes, 03 de abril de 2018

ALIMENTO	gruper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + jamonada								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de lebrón	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Jamonada	30.00	100.00	4.71	8.85	0.30	27	24.30	1.20	52.38
									371.81
									14.75
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	90.00	6.68	4.16	0.89	27	37.42	3.56	67.72
								VC DES.	67.72
ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Queso parmesano	25.00	100.00	7.00	7.50	0.83	28	67.60	3.30	98.80
Arroz Pilado cocido	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	75.00	3.15	0.15	33.45	13	1.35	133.80	147.75
Sel	12.0	100.00	0.14	0.06	0.88	1	0.54	3.94	5.06
Zapallo macerado	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco cocido	40.00	80.00	1.06	0.28	8.90	4	2.30	35.58	42.11
Huacatay	5.00	100.00	0.25	0.04	0.40	1	0.36	1.60	2.96
Habas frescas	30.00	68.00	2.31	0.16	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 vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cáscara	30.00	98.00	0.41	0.06	3.32	2	0.53	13.29	15.48
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	84.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1199.99
								% DIS ALM.	47.62
REFRIGERIO:	Vaso de leche								
Leche evaporada	75.00	100.00	5.25	6.06	8.18	21	54.68	32.70	108.38
								VC DES.	108.38
CENA:	Guiso de fideos con pollo, arroz , infusion								
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	40.00	100.00	3.76	0.08	31.28	15	0.72	125.12	140.88
Arroz Pilado cocido	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anejas frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	78.00	0.12	0.10	1.62	0	0.89	7.27	8.63
Cebolla de cáscara	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	772.13
								%DIST. D	30.64
			82.54	59.58	425.23				
			338.21	480.89	1700.92				
			13.4	19.1	67.5				
					100.00		V.C.T. MENU		2620.02

miércoles, 04 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	8.00	72.00	94.30
Leche evapor	70.00	100.00	4.90	5.87	7.83	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	3.86	118.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									629.87
									25.04
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Estofado de res , arroz , refresco y fruta									
Came de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Avejas fresco	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Avejas fresca	35.00	74.00	1.84	0.18	4.87	7	1.40	19.48	28.23
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	87.00	2.80	0.04	2.27	11	0.38	9.09	20.65
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1271.55
								% Diet	59.57
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.80
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina ver	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	423.88
								%DIST. D	16.86
			90.76	66.49	388.23				
			363.04	598.38	1552.92				
			14.4	23.8	61.8				
					100.00			VCT	2514.33


 G. J. J. J.
 REPRESENTANTE




 G. J. J. J.
 REPRESENTANTE


 G. J. J. J.
 REPRESENTANTE

VIH Y TBC

Jueves, 05 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , mortadela								
Semola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	528.35
								%DIST. D	20.97
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Locro de panza, arroz , fruta y refresco								
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Mondongo de	120.0	75.00	15.21	3.15	0.90	61	28.35	3.60	92.79
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Papa blanca	300.0	62.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1232.49
								%DIS ALM.	48.82
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Tallarines rojos con carne molida + infusion								
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	90.00	8.65	0.09	62.64	34	0.81	250.56	285.57
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.08	1.08	1.34
Acetate vegetal	10.00	100.0	0.00	10.00	0.00	0	90.00	0.00	90.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
									569.31
								%DIST. D	22.60
			83.56	51.58	430.26				
			334.23	464.23	1721.04				
			13.27	18.43	68.31				
					100.00				
								VCT	2519.49

[Firma]



Dr. Jairo W. R. Ospina
M.D. C.C. P.
C.R.P.

[Firma]

[Firma]

VIH Y TBC

viernes, 06 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.09	0.04	14.62	0	0.36	58.48	59.16
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									491.63
								%DIST. D	24.14
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de frejol con chanco + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	8.75	466.80	522.75
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	18.20	279.84	405.96
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinito o Pe	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	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
									1515.08
								% DIS ALM.	55.82
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de res	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
Ajo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	19.09
			87.94	59.85	455.68				
			351.76	539.59	1822.73				
			12.96	19.88	67.16				
					100.00			VCT	2714.08

[Firma]
REPRESENTANTE



[Firma]
NUTRICIONISTA
CNR

[Firma]
NUTRICIONISTA
CNR

VIH Y TBC

sábado, 07 de abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + jamonada								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.86	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	588.12
								%DIST. D	23.25
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carné de Pollo	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	155.60	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Espinaca neg.	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.08
Ancejas fresc	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	87.00	0.68	0.09	5.30	3	0.84	21.20	24.67
Lechuga redon	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 sa	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1355.11
								%DIST. D	53.57
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	99.49
								VC DES.	396.99
								%DIST. D	15.69
			93.58	61.38	400.71				
			374.33	552.39	1602.83				
			14.8	21.8	63.4				
					100.00			VCT	2529.55

[Firma]
 Dr. Gerson R. Soto Cruz
 M.D. (C) 1998
 137

[Firma]
 Dr. Gerson R. Soto Cruz
 M.D. (C) 1998
 137

[Firma]
 Dr. Gerson R. Soto Cruz
 M.D. (C) 1998
 137

VIH Y TBC

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morao	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.21
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									507.93
									19.63
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Came de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.86	0.00	96.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.86	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	87.00	0.37	0.05	2.95	1	0.47	11.80	13.73
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1179.36
					% DISTR. ALMUERZO				45.58
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	6.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Salchicha "ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Cebolla de cal	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.36	0.03	1.02	2	0.29	4.06	5.80
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
patillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									710.46
									27.46
			76.33	47.42	463.75				
			305.31	426.77	1855.02				
			12	16	72				
					100.00			VCT MEN	2587.09

García
 Tony García Sumariv
 DNI: 292966321
 REPRESENTANTE

G
 Tony García Sumariv
 DNI: 292966321
 REPRESENTANTE

García
 Tony García Sumariv
 DNI: 292966321
 REPRESENTANTE

VIH Y TBC

lunes, 09 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Hab	30.00	100.00	7.29	0.57	17.86	29	5.13	71.52	106.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	513.06
								%DIST. D	19.27
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	88.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Acete vegeta	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Mandioca	35.00	100.00	2.24	0.14	28.99	9	1.26	107.94	118.16
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	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.	1538.63
								%DIST. D	57.83
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.79
			106.02	59.23	432.33				
			400.08	533.19	1729.33				
			15.03	20.02	64.95				
					100.00			VCT MEN	2662.51

Gary
GARY RUMITRO
FARMACIA



Dr. [Signature]
VIRGILIO RUMITRO
FARMACIA

G
GARY RUMITRO
FARMACIA

VIH Y TBC

martes, 10 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.05
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.96
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									539.36
									18.47
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	8.00	60.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Anajas fresc	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1367.81
								%DIST. D	46.84
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.80	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Camote arrebozado, arroz, infusion									
Camote mor	100.00	94.00	1.18	0.26	21.69	5	2.27	86.35	93.32
Harina de trigo	10.00	100.00	1.05	0.20	7.48	4.20	1.8	29.92	36.92
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
								V.C. CENA	823.73
								% DIST.CENA	28.21
	VCT (Gr.)		94.35	72.83	471.85				
	VCT (kcal.)		377.41	655.43	1887.40				
	VCT (%)		13	22	65			V.C.T. MENU	2920.24
					100.00				

[Firma]
Dra. Liliana
NUTRICIONISTA

[Firma]
Lic. Henry A. Cruz
NUTRICIONISTA
CNP. 5153

[Firma]
Lic. Henry A. Cruz
NUTRICIONISTA
CNP. 5153

VIH Y TBC

miércoles, 11 de abril de 2013

ALIMENTO	gr/per (g)	comestible la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	84.30
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	0.06	0.06
Queso parmesano	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de molde	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
									649.35
									25.14
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado cocido	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	25.0	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.06
Cebolla de carne	80.00	89.00	0.76	0.11	6.03	3	0.96	24.14	28.09
Lechuga roja	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Aji colorado seco	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1379.42
									53.40
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.80
CENA:	Infusión + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De naranja	35.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de molde	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	364.83
								%DIST. D	14.13
			87.41	58.73	426.19				
			349.65	528.61	1704.78				
			13.5	20.5	66.0				
					108.00			VCT	2583.03

[Firma]



[Firma]
Lic. Gloria E. González
NUTRICIONISTA
CNR 5153

VIH Y TBC

jueves, 12 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.73	0	0.00	118.92	118.92
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23

509.72

19.63

REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74

ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carna de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	38.57	14	1.48	146.29	161.54
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	20.00	79.00	0.13	0.03	0.68	1	0.28	2.72	3.51
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1144.68
								%DIST. D	44.08

REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60

CENA: Higado frito , arroz + infusion									
Higado de res	80.0	70.00	11.20	2.58	0.56	44.80	23.184	2.24	70.22
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	5.00	100.00	0.06	0.03	0.41	0.24	0.225	1.64	2.11
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.88
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	753.13
								% DIS ALM	29.00
			85.12	63.51	421.20				
			340.49	571.55	1684.82				
			13.1	22.0	64.9				
					100.00				
								VCT	2596.86


 Gonzalo
 RESPONSABLE


 2018/04/12

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	25.00	84.00	0.08	0.03	1.57	0	0.29	6.27	5.82
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	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	23	1.62	172.32	196.96
									584.64
									21.64
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carné de Cerdo	50.0	70.00	5.04	5.29	0.00	20	47.57	0.00	67.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Hierba buena	2.00	84.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pa	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de 66	150.0	85.00	1.91	0.38	26.76	8	3.44	107.10	118.19
									1504.48
								% DIS ALM.	55.70
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Aplo	15.00	76.00	0.08	0.02	0.84	0	0.20	2.16	2.88
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Sal	15.00	100.00	0.18	0.08	1.23	1	0.68	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	422.72
								%DIST. D	15.65
			84.24	70.39	432.67				
			336.97	633.53	1730.67				
			12.48	23.46	64.07				
					100.00			VCT	2701.17

Gary



Ministerio de Salud
República de Colombia

Dr. Germán J.

sábado, 14 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chancho								
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	61.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	24.22
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Arroz chaufa con pollo , refresco y fruta								
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha "ho	30.00	100.00	3.36	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									1312.85
								% DIS ALM.	51.44
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	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	96.49
								VC DES.	431.90
								%DIST. D	16.92
			97.67	71.16	380.29				
			380.67	640.44	1521.16				
			15.31	25.09	59.60				
					100.00			VCT	2552.27

[Signature]
 Date: _____
 Signature: _____

9
Lie. Glenn H. ...
NUTRITIONIST
CND 5153



VIH Y TBC

domingo, 15 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Café + 02 panes + camote al horno									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote morado	100.0	90.00	1.26	0.27	23.13	5	2.43	92.52	99.99
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	534.82
								%DIST. D	21.30
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Chanfainita , arroz , refresco y fruta									
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	88.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	88.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aji colorado s	0.50	68.00	0.02	0.03	0.20	0	0.24	0.80	1.13
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Herba 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	2.65	64.09	73.79
					V.C. ALMUERZO				1138.09
					% DISTR. ALMUERZO				45.33
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA Arroz amarillo con pollo + infusion									
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aja	3.00	88.00	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	87.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	30.00	54.00	1.15	0.10	3.06	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									648.69
									25.83
			90.72	37.06	453.64				
			362.88	333.51	1814.55				
			14.45	13.28	72.27				
					100.00			VCT MEN	2510.94

Gary



Lic. JESSY GARCIA GARCIA
NUTRICIONISTA
CNP 5153

Lic. Glesny R. Cruz Gonzalez
NUTRICIONISTA
CNP 5153

VIH Y TBC

lunes, 16 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labra	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.60
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	95.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Papillito o Pe	90.00	72.00	0.32	0.06	1.88	1	0.58	6.74	8.62
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Acete vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de caf	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Harina de trigo	30.00	100.00	3.15	0.60	22.44	13	5.40	89.76	107.76
Mandioca	30.00	100.00	1.92	0.12	23.13	8	1.08	92.52	101.28
Naranja	160.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC DES.	1466.28
								%DIST. D	55.37
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de malzena con leche + 01 pan								
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 labra	30.00	100.00	2.88	0.09	21.54	11.82	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	420.48
								%DIST. D	15.88
			95.99	64.06	421.86				
			383.97	576.54	1687.45				
			14.50	21.77	63.73			VCT MEN	2647.97
					100.00				

[Firma]
 DNI: 25250000
 REPRESENTANTE



[Firma]
 Lic. [Nombre]
 Representante

[Firma]
 Lic. [Nombre]
 Representante

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + jamonada								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
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	29.48	0.00	0	117.86	117.86
Pan de labrador	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Jamonada	20.00	100.00	3.14	5.80	0.20	27	24.30	1.20	62.38
									367.76
									14.64
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Aji de calabaza , arroz , fruta y refresco								
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.88	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	246.19	271.86
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	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	24.65	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomato	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28

VC DES. 1296.64

% DIS ALM. 51.63

REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.80
CENA	Matasquita de pollo , arroz , infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	290.08	313.85
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 ca	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	1.00	80.00	0.04	0.01	0.24	0.18	0.0576	0.97	1.21
Tomato	40.00	99.00	0.32	0.06	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	657.58
								%DIST. D	26.18
			84.77	41.34	453.55				
			353.40	343.30	1814.61				
			14.1	13.7	72.3				
					100.00		V.C.T. MENU		2511.31

[Firma]



Lic. JESSICA RIVERA GONZALEZ

[Firma]

Lic. Gladys R. Cruz Gonzales
NUTRICIONISTA
C.R.P. #153

VIH Y TBC

domingo, 18 de febrero de 2018

ALIMENTO	grper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche, pan, queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.88	32.70	108.38
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso parie	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	196.98
									656.46
									25.90
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Adobo a la tañeña de cerdo, arroz, papa + refresco y fruta								
Carne de Cer	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	266.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	80.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Aji verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
									1283.14
								% DIS ALM.	50.63
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vej	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	405.64
								%DIST. D	16.00
			77.00	75.20	387.44				
			308.02	676.79	1549.77				
			12.2	26.7	61.1				
					100.00			VCT	2534.58

[Firma]
 Representante
 D.O. 20060320

[Firma]
 Lic. Elvira Cruz Contreras



[Firma]
 Lic. José Ángel Vela Cárdenas
 M.D. 20060320

VIH Y TBC

Jueves, 19 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan, mortadela									
Semola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.29	76.23
Pan de labranza	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.96
								VC DES.	547.90
								%DIST. D	20.87
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia d	60.00	92.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Arroz Pilado d	70.00	100.00	5.74	0.35	64.46	23	3.15	217.84	243.96
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	3.26	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	67.53	22	2.32	230.14	254.13
Anejas frescas	40.00	85.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	1206.21
								%DIST. D	45.95
REFRIGERIO: Vaso de leche									
Leche evapor	60.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.60
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.30	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	60.00	57.00	0.46	0.07	3.86	2	0.82	15.46	17.89
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceto vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									681.78
								%DIST. D	25.97

79.37 101.07 349.53

317.48 909.61 1398.12

12.09 34.65 53.26

100.00

100

VCT 2625.22

[Firma]
 Jony Mario W. Guzmán
 REPRESENTANTE



[Firma]
 Lic. Jony Mario W. Guzmán
 REPRESENTANTE

[Firma]
 Lic. Jony Mario W. Guzmán
 REPRESENTANTE

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	85.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	85.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.82
Mermelada De	25.00	100.00	0.10	0.06	18.28	0	0.45	73.10	73.85
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									514.05
									19.20
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Frijol a la chilena con chanco, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	8.42	0.00	24	57.76	0.00	82.24
Frijol caballeri	120.0	100.00	27.48	1.80	69.95	109.92	16.20	279.84	405.96
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
Aceto vegetal	22.00	88.00	0.00	17.60	0.00	0.00	158.40	0.00	158.40
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	5.11	6.59
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rojo	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.06	19.65	9.40	0.45	78.20	89.06
Zapallo macra	30.00	47.00	0.10	0.03	6.90	0.39	0.25	3.61	4.26
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de ca	80.00	87.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1512.14
								%DIST. D	56.47
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de fideos con cabeza								
Cabeza de res	60.00	89.00	9.93	1.82	0.53	40	16.34	2.14	58.21
Fideos	40.00	100.0	3.76	0.08	31.28	15	0.72	125.12	140.88
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
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
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	462.13
								%DIST. D	17.26
			92.77	52.76	457.92				
			371.08	474.88	1831.69				
			13.86	17.73	68.41				
					100.00			VCT	2677.65

Goig
 FOLIO 101
 14/04/2018



[Signature]
 DR. JUAN CARLOS GARCIA
 MEDICO

9
 14/04/2018
 14:02

VIH Y TBC

sábado, 21 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.83	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	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	645.71
								%DIST. D	26.14
REFRIGERIO: Huevo sancochado									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Acelunas de	8.00	92.00	0.06	2.36	0.54	0	21.28	2.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote morza	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de ca	60.00	67.00	0.66	0.08	4.54	2	0.72	18.17	21.15
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1304.61
								%DIS ALM	50.78
REFRIGERIO: Vaso de leche									
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	56.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.71
			91.26	61.19	413.30				
			365.03	550.72	1653.19				
			14.2	21.4	64.4				
					100.00			VCT	2568.93

Rony
Rony C.
DIRE. 2000-0-00
REPRESENTANTE

Lic. Henry J. Ortiz
Lic. Henry J. Ortiz
DIRECCIONISTA
CNP. 5153

Lic. Henry J. Ortiz
Lic. Henry J. Ortiz
DIRECCIONISTA
CNP. 5153

domingo, 22 de abril de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL. %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote frito								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morado	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	434.81
								%DIST. D	16.51
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.63	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encabollado , arroz ,papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.19	4.66	145.97
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Pan seco mol	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Papa blanca	180.0	92.00	3.48	0.17	38.93	14	1.49	147.72	163.12
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.82	137.62
					V.C. ALMUERZO				1327.19
					% DISTR. ALMUERZO				50.40
REFRIGERIO:	Vaso de leche								
Leche evapora	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.80	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.64
								VC DES.	682.15
								%DIST. D	25.90
			82.16	71.93	414.43				
			328.41	647.36	1857.73				
			12.47	24.58	62.95				
					100.00			VCT	2633.48


 Tony María Salas Ramírez
 DNI: 23246323
 IDENTIFICACIÓN




 J

VIN Y TBC

lunes, 23 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	513.06
								%DIST. D	19.33
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	68.83	2.28	233.62
Arroz Pilado C	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Tomate	40.00	90.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Pepinillo o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegeta	25.00	85.00	0.00	21.25	0.00	0	191.25	0.00	191.25
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Cebolla de ca	60.00	87.00	0.73	0.10	5.90	3	0.94	23.59	27.46
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.38	69.36	70.20
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	126.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1531.08
								%DIST. D	57.69
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.80	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	96.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.84
			100.14	50.52	448.67				
			400.56	454.71	1798.69				
			15.09	17.13	67.77				
					100.00			VCT MEN	2653.96


 DMI: **RECEIVED**
 REPRESENTANCE


 National Bureau of Standards
 Gaithersburg, MD 20899

Lic. Gladys A. G. Hernández
MUTACIÓN SIDA

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 02 panes + huevo sancochado								
Té sin azúcar	3.00	68.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.40	1	0.81	5.90	7.58
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									547.69
									19.55
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	82.22	23	2.51	248.87	274.82
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.89	11.67	14.52
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	87.00	0.73	0.10	6.90	3	0.94	23.59	27.46
Ancejas frescas	35.00	64.00	1.34	0.11	3.88	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.64	1	1.24	10.18	12.08
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
					V.C. ALMUERZO				1288.16
					% DISTR. ALMUERZO				46.91
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.83	115.60
								VC DES.	115.60
CENA:	Camote arrebozado,arroz,infusion								
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	8.30	2.7	44.88	53.88
Arroz Pilado d	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	6.60	6.00	0.66	22	54.00	2.64	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.84	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	59.46
Hierbas	8.00	64.00	0.13	0.04	0.30	1	0.39	1.21	2.13
					V.C. CENA				778.27
					% DIST.CENA				27.78
	VCT (Gr.)		89.54	55.38	486.22				
	VCT (kcal.)		358.17	488.38	1944.90				
	VCT (%)		13	18	69	V.C.T. MENU			2801.45
					100.00				

Goia



SECRETARÍA DE SALUD
DIRECCIÓN GENERAL DE SALUD PÚBLICA
BOGOTÁ, D.C.

8

ALIMENTO	griper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALÓRICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.87	7.83	20	51.03	30.52	101.15
Canela enter	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
									668.09
									25.93
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	30.00	87.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Aji colorado S	1	68.00	0.05	0.05	0.40	0	0.48	1.60	2.26
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo. C	2.00	95.00	0.46	0.82	0.34	2	8.24	1.35	11.42
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1328.84
								% Dist	61.57
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela enter	0.30	64.00	0.00	0.00	0.16	0	0.02	0.85	0.88
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.08	0.08
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	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	390.74
								%DIST. D	15.16
			89.62	42.61	458.75				
			358.46	383.53	1835.02				
			13.91	14.88	71.21				
					100.00			VCT	2577.01

García



Lic. Javier García Sandoval
Nutricionista
1977

García

VIH Y TBC

Jueves, 26 de abril de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , mortadela								
Semola de Tr	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	137.82
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	78.23
Pan de labran	60.00	100.00	5.76	8.18	43.08	23	1.62	172.32	196.88
								VC DES.	547.90
								%DIST. D	19.80
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Cama de Polli	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.18	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.18	36.57	14	1.48	146.29	161.54
Arroz Pilado G	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	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	8.68
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1352.01
								%DIST. D	48.85
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.80
								VC DES.	115.80
CENA:	Arroz con huevo frito + infusion								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado G	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.26
								%DIST. D	24.51
			88.46	60.71	466.81				
			353.85	546.40	1867.25				
			12.79	19.74	67.47				
					100.00			VCT	2767.50

Guay
Yuri Carolina Buitrago
09149250323
REPRESENTANTE



[Signature]
LIC. JESSICA D. GARCIA
NUTRICIONISTA

[Signature]
LIC. GARCIA
NUTRICIONISTA
C.M. 9153

ALIMENTO	gr/por (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.63
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela enteras	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labrador	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.86
									586.01
									22.76
REFRIGERIO:	Huevo sancocado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arvejita partida con chanchito + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.88
Carne de 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	0.88	1	0.54	3.94	5.05
Cebolla de cal	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinito o Pa	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.08	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	28.78	8	3.44	107.10	118.19
									1514.56
								% DIS ALM.	58.81
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de semola con menudencia de pollo								
Menudencia d	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de 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	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 seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
								VC DES.	285.64
								%DIST. D	11.09
			86.49	63.44	414.66				
			345.95	570.96	1658.64				
			13.4	22.2	64.4				
					100.00			VCT	2575.56

Gonzalez



Dr. [Signature]
[Signature]

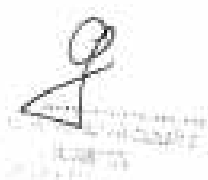
Dr. [Signature]
[Signature]

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	186.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	23.24
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarines	180.0	100.00	17.10	0.18	125.28	68	1.82	501.12	571.14
Carné de Pollo	160.00	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	60.0	60.00	0.50	0.07	4.07	2	0.65	16.27	18.94
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ají colorado	1.00	68.00	0.05	0.05	0.40	0	0.48	1.60	2.26
Sal	20.00	100.00	0.24	0.10	1.64	1	0.90	6.56	8.42
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sa	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1430.61
								%DIST. D	53.78
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.46	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	0.16	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 a	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	421.86
								%DIST. D	15.86
			92.55	59.39	438.85				
			370.19	534.50	1755.40				
			14	20	66				
					100.00				
									2660.09

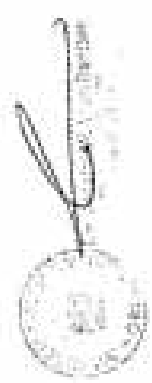


 MINISTERIO DE SALUD

 INSTITUTO NACIONAL DE INVESTIGACIONES CIENTÍFICAS



 RESPONSABLE DEL SERVICIO



 INSTITUTO NACIONAL DE INVESTIGACIONES CIENTÍFICAS

VIH Y TBC

domingo, 29 de abril de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla + 02 panes + queso de chanco								
Semola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	693.79
								%DIST. D	30.55
REFRIGERIO:	Huevo sancochado								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Pollo al horno , arroz , ensalada , + fruta y refresco								
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	80.62
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado	8.00	98.0	0.56	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
Acete vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Lechuga rojo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Silao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Pepinito o Pe	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.68
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMU	1171.60
									51.56
REFRIGERIO:	Vaso de leche								
Leche evapor	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.87	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	216.83
								%DIST. D	9.55
			86.78	72.45	317.94				
			347.11	652.09	1271.75				
			15.28	26.71	56.00				
					100.00			VGT	2270.95

[Firma]
 Representante



[Firma]
 Lic. Jhonny E. Cruz
 Nutricionista

[Firma]
 Lic. Jhonny E. Cruz
 Nutricionista

VIH Y TBC

Lunes, 30 de Abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de habas + 02 panes + jamonada									
Harina de Har	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	98.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	521.18
								%DIST. D	23.50
REFRIGERIO: Huevo sancochado									
Huevo de gal	55.00	88.00	7.26	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Caigua rellena, arroz, refresco y fruta									
Came de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.08	3.02	1	0.48	12.07	14.04
Tomate	40.00	89.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Semar	150.00	97.00	2.18	0.15	8.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.46	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.08	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pistano	160.00	92.00	0.58	0.29	14.43	2	2.68	57.70	82.71
								V.C. ALMUERZO	1151.80
								% DISTR. ALMUERZO	51.93
REFRIGERIO: Vaso de leche									
Leche evapori	60.00	100.00	5.60	8.45	8.72	22	58.32	34.88	115.00
								VC DES.	115.00
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	88.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.01555	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.00115	0.06	0.08
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.62	0.81	88.16	98.49
Leche evapori	35.00	100.00	2.45	2.84	3.82	10	25.52	15.25	50.58
									358.51
									15.03
			88.22	41.15	393.65				
			272.88	370.35	1574.59				
			12.30	16.70	71.00				
					160.00			VGT MEN	2217.83

[Firma]

[Firma]



[Firma]

DIETA: GASTRITIS CRÓNICA Y CÁNCER PARA POBLACIÓN PENAL - MES DE ABRIL 2018

Domingo, 01 de Abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Lunes, 02 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 03 de Abril de 2018	INFUSION + 02 PANES + JAMONADA	HIJO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO ,ARROZ + INFUSION
Miércoles, 04 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 05 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOIDA + INFUSION
Viernes, 06 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
Sábado, 07 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
Domingo, 08 de Abril de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
Lunes, 09 de Abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 10 de Abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO, ARROZ + INFUSION
Miércoles, 11 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
Jueves, 12 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ, + REFRESCO Y FRUTA	POLLO SANCOCHADO ,ARROZ + INFUSION
Viernes, 13 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON POLLO
Sábado, 14 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO SANCOCHADO,ARROZ, PAPA, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
Domingo, 15 de Abril de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAIGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
Lunes, 16 de Abril de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 17 de Abril de 2018	INFUSION + 02 PANES + MORTADELA	AJÍ DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
Miércoles, 18 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	ASADO DE POLLO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
Jueves, 19 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	CALDO BLANCO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOIDA + INFUSION
Viernes, 20 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
Sábado, 21 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCAROPE DE POLLO A LA LIMERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
Domingo, 22 de Abril de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
Lunes, 23 de Abril de 2018	HARINA DE HABAS + 02 PANES + MORTADELA	POLLO SANCOCHADO,ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
Martes, 24 de Abril de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO, ARROZ + INFUSION
Miércoles, 25 de Abril de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
Jueves, 26 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
Viernes, 27 de Abril de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ACELGA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON POLLO
Sábado, 28 de Abril de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN
Domingo, 29 de Abril de 2018	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHANCHO	POLLO AL HORNO, ARROZ, ENSALADA+ FRUTA Y REFRESCO	INFUSION +01 PAN + HUEVO SANCOCHADO
Lunes, 30 de Abril de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	CAIGUA RELLENA ,ARROZ + REFRESCO Y FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN


 MINISTERIO DE SALUD
 DIRECCIÓN GENERAL DE SALUD
 SUBDIRECCIÓN DE ATENCIÓN PRIMARIA
 C.E. 0352


 Yony Glorioso Santos Buitrago
 DNI: 292998323
 REPRESENTANTE




 [Illegible text]

DIETA: GASTRITIS CRONICA Y CANCER

16

domingo, 01 de abril de 2018

ALIMENTO	grper (g)	comestib la %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + camote al horno								
Hierbas	5.00	54.00	0.08	0.03	0.19	0	0.24	0.76	1.33
Camote moro	150.0	98.00	2.02	0.43	37.01	8	3.89	148.03	159.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	8.24	0.20	46.67	25	1.78	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.44
ALMUERZO:	Guiso de vainitas , arroz ,papa + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado C	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	92.00	0.59	0.15	3.16	2	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	56.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de cal	15.00	87.00	0.18	0.03	1.47	1	0.23	5.90	6.86
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1228.11
					% DISTR. ALMUERZO				48.96
CENA	Arroz amarillo con pollo + Infusion								
Arroz Pilado C	100.0	100.00	8.20	0.60	77.80	39	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Anchoas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
									767.31
									30.59
			73.60	47.58	446.39				
			294.40	428.18	1785.57				
			11.74	17.07	71.19				
					100.00			VCT MEN	2508.15


 DR. LUZMILA CRUZ GONZALEZ
 REPRESENTANTE


 Lic. Gladys Cruz González
 NUTRICIONISTA
 CNP 5153




 Lic. Gladys Cruz González
 NUTRICIONISTA
 CNP 5153

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 02 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	40.00	100.00	7.52	0.92	26.96	30	8.28	107.84	146.20
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	35.00	100.00	9.48	17.85	5.82	38	160.88	23.66	222.25
Pan de labra	80.00	100.00	7.68	0.24	67.44	31	2.16	229.76	262.64
								VC DES.	769.33
								%DIST. D	30.76
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado	180.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.80
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	86.00	0.27	0.06	0.75	1	0.71	3.03	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	150.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1270.86
								%DIST. D	50.82
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizana	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	137.82	137.82
Canela entera	0.30	54.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.69
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labra	40.00	100.00	3.84	0.12	26.72	15.36	1.08	114.88	131.32
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									460.65
									18.42
			77.81	43.64	449.20				
			311.25	392.78	1796.81				
			12.4	15.7	71.8				
					100.00				2500.84

García
FARMACIA Y LABORATORIO
FARMACIA Y LABORATORIO
FARMACIA Y LABORATORIO



[Signature]
Lic. Gladys R. Cruz Guzmán
NUTRICIONISTA
CNP 4153

[Signature]
Lic. Gladys R. Cruz Guzmán
NUTRICIONISTA
CNP 4153

DIETA: GASTRITIS CRONICA Y CANCER

martes, 03 de abril de 2018

ALIMENTO	g/por (g)	comestib le (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + jamonada									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.85	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.58
Pan de labran	65.00	100.0	6.24	0.20	46.87	25	1.78	186.68	213.40
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.89
									478.77
									18.37

ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paña	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.60
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.56	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
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	15.00	98.00	0.21	0.03	1.66	1	0.28	6.64	7.73
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
							VC DES.		1284.45
							%DES ALM		49.29

CENA Guiso de fideos con pollo, arroz , infusion									
Came de Poll	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
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresca	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	57.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		842.57
							%DIST. D		32.33
			73.07	54.46	455.85				
			292.29	490.10	1823.40				
			11.2	18.8	70.0				
					100.00		V.C.T. MENU		2605.79


 MINISTERIO DE SALUD
 DIRECCIÓN GENERAL DE SALUD PÚBLICA
 REPRESENTANTE


 DIRECCIÓN GENERAL DE SALUD PÚBLICA
 REPRESENTANTE


 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 04 de abril de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.78	0.18	43.06	23	1.62	172.32	196.98
									694.18
									27.32
Almuerzo: Estofado de pollo, arroz, refresco y fruta									
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ancejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	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	37.81	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Ancejas frescas	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
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	30.00	67.00	2.60	0.04	2.27	11	0.36	9.09	20.65
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
								VC Alm	1369.13
								% Diet	53.89
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.48	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vet	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	35.00	100.00	3.38	0.11	28.13	13	0.95	100.52	114.91
								VC DES.	477.31
								%DIST. D	18.79
			80.15	68.24	401.47				
			320.60	614.16	1605.87				
			12.6	24.2	63.2				
					100.00			VCT	2540.62

Yany G. Soto
Yany G. Soto



Lic. Jessy C. Soto
1977-01-01

Lic. Gloray Cruz Gonzales
Lic. Gloray Cruz Gonzales
NUTRICIONISTA
CNR 3153

jueves, 05 de abril de 2018

[illegible]

[Signature]

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 06 de abril de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	30.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	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
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									521.21
								%DIST. D	24.14
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6.44	1.98	16.52	23.94
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	30.00	85.00	0.61	0.08	2.07	2	0.69	8.26	11.40
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	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	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1021.99
								% DIS ALM.	49.68
CENA:	Sopa de fideos con pollo								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.56
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.06	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	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	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	513.90
								%DIST. D	24.98
			67.24	35.20	367.84				
			268.97	316.78	1471.34				
			13.08	15.40	71.52				
					100.00			VCT	2057.10


Yony Gloria Santos Rumbos
Lic. 150765323
NUTRICOLOGA




Lic. Yony Gloria Santos Rumbos
CUBA
NUTRICOLOGA

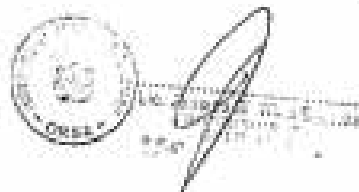

Lic. Yony Gloria Santos Rumbos
NUTRICOLOGA
CUBA

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 07 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	6.18	67.40	91.38
Leche evaporada	70.00	100.00	4.90	5.67	7.83	20	51.03	30.52	101.15
Canela en polvo	0.30	54.00	0.00	0.00	0.14	0	0.01	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	1.82	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.	678.83
								%DIST. D	28.85
Almuerzo:	Arroz con pollo + fruta y refresco								
Cama de Pollo	160.00	86.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	200.0	100.00	16.40	1.00	155.60	66	9.00	622.40	697.00
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Espinaca negra	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas frescas	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Lechuga roja	80.00	50.00	0.52	0.08	0.84	2	0.72	3.36	6.16
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.89
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de es	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1337.50
								%DIST. D	57.04
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	328.39
								%DIST. D	14.01
			84.72	48.52	382.32				
			338.87	436.67	1569.28				
			14.5	18.6	66.9				
					100.00			VCT	2344.82

[Firma]
Yenny L. Rodríguez
LIC. 1111



[Firma]
Lic. Wilmar A. Díaz González
NUTRI
CIP

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 08 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote moro	180.0	98.00	2.06	0.44	37.78	8	3.97	151.12	163.32
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									547.32
									23.45
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Cama de Pollo	100.00	86.00	17.72	3.10	0.00	71	27.88	0.00	98.73
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.68	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	80.00	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
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Anejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
Azúcar rubia	38.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1229.49
					% DISTR. ALMUERZO				52.69
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	20.00	100.00	1.88	0.04	15.64	8	0.36	62.56	70.44
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Anejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.68
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									556.78
									23.86
			75.90	24.34	452.72				
			303.82	219.09	1810.89				
			13	9	78				
					100.00			VCT MEN	2333.60


Yaneth Soto Ramirez
DNI: 252026123
REPRESENTANTE


Lic. MSc. J. de Guzman
NACIONALISTA
CUP, 5153


Ministerio de Salud
DIRECCIÓN GENERAL DE
NUTRICIÓN Y DIETÉTICA
1. 2018

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 09 de abril de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	521.18
								%DIST. D	24.57
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Zanahoria	50.00	65.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	94.00	2.96	0.14	31.44	12	1.27	125.77	138.89
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	1.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1244.26
								%DIST. D	58.67
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapora	36.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									355.51
									16.76
			73.68	19.18	413.41				
			294.70	172.62	1653.63				
			13.89	8.14	77.97				
					100.00			VCT MEN	2120.95


Yony (C) ...
DNI: 87000321
REPRESENTANTE


Yony (C) ...
DNI: 87000321
REPRESENTANTE




Lic. J. J. ...
DNI: 87000321
REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

martes, 10 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 62 panes + huevo sancochado								
Hierbas	10.00	82.00	0.29	0.08	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.38
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.08
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labrador	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	95.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									538.82
									20.83
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Ancejas fresc	67.00	54.00	2.57	0.22	6.80	10	1.95	27.21	39.44
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Plátano	160.00	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. 1319.64
									%DIST. D 51.02
CENA:	Guiso de pollo ,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	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 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	0.08	2.43	2	0.68	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
									V.C . CENA 727.84
									% DIST.CENA 28.14
	VCT (Gr.)		90.64	39.08	468.01				
	VCT (kcal.)		362.55	351.72	1872.03				
	VCT (%)		14	14	72		V.C.T. MENU		2586.31
					100.00				

[Firma]
Lic. Gladys Cruz Gonzales
C.O. 242845321
- REPRESENTANTE

[Firma]
Lic. Gladys Cruz Gonzales
C.O. 242845321
- REPRESENTANTE



[Firma]
Lic. Gladys Cruz Gonzales
C.O. 242845321
- REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 11 de abril de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.68	1.40	25.20	19	12.60	100.80	132.02
Leche evapOn	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									687.97
									30.32
ALMUERZO:	Pollo al horno, arroz,papa, fruta y refresco								
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Came de Pollo	150.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	98.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de ca	80.00	88.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga rojo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Aji colorado	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Plátano	150.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1281.55
									66.55
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	69.16
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	297.65
								%DIST. D	13.13
			76.43	33.22	415.40				
			305.71	298.97	1661.59				
			13.5	13.2	73.3				
					100.00			VCT	2266.27


J. Santos Ramirez
(2018)


J. Santos Ramirez
(2018)




J. Santos Ramirez
(2018)

jueves, 12 de abril de 2018

DIETA: GASTRITIS CRONICA Y CANCER

ALIMENTO	gr/por	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan , mermelada								
Semola de Trd	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	34.89	0	0.00	138.74	138.74
Pan de labra	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
Mermelada D	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95

546.74

23.63

ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
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	8.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.96	1	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 ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
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	34.89	0	0.00	138.74	138.74

VC DES. 1192.92

%DIST. D 51.57

CENA:	Pollo sancochado, arroz + infusion								
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado C	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.82	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62

VC DES. 573.76

% DIS ALM 24.80

			74.73	27.50	441.76				
			298.92	247.46	1767.03				
			12.9	10.7	76.4				
					100.00				
								VCT	2313.41


Tony Gloria
 292063325
 REPRESENTANTE


Lic. Wilson
 292063325
 REPRESENTANTE




Lic. Wilson
 292063325
 REPRESENTANTE

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 13 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL. % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con pifa + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Pifa	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de lebrón	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	282.84
									651.67
									28.38
Almuerzo:	Guiso de acelga, arroz, fruta y refresco								
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	3.88	6	1.98	15.52	23.94
Arroz Pilado cocido	180.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	15.00	98.00	0.12	0.03	0.64	0.48	0.27	2.55	3.30
Hierba Buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	20.00	67.00	2.80	0.03	1.51	11.20	0.24	8.06	17.50
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1237.45
								%DIST. D	63.89
CENA:	Sopa de arroz con pollo								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado cocido	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.89	87.77	96.92
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	407.02
								%DIST. D	17.73
			73.84	46.82	384.85				
			295.35	421.38	1579.41				
			12.86	18.35	68.79				
					100.00			VCT	2298.13

Yony G...
Yony G...
CMI: 202565323
RESPONSABLE



Dr. J...
M...
N...

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 14 de abril de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	27.53
ALMUERZO:	Pollo sancochado , arroz,papa, refresco y fruta								
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceto vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	65.00	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	2.66	57.70	62.71
									1200.18
								% DIS ALM.	53.29
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.08	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	6.07	33	137.70	20.28	190.50
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	19.18
			81.95	38.11	395.31				
			327.79	342.95	1581.23				
			14.56	15.23	70.22				
					100.00			VCT	2251.97

[Firma]
Yany Gloria Solís Quintana
D.M. 100000000
NUTRICIONISTA

[Firma]
Lic. Glennys Cruz González
NUTRICIONISTA

[Firma]
D.M. 100000000
NUTRICIONISTA

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 15 de abril de 2018

ALIMENTO	gríper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Infusion+ 02 panes + camote al horno								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote morado	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	548.05
								%DIST. D	22.62
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Cama de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.67	0.17	37.91	14	1.63	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	40.00	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	6.06
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
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
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1151.80
					% DISTR. ALMUERZO				47.54
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado	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
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.26	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.26
									722.85
									29.84
			69.82	37.06	452.47				
			279.30	333.52	1809.87				
			11.53	13.77	74.71				
					100.00			VCT MEN	2422.69





Dr. Gloria Cruz González
NUTRICIONISTA
CNP. 5151

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 16 de abril de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST./CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	81.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	533.94
								%DIST. D	27.65
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	93.00	2.93	0.14	31.11	12	1.28	124.43	137.41
Ajos	3.00	99.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Pero	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.71	2.75
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
								VC DES.	1031.46
								%DIST. D	53.41
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	30.00	100.00	0.18	0.06	26.01	0.72	0.34	104.04	105.30
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	365.72
								%DIST. D	18.94
			65.80	20.02	371.94				
			263.21	180.16	1487.75				
			13.63	9.33	77.04			VCT MEN	1931.12
					100.00				

Yany Gloria Sotelo Zamora
Lic. 250960323
REPRESENTANTE

Lic. Gloriana Cruz Gonzales
LICENCIADA
D.O.C.

[Firma]
Lic. 250960323
D.O.C.

DIETA: GASTRITIS CRONICA Y CANCER

martes, 17 de abril de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DISTICAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + mortadela								
Hierbas	10.00	98.00	0.30	0.10	0.89	1.22	0.88	2.74	4.84
Canela empuñada	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Claro de clor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.00	0	117.96	117.96
Pan de latrón	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.84
									409.13
									17.73

ALMUERZO: Aji de calabaza , arroz , fruta y refresco

Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso parmesano	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	91.00	3.82	0.18	40.59	15	1.64	162.34	179.27
Calabaza	250.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maíz Fresco	38.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.68	2.56	4.74
Habas frescas	35.00	68.00	2.69	0.19	6.16	11	1.71	24.66	37.13
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acete vegetal	6.00	100.00	0.00	6.00	0.00	0	54.00	0.00	54.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Plátano	160.00	92.00	0.55	0.28	13.62	2	2.48	54.10	58.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.62	0	0.00	79.28	79.28

VC DES. 1161.86

% DIS ALM. 50.36

CENA	Matasquita de pollo , arroz , infusion								
Cama de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado	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
Ancejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	30.0	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Tomate	30.00	98.00	0.24	0.06	1.28	1	0.53	5.11	8.59
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
									VC DES. 736.35
									%DIST. D 31.91
			69.54	27.32	445.83				
			278.17	245.84	1783.32				
			12.1	10.7	77.3				
					100.00		V.C.T. MENU		2307.34

[Firma]
Firma del Médico
Firma del Nutricionista



[Firma]
Firma del Médico
Firma del Nutricionista

[Firma]
Firma del Médico
Firma del Nutricionista

DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 18 de abril de 2018

ALIMENTO	gríper	comestib la	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela 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 porta	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									722.12
									30.24
ALMUERZO:	Asado de pollo , arroz, papa + refresco y fruta								
Carnes de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	4.00	80.00	0.18	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
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Arroz Pilado	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.86	164.13	181.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
									1206.99
								% DIS ALM.	50.54
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.92	2.96	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vet	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	459.06
								%DIST. D	19.22
			74.16	58.21	391.91				
			296.64	523.90	1567.65				
			12.4	21.9	65.6				
					100.00			VCT	2388.19


Tony María Solís Román
C.R. 292905323
REPRESENTANTE


Lic. Glenda González
NUTRICIONISTA
CNR 5153




Lic. Glenda González
NUTRICIONISTA
CNR 5153

DIETA: GASTRITIS CRONICA Y CANCER

Jueves, 19 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de lebrón	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	619.75
								%DIST. D	24.10
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aroz Pilado	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.80	13.10	15.58
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuflo blanco	23.00	90.00	0.10	0.00	1.01	0	0.00	4.06	4.47
Yuca blanca	82.00	80.00	0.52	0.13	25.78	2	1.18	103.12	106.40
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Acetate vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	1293.82
								%DIST. D	50.31
CENA Tallarines rojos con carne molida + infusion									
Carné de res	80.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.68
Fideos tallarin	100.0	100.00	9.50	0.10	68.60	38	0.90	278.40	317.30
Zanahoria	60.0	89.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetate vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0.00	0	78.64	79.64
									858.01
								%DIST. D	25.59
			71.28	95.75	356.18				
			285.14	861.73	1424.70				
			11.09	33.51	55.40				
					100.00			VCT	2571.57

Guig



[Signature]

G

DIETA: GASTRITIS CRONICA Y CANCER

viernes, 20 de abril de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	90.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									594.50
									25.57
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado C	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	8.44	1.98	15.52	23.94
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.26	0.16	3.02	1	1.48	12.07	14.33
Valeritas (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
Acetia vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	2.00	80.00	0.08	0.01	0.49	0	0.12	1.95	2.42
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									1047.59
								% DIS ALM.	45.06
CENA:	Sopa de fideos con pollo								
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.0	7.52	0.16	62.56	30	1.44	250.24	281.76
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	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	1.86	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
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	682.64
								%DIST. D	29.56
			73.65	35.41	427.85				
			294.62	318.72	1711.39				
			12.67	13.71	73.62				
					100.00			VCT	2324.73

Glenny R. Ruiz González
Glenny R. Ruiz González
 DNI: 47209132J
 REPRESENTANTE

Glenny R. Ruiz González
Lic. Glenny R. Ruiz González
 DNI: 47209132J



Glenny R. Ruiz González
Lic. Glenny R. Ruiz González
 DNI: 47209132J

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 21 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.66
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela enteras	0.30	54.00	0.00	0.00	0.14	0	0.01	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	6.13	15.30	5.07	33	137.70	20.28	190.50
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.62
								%DIST. D	29.70
ALMUERZO:	Escabeche de pollo a la limeña, arroz, refresco y fruta								
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cama de Pollo	180.00	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Camote moro	200.00	92.00	2.56	0.55	47.29	10	4.97	189.15	204.42
Cebolla de cas	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1313.99
								% DIS ALM	52.99
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	6.13	15.30	5.07	33	137.70	20.28	190.50
Pan de lebrán	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	17.31
			81.46	59.03	405.67				
			325.86	531.25	1622.68				
			13.1	21.4	65.4				
					100.00			VCT	2479.79

[Firma]

[Firma]



[Firma]

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 22 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + camote sancochado								
Hierbas	10.00	54.00	0.17	0.06	0.38	0.87	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.06	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote mondado	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.21
Pan de latran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	302.26
								%DIST. D	14.09
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.08	25.02	29.72
Arroz Pilado	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	0.309	5.17	6.43
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de cal	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	28.81
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
						V.C. ALMUERZO			1173.02
						% DISTR. ALMUERZO			54.66
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	105.66
Carné de Pollo	100.00	85.00	17.51	3.05	0.00	70	27.54	0.00	97.58
Cebolla de cal	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	6.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
pollo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									670.64
									31.25
			61.47	27.36	413.45				
			245.87	248.28	1653.79				
			11	11	77				
					100.00			VCT MEN	2145.93


Yury G. S. Ramírez
C.R. 292965327
AGROPECUARIO


Lic. Glenn J. Cruz
NUTRICIONISTA
C.R. 292965327



Lic. Jessica M. M. Der Jey
NUTRICIONISTA
C.R. 292965327

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 23 de abril de 2018

ALIMENTO	gríper	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST/CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de habas + 02 panes + mortadela									
Harina de Habas	25.00	100.00	6.08	0.48	14.90	24	4.28	59.60	88.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	512.33
								%DIST. D	26.45
Almuerzo: Pollo sancochado , papa , arroz , refresco y fruta									
Cama de Pelli	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.76	466.80	522.75
Zanahoria	50.00	85.00	0.26	0.21	3.01	1	1.91	15.64	18.57
Papa blanca	150.0	85.00	2.68	0.13	28.43	13	1.15	113.73	125.59
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	66.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1039.46
								%DIST. D	63.66
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	30.00	100.00	0.18	0.06	26.01	0.72	0.54	104.04	105.30
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	66.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.36
									385.38
									19.29
			64.94	16.60	382.01				
			259.74	149.40	1528.03				
			13.41	7.71	78.88				
					100.00			VCT MEN	1937.18

Goxy

G



[Signature]
MILAGROS L. LÓPEZ RIVERA
Médico Asesor

DIETA: GASTRITIS CRONICA Y CANCER

martes, 24 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO :	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.36	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	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	137.82	137.82
Pan de lebrón	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									549.44
									20.76
ALMUERZO :	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.89	11.67	14.52
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ancejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.80
Zanahoria	35.00	78.00	0.17	0.14	2.54	1	1.24	10.18	12.08
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				1389.17
					% DISTR. ALMUERZO				51.74
CENA :	Guiso de pollo ,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Aceto vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.38	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C . CENA			727.84
						% DISTR.CENA			27.50
	VCT (Gr.)		87.54	44.16	474.71				
	VCT (kcal.)		350.15	397.45	1898.85				
	VCT (%)		13	15	72	V.C.T. MENU			2846.45
					100.00				


Tony Gloria Soto Rumbaut
 C.R. 26895320
 REPRESENTANTE


Lic. Glenn Cruz Gonzalez
 NUTRICIONISTA
 C.R. 5163



DIETA: GASTRITIS CRONICA Y CANCER

miércoles, 25 de abril de 2018

ALIMENTO	gripor (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	30.00	100.00	3.99	1.20	21.60	16	10.80	86.40	113.16
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									668.09
									27.31
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado c	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.48	7.78	9.68
Acolla vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Maní crudo, c	5.00	96.00	1.14	2.29	0.84	5	20.81	3.36	28.55
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1387.18
								% Diet	56.71
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.54	1.14	0.83	2.58	4.54
Canela entera	0.30	54.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES	390.74
								%DIST. D	15.97
			77.33	37.88	448.94				
			309.31	340.93	1795.77				
			12.65	13.94	73.42				
					100.00			VCT	2446.01

Gary
FARMACIA

RECIBO DE PAGO
Nº 123456789
FARMACIA
FARMACIA

G
FARMACIA

DIETA: GASTRITIS CRONICA Y CANCER

Jueves, 26 de Abril de 2018

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , mermelada								
Semola 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	0.00	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	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	58.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.98
								VC DES.	530.83
								%DIST. D	20.98
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Cama de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.00	5.84	0.12	48.92	23	1.08	187.68	211.32
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Arroz Pilado o	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	5.28
Ajos	8.00	80.00	0.36	0.05	1.85	1	0.48	7.78	9.68
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.05	4.54	2	0.72	18.17	21.18
Arvejas fresca	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.96
Plátano	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1287.03
								%DIST. D	60.99
CENA:	Arroz con huevo sancochado + infusion								
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.58	9.09	10.67
Tomate	30.00	79.00	0.19	0.06	1.02	1	0.43	4.08	5.28
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	710.69
								%DIST. D	28.11
			89.41	28.79	484.20				
			277.65	289.19	1856.78				
			10.98	10.25	73.43				
					100.00			VCT	2526.54


Lic. Gladys Cruz Gonzalez
NUTRICIONISTA
CNP 5153


Yenny Gloria Solis Ramirez
DNI 282567327
FARMACIA




Yenny Gloria Solis Ramirez
FARMACIA
15/04/2018

viernes, 27 de abril de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									586.01
									25.64
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Came de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52.48	7.20	497.92	557.60
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.86	0.53	5.11	6.59
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
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	8.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	40.00	67.00	2.80	0.05	3.03	11.20	0.48	12.11	23.80
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1247.04
								%DIST. D	54.57
CENA:	Sopa de semola con pollo								
Came de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	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	10.38
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	19.78
			74.11	59.75	362.72				
			296.46	537.79	1450.86				
			13.0	23.5	63.5				
					100.00			VCT	2285.10

Glenn
Lic. Glenn A. Cruz Guzmán
CNP: 0153
REPRESENTANTE

Glenn
Lic. Glenn A. Cruz Guzmán
NUTRICIONISTA
CNP: 0153



Glenn
Lic. Glenn A. Cruz Guzmán
NUTRICIONISTA
CNP: 0153

DIETA: GASTRITIS CRONICA Y CANCER

sábado, 28 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	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	0.18	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
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	704.90
								%DIST. D	29.46
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	180.0	100.00	17.10	0.18	125.28	68	1.82	501.12	571.14
Cama de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	30.00	99.00	0.24	0.08	1.28	1	0.53	5.11	6.59
Cebolla de co	50.0	60.00	0.42	0.06	3.39	2	0.54	13.56	15.78
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.45
								VC DES.	1270.78
								%DIST. D	53.11
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	161.92
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	17.43
			79.60	40.65	427.14				
			318.41	365.89	1708.55				
			13	15	71				
					100.00				
									2392.85


Yony Gálvez
C.R. 10005323
REPRESENTANTE


Lic. Liliana Cruz González
NUTRICIONISTA
C.R. 5159



Lic. Jessenia R. Rojas Sotillo

DIETA: GASTRITIS CRONICA Y CANCER

domingo, 29 de abril de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla + 02 panes + queso de chanco								
Sémola de Tri	35.00	100.00	6.83	3.76	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vegetal	30.00	100.00	0.18	24.60	0.00	1	221.40	0.00	222.12
Pan de labran	60.00	100.00	6.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	693.79
								%DIST. D	33.33
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.82
Pimienta moli	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Aji colorado s	8.00	98.0	0.55	0.61	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Acete vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Lechuga rojo	100.00	92.00	1.20	0.18	1.93	5	1.86	7.73	14.17
Sillao	5.00	100.00	0.57	0.48	0.05	2	4.32	0.20	6.78
Papinillo o Pe	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de ca	80.00	92.00	1.03	0.15	8.32	4	1.32	33.27	38.71
Tomate	80.00	99.00	0.83	0.16	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.28	13.90	6.12	2.295	55.59	64.01
								VC ALMU	1171.00
									56.25
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Huevo de gall	60.00	98.00	7.84	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	216.83
								%DIST. D	10.42
			67.07	57.70	289.24				
			268.28	519.30	1156.97				
			12.89	24.95	55.58				
					93.42			VCT	2081.62

[Firma]
Lic. Gladys E. Cruz González
NUTRICIONISTA
COTP 5183

[Firma]
Lic. Gladys E. Cruz González
NUTRICIONISTA
COTP 5183

[Firma]
Lic. Gladys E. Cruz González
NUTRICIONISTA
COTP 5183

DIETA: GASTRITIS CRONICA Y CANCER

lunes, 30 de abril de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	30.00	100.00	7.29	0.87	17.88	29	5.13	71.52	105.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.85	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	521.18
								%DIST. D	25.89
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Carne de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	622.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acete vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresco	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.89	0.29	14.43	2	2.65	57.70	62.71
						V.C. ALMUERZO			1151.80
						% DISTR. ALMUERZO			56.78
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.92	10	25.52	15.26	50.56
									355.51
									17.53
			55.34	30.14	383.96				
			221.37	271.28	1535.83				
			10.91	13.37	75.71				
					100.00			VCT MEN	2029.49

Yany Guevara
Dra.
Nutricionista

Lic. Glenny Cruz Gonzales
Nutricionista
CNP. 5153



DIETA: GASTRITIS CRONICA Y CANCER

lunes, 30 de abril de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0	0.00	117.96	117.96
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labram	60.00	100.00	5.76	0.10	43.08	23	1.62	172.32	196.98
								VC DES.	521.18
								%DIST. D	25.68
ALMUERZO:	Caigua rellena, arroz , refresco y fruta								
Came de res	60.00	85.00	10.86	0.82	0.00	43	7.34	0.00	60.80
Arroz Pilado C	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de ca	30.00	89.00	0.37	0.05	3.02	1	0.48	12.07	14.04
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caigua Serran	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.85	6.05
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas frescas	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.09	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.66	0.29	14.43	2	2.65	57.70	62.71
								V.C. ALMUERZO	1151.80
								% DISTR. ALMUERZO	56.78
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0.00	0.0012	0.06	0.06
Pan de labram	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	60.58
									355.51
									17.53
			55.34	30.14	383.96				
			221.37	271.28	1535.83				
			10.91	13.37	75.71				
					100.00			VCT MEN	2028.49


Taty Glady
Dra.
RLEP


Elic. Glenny Cruz Gonzales
NUTRICIONISTA
CNP. 6153


Lic. Glenny Cruz Gonzales
NUTRICIONISTA
CNP. 6153