

MENUS PROPUESTOS PARA POBLACION PENAL MUJERES AREQUIPA - MES DE JULIO 2018

domingo, 01 de julio de 2018	COCOA CON LECHE+ 02 PANES + QUESO	ASADO DE POLLO, ARROZ, ENSALADA, REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 02 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHAMCHO	CALDO DE GALLINA + REFRESCO + FRUTA	QUESO DE FIDEOS CON POLLO + ARROZ + INFUSION
martes, 03 de julio de 2018	MACA CON COCOA + 02 PANES + TOSTADA DE TALLARIN	GUISO DE ARVEJITA CON CHINCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
miércoles, 04 de julio de 2018	CEBADA CON LECHE + 02 PANES + ACEITUNA	POLLO AL SILLAO+ ARROZ+ REFRESCO + FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 05 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	CAU - CAL DE POLLO + ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENTIDENCIA DE POLLO + INFUSION
viernes, 06 de julio de 2018	SOYA CON MANZANA+02 PANES + MARGARINA	PESCADO FRITO + ARROZ +ENSALADA + REFRESCO + FRUTA	MAZAMORRA MORADA+ 01 PAN
sábado, 07 de julio de 2018	TE+ 02 PANES + AJUN	HIGADO FRITO + ARROZ + ENSALADA+ REFRESCO + FRUTA	POLLO FRITO+ ARROZ + INFUSION
domingo, 08 de julio de 2018	COCO A CON LECHE+ 02 PANES + QUESO	ESTOFADO DE RES, ARROZ, REFRESCO Y FRUTA	INFUSION +01 PAN CON MERMELADA
lunes, 09 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHAMCHO	REVUELTO DE CHUÑO+ ARROZ+ REFRESCO + FRUTA	TALLARIN ROJOS CON CARNE MOJIDA + INFUSION
martes, 10 de julio de 2018	HABINA DE HABAS + 02 PANES + JAMONADA	GUISO DE FRIJOLES CON CHINCHO, ARROZ + ENSALADA + REFRESCO+ FRUTA	ARROZ CHAMPA CON HUEVO Y HOT DOG + INFUSION
miércoles, 11 de julio de 2018	CEBADA CON LECHE + 02 PANES + PALTA	ASADO DE POLLO + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 12 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	PICANTE A LA TACÑERA+ ARROZ+ REFRESCO + FRUTA	SOPA DE FIDEOS CON MENTIDENCIA DE POLLO + INFUSION
viernes, 13 de julio de 2018	SOYA CON PÍÑA+02 PANES + MERMELADA	PESCADO FRITO + ARROZ +ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
sábado, 14 de julio de 2018	TE+ 02 PANES + HUEVO SANCOCADO	HIJO DE ZAPALLO + ARROZ+ REFRESCO + FRUTA	GUISO DE FIDEOS CON POLLO + ARROZ + INFUSION
domingo, 15 de julio de 2018	COCO A CON LECHE+ 02 PANES + QUESO	SECO DE RES+ ARROZ+ REFRESCO+ FRUTA	INFUSION +01 PAN CON MARGARINA
lunes, 16 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHAMCHO	AGUADITO DE POLLO + REFRESCO + FRUTA	CAMOTE ARROZADO + ARROZ + INFUSION
martes, 17 de julio de 2018	MACA CON COCOA + 02 PANES + TOSTADA DE TALLARIN	GUISO DE LENTECIAS CON CHINCHO, ARROZ, ENSALADA, REFRESCO Y FRUTA	ARROZ A LA MEXICANA CON SALEXICHA + INFUSION
miércoles, 18 de julio de 2018	CEBADA CON LECHE + 02 PANES + PALTA	POLLO AL SILLAO+ ARROZ+ REFRESCO + FRUTA	INFUSION +01 PAN CON MARGARINA
jueves, 19 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	BORTULA DE VERDURAS + ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE ARROZ CON MENTIDENCIA DE POLLO + INFUSION
viernes, 20 de julio de 2018	SOYA CON MANZANA+02 PANES + MARGARINA	PESCADO FRITO + ARROZ +ENSALADA + REFRESCO + FRUTA	MAZAMORRA MORADA+ 01 PAN
sábado, 21 de julio de 2018	TE+ 02 PANES + AJUN	HIGADO FRITO + ARROZ + ENSALADA+ REFRESCO + FRUTA	POLLO A LA MOSTAZA + ARROZ + INFUSION
domingo, 22 de julio de 2018	COCO A CON LECHE+ 02 PANES + QUESO	ESTOFADO DE CARNE + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MERMELADA
lunes, 23 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHAMCHO	CHALFANITA + ARROZ+REFRESCO + FRUTA+	TALLARIN CON CARNE MOJIDA + INFUSION
martes, 24 de julio de 2018	HABINA DE HABAS + 02 PANES + JAMONADA	GUISO DE ARVEJITA PARTIDA CON HUEVO FRITO, ARROZ, ENSALADA, REFRESCO Y	ARROZ AMARILLO CON POLLO + INFUSION
miércoles, 25 de julio de 2018	CEBADA CON LECHE + 02 PANES + PALTA	POLLO BROSTER + ENSALADA + ARROZ + REFRESCO + FRUTA	INFUSION + 01 PAN CON MARGARINA
jueves, 26 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	LOMO DE PAPA+ ARROZ + ENSALADA+ FRUTA + REFRESCO	SOPA DE SEMOLA CON MENTIDENCIA DE POLLO + INFUSION
viernes, 27 de julio de 2018	SOYA CON PÍÑA+02 PANES + MERMELADA	PESCADO FRITO + ARROZ +ENSALADA + REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
sábado, 28 de julio de 2018	TE+ 02 PANES + HUEVO SANCOCADO	HIJO DE ZAPALLO + ARROZ+ REFRESCO + FRUTA	POLLO ENTROLLADO, ARROZ+ INFUSION
domingo, 29 de julio de 2018	COCO A CON LECHE+ 02 PANES + QUESO	ASADO DE CERDO + PAPA+ ARROZ + REFRESCO + FRUTA	INFUSION +01 PAN CON MARGARINA
lunes, 30 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + QUESO DE CHAMCHO	REVUELTO DE FIDEOS + ARROZ+ REFRESCO + FRUTA	HIGADO FRITO + ARROZ+ INFUSION
martes, 31 de julio de 2018	MACA CON COCOA + 02 PANES + TOSTADA DE TALLARIN	FRIJOLES A LA CHILENA CON CHINCHO, ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE ARROZ CON MENTIDENCIA DE POLLO + INFUSION


Lidier N. Cenaza Vega
 ADMINISTRADOR




 Lidia Jempica Vilca Beales
 NUTRICIONISTA
 C.R.P. 3979


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domingo, 01 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU

DESAYUNO: Cocos con leche + 02 panes + queso

Cocos	4.00	100.00	0.78	0.68	1.91	3	6.16	7.65	16.84
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									552.23
									27.14

ALMUERZO: Asado de pollo, arroz, ensalada + fruta y refresco

Carne de Pollo	100.00	85.00	29.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.50	100.00	0.15	0.06	1.03	1	0.56	4.10	5.26
Acetia vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Cominos	0.3	100	0.01	0.00	0.24	0	0.01	0.95	1.01
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Papinito o Pa	60.00	85.00	0.26	0.05	1.33	1	0.46	5.30	6.76
Papa blanca	150.0	98.00	3.09	0.15	32.78	12.35	1.323	131.12	144.80
Perejil	2.80	50.00	0.07	0.01	0.08	0	0.09	0.36	0.72
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Cebolla de ca	30.0	85.00	0.36	0.08	2.88	1	0.46	11.53	13.41
Tomate	20	99.00	0.16	0.04	0.88	1	0.36	3.41	4.40
Azúcar rubia	30.00	100.0	0.00	0.00	29.73	0	0.00	118.92	118.92
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.00	73.79
									1189.28
									58.45

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	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	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	293.07
								%DIST. D	14.40
			69.28	37.14	355.81				
			277.10	334.24	1423.23				
			13.6	16.4	70.0				
					100.00			VCT	2034.58



Lic. Jeannette W. Vilca Bori
NUTRICIONISTA
N.º P. 3009

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C.N.P. 3879

Lider N. Canaza Vega
ADMINISTRADOR

lunes, 02 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			HIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, 02 panes , queso de choncho								
Sémola de Tr	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
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.	465.43
								%DIST. D	20.94
Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	2.00	92.00	0.10	0.01	0.56	0.41	0.13248	2.24	2.78
Fideos	60.00	100.00	5.84	0.12	48.92	22.56	1.08	187.88	211.32
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Sal	18.00	100.00	0.22	0.09	1.48	0.96	0.81	5.90	7.58
Cebolla china	15.00	85.00	0.29	0.05	0.95	1.17	0.459	3.83	5.46
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.84	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chuflo blanco	50.00	96.00	0.25	0.00	2.40	0.98	0	9.60	10.58
Porro	18.00	86.00	0.32	0.10	0.90	1.28	0.85536	3.81	5.75
Nabo	18.00	86.00	0.07	0.02	0.43	0.29	0.21384	1.71	2.21
Cebolla de ca	20.00	85.00	0.24	0.03	1.92	0.96	0.306	7.68	8.94
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.13338	0.32	0.60
Glutamato mo	0.30	100.00	0.03	0.00	0.26	0.13	0	1.04	1.17
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0.00	0	117.96	117.96
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.28
								VC Alm	896.94
								% Dist	40.35
CENA	Guiso de fideos con pollo , arroz , infusion								
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.84	0.12	48.92	23	1.08	187.68	211.32
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Ancejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Cebolla de ca	15.0	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	860.74
								%DIST. D	38.72
			78.17	39.02	389.81				
			312.66	351.20	1559.24				
			14.1	15.8	70.1				
					100.00			V.C.T. MENU	2223.11

Rosa V
Lider N. Gimenez Vega
 NUTRICIONISTA

Rosa V
Lic. Elizabeth del Rivero Alvarado
 NUTRICIONISTA
 F.N.P. 3579

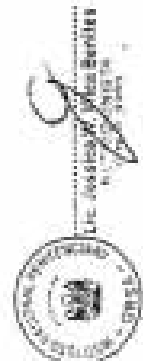


martes, 03 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			%ST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Maca con cacao + 02 panes + torreja de tallarin								
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
Fideos	30.00	100.00	2.82	0.06	23.48	11	0.54	93.84	105.68
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Leche evapor	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	10.00	98.00	1.32	0.82	0.18	5	7.41	0.71	13.41
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
									713.93
									27.52
Almuerzo:	Guiso de arvejita con chanchó, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Arvejita partida	80.0	100.00	17.28	0.88	51.52	69	7.92	206.08	283.12
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	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	60.00	0.62	0.10	1.01	2	0.66	4.03	7.39
Glutamato mo	0.30	66.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Cebolla de ca	40.00	67.00	2.80	0.05	3.03	11.20	0.48	12.11	23.80
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
								VC DES.	1241.64
								%DIST. D	47.85
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	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.38
Sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	20.00	54.00	0.77	0.06	2.03	3	0.58	8.12	11.77
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									639.03
									24.63
			81.73	50.40	453.50				
			326.90	453.58	1814.02				
			12.60	17.48	69.92				
					100.00			VCT MEN	2594.50

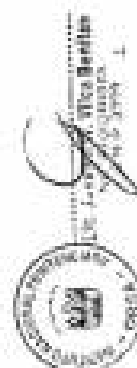
Lider M. Gonzales Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarado Choza
NUTRICIONISTA



miércoles, 04 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapora	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
Aceitunas de	30.00	82.00	0.22	8.86	2.01	1	79.74	8.06	88.68
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	557.45
								%DIST. D	27.83
ALMUERZO:	Pollo al sillao, arroz, fruta y refresco								
Arroz Filado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cama de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Sillao	7.00	100.00	0.79	0.67	0.07	3	6.05	0.28	9.49
Aceite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Cebolla china	20.00	71.00	0.33	0.06	1.07	1	0.51	4.26	6.08
Mandioca	10.00	100.00	0.64	0.04	7.71	3	0.36	30.84	33.76
Pimienta	25.00	90.00	0.34	0.11	1.73	1	1.01	6.93	9.29
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10
								VC ALMU	1107.36
									55.29
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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	338.01
								%DIST. D	16.88
			70.21	50.18	317.59				
			280.64	451.61	1270.38				
			14.02	22.55	63.43				
					100.00			VCT	2002.82



[Signature]
Edna M. Góngora Vega
 Nutricionista

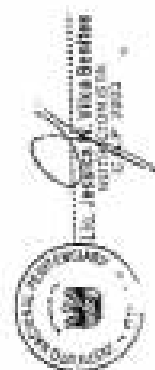
[Signature]
Lic. Elizabeth del Rosario Rivera Coya
 NUTRICIONISTA
 C.N.P. 3570

jueves, 05 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			IST./CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote frito								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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 moro	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de lebrón	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	525.03
								%DIST. D	24.51
ALMUERZO:	Cau cau de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
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	9.88
Aji colorado s	4.00	92.00	0.26	0.28	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 fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
						V.C. ALMUERZO			1286.36
						% DISTR. ALMUERZO			60.05
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	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
Porro	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
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
								VC DES.	330.64
								%DIST. D	15.44
			64.49	66.62	321.12				
			257.98	599.58	1284.47				
			12.0	28.0	60.0				
					100.00			VCT	2142.03

B
Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979

Lider N. Ormazo Vega
ADMINISTRADOR



viernes, 06 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST/CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con manzana, pan , margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
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	0.53	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.96
								VC DES.	558.29
								%DIST. D	26.40
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 c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	90.00	0.22	0.05	1.16	1	0.49	4.64	5.99
Pepinillo o Pa	70.00	72.00	0.25	0.05	1.31	1	0.45	5.24	6.70
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	25.00	85.00	0.00	21.25	0.00	0	191.25	0.00	191.25
Ají colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.78
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	0.60	18.70	11	4.60	74.80	89.80
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Glutamato mo	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	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1218.40
								%DIST. D	57.60
CENA:	Mazamorra morada + 01 pan								
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	88.70	87.75
azúcar rubia	20.00	100.00	0.00	0.00	19.65	0.00	0	78.64	78.64
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Maíz morado	20.00	100.00	1.46	0.68	15.24	5.84	6.12	60.96	72.92
									338.42
									16.00
			70.18	49.49	347.25				
			280.71	445.38	1389.00				
			13.3	21.1	65.7				
					100.00				2115.10



Lidor M. Gamaza Vega
Nutricionista C.N.P. 3970

Lic. Elizabeth del Rosario Alarcón Caza
NUTRICIONISTA
C.N.P. 3970

sábado, 07 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			HIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Té + 02 panes + atun								
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
Tomate	18.00	82.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Cebolla de ca	30.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									376.61
									17.79
ALMUERZO:	Higado frito , arroz ,ensalada + refresco + fruta								
Higado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.1896	4.66	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pan seco mol	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de ca	40.00	87.00	0.49	0.07	3.93	2	0.63	15.73	18.30
Pimienta mol	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Caminos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
					V.C. ALMUERZO				1099.53
					% DISTR. ALMUERZO				51.93
CENA	Pollo frito , arroz e infusion								
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.288	4.88	6.06
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Aji colorado s	2.00	80.00	0.11	0.12	0.94	0.45	1.12	3.76	5.33
									641.30
									30.29
			89.12	44.16	349.87				
			329.47	397.48	1399.50				
			15.13	18.77	66.09				
					100.00			VCT MEN	2117.44



Lidia W. Ylica Benites
Lidia W. Ylica Benites
 NUTRICIONISTA
 C.N.P. 3979

Lidia W. Ylica Benites
Lidia W. Ylica Benites
 NUTRICIONISTA
 C.N.P. 3979

domingo, 8 de julio de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST.CAL 1
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MEN
DESAYUNO: Cocos con leche + 02 panes + queso									
Cocos	4.00	100.00	0.76	0.88	1.91	3	6.16	7.65	16.84
Leche evapor	70.00	100.00	4.90	5.87	7.83	20	51.00	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
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Pan de libran	60.00	100.00	5.79	0.18	43.08	23	1.62	172.32	190.98
									532.46
									26.14
Almuerzo: Estofado de res, arroz + fruta y refresco									
Carné de res	160.00	87.00	27.80	2.08	0.00	111.19	18.79	0.00	129.98
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	8.75	466.88	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.36	6.05
Arvejas fresca	35.00	82.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	40.00	87.00	0.38	0.05	3.00	2	0.48	12.11	14.10
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.38	3.41	4.40
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Plátano de sa	150.0	86.00	1.94	0.38	27.09	8	3.48	108.36	119.58
								VC DES.	1210.98
								%DIST. D	59.45
CENA: Infusion + 01 pan + mermelada									
Hierbas	8.00	60.00	0.15	0.05	0.34	0.60	0.43	1.34	2.37
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	29.48	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 libran	30.00	100.00	2.88	0.08	21.54	12	0.81	86.16	98.49
								VC DES.	293.81
								%DIST. D	14.41
			70.57	34.59	369.83				
			282.29	311.33	1443.33				
			13.86	15.28	70.89				
					100.00			VCT	2036.95



Lider N. Canaza Vega
ADMINISTRADOR

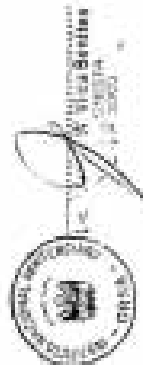
Lic. Bladimir B. Barrantes
NUTRICIONISTA
C.N.P. 3979

lunes, 09 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Semola con vainilla, 02 panes , queso de chanco								
Semola de Tr	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	465.43
								%DIST. D	21.32
Almuerzo:	Revuelto de chuño , arroz , refresco y fruta								
Chuño	80.00	98.00	0.39	0.00	3.84	2	0.00	15.37	16.93
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Huevo de gall	15.00	98.00	1.98	1.23	0.28	8	11.11	1.06	20.11
Cebolla de ca	60.0	80.00	0.50	0.07	4.07	2	0.65	16.27	18.94
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.76	466.80	522.75
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.85	3.19	4.53
Glutamato mo	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.96
Huacatay	8.00	54.00	0.22	0.03	0.35	1	0.31	1.38	2.56
Cilantro	0.50	57.00	0.01	0.00	0.02	0	0.03	0.08	0.15
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1068.84
								%DIST. D	48.96
CENA	Tallarines rojos con carne molida + infusion								
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cal	30.00	57.00	0.24	0.03	1.93	1	0.31	7.73	8.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegeta	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
								648.86	
								%DIST. D	29.72
			60.99	38.51	398.14				
			243.95	346.62	1692.65				
			11.17	15.88	72.95				
					100.00				
								VCT	2183.12

Lider M. Conaza Vega
 NUTRICIONISTA

Lc. Elizabeth del Rosario Alvarado Caza
 NUTRICIONISTA
 C.N.P. 3379



martes, 10 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			IST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Hab	25.00	100.00	6.08	0.48	14.90	24	4.28	59.60	88.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
Jamonada	30.00	100.00	4.71	8.85	0.30	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	198.98
								VC DES.	464.11
								%DIST. D	19.31
Almuerzo:	Guiso de frejol 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
Frijol caballen	80.0	100.00	18.32	1.20	46.64	73.28	10.80	186.56	270.64
Carne de Cerdo	50.0	85.00	8.12	6.42	0.00	24	57.78	0.00	82.24
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de cal	40.00	85.00	0.48	0.07	3.84	2	0.61	15.37	17.88
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	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pepinillo o Pe	70.00	88.00	0.31	0.08	1.60	1	0.55	6.41	8.19
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1254.35
								% DIS ALM.	52.20
CENA:	Arroz chaufa con huevo y hot dog e infusion								
Huevo de gall	25.00	99.00	3.34	2.08	0.45	13	18.71	1.78	33.86
Salchicha *ho	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Glutamato mo	0.50	100.00	0.06	0.00	0.43	0	0.00	1.74	1.98
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	0.75	5.11	6.86
Sillao	4.00	100.00	0.45	0.38	0.04	2	3.48	0.16	5.42
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	684.73
								%DIST. D	28.48
			72.74	57.08	399.61				
			290.98	513.75	1598.46				
			12.11	21.38	68.61				
					100.00			VCT	2403.18



Lider N. Conaza Vega
NUTRICIONISTA
C.R.F. 3925

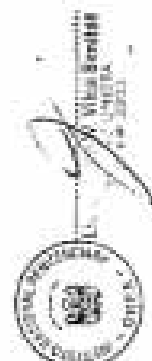
Lic. Elizabeth del Rosario Alamo Choza
NUTRICIONISTA
C.R.F. 3925

miércoles, 11 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + palta								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Palta	30.00	100.00	0.51	3.75	1.68	2	33.75	6.72	42.51
Cebolla de ca	30.00	92.00	0.39	0.06	3.12	2	0.50	12.48	14.52
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Pan de labran	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	529.09
								%DIST. D	24.90
Almuerzo:	Asado de pollo , arroz ,ensalada, + fruta y refresco								
Carné de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	158.13
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ají colorado s	8.00	98.0	0.55	0.61	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Lechuga redó	80.00	92.00	0.96	0.15	1.55	4	1.32	6.18	11.33
Pepinillo o Pe	60.00	82.00	0.25	0.05	1.29	1	0.44	5.12	8.64
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	69.36	70.20
Cebolla de ca	30.00	92.00	0.39	0.06	3.12	2	0.50	12.48	14.52
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Azúcar rubia	25.00	100.0	0.00	0.00	24.78	0	0.00	99.10	99.10
Naranja	150.00	85.00	1.53	0.26	13.90	8.12	2.295	55.59	64.01
								VC ALMU	1258.45
									59.23
CENA:	Infusion + 01 pan + manjar								
Hierbas	5.00	54.00	0.08	0.03	0.19	0.33	0.24	0.76	1.33
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Manjar blanco	25.00	100.00	6.78	12.75	4.23	27	114.75	16.90	158.75
Pan de labran	30.00	100.00	2.86	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	337.21
								%DIST. D	15.67
			73.61	45.23	355.81				
			294.45	407.05	1423.26				
			13.9	19.2	67.0				
					100.00			VCT	2124.75

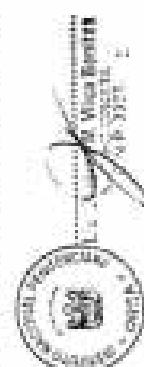
Lider N. Conaza Vega
NUTRICIONISTA
C.N.P. 3979

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979



jueves, 12 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TAL KCAL
DESAYUNO:	Café + 02 panes + camote frito								
Café sin azúca	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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 moren	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Azúcar rubia	25.00	100.00	0.00	0.00	24.78	0	0.00	99.10	99.10
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de labran	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	540.79
								%DIST. D	26.50
ALMUERZO:	Picante a la tacneña, 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	60.00	12.17	2.52	0.72	49	22.68	2.88	74.23
Aceite vegeta	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	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Aji colorado a	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Glutamato mo	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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	1128.65
								%DIS ALM.	55.31
CENA:	Sopa de fideos con menudencia de pollo								
Menudencia c	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	105.66
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	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	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 vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	371.10
								%DIST. D	16.19
			54.42	47.61	348.60				
			217.69	428.45	1394.39				
			10.67	21.00	68.33				
					100.00			VCT	2040.53



Lider N. Fernaza Vega
ALIMENTO Y SALUD

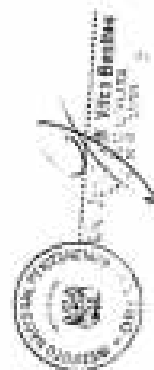
Lic. Elizabeth del Rosario Alvarez Caza
NUTRICIONISTA
C.N.P. 2879

viernes, 13 de julio de 2018

ALIMENTO	gráper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			HST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Soya con piña , pan , mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	93.00	0.11	0.06	2.73	0	0.50	10.94	11.89
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	19.68	0	0.00	78.64	78.64
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	59.16
Pan de labran	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	441.81
								%DIST. D	21.04
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	66.00	39.92	7.21	0.55	150	64.86	2.22	226.75
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Pepinillo o Pe	40.00	72.00	0.14	0.03	0.75	1	0.26	3.00	3.83
Sel	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Aji colorado s	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	3.83
Harina de trigo	25.00	100.00	2.63	0.50	18.70	11	4.50	74.80	89.80
Mandioca	15.00	100.00	0.96	0.06	11.57	4	0.54	46.26	50.64
Glutamato mo	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	1.70	0.29	18.0	7	2.85	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.	1251.39
								%DIST. D	59.61
CENA:	Mazamorra de maizena con leche , pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0.00	0	39.32	39.32
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	80.00	100.00	5.78	0.18	43.08	23.04	1.62	172.32	198.98
Leche evapora	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
									406.22
									19.35
			73.88	33.02	376.68				
			295.52	297.19	1506.72				
			14.1	14	72				
					100.00				2099.43

Lider N. Ormazo Vega
 NUTRICIONISTA
 C. N. P. 2017

Lic. Elizabeth del Rosario Abanto Coya
 NUTRICIONISTA
 C. N. P. 2017



sábado, 14 de julio de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			HIST.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	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									369.45
									15.66

ALMUERZO:	Hiro de zapallo , arroz , fruta y refresco								
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Arroz Pilado c	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
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macre	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Huevo de gall	25.00	99.00	3.34	2.08	0.45	13	18.71	1.78	33.86
Maiz Fresco. e	30.00	80.00	0.79	0.19	6.67	3	1.73	26.69	31.58
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.62
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.78
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Acetite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Cebolla de ca	30.00	98.00	0.41	0.08	3.32	2	0.53	13.29	15.46
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1243.30
								% DIS ALM.	52.69

CENA	Guiso de fideos con pollo , arroz , Infusion								
Carne de Pol	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	96.10
Fideos	40.00	100.00	3.76	0.08	31.28	15	0.72	125.12	140.88
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	20.00	100.00	0.00	0.00	19.88	0	0.00	78.64	78.64
Acetite vegeta	10.00	100.00	0.00	10.00	0.00	0.00	90	0.00	90.00
Anvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Cebolla de ca	20.0	87.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
								VC DES.	747.06
								%DIST. D	31.66
			78.48	38.95	423.84				
			313.93	350.52	1895.36				
			13.3	14.9	71.8				
					100.00		V.C.T. MENU		2359.82

[Firma]
 Lic. M. Gabriela Vega
 NUTRICIONISTA
 C.N.P. 3979

[Firma]
 Lic. Elizabeth del Puerto Santos Coya
 NUTRICIONISTA
 C.N.P. 3979

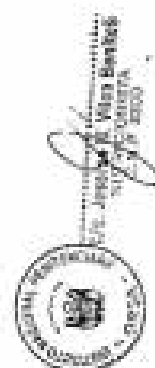


domingo, 15 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			HIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Cocoa con leche , pan , queso								
Cocoa	4.00	100.00	0.78	0.88	1.91	3	8.18	7.65	16.64
Leche evapor	120.00	100.00	8.40	9.72	13.08	34	87.48	52.32	173.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	0.89	34	81.00	3.96	118.56
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
									585.05
									26.95
Almuerzo:	Seco de res ,arroz + fruta y refresco								
Carne de res	160.00	87.00	29.65	2.23	0.00	118.80	20.04	0.00	138.64
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Espinaca neg	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.85
Zanahoria	40.00	62.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	40.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
Plátano de sa	150.0	86.00	1.94	0.39	27.09	8	3.48	108.36	119.58
								VC DES.	1217.98
								%DIST. D	56.10
CENA:	Infusion + 01 pan + margarina								
Herbas	10.00	60.00	0.19	0.06	0.42	0.74	0.54	1.68	2.86
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	29.48	0	0.00	117.96	117.96
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	86.16	98.49
								VC DES.	368.23
								%DIST. D	16.96
			77.17	55.55	340.64				
			308.70	499.98	1362.58				
			14.22	23.03	62.76				
					100.00			VCT	2171.26


 Lic. Elizabeth del Rosario Alvarez Caza
 NUTRICIONISTA
 C.N.P. 3979


 Lider N. Canaza Vega
 Administradora

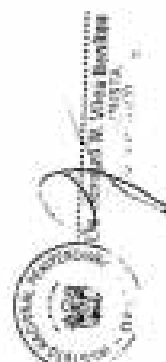


lunes, 16 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Semola con vainilla, 02 panes, queso de chanco								
Sémola de Tr	25.00	100.00	4.88	2.68	13.46	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
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	196.96
								VC DES.	465.43
								%DIST. D	19.61
Almuerzo:	Aguadito de pollo, refresco y fruta								
Carné de Pollo	60.00	85.00	10.51	1.84	0.00	42	16.52	0.00	58.55
Arroz Pilado c	30.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.84	3.94	5.05
Acetate vegeta	5.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Espinaca negr	30.00	97.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Arvejas fresc	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.66
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Cebolla de ca	15.00	67.00	0.38	0.05	3.03	2	0.48	12.11	14.10
Tomate	15.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.78
								VC DES.	1092.09
								%DIST. D	46.01
CENA:	Camote arrebozado, arroz, infusión								
Camote moro	100.00	84.00	1.18	0.25	21.58	5	2.27	86.35	93.32
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8.40	3.6	59.84	71.84
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.85
Acetate vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.65	22	54.00	2.64	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	15.00	98.00	1.98	1.23	0.28	8	11.11	1.06	20.11
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. CENA			816.05
						% DIST. CENA			34.38
	VCT (Gr.)		67.44	51.57	409.91				
	VCT (kcal.)		269.76	464.16	1639.65				
	VCT (%)		11	20	69	V.C.T. MENU			2373.57
					100.00				

Elizabeth M. Vela Bordin
 Lic. M. Vela Bordin
 NUTRICIONISTA
 C.N.P. 2874

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 NUTRICIONISTA
 C.N.P. 2874



martes, 17 de julio de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			ST.CAL % FOR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Maca con cocoa + 02 panes + torreja de tallarin								
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
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
Fideos	30.00	100.00	2.82	0.06	23.46	11	0.54	93.84	105.86
Harina de trigo	20.00	100.00	2.10	0.40	14.98	8	3.60	59.84	71.84
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
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
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
									753.04
									29.23
Almuerzo:	Guiso de lenteja con choncho, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Lentejas	80.00	91.00	16.45	0.73	44.41	68	6.55	177.63	250.00
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Tomate	30.00	99.00	0.24	0.08	1.28	0.95	0.53	5.11	6.50
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redo	60.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Glutamato mic	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.58
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0.00	58.98	58.98
Cebolla de ca	30.00	67.00	2.80	0.04	2.27	11.20	0.36	9.09	20.65
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
								VC DES.	1183.92
								%DIST. D	45.96
CENA	Arroz a la jardinera con salchicha + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.60	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha "ho	30.00	100.00	3.30	10.28	0.30	13	92.61	1.20	107.01
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Fideos	25.00	100.00	2.35	0.05	19.55	9	0.45	78.20	88.05
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	20.00	54.00	0.77	0.06	2.03	3	0.58	8.12	11.77
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									639.26
									24.81
			72.95	53.84	449.95				
			291.82	484.59	1799.82				
			11.33	19	70				
					100.00				VCT MEN 2576.22

Lider N. Panaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Canga
NUTRICIONISTA
C.N.P. 2578



miércoles, 18 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	OR MENU
DESAYUNO:	Cebada con leche + 02 panes + aceituna								
Cebada harina	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Aceitunas de	30.00	92.00	0.22	8.86	2.01	1	79.74	8.06	88.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	557.45
								%DIST. D	26.95
ALMUERZO:	Pollo al sillao, arroz, fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Sillao	7.00	100.00	0.79	0.67	0.07	3	6.05	0.28	9.49
Aceite vegetal	10.0	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de ca	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Cebolla china	15.00	71.00	0.24	0.04	0.80	1	0.38	3.20	4.56
Mandioca	15.00	100.00	0.96	0.06	11.57	4	0.54	46.26	50.64
Pimiento	30.00	90.00	0.41	0.14	2.09	2	1.22	8.32	11.15
Plátano de se	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	79.28	79.28
								VC ALMU	1183.51
									57.21
CENA:	Infusion + 01 pan + margarina								
Hierbas	8.00	86.00	0.16	0.05	0.37	0.65	0.48	1.48	2.61
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
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	86.16	98.49
								VC DES.	327.82
								%DIST. D	15.85
			66.52	49.00	340.42				
			266.09	441.01	1361.68				
			12.86	21.32	65.82				
					100.00			VCT	2068.77



Lider N. Chinoza Vega
 NUTRICIONISTA
 C.N.P. 3970

Lic. Elizabeth del Socorro Alvarado Cordero
 NUTRICIONISTA
 C.N.P. 3970

jueves, 19 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			HST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Café + 02 panes + camote frito									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
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
Camote morado	100.0	96.00	1.34	0.29	24.67	5	2.59	98.69	106.66
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
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	186.98
								VC DES.	518.11
								%DIST. D	24.18

ALMUERZO: Tortilla de verduras , ensalada, arroz , fruta y refresco									
Huevo de gall	25.00	98.00	3.31	2.06	0.44	13	18.62	1.76	33.62
Leche evapora	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Espinaca neg	20.00	97.00	0.54	0.17	0.95	2	1.57	3.80	7.55
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6	2.70	44.88	53.88
Coliflor	80.0	90.00	2.88	0.14	57.17	12	1.30	228.67	241.49
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Tomate	15.00	90.00	0.11	0.03	0.58	0	0.24	2.32	3.00
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79

VC DES. 1275.19

% DIS ALM. 59.51

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	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
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	15.00	100.00	0.18	0.08	1.23	1	0.88	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	6.06
								VC DES.	349.69
								%DIST. D	16.32
			54.09	45.40	379.52				
			216.36	408.56	1518.07				
			10.10	19.07	70.64				
					100.00			VCT	2142.99



Elder N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Coya
NUTRICIONISTA
C.N.P. 3079

viernes, 20 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			HIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Soya con manzana, pan, margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.60	9	14.63	71.20	94.53
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 vej	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	518.97
								%DIST. D	24.42
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 c	150.00	100.00	12.30	0.75	116.70	49	6.76	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	40.00	72.00	0.14	0.03	0.75	1	0.26	3.00	3.83
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.52	3.37
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajil colorado s	2.00	66.00	0.10	0.11	0.80	0	0.95	3.19	4.53
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
Mandioca	20.00	100.00	1.28	0.06	15.42	5	0.72	61.68	67.52
Glutamato mo	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	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1268.05
								%DIST. D	59.66
CENA:	Mazamorra morada + 01 pan								
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	20.00	100.00	0.00	0.00	19.66	0.00	0	78.64	78.64
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Maiz morado	20.00	100.00	1.46	0.88	15.24	5.84	6.12	60.96	72.92
									338.42
									15.92
			71.29	48.21	351.59				
			285.16	433.92	1406.35				
			13.4	20.4	66.2				
					100.00				2125.44

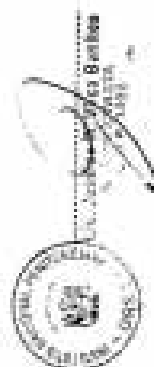
Lider N. Canaza Vega
 ALIMENTOS Y NUTRICION

Lic. Elizabeth del Rosario Alvarado Coya
 NUTRICIONISTA
 C.N.P. 3979



sábado, 21 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
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	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
Pan de labran	60.00	100.0	5.76	0.18	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
									348.10
									16.00
ALMUERZO: Hígado frito , arroz ,ensalada + refresco + fruta									
Hígado de res	120.0	97.00	23.28	5.35	1.16	93.12	48.1896	4.66	145.97
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	20.00	92.00	0.15	0.04	0.79	1	0.33	3.15	4.08
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	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Glutamato mc	0.20	100.00	0.02	0.00	0.17	0.09	0	0.89	0.78
Pan seco mol	20.00	100.00	2.20	0.56	18.50	8.80	5.04	66.00	79.84
Cebolla de ca	30.00	87.00	0.37	0.06	2.95	1	0.47	11.80	13.73
Pimienta mol	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.00	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
					V.C. ALMUERZO				1113.87
					% DISTR. ALMUERZO				51.21
CENA Pollo a la mostaza , arroz e infusion									
Arroz Pilado c	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.288	4.86	6.05
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cal	15.00	85.00	0.18	0.03	1.44	0.71	0.23	5.76	6.71
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	0.00	78.64	78.64
Aji colorado s	2.00	80.00	0.11	0.12	0.94	0.45	1.12	3.76	5.33
									713.33
									32.79
			79.33	55.39	339.86				
			317.33	498.62	1359.45				
			14.59	22.92	62.49				
					100.00				VCT MEN 2175.30

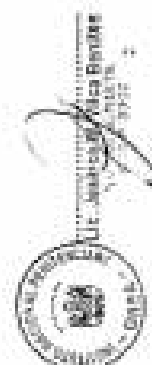


Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3979

domingo, 22 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			HST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cocoa con leche , pan , queso								
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
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	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									532.46
									26.60
Almuerzo:	Estofado de res , arroz , refresco y fruta								
Carne de res	180.00	87.00	29.85	2.23	0.00	118.60	20.04	0.00	138.64
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Tomate	20.00	89.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	4.00	60.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
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
Vinagre	8.00	100.00	0.00	0.06	0.40	0	0.72	1.60	2.32
Aji colorado e	3.00	52.00	0.11	0.12	0.92	0	1.10	3.66	5.19
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
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	2.80	0.04	2.27	11	0.36	9.09	20.65
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
Plátano de se	150.0	82.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									VC Alm 1230.37
									% Dist 61.46
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	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
									VC DES. 238.96
									%DIST. D 11.94
			74.64	34.95	347.17				
			298.54	314.58	1388.66				
			14.9	15.7	69.4				
					100.00			VCT	2001.79



Lider N. Gmaza Vega
 Lic. Gmaza Vega
 NUTRICIONISTA
 C.N.P. 3075

Lic. Elvira G. del Rosario Alvarez Caza
 NUTRICIONISTA
 C.N.P. 3075

lunes, 23 de julio de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla, 02 panes , queso de chancho									
Sémola de Tri	25.00	100.00	4.68	2.68	13.45	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
								VC DES.	465.43
								%DIST. D	21.15
ALMUERZO: Chanfainita , arroz , refresco y fruta									
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de 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
Aji colorado s	4.00	68.00	0.19	0.21	1.80	1	1.91	6.39	9.06
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.85
Vinagre	6.00	100.00	0.00	0.06	0.30	0	0.54	1.20	1.74
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								V.C. ALMUERZO	1151.30
								% DISTR. ALMUERZO	52.31
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	30.00	57.00	0.24	0.03	1.93	1	0.31	7.73	8.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceite vegeta	10.00	100.0	0.00	10.00	0.00	0	90.00	0.00	90.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.68	0.00	0	78.64	78.64
									584.20
								%DIST. D	26.54
			78.44	37.90	386.51				
			313.76	341.11	1546.05				
			14.26	15.50	70.25				
					100.00				
								VCT	2200.92

Lider N. Amaza Vega
 Asesoría en DOR

Lic. Elizabeth del Rosario Alamo Coya
 NUTRICIONISTA
 C.N.P. 2579



martes, 24 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			IST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Habas	25.00	100.00	6.08	0.48	14.90	24	4.28	59.60	88.16
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	20.00	100.0	0.00	0.00	19.68	0	0.00	78.64	78.64
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	464.11
								%DIST. D	20.00
Almuerzo:	Guiso de arvejita con huevo frito, arroz, ensalada, fruta y refresco								
Huevo de gall	55.00	98.00	7.94	4.94	1.08	31.75	44.4528	4.23	80.44
Arvejita parid	80.0	100.00	17.28	0.88	51.52	69	7.92	206.08	283.12
Arroz Pilado c	150.0	100.00	12.30	0.75	118.70	49.20	6.75	466.80	522.75
sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
Tomate	30.00	99.00	0.24	0.06	1.28	0.95	0.53	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	60.00	0.62	0.10	1.01	2	0.88	4.03	7.39
Glutamato na	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0.00	0.00	58.98	58.98
Cebolla de ca	30.00	67.00	2.80	0.04	2.27	11.20	0.36	9.09	20.65
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
								VC DES.	1216.93
								%DIST. D	52.45
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	4.00	80.00	0.18	0.03	0.97	0.72	0.2304	3.89	4.84
Carne de Pol	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.36
Sal	8.00	100.00	0.10	0.04	0.65	0.39	0.36	2.62	3.37
Aceite vegeta	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	1.13	0.36	9.09	10.57
Arvejas fresco	20.00	54.00	0.77	0.06	2.03	3	0.58	8.12	11.77
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Azúcar rubia	20.00	100.00	0.00	0.00	19.68	0	0.00	78.64	78.64
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									639.03
									27.54
			84.48	40.23	405.03				
			337.90	362.04	1620.13				
			14.56	15.60	69.83				
					100.00			VCT MEN	2320.07

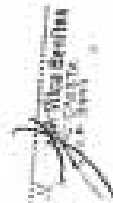
Lider N. Gonzaga Vega
LIDER N. GONZAGA VEGA
C. N. P. 30/1

Lider N. Gonzaga Vega
LIDER N. GONZAGA VEGA
C. N. P. 30/1



miércoles, 25 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			HST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Cebada con leche + 02 panes + palta								
Cebada harin	25.00	100.00	4.70	0.58	16.85	19	5.18	67.40	91.38
Leche evapora	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
Palta	30	100.00	0.51	3.75	1.68	2	33.75	6.72	42.61
Cebolla de ca	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	521.62
								%DIST. D	24.69
Almuerzo:	Pollo broster, ensalada, arroz , fruta y refresco								
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	180.0	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta molli	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
Mandioca	15.00	100.00	0.96	0.06	11.57	4	0.54	46.26	50.64
Harina de trigo	25.00	100.00	2.63	0.50	19.70	11	4.50	74.80	89.80
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
Plátano de se	150.0	66.00	1.94	0.38	27.09	8	3.48	108.36	119.58
								VC DES.	1283.98
								%DIST. D	60.77
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	20.00	100.00	5.42	10.20	3.38	23	91.80	13.52	127.00
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	307.39
								%DIST. D	14.55
			73.79	42.51	358.82				
			295.15	382.57	1436.27				
			13.97	18.11	67.93				
					100.00			VCT	2112.99


 Lidia N. Canaza Vega
 ADMINISTRADORA
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 ADMINISTRADORA
 C.M.P. 3579

jueves, 26 de julio de 2018

ALIMENTO	gr/per (g)	comestible (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			HIST.CAL %
						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	0.30	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
Camote mora	100.0	68.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.86
								VC DES.	486.81
								%DIST. D	24.24
ALMUERZO:	Locro de papa, arroz, fruta y refresco								
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Carne de res	80.00	70.00	11.93	0.90	0.00	47.71	6.06	0.00	55.78
Mondongo de	100.0	60.00	10.14	2.10	0.60	41	18.90	2.40	61.86
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	12.40	100.00	0.15	0.06	1.02	1	0.56	4.07	5.22
Aji verde (2)	5.00	67.00	0.08	0.03	0.42	0	0.24	1.66	2.24
Papa blanca	280.0	82.00	5.41	0.26	57.44	22	2.32	229.78	253.74
Cebolla de ca	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.08
Hierba buena	1.00	64.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Glutamato mo	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Tomate	25.00	99.00	0.20	0.05	1.06	1	0.45	4.26	5.49
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
								VC DES.	1163.68
								%DIS ALM.	57.95
CENA:	Sopa de semola con menudencia de pollo								
Menudencia d	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Sémola de Tr	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
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
Oregano 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	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
								VC DES.	357.64
								%DIST. D	17.81
			68.01	48.98	323.82				
			272.06	440.79	1295.29				
			13.5	22.0	64.5				
					100.00			VCT	2008.13



[Signature]
 Lic. M. Teresa Vega
 Nutricionista
 C.N.P. 3079

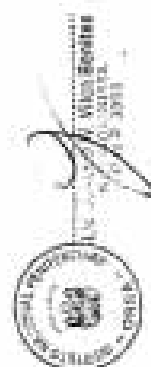
[Signature]
 Lic. Elizabeth del Rosario Alvarez Caza
 Nutricionista
 C.N.P. 3079

viernes, 27 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Soya con piña , pan , mermelada								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	93.00	0.11	0.08	2.73	0	0.50	10.94	11.89
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	19.68	0	0.00	78.64	78.64
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	441.81
								%DIST. D	20.68
Almuerzo:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	280.00	77.00	46.57	8.41	0.65	186	75.68	2.59	264.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	20.00	90.00	0.14	0.04	0.77	1	0.32	3.10	4.00
Pepinillo o Pe	50.00	72.00	0.18	0.04	0.94	1	0.32	3.74	4.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Mandioca	25.00	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Aceite vegeta	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6	2.70	44.88	53.88
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Glutamato mo	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	20.00	100.0	0.00	0.00	19.62	0	0.00	79.28	79.28
								VC DES.	1288.50
								%DIST. D	60.31
CENA:	Mazamorra de maizena con leche , pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	136.72	140.40
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0.00	0	39.32	39.32
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	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Leche evapora	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
									406.22
									19.01
			80.21	34.02	377.37				
			320.83	306.21	1509.50				
			15.0	14	71				
					100.00				2136.54

Elder N. Canaza Vega
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Lin. Elizabeth del Rosario Alvarez Coya
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sábado, 28 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	OR 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	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
Pan de libran	60.00	100.0	5.78	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
									349.79
									15.79
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapora	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado d	150.0	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macra	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco,	30.00	80.00	0.78	0.19	6.67	3	1.73	26.69	31.58
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	20.00	98.00	0.27	0.04	2.21	1	0.35	8.86	10.31
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
									VC DES. 1213.98
									% DIS ALM 54.80
CENA: Pollo encebollado , arroz e infusion									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.0	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	15.00	90.00	0.11	0.03	0.58	0	0.24	2.32	3.00
Cebolla de cal	20.00	75.0	0.21	0.03	1.70	1	0.27	6.78	7.89
Glutamato mo	0.30	100.00	0.03	0.00	0.26	0	0.00	1.04	1.17
Ají colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
									651.35
									29.40
			70.34	44.78	382.67				
			281.37	403.06	1538.70				
			12.79	18.20	69.10				
					100.00				VCT MEN 2215.12

Lider N. Canaza Vega
ADMINISTRADOR

Luz Elizabeth del Rosario Alvarez Coya
NUTRICIONISTA
C.N.P. 2870



domingo, 29 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	1000 MENU
DESAYUNO: Cocoa con leche , pan , queso									
Cocoa	4.00	100.00	0.76	0.68	1.91	3	6.16	7.65	16.84
Leche evapor	120.00	100.00	8.40	9.72	13.08	34	87.48	52.32	173.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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	0.98	34	81.00	3.96	118.56
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
									624.37
									29.31
ALMUERZO: Asado de cerdo , arroz ,ensalada + fruta y refresco									
Carne de Cerdo	160.00	92.00	21.20	22.23	0.00	85	200.04	0.00	284.83
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.50	100.00	0.15	0.06	1.03	1	0.56	4.10	5.26
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0	0.00	0.69	0.78
Pimienta mol	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Cominos	0.3	100	0.01	0.00	0.24	0	0.01	0.95	1.01
Mandioca	10.00	100.00	0.64	0.04	7.71	3	0.36	30.84	33.76
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Perejil	2.80	50.00	0.07	0.01	0.09	0	0.09	0.36	0.72
Cebolla de ca	30.0	85.00	0.36	0.06	2.88	1	0.46	11.53	13.41
Tomate	15	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									1157.40
									54.33
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	60.00	0.19	0.06	0.42	0.74	0.54	1.58	2.98
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	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Margarina vej	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	348.57
								%DIST. D	16.36
			63.26	74.64	301.39				
			253.03	671.75	1205.55				
			11.88	31.53	56.59				
					100.00			VCT	2130.33



Lidia M. Cárdenas Vega
 Lic. Lidia M. Cárdenas Vega
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Lunes, 30 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			IST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Sémola con vainilla, 02 panes , queso de chancho									
Sémola de Tr	25.00	100.00	4.88	2.68	13.45	20	24.08	53.80	97.38
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
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.	465.43
								%DIST. D	18.52
ALMUERZO: Revuelto de fideos , arroz, fruta y refresco									
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.78
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado d	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	28.81
Tomate	15.00	79.00	0.09	0.02	0.51	0	0.21	2.04	2.63
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.48	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	15.00	87.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Arvejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1321.04
								%DIST. D	52.56
CENA: Higado frito , arroz + infusion									
Higado de res	80.0	82.00	13.12	3.02	0.66	82.48	27.1584	2.62	82.26
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
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
Glutamato mo	0.20	100.00	0.02	0.00	0.17	0.09	0	0.69	0.78
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	48.50	59.88
Pimienta mol	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	726.79
								% DIS ALM.	28.92
			70.58	47.44	458.96				
			282.32	427.00	1803.84				
			11.2	17.0	71.8				
					100.00				
								VCT	2513.16

Lider N. Comaza Vega
 Lider N. Comaza Vega
 Nutricionista y Diet. C.N.P. 3875

Lic. Elizabeth del Rosario Alvarado Caza
 Lic. Elizabeth del Rosario Alvarado Caza
 Nutricionista
 C.N.P. 3875

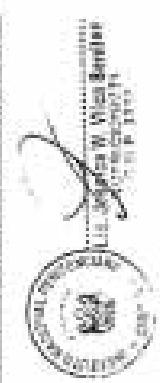


martes, 31 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			IST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Maca con cocoa + 02 panes + torreja de tallarin								
Maca	25.00	100.00	2.28	0.25	17.95	9	2.25	71.80	63.15
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
Fideos	30.00	100.00	2.82	0.06	23.48	11	0.54	93.84	105.66
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	20.00	100.00	0.00	0.00	19.82	0	0.00	79.28	79.28
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Aceite vegeta	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
									727.86
									29.89
Almuerzo:	Frejol a la chilena con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.78	0.00	82.24
Frijol caballer	80.0	100.00	18.32	1.20	46.64	73.28	10.80	198.56	270.84
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
sal	8.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Aceite vegeta	15.00	80.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
Tomate	20.00	99.00	0.16	0.04	0.85	0.63	0.36	3.41	4.40
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga rojo	60.00	50.00	0.39	0.06	0.83	1.58	0.54	2.52	4.62
Fideos	30.00	100.00	2.82	0.06	23.48	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 mo	0.30	68.00	0.02	0.00	0.18	0.09	0.00	0.71	0.80
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0.00	78.64	78.64
Cebolla de ca	30.00	67.00	2.80	0.04	2.27	11.20	0.36	9.09	20.65
Aji colorado s	3.00	52.00	0.11	0.12	0.82	0.44	1.10	3.66	5.19
Plátano de sa	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
								VC DES.	1337.44
								%DIST. D	54.82
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia d	80.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.97
Arroz Pilado c	30.00	100.00	2.46	0.15	23.34	10	1.35	93.36	104.55
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Para	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	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 vegeta	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	369.99
								%DIST. D	15.19
			77.30	53.18	411.87				
			309.22	478.58	1647.49				
			12.70	19.85	67.65				
					100.00			VCT	2435.29

Lider N. Gonzales Vega
 Nutricionista
 C. N. P. 3500

Lic. Elizabeth del Rosario Alvarado Cepeda
 Nutricionista
 C. N. P. 3500



MENU DE PERSONAL MUJERES AREQUIPA - JULIO 2018			
FECHA	DESAYUNO	ALMUERZO	CENA
01-02 JULIO	Guiso de fideos + arroz + 01 pan + té	Sopa de chochoca+ Escabeche de pollo arequipeño, camote + refresco + fruta	Pollo frito + arroz + ensalada + infusión
03-04-05 JULIO	Caldo blanco con pollo , Café + 01 pan	Aguadito de pollo ,Atomatada de res, arroz y refresco + fruta	Revuelto de verduras con arroz + infusión
06-07-08 JULIO	Hiro de zapallo con huevo frito + arroz + Té y 01 pan	Cazuela de pollo + Locro de pecho + arroz +refresco + fruta	Matasquita de carne, arroz + infusión
09-10-11 JULIO	Salpicon de pollo + papa sancochada + café + 01 pan	Sopa Juliana +Pescado frito + arroz + ensalada + refresco + fruta	Pollo broaster + arroz + ensalada+infusion
12-13-14 JULIO	Zarza de cabeza,papa + café + 01 pan	Menestron + Pollo a la pña,arroz + refresco + fruta	Saltado de acelga con res + arroz + infusion
15-16-17 JULIO	Saltado de atun, arroz + té + pan	Cazuela de fideos ,Frijoles con seco de res , arroz , refresco + fruta	Torrijas de verduras+ arroz+ infusion
18-19- 20 JULIO	Ubre arebosada+ arroz + ensalada+ té + 01 pan	Sopa de pollo + Picaneta de trigo con res + arroz+ refresco + fruta	Pollo encebollado + arroz + infusion
21-22-23 JULIO	Revuelto de chuño,arroz + té+ pan	Papa a la Huancaína + Arroz con pollo + ensalada+ refresco + fruta	Sopa a la minuta con res + infusion
24-25-26 JULIO	Cau cau de panicha + arroz + café + 01 pan	Crema de verduras + pollo al sillao + arroz + refresco + fruta	Papa arebozada +arroz+ensalada+ infusion
27-28-29 JULIO	Caldo de gallina + té + 01 pan	Pastel de papa + Chichamon de chancha + arroz + zarza + refresco + fruta	Arroz amarillo con carne picada + ensalada + infusion
30-31 JULIO	Olluquito con charqui ,arroz + té + 01 pan	Mazamorra de chuño + Estofado de res,arroz + refresco + fruta	Sopa de pollo + infusion


Lidar N. Canaza Vega
 ADMINISTRADORA


Lic. Elizabeth del Rosario Alamo Caza
 NUTRICIONISTA
 C.R.P. 2575




Lic. Jorge W. Vera Benites
 NUTRICIONISTA
 C.R.P. 2575

04 - 02 July

ALIMENTO	g/grm	convertible %	PROT An (g)	GRASA (g)	CHO (g)	ANÁLISIS DE NUTRIENTES			TOTAL, kcal
						PROT	GRASAS	CHO	
DESAYUNO: Guiso de fideos con res, arroz + fe y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Azúcar rubia	30.00	100.00	0.00	0.00	29.40	0.00	0	117.00	117.00
Pan de latón	80.0	100.00	2.88	0.00	21.54	11.43	0.81	85.18	99.49
Fideos	80.00	100.00	7.52	0.14	62.56	30.08	1.44	260.24	291.78
Arroz Pilado c	80.00	100.00	7.38	0.49	70.02	28.52	4.05	280.08	313.55
Ajos	0.50	80.00	0.02	0.00	0.12	0.09	0.03	0.49	0.68
Acelite 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	0.10	22.30	8.40	0.90	89.20	98.5
Carné de res	80.00	85.00	14.48	1.09	0.00	57.94	9.75	0.00	67.73
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.59	0.18	4.54	5.29
Sal	8.00	100.0	0.10	0.04	0.68	0.38	0.36	2.63	3.37
Perejil	3.20	100.00	0.15	0.02	0.21	0.01	0.20	0.83	1.05
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	4.60	0.87	12.10	17.65
Zanahoria	30.00	79.00	0.14	0.12	2.18	0.87	1.07	8.73	10.36
Aj colorado s	0.00	68.00	0.03	0.03	0.24	0.11	0.29	0.66	1.36
						V.C. DESAYUNO			1100.40
						% DIST. DESAYUNO			33.94
ALMUERZO: Sopa de choclos+ Escabeche de pollo + la linfa, arroz + refresco + fruta									
Carné de res	50.0	80.00	10.22	0.77	0.00	40.90	6.90	0.00	47.81
Choclos de	50.00	100.00	0.35	0.00	3.43	1.40	0	13.72	15.12
Zapallo maco	40.00	47.00	0.13	0.04	1.20	0.53	0.34	4.81	5.68
Ajoe	4.10	75.00	0.02	0.01	0.15	0.09	0.00	0.89	0.73
Pera	2.00	66.00	0.04	0.01	0.10	0.14	0.10	0.40	0.64
Papa blanca	100.00	62.00	1.72	0.08	18.29	6.89	0.74	73.14	80.77
Zanahoria	20.00	79.00	0.09	0.08	1.45	0.38	0.71	5.81	8.99
Herbas frescas	25.00	35.00	0.99	0.07	2.27	3.98	0.63	9.07	13.85
Carné de Pol	100.00	70.00	23.07	4.03	0.00	60.26	36.26	0.00	136.58
Ajos	5.00	80.00	0.22	0.03	1.22	0.90	0.29	4.88	6.09
Sal	8.00	100.00	0.10	0.04	0.68	0.38	0.36	2.63	3.37
Aj verde (2)	0.00	67.00	0.15	0.03	0.75	0.60	0.43	2.88	4.20
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49.20	6.76	488.88	622.15
Cebolla de cal	40.00	67.00	0.38	0.03	3.03	1.30	0.48	12.11	14.10
Aj colorado s	1.00	68.00	0.05	0.05	0.40	0.19	0.48	1.68	2.26
Acelite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Orégano seco	0.50	94.00	0.01	0.00	0.05	0.03	0.05	0.31	0.36
Glutamato m	0.20	100.00	0.03	0.00	0.26	0.13	0.06	1.04	1.17
Vinagre	8.00	100.00	0.00	0.08	0.40	0.00	0.72	1.68	2.30
Clemente mora	150.00	84.00	1.76	0.38	32.38	7.06	3.40	136.53	138.69
Cebada con c	10.00	100.00	0.88	0.18	7.66	2.78	1.62	30.64	35.02
Azúcar rubia	30.00	100.00	0.00	0.00	29.40	0.00	0.00	117.00	117.00
Limón	10.00	100.00	0.05	0.02	0.67	0.28	0.18	3.09	4.26
Papaya	150.0	95.00	0.57	0.14	11.69	3.28	1.28	46.74	50.37
						V.C. ALMUERZO			1338.72
						% DIST. ALMUERZO			41.00
CENA: Pollo frito , arroz, ensalada + infusión.									
Carné de Pol	100.0	70.00	14.42	2.52	0.00	57.68	22.68	0.00	89.36
Arroz Pilado c	80.00	100.00	7.38	0.49	70.02	28.52	4.05	280.08	313.05
Papa blanca	100.0	85.00	1.79	0.09	18.95	7.14	0.77	75.83	83.73
Ajos	2.00	80.00	0.08	0.01	0.49	0.36	0.1152	1.95	2.43
Sal	7.00	100.00	0.08	0.04	0.57	0.34	0.315	3.30	3.95
Acelite vegetal	20.00	100.00	0.00	20.00	0.00	0.0	180.00	0.00	180.00
Cebolla de ca	25.00	87.00	0.29	0.03	1.89	0.94	0.3015	7.57	8.81
Tomate	25.00	99.00	0.20	0.05	1.00	0.70	0.4455	4.28	5.49
Perejil	4.00	60.00	0.10	0.01	0.13	0.06	0.126	0.52	1.05
Aj colorado s	0.40	68.00	0.02	0.02	0.16	0.08	0.19084	0.64	0.81
Herbas	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.33	0.53
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
						V.C. CENA			818.43
						% DIST. CENA			25.66
	VCT (Gr.)		113.39	87.30	573.86				
	VCT (kcal)		482.55	618.88	3295.2				
	VCT (%)		14	16	70				
						V.C.T. MENU			3365.89



Lic. Elizabeth del Rosario Flores Corpas
FUTUROLOGISTA
C.M.P. 3079

[Signature]
Lider M. Canaza Vega
Presidente del Comité

03-94-05 JULIO

ALIMENTO	grajos (g)	energía %	PROT An (g)	GRASA (g)	CHO (g)	ANÁLISIS DE COMPONENTES			TOTAL (g)
						PROT	GRASAS	CHO	
DESAYUNO: Café blanco con leche, Café y pan									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0.04	0.00	0.01	0.10
Accesorios	25.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	00.00
Pan de Miel y leche	30.00	100.00	2.88	0.00	21.5	11.50	0.01	88.50	90.49
Café de Palo Enlatado	100.00	70.00	10.42	0.50	0.00	57.60	22.80	0.00	80.40
Arroz Pardo o pulido	30.00	100.00	2.40	0.10	23.14	0.04	1.30	93.30	104.64
Arroz vegetal	15.00	100.00	0.00	15.00	0.00	0.00	100.00	0.00	130.00
Arroz	5.00	75.00	0.03	0.04	0.10	0.11	0.07	0.72	0.89
Papa	5.00	88.00	0.00	0.00	0.20	0.00	0.20	1.00	1.00
Nube	5.00	80.00	0.02	0.01	0.10	0.00	0.04	0.40	0.67
Coronito (pago)	10.00	80.00	0.80	0.02	0.11	10.37	7.40	32.40	50.27
Papa blanca	100.00	80.00	1.70	0.04	10.39	4.60	0.74	70.14	80.77
Papa blanca	60.00	70.00	0.40	0.11	22.61	1.70	1.00	80.03	90.83
Chile blanco	30.00	90.00	0.14	0.00	1.30	0.04	0.00	0.20	0.03
Presente entera	1	100	0.00	0.00	0.04	0.04	0.70	2.54	3.40
Sal	10.00	100.00	0.10	0.00	0.04	0.04	0.04	0.04	0.04
Chile de cabra (2)	30.00	87.00	0.10	0.00	1.01	0.70	0.04	0.00	7.00
Arroz	3.00	80.00	0.00	0.01	0.40	0.00	0.10	1.00	2.40
Verdura (arroz)	5.00	80.00	0.10	0.00	0.00	0.77	0.00	1.04	2.00
V.C. DESAYUNO									707.81
% DIST. DESAYUNO									34.21
ALMUERZO: Aguadito de pollo, Atomizada de res, arroz y refresco + fruta									
Café de Palo Enlatado	60.00	70.00	0.27	1.00	0.00	17	14.00	0.00	57.00
Arroz	4.00	70.00	0.00	0.01	0.14	0	0.00	0.00	0.71
Papa	2.00	80.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Nube	3.00	80.00	0.01	0.00	0.00	0	0.00	0.00	0.00
Arroz Pardo o pulido	30.0	100.00	2.40	0.10	23.14	10	1.30	93.30	104.64
Zoncheta	20	70.00	0.00	0.00	0.40	0	0.71	3.81	0.90
Papa blanca	50.0	80.00	0.97	0.00	10.39	4	0.41	41.00	46.31
Coronito	10.00	80.00	0.20	0.11	0.60	1	1.00	2.00	4.00
Espresso negro	10.00	80.00	0.41	0.10	0.71	2	1.10	2.00	5.00
Arroz Pardo (4)	10.00	84.00	0.30	0.00	0.80	1	0.00	4.00	5.00
Sal	3.00	100.00	0.00	0.00	0.00	0	0.14	0.00	1.00
Arroz	2.00	80.00	0.00	0.01	0.40	0	0.10	1.00	2.40
Presente	20.00	80.00	0.27	0.10	1.00	1	1.10	7.00	10.20
Arroz vegetal	10.00	100.00	0.00	10.00	0.00	0	10.00	0.00	90.00
Chile de cabra (2)	30.00	87.00	0.10	0.04	2.27	1	0.00	0.00	10.00
Al Arroz (2) (4)	3.00	80.00	0.00	0.00	0.10	0	0.10	0.71	0.80
Café de res	100.0	85.00	20.11	0.04	0.00	40.00	0.70	400.00	522.70
Arroz Pardo o pulido	100.00	100.00	12.00	0.70	110.70	10.71	1.10	110.70	120.00
Papa blanca	100.00	85.00	2.60	0.10	20.40	0.07	0.20	3.00	4.40
Arroz	3.00	80.00	0.17	0.00	0.40	0.00	10.00	0.00	100.00
Arroz vegetal	20.00	100.00	0.00	20.00	0.00	0.00	0.00	0.00	7.00
Sal	10.00	100.00	0.20	0.00	0.40	0.00	1.40	4.00	6.00
Al coronito seco, al	3.00	80.00	0.14	0.10	0.20	0.10	0.00	3.00	3.30
Coronito	1	100	0.04	0.00	0.70	0.00	0.00	3.00	4.00
Trinche	20.00	80.00	0.14	0.04	0.77	0.47	0.00	7.00	8.00
Zoncheta	20.00	70.00	0.10	0.10	1.00	0.04	0.70	2.04	1.00
Presente molida	1	100	0.00	0.00	0.04	2.70	1.00	30.04	30.00
Chile con cilantro	10.00	100.00	0.00	0.10	7.00	0.00	0.00	1.00	1.00
Arroz	4.00	100.00	0.00	0.01	0.10	0.00	0.00	70.04	70.04
Arroz pardo	20.00	100.00	0.00	0.00	10.00	0.00	0.70	110.00	120.00
Presente de res	100.0	80.00	2.07	0.41	20.00	0.00	0.00	0.00	0.00
V.C. ALMUERZO									1401.62
% DIST. ALMUERZO									45.88
CENA: Revuelto de verdura con arroz + infusion									
Arroz (2)	50.00	81.00	1.00	0.14	3.00	4.37	1.20	14.70	20.00
Zoncheta	40.00	70.00	0.10	0.10	2.01	0.70	1.40	11.00	13.00
Queso para	10.00	100.00	4.20	4.50	0.50	10.00	40.00	1.00	50.00
Leche evaporada	20.00	100.00	1.40	1.00	2.10	5.00	14.00	0.70	20.00
Papa de res, etc.	10.00	90.00	1.00	1.00	0.20	7.04	11.11	1.00	20.11
Chile de res, etc.	60.00	80.00	0.00	0.00	4.54	2.00	0.70	10.11	21.10
Papa blanca	100.0	80.00	1.70	0.00	10.39	0.00	0.70	70.14	80.77
Arroz Pardo o pulido	60.0	100.00	7.00	0.40	70.00	20.00	4.00	200.00	210.00
Arroz	0.00	80.00	0.00	0.00	1.00	1.00	0.40	7.00	0.00
Arroz vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	200.00
Presente	4.00	80.00	0.10	0.01	0.10	0.00	0.10	0.00	1.00
Trinche	20.00	80.00	0.10	0.00	0.70	0.00	0.00	3.00	3.00
Sal	10.00	100.00	0.20	0.00	1.00	0.00	0.00	0.00	7.00
Arroz	0.00	80.00	0.10	0.00	0.20	0.00	0.00	0.00	1.00
Arroz pardo	20.00	100.00	0.00	0.00	20.00	0.00	0.00	0.00	0.00
V.C. CENA									800.00
% DIST. CENA									25.00
V.C.T. MENU									3169.20



Lic. W. Pina Benites
NUTRICIONISTA
C.A.R. 3979

Lider N. Cenaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado
NUTRICIONISTA
C.A.R. 3979

05-07-08 JULIO

ALIMENTO	g/100g	convertible %	PROT An (g)	GRASA (g)	CHO (g)	en transformación al 100%			energía (Kcal)
						PROT	GRASAS	CHO	
DESAYUNO: Hing de papallo con huevo frito + arroz + Té y 91 pas									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Crema de clar	0.00	54.00	0.00	0.00	0.01	0.00	0.0000000	0.00	0.00
Crema entera	0.00	54.00	0.01	0.00	0.00	0.00	0.0000000	0.00	0.00
Arroz rubia	20.00	100.00	0.00	0.00	10.00	0.00	0	10.00	70.00
Pan de saliente o frito	20.00	100.00	2.00	0.00	20.00	11.00	0.00	10.00	60.00
Leche evaporada	10.00	100.00	1.00	1.00	1.00	4.00	10.00	0.00	20.00
Queso parmesano	20.00	100.00	5.00	0.00	0.00	20.00	0	0.00	70.00
Huevo de gallina en	60.00	90.00	7.00	4.00	1.00	31.00	40.00	4.00	80.00
Papallo molido	200.00	47.00	0.00	0.10	0.00	0.00	1.000	20.00	20.00
Al amarillo (2) (g)	2.00	60.00	0.01	0.01	0.00	0.00	0.0000000	0.00	0.00
Arroz Pilado o pulido	20.00	100.00	7.00	0.00	20.00	20.00	0.00	20.00	210.00
Papa blanca	60.00	60.00	1.00	0.00	10.00	0.00	0.0000000	0.00	60.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mani fresco, crudo	40.00	60.00	0.00	0.10	0.00	0.00	1.000	0.00	40.00
Margarina	1.00	54.00	0.00	0.01	0.00	0.00	0.0000000	0.00	0.00
Huevo fresco	20.00	20.00	1.00	0.10	0.00	0.00	0.0000000	0.00	20.00
Arroz	3.00	90.00	0.10	0.00	0.00	0.00	0.0000000	0.00	0.00
						V.C. DESAYUNO			300.00
						% DIST. DESAYUNO			13.00



Dr. J. Víctor W. Vilca Berrios
NUTRICIONISTA
C.N.R. 3070

ALMUERZO: Casado de pollo + Crema de papallo + arroz + frezosa + fruta									
Crema de Papallo fresco	60.00	70.00	1.00	0.00	0.00	3.00	10.00	0.00	50.00
Arroz	4.00	70.00	0.00	0.01	0.10	0	0.00	0.00	0.00
Papa	2.00	60.00	0.00	0.01	0.10	0	0.00	0.00	0.00
Nabo	2.00	60.00	0.01	0.00	0.00	0	0.00	0.00	0.00
Arroz Pilado o pulido	20.00	100.00	2.00	0.00	20.00	20.00	0.00	20.00	100.00
Crema de papallo	20.00	70.00	0.00	0.00	1.00	0	0.00	0.00	0.00
Papa blanca	20.00	60.00	0.00	0.00	10.00	0	0.00	0.00	0.00
Frijoles	30.00	100.00	2.00	0.00	20.00	20.00	0.00	20.00	100.00
Sal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Arroz	0.00	90.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Crema de papallo (2)	30.00	60.00	0.00	0.00	2.00	0	0.00	0.00	0.00
Al Amarillo (2) (g)	3.00	60.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Crema de res pollo	100.00	70.00	20.00	1.00	0.00	20	10.00	0.00	110.00
Arroz Pilado o pulido	100.00	100.00	10.00	0.00	10.00	40	0.00	40.00	100.00
Arroz	0.00	90.00	0.10	0.00	0.00	0	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Papa blanca	200.00	60.00	0.00	0.00	20.00	20	0.00	20.00	100.00
Al comado seco, en	0.00	60.00	0.00	0.00	1.00	0	0.00	0.00	0.00
Cominos	1	60.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Crema de papallo (2)	30.00	60.00	0.00	0.00	2.00	0	0.00	0.00	0.00
Tomate	30.00	60.00	0.00	0.00	1.00	0	0.00	0.00	0.00
Crema de papallo	1	60.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Crema de papallo	6.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Leche	4.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Arroz rubia	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Margarina	100.00	60.00	0.00	0.00	10.00	0	0.00	0.00	0.00
V.C. ALMUERZO									1000.00
% DIST. ALMUERZO									40.00

CEÑA: Motezquita de res, arroz, infusion									
Arroz Pilado o pulido	20.00	100.00	7.00	0.00	20.00	20.00	0.00	20.00	110.00
Arroz	1.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crema con queso	100.00	70.00	0.00	0.00	20.00	0.00	0.00	20.00	100.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crema de papallo	1.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa blanca	100.00	60.00	1.00	0.00	10.00	0.00	0.00	0.00	0.00
Crema de papallo (2)	30.00	60.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crema de papallo	10.00	70.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00
Arroz fresco (2)	20.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Al comado seco, en	1.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Frijoles	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz rubia	30.00	100.00	0.00	0.00	20.00	0.00	0.00	0.00	0.00
V.C. CEÑA									1000.00
% DIST. CEÑA									40.00
V.C. TOTAL									3000.00
% DIST. TOTAL									100.00

Dr. J. Víctor W. Vilca Berrios
NUTRICIONISTA
C.N.R. 3070

Dr. J. Víctor W. Vilca Berrios
NUTRICIONISTA
C.N.R. 3070

09-20-11 MUO

ALIMENTO	precio [S/]	convertido %	PROT [g/100g]	GRASA [g/100g]	CHO [g/100g]	energía en kcal/100g			energía [kcal/100g]
						PROT	GRASAS	CHO	
DESAYUNO: Solucion de pollo, papa desmenuada + café + pan									
Café con azúcar	4.00	100.00	0.01	0.00	0.08	0.28	0.00	0.12	0.21
Canela entera	3.00	84.00	0.00	0.01	1.37	0.14	0.13+0.22	5.45	5.75
Grasa de cer	3.00	54.00	0.00	0.00	0.36	0.35	0.00010	1.28	1.49
Azúcar rubia	35.00	100.00	0.00	0.00	34.4	0.00	0	137.62	137.62
Pan de latre/mocho	30.00	100.00	2.44	0.00	27.5	11.52	0.61	55.19	56.40
Carne de Pollo Entera	100.00	92.00	18.88	2.08	0.00	67.57	36.58	0.00	54.14
Aceit	5.00	80.00	0.23	0.08	1.20	0.90	0.208	4.84	5.06
Lechuga romana	30.00	76.0	0.50	0.05	0.40	1.20	6.40	1.07	3.60
Tomate	20.00	90.00	0.14	0.04	0.77	0.30	0.30	3.19	1.00
Sal	4.00	100.00	0.10	0.04	0.64	0.35	0.34	2.82	3.37
Aguas frescas (4)	30.0	65.00	1.58	0.10	3.07	5.54	1.003	14.68	21.26
Zanahoria	45.0	82.00	0.22	0.18	3.38	0.89	1.9006	13.54	16.13
Mayonesa	15.00	70.00	0.34	0.00	0.85	1.34	1.06	39.40	41.74
Perceji	2.00	80.00	0.23	0.01	0.00	0.19	0.009	0.28	0.50
Aceite vegetal	25.00	100.00	0.08	28.00	0.08	0.00	229	0.68	125.00
Tomate	20.0	90.00	0.20	0.06	1.18	0.19	0.4806	4.28	5.49
Papa blanca	150.00	82.00	2.58	0.12	37.43	10.33	1.107	186.72	121.18
V.C. DESAYUNO									794.88
% DISTR. DESAYUNO									23.18
ALMUERZO: Soja Juliana +Pescado frito + arroz + ensalada + refrigerio + fruta									
Soja Juliana	80.00	47.00	0.10	8.00	0.30	0.30	0.26	3.81	4.28
Aceit	5.00	75.00	0.03	0.01	0.20	0.15	0.08	0.86	1.00
Papa	5.00	88.00	0.11	0.00	0.30	0.43	0.29	1.20	1.92
Pollos frescos	20.00	35.00	0.79	0.04	1.81	3.10	0.50	7.25	10.82
Zanahoria	20.00	78.00	0.09	0.08	1.45	0.38	0.71	5.81	6.92
Papa blanca	30.00	82.00	1.38	0.07	14.23	5.51	0.58	58.52	60.63
Lechuga esmeralda	20.00	100.00	1.40	1.62	2.13	5.60	14.68	8.72	22.90
Queso para	15.00	180.00	2.80	3.00	0.33	11.20	27.80	1.30	38.52
Pollo	2.00	88.00	0.01	0.00	0.65	0.04	0.00	0.10	0.25
Arroz Fresco, Choclo	40.00	97.00	0.75	0.18	0.34	3.01	1.84	25.35	30.80
Cominos	1	100	0.08	0.00	1.19	0.30	0.04	0.28	0.71
Fideos	80.00	180.00	4.70	0.10	39.10	18.60	0.80	196.30	178.38
Aceit	5.00	80.00	0.23	0.00	1.22	0.90	0.20	4.80	6.05
Pescado	180.0	180.00	34.80	0.24	0.40	130.24	80.19	1.90	198.32
Arroz	10.00	180.00	0.12	0.00	0.82	8.48	0.40	3.20	6.21
Arroz Pilado o pulido	180.00	180.00	12.30	0.75	148.70	48.28	6.70	494.80	342.75
Coliflor de cabeza (2)	80.00	87.00	0.70	0.11	6.89	2.00	0.86	24.22	28.29
Tomate	40.00	90.00	0.20	0.07	1.85	1.10	0.05	6.19	7.99
Al colorado seco, pe	3.00	88.00	0.14	0.10	1.20	0.97	1.40	4.70	6.70
Arroz vegana	20.00	180.00	0.00	30.00	0.80	0.00	180.00	0.00	180.00
Chagaro seco	0.30	34.00	0.00	0.00	0.93	0.00	0.01	0.10	0.94
Uvage	15.00	180.00	0.00	0.30	0.75	0.00	1.35	3.00	4.35
Manzana roja	30.00	180.00	2.10	0.40	10.80	1.40	3.80	39.84	71.84
Coliflor con calabaza	8.00	180.00	0.00	0.44	6.13	2.24	1.30	24.81	28.82
Marcana	150.00	180.00	0.40	0.10	21.90	1.80	1.35	87.60	90.75
Azúcar rubia	30.00	100.00	0.00	0.00	19.80	0.00	0.00	76.84	76.84
V.C. ALMUERZO									1887.23
% DISTR. ALMUERZO									47.98



Lider N. Canaza Vena
NUTRICIONISTA
C.N.A. 3975

CEBA: Pollo Broaster + arroz + ensalada + infusion									
Carne de Pollo Broast	100.0	85.80	17.01	0.09	0.00	70.04	27.34	0.00	97.59
Arroz Pilado o pulido	90.00	180.00	1.30	0.40	70.00	29.52	4.09	289.08	313.60
Papa blanca	100.0	87.80	1.63	0.00	15.40	7.28	0.703	77.60	85.70
Aceit	2.00	80.00	0.00	0.01	0.60	0.38	0.1102	1.06	2.42
Sal	12.00	180.00	0.14	0.00	0.90	2.58	0.34	3.04	6.06
Aceite vegetal	35.00	180.00	0.00	30.00	0.00	0.00	315	0.00	315.00
Coliflor de cabeza (2)	30.00	87.00	0.23	0.03	1.89	3.34	0.30+0	1.67	6.91
Tomate	15.00	90.00	0.10	0.00	0.64	0.48	0.2873	2.58	3.30
Lechuga romana	80.00	90.0	0.20	0.00	0.63	1.58	0.50	2.00	4.82
Perce	4.00	80.00	0.10	0.01	0.10	0.38	0.128	0.50	1.03
Al colorado seco, pe	3.00	88.00	0.14	0.10	1.20	0.97	1.40+0.00	4.70	6.70
Manzana	10.00	180.00	0.10	0.00	0.38	0.87	0.480	1.51	2.67
Azúcar rubia	40.00	100.00	0.00	0.00	39.30	0.00	0	157.36	157.36
V.C. CEBA									1804.63
% DISTR. CEBA									30
VCT (S/)			117.21	901.18	501.72				
VCT (S/)			488.82	918.39	2006.9				
VCT (%)			54	37	30				
100.0 V.C.T. MENA									3287.88

Lider N. Canaza Vena
NUTRICIONISTA
C.N.A. 3975

Lider N. Canaza Vena
ADMINISTRADOR

12-13-14 JULIO										
ALIMENTO	g/por	convertible	PROT	GRASA	DHD	% DESAYUNO			TOTAL DIETA	
	g/g	%	Am g/g	g/g	g/g	PROT	GRASA	DHD		
DESAYUNO: Zanco de cabaza,papa + café + 01 pan.										
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0.04	0.00	0.10	0.16	
Pan de labraza o fra	30.0	100.00	2.88	0.00	21.04	11.02	0.00	88.16	99.40	
Azúcar rubia	35.00	100.00	0.00	0.00	34.4	0.00	0.00	137.62	137.62	
Carne de Cerdo	150.0	100.00	21.00	22.00	0.00	66.40	203.85	0.00	290.25	
Aceite vegetal	10.0	100.00	0.00	10.0	0.00	0.00	136.00	0.00	136.00	
Vegeto	1.00	100.00	0.00	0.00	0.00	0.00	0.10	0.30	0.40	
Pericoma molida	0.5	100	0.04	0.04	0.00	0.17	0.30	1.27	1.68	
Tomate	20.00	90.00	0.18	0.00	0.07	0.72	0.41	0.00	0.00	
Cebolla de cabaza (2)	100.00	87.00	0.04	0.13	7.07	0.75	1.21	90.28	98.24	
Sal	11.00	100.00	0.13	0.00	0.00	0.53	0.00	0.01	0.53	
Papa blanca	100.0	87.00	2.88	0.12	27.49	10.20	1.11	109.72	121.10	
Huevo	3.00	90.00	0.03	0.01	0.20	0.10	0.10	0.00	1.14	
						V.C. DESAYUNO			620.94	
						% PROT. DESAYUNO			24.41	
ALMUERZO: Menestron + Polo a la pifagoras + refresco + fruta										
Carne de res pecho	60.0	75.00	0.00	2.40	0.00	30	21.67	0.00	60.21	
Espinaca negra	10.00	85.00	0.00	0.10	0.00	1	1.03	2.50	4.90	
Alfalfa (4)	10.0	85.00	0.07	0.10	0.00	1	1.00	0.72	0.69	
Fideos	40.00	100.00	0.70	0.00	21.20	10	0.72	105.10	140.00	
Zapallo magro	10.00	81.00	0.00	0.00	0.00	0	0.10	2.07	2.40	
Ajo	0	75.00	0.03	0.01	0.20	0	0.00	0.00	1.07	
Poro	0.00	75.0	0.10	0.04	0.04	0	0.00	1.37	2.10	
Nabo	0.00	75.00	0.00	0.00	0.10	0	0.00	0.00	0.00	
Hajos frescos	30.00	40.00	1.30	0.00	0.11	0	0.00	10.40	10.70	
Zanahoria	30.00	87.00	0.10	0.10	2.40	1	1.17	0.00	11.41	
Papa blanca	200.00	87.00	0.44	0.10	30.07	14	1.40	140.20	181.54	
Sal	4.00	100.00	0.00	0.00	0.00	0	0.10	1.01	1.00	
Cebolla de cabaza	0.00	84.00	0.10	0.00	0.00	0	0.10	1.01	1.10	
Ajo	2.00	85.00	0.10	0.01	0.00	0	0.10	2.07	2.07	
Verduras variadas	0.00	85.00	0.00	0.00	0.00	1	0.00	1.11	2.10	
Carne de Pato Escoc	100.0	70.00	21.00	0.70	0.00	07	34.00	0.00	100.04	
Arroz Pilado o pulido	100.0	100.00	12.30	0.70	100.70	40	0.70	400.00	622.70	
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	100.00	0.00	100.00	
Ajo	4.00	80.00	0.10	0.00	0.00	1	0.00	0.00	0.04	
Sal	0.00	100.00	0.14	0.00	0.00	1	0.04	0.04	0.00	
Tomate	30.00	80.00	0.00	0.00	1.10	1	0.00	0.00	0.00	
Percejo	10.00	00.00	0.00	0.04	0.04	1	0.00	1.00	2.70	
Cebolla de cabaza (2)	00.00	87.00	0.00	0.00	0.04	0	0.00	10.17	21.10	
Papa	20.00	80.00	0.00	0.04	2.10	0	0.00	0.70	0.40	
Ajo salado seco, po	0.00	60.00	0.04	0.00	2.00	1	2.00	7.00	11.00	
Cebolla con calacani	0.00	100.00	0.41	0.11	4.00	0	0.00	10.00	21.01	
Azúcar rubia	30.00	100.00	0.00	0.00	34.4	0	0.00	137.62	137.62	
Limon	4.00	100.00	0.00	0.01	0.00	0	0.00	1.00	1.70	
Mansana	100.00	100.00	0.40	0.10	21.00	0	1.00	07.00	00.70	
						V.C. ALMUERZO			1504.36	
						% DIETA ALMUERZO			41.60	
CENA :Salsado de alcaga con carne, arroz + infusion										
Carne de res pecho	60.0	100.00	17.04	1.20	0.00	60.00	11.00	0.00	70.00	
Cebolla de cabaza (2)	60.00	88.00	0.71	0.10	0.70	0.00	0.00	20.00	20.80	
Tomate	40.00	90.00	0.70	0.07	1.00	1.00	0.00	0.10	7.00	
Papa blanca	200.0	90.00	0.00	0.10	41.00	10.40	1.00	104.10	101.04	
Arroz Pilado o pulido	60.0	100.00	7.00	0.40	70.00	20.00	0.00	200.00	210.00	
Ajo	1.00	80.00	0.07	0.01	0.00	0.07	0.00	1.40	1.47	
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	20.00	0.00	20.00	
Alegrías, hoja de	100.00	90.00	2.10	0.20	0.10	0.00	0.00	20.70	30.00	
Percejo	1.00	00.00	0.00	0.00	0.00	0.00	0.00	0.10	0.20	
Pericoma molida	2	100	0.17	0.10	1.27	0.07	1.40	0.00	7.10	
Sal	0.00	100.0	0.10	0.04	0.00	0.00	0.00	0.00	0.00	
Azúcar rubia	30.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62	
Hierbas	0.00	87.00	0.17	0.00	0.00	0.00	0.00	1.00	1.00	
						V.C. CENA			1010.10	
						% DIETA CENA			26.04	
				110.00	04.00	321.04				
				400.24	050.00	3007.0				
				14	20	01	100.00			
						VCT. MENU			1804.14	

15-06-17 JULIO

ALIMENTO	gr/kg	comestible	PROT	GRASA	CHO	PROT	GRASA	CHO	Porcentaje
(g)	%	Am (g)	(g)	(g)	(g)				
DESAYUNO: Saldado de arroz, arroz + le y pan									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Azúcar rubia	70.00	100.00	0.00	0.00	10.00	0.00	0	70.00	70.00
Pan de habermas o fm	30.0	100.00	2.88	0.00	21.50	11.50	0.01	88.16	93.49
Arvejas frescas (4)	30.00	54.00	1.12	0.10	3.00	4.0	0.07	12.10	17.43
Vegetal (2)	30.00	01.00	1.00	0.14	3.00	4.37	1.23	14.74	20.34
Zanahoria	40.00	70.00	0.19	0.10	2.91	0.70	1.40	11.00	13.81
Grated de Sardines co	90.00	100.00	0.72	2.70	0.00	27	24.00	3.20	40.00
Cebolla de cabeza (2)	90.00	07.00	0.47	0.07	3.70	1.00	0.00	15.14	17.03
Papa blanca	100.0	00.00	1.72	0.00	10.00	0.00	0.70	73.14	80.77
Arroz Filado o pulido	90.0	100.00	7.30	0.40	70.00	20.00	4.00	20.00	310.00
Ajo	0.00	00.00	0.00	0.00	1.00	0.00	0.00	4.00	0.00
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0.00	100.00	0.00	100.00
Perce	4.00	00.00	0.10	0.01	0.10	0.00	0.10	0.00	1.00
Tomate	30.00	04.00	0.00	0.00	0.40	0.00	0.10	1.00	2.40
Sal	0.00	100.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00
V.C. DESAYUNO									940.00
% DISTR. DESAYUNO									21.64



Dr. José María Véliz Benítez
NUTRICIONISTA
C.M.P. 30079

ALMUERZO: Cazuela de frijoles, Frijoles con seco de res, arroz, refresco + fruta									
Carné de Pollo Entel	60.0	70.00	0.27	1.00	0.00	37.00	14.00	0.00	51.00
Zapallo maza	30.00	47.00	0.10	0.00	0.00	0.00	0.00	0.00	4.00
Ajo	0.00	70.00	0.00	0.01	0.00	0.10	0.00	0.00	1.00
Poro	0.00	00.00	0.11	0.00	0.00	0.40	0.00	1.00	1.00
Maíz	0.00	00.00	0.00	0.01	0.14	0.10	0.07	0.07	0.70
Arvejas frescas	20.00	30.00	0.70	0.00	1.01	3.10	0.00	7.00	30.00
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.71	0.01	0.00
Papas	00.00	100.00	7.30	0.10	07.00	30.00	1.40	20.00	201.00
Papa blanca	00.0	00.00	1.00	0.07	14.00	0.01	0.00	00.00	04.00
Frijol casado crudo	120.0	100.00	20.00	2.00	70.00	100.00	22.00	200.00	430.00
Cebolla de cabeza (2)	30.00	00.00	0.00	0.00	0.00	1.40	0.40	11.00	13.00
Tomate	20.00	00.00	0.10	0.00	0.07	0.70	0.41	0.07	1.00
Aji colorado seco, po	3.00	00.00	0.01	0.00	1.70	0.00	0.00	0.00	0.70
Carné de res picado	100.0	100.00	34.00	2.00	0.00	100.00	20.00	0.00	100.00
Arroz Filado o pulido	100.00	100.00	10.00	0.70	100.00	40.00	0.70	400.00	520.00
Aceite vegetal	30.00	100.00	0.00	20.00	0.00	0.00	100.00	0.00	100.00
Esencia negra	10.00	00.00	0.00	0.11	0.00	1.40	1.00	0.00	4.00
Cilantro	20.00	07.00	0.00	0.10	0.00	1.00	1.00	0.10	0.00
Zanahoria	20.00	70.00	0.00	0.00	1.40	0.00	0.71	0.01	0.00
Aji verde (2)	2.00	07.00	0.00	0.01	0.17	0.10	0.10	0.00	0.00
Sal	0.00	100.00	0.10	0.04	0.00	0.00	0.00	0.00	0.00
Ajo	1.00	00.00	0.04	0.01	0.04	0.10	0.00	0.07	1.00
Papa blanca	100.0	00.00	1.70	0.00	10.00	0.00	0.70	70.14	80.70
Arvejas frescas (4)	20.00	04.00	0.77	0.00	2.00	3.07	0.00	0.10	31.70
Azúcar rubia	20.00	100.00	0.00	0.00	10.00	0.00	0.00	70.00	70.00
Filtado de teja	100.0	00.00	1.00	0.10	21.40	0.10	0.70	00.00	94.00
V.C. ALMUERZO									2000.17
% DISTR. ALMUERZO									50.00

CENA: Tortilla de verduras, arroz, ensalada + infusion									
Cebolla	100.00	47.00	0.20	0.00	2.00	1	0.40	10.00	12.00
Zanahoria	00.00	70.00	0.04	0.00	0.00	0.00	0.70	14.00	17.00
Harina de trigo	20.00	100.00	2.10	0.40	14.00	0.40	0.00	00.00	71.00
Luche evaporada	20.00	100.00	1.40	1.00	2.10	0.00	14.00	0.70	20.00
Maíz de goma, co	20.00	00.00	2.00	1.00	0.00	10.00	14.00	1.40	20.00
Colifer	100.0	70.00	2.00	0.14	00.00	11.00	1.00	120.00	204.00
Cebolla de cabeza (2)	00.00	07.00	0.00	0.00	4.00	2.00	0.70	10.10	21.00
Arroz Filado o pulido	100.0	100.00	0.20	0.00	77.00	20.00	0.00	111.00	340.00
Ajo	3.00	00.00	0.00	0.01	0.40	0.00	0.10	1.00	3.40
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	200.00	0.00	200.00
Perce	4.00	00.00	0.10	0.01	0.10	0.00	0.10	0.00	1.00
Carné de Pollo Entel	00.0	70.00	0.00	1.01	0.00	34.00	10.00	0.00	40.00
Tomate	10.00	04.00	0.04	0.01	0.00	0.17	0.70	0.00	1.00
Sal	10.00	100.00	0.14	0.00	0.00	0.00	0.00	0.00	0.00
Herbas	2.00	07.00	0.04	0.01	0.00	0.17	0.10	0.00	0.00
Azúcar rubia	20.00	100.00	0.00	0.00	10.00	0.00	0.00	70.00	70.00
V.C. CENA									1120.00
% DISTR. CENA									28.00
VCT (gr.)		147.10	70.20	071.20					
VCT (kg.)		000.71	170.00	200.0					
VCT (%)		10	10	07	100.00				
V.C.T. MENSA									2000.17

Lider N. Canaza Vega
NUTRICIONISTA
C.M.P. 30079

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.M.P. 30079

16-18 DE JULIO

16-19-20 JULIO									
ALIMENTO	gr/por kg	convertible %	PROT An (g)	GRASA (g)	CHO (g)	ANÁLISIS DE LOS ALIMENTOS			TOTAL (g)
						PROT	GRASA	CHO	
DESAYUNO: Base carbos, arroz, papas + Té y post									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.00	0.00
Pao de laboratorio y ho	30.0	100.00	2.88	0.00	21.24	11.32	0.01	55.19	66.48
Arroz rubia	20.00	100.00	1.00	0.00	34.41	0.00	0	137.60	137.60
Uvita de res (2)	100.0	85.00	14.28	10.50	1.02	57.33	170.28	4.69	232.64
Harina de Maiz	25.00	100.00	2.18	1.60	17.80	8	14.60	73.10	94.50
Cebolla de cabeza G	60.00	80.00	0.75	0.11	0.03	2.99	0.9010	29.14	29.09
Tomate	40.00	90.00	0.28	0.07	1.58	1.15	0.65	6.19	7.09
Luchuga redonda	50.00	70.0	0.51	0.00	0.60	2.03	0.70	0.29	6.01
Huevo de gallina, pu	15.00	95.00	1.98	1.20	0.36	8	11.11	3.08	20.11
Luche encurtida	20.00	100.00	1.40	1.60	2.18	6	14.58	8.72	25.00
Sal	25.00	100.00	0.24	0.10	1.64	0.98	0.00	8.58	10.42
Limón	4.00	100.00	0.00	0.01	0.30	0.08	0.01	1.69	1.70
Acido vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Vegeta	0.50	100.00	0.00	0.01	0.03	0.00	0.00	0.10	0.10
V.C. DESAYUNO								894.90	
% PROT. DESAYUNO								25.18	



Lic. Roberto W. Vicos Berrios
N.º 2000

ALMUERZO: Sopa de pollo + Picante de trigo con res + arroz + ensalada + fruta									
Cereza maca	40.00	47.00	0.13	0.04	1.20	0.53	0.34	4.81	5.68
Alm. Pisco - Choclo	40.00	37.50	0.76	0.18	6.94	3.01	1.64	25.59	30.00
Ajo	10.00	75.00	0.05	0.00	0.30	0.31	0.14	1.44	1.70
Papa	10.00	46.50	0.18	0.00	0.60	0.71	0.48	2.07	3.19
Carné de Pollo Entero	60.00	70.00	20.00	4.00	0.00	92.39	36.20	0.00	128.59
Harina floja	25.00	35.00	0.99	0.07	2.27	3.99	0.60	9.07	13.65
Nuez	5.00	95.00	0.00	0.01	0.14	0.10	0.07	0.57	0.74
Coqueña	20.00	70.00	0.08	0.00	1.40	0.38	0.71	5.81	6.90
Papa blanca	100.00	82.00	1.70	0.00	10.20	6.89	0.74	73.14	80.73
Ajo	4.00	98.00	0.20	0.00	1.20	0.89	0.29	4.52	5.99
Acido vegetal	25.00	100.00	0.00	25.00	0.00	0.00	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.00	0.98	0.58	0.54	3.04	5.00
Carilino	1.00	100.00	0.04	0.00	0.70	0.10	0.00	0.19	0.96
Carné de res	100.00	85.00	5.16	1.20	0.00	32.84	11.09	0.00	43.73
Arroz Pisco o pulido	100.00	100.00	12.30	0.70	116.70	40.30	0.70	498.80	632.70
Trigo	100.00	100.00	1.00	1.50	73.70	34	15.30	294.80	340.70
Al verde (2)	4.50	47.50	0.00	0.00	0.30	0.37	0.19	1.38	1.70
Sal	12.00	100.00	0.14	0.00	0.90	0.58	0.54	3.04	5.00
Papa blanca	80.00	82.00	1.36	0.07	14.80	5.51	0.59	58.52	64.82
Arroz rubia	10.00	100.00	0.00	0.00	19.80	0.59	0.00	70.04	70.04
Plátano de seda	100.00	85.00	1.01	0.20	18.27	5.23	2.98	75.08	80.60
V.C. ALMUERZO									1800.62
% PROT. ALMUERZO									49.99

CENA: Pollo encebollado, arroz + ensalada									
Carné de Pollo Entero	100.0	85.00	17.91	3.99	0.00	70.64	27.54	0.00	100.80
Arroz Pisco o pulido	100.0	100.00	6.20	0.50	77.90	32.69	4.50	311.20	406.80
Acido vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180.00	0.00	200.00
Ajo	4.00	90.00	0.10	0.00	0.97	0.70	0.20	3.80	6.40
Sal	18.00	100.00	0.20	0.00	1.68	0.88	0.81	5.90	7.56
Tomate	40.00	90.00	0.20	0.07	1.50	1.15	0.65	6.19	7.48
Papa	10.00	80.00	0.34	0.04	0.53	0.66	0.30	1.50	2.59
Cebolla de cabeza (2)	100.00	87.00	0.94	0.10	7.57	3.75	1.31	30.30	40.50
Al colorado seco, en	5.50	88.00	0.24	0.27	2.40	0.60	2.39	7.80	10.22
Al verde (2)	8.00	87.00	0.10	0.04	0.60	0.54	0.39	2.80	3.53
Vegeta	5.00	100.00	0.00	0.00	0.20	0.00	0.40	1.00	2.40
Harina	3.00	54.00	0.00	0.00	0.11	0.20	0.10	0.40	0.80
Arroz rubia	55.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	147.00
V.C. CENA									1853.33
% PROT. CENA									29.84
			111.59	162.34	892.68				
			447.95	821.22	1970.4				
			52.61	38.93	55.45				
						VCT. MENU			3653.74

Lic. Roberto del Rosario Alvarado Cerna
NUTRICIONISTA
C.N.R. 0010

Lider
NUTRICIONISTA

31-22-23 JULIO

ALIMENTO	gr/po (g)	concentrado %	PROT An (g)	GRASA %	CARB (g)	ANÁLISIS DE LABORATORIO			Gasto en \$
						PROT	GRASA	CARB	
DESAYUNO: Menú de desayuno + pan									
Té con azúcar	0.00	54.50	0.00	0.00	0.01	0.00	0	0.00	0.00
Pan de molde o fr	30.0	100.00	2.88	0.08	21.84	11.22	0.81	66.16	99.49
Azúcar rubia	30.00	100.00	0.00	0.00	20.0	0.00	0	111.08	111.08
Chico blanco	40.00	90.00	0.36	0.00	0.33	1.44	0	14.11	15.55
Arroz Pardo o pilón	90.00	100.00	7.38	0.45	70.00	29.00	4.05	280.08	313.53
Papa blanca	100.0	82.00	1.72	0.08	18.20	8.80	0.708	70.18	80.77
Queso parís	15.00	100.00	4.20	4.20	0.50	14.80	40.8	1.08	50.20
Leche evaporada	30.00	100.00	1.40	1.62	2.70	5.60	14.38	6.72	20.90
Huevo de gallina, en	15.00	90.00	1.35	1.20	0.25	7.54	11.102	1.08	20.11
Arroz vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	5.00	100.00	0.10	0.00	0.00	0.39	0.00	2.60	3.37
Cebolla de cabeza G	30.00	87.00	0.28	0.04	2.27	1.13	0.3916	0.09	10.57
Ajo	2.00	80.00	0.06	0.01	0.40	0.39	0.1192	1.05	2.40
Tomate	15.00	99.00	0.12	0.03	0.68	0.48	0.3073	2.58	3.30
Peperón	5.00	80.00	0.12	0.00	0.16	0.42	0.1375	0.00	1.20
V.C. DESAYUNO									890.69
% COSTO DESAYUNO									26.47



[Signature]
Lic. Juan A. Wica Benítez
NUTRICIONISTA
C.N.P. 3575

ALMUERZO: Pasa Humilde + Arroz con pollo, ensalada + refresco + fruta									
Papa blanca	100.00	82.00	1.72	0.08	18.20	8.80	0.708	70.14	80.77
Grilleta de soda	15.00	100.00	1.01	1.47	0.80	4.04	13.20	27.20	48.47
Molli molli con pollo	5.00	71.00	0.35	1.71	0.00	3.40	16.40	2.51	21.34
Leche evaporada	15.00	98.0	0.67	0.71	1.04	2.95	0.00	4.14	18.71
Queso parís	15.00	100.00	2.80	3.00	0.50	11.80	27.00	1.32	35.52
Humilde	2.00	54.00	0.06	0.01	0.09	0.22	0.08	0.38	0.64
Ar verdé (D)	5.00	87.00	0.09	0.01	0.40	0.34	0.2912	1.68	2.29
Arroz Pardo o pilón	150.0	100.00	12.58	0.75	115.70	49	6.75	854.85	922.75
Carne de Pollo Entero	100.00	70.00	29.57	4.00	0.00	30	28.29	8.00	128.58
Atahualpa	20.00	87.00	0.84	0.00	3.47	2.30	0.8394	13.88	17.24
Espeleta negra	12.00	87.00	0.33	0.10	0.50	1.30	0.34084	2.28	4.53
Conchazo	3.40	100	0.22	0.00	0.30	0.00	1.01	1.27	1.34
Tomate	20.00	99.00	0.20	0.06	1.09	0.95	2.58	2.11	4.09
Lechuga romana	80.00	86.00	0.52	0.08	0.84	2.08	0.72	3.36	6.18
Peperón molde	2.10	100.00	0.11	0.01	0.09	0.09	0.00	0.22	0.38
Ajo	4.00	80.00	0.18	0.00	0.90	0.70	0.3804	3.89	4.84
Arroz vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.5	0.00	135.50
Queso rallado mozzarella	2.00	100.00	0.22	0.00	1.74	0.28	0	0.94	7.82
Sal	12.00	100.00	0.14	0.00	0.08	0.30	0.04	3.84	3.58
Peperón	1.00	80.00	0.08	0.00	0.44	0.20	0.20	1.77	2.27
Cebolla con cilantro	6.60	100.00	0.48	0.12	0.58	1.60	1.07	30.23	33.11
Limón	4.00	100.00	0.02	0.01	0.28	0.00	0.00	1.65	1.70
Arroz rubia	35.00	100.00	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Morotea	150.00	85.00	0.38	0.13	18.82	1.00	1.15	74.48	77.14
V.C. ALMUERZO									1271.21
% COSTO ALMUERZO									42
CENA: Sopas a la minuta con res + refresco									
Casa de res puerco	65.0	100.00	13.93	1.04	0.20	00	9.34	0.00	64.74
Arroz vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Ajo	5.00	85.00	0.24	0.00	0.20	1	0.21	0.17	0.43
Ajo	12.00	75.00	0.06	0.00	0.43	0	0.18	1.73	2.14
Peperón	12.00	75.00	0.24	0.00	0.43	1	0.44	2.74	4.26
Molli	12.00	75.00	0.06	0.00	0.43	0	0.18	1.30	1.87
Sal	15.00	100.00	0.22	0.00	0.43	1	0.41	0.90	7.58
Papa blanca	80.0	82.00	1.38	0.07	14.82	5.51	0.58	59.53	64.82
Pollo	80.00	100.00	7.52	0.14	62.99	30	1.44	230.24	281.76
Orégano seco	3.00	100.00	0.00	0.00	0.34	0	0.14	1.36	1.66
Papa blanca	120.00	82.00	2.07	0.09	21.94	8	0.89	87.77	94.92
Tomate	25.00	89.00	0.20	0.00	0.88	1	0.45	4.36	5.69
Cebolla de cabeza G	40.00	84.00	0.71	0.19	5.70	3	0.89	22.70	29.51
Verduras variadas	5.00	85.00	0.20	0.00	0.25	1	0.27	1.11	3.94
Peperón	3.00	100.00	0.09	0.00	0.21	0	0.27	0.84	1.40
Arroz rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.26	157.26
V.C. CENA									809.83
% COSTO CENA									26.45
VCT GR.									93.29
VCT KCAL									275.13
VCT %									12.39
VCT MEPU									3020.83

[Signature]
Lic. Daniel del Rosario Arana Coya
NUTRICIONISTA
C.N.P. 3575

[Signature]
Lider N. Canaza Vena
ADMINISTRADOR

14-00000-00000

ALIMENTO	precio	cantidad	PROT	GRASA	CHO	nutrientes totales			Total, g/g
	100	%	Ar 100	100	100	PROT	GRASAS	CHO	
DESAYUNO: Cau cau de panocha con arroz + Café + OI, pap.									
Café en azúcar	4.00	100.00	0.01	0.00	0.00	0.00	0.00	0.10	0.20
Pan de latrera o fe	30.00	100.00	3.88	0.00	21.54	11.50	0.01	80.10	80.40
Arroz rojo	20.00	100.00	0.80	0.00	10.00	0.00	0	70.00	70.00
Arroz Pilado a punto	60.00	100.00	7.30	0.40	70.00	20.00	4.00	200.00	210.00
Arroz	1.00	100.00	0.00	0.01	0.00	0.00	0.00	1.00	1.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sal	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00	0.01	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
Caldo de papa (2)	10.00	100.00	0.10	0.00	1.00	0.00	0.00	0.00	0.00
Patata	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Arroz de res	100.00	50.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orégano seco	1.00	100.00							



Mr. Joseph W. Vice, Director
 U.S. Customs Service
 1300


Luc Elizabeth del Rosario Alarcón Crespo
NUTRICIONISTA
C. M. P. 3829

[Signature]
Lider N. Canessa Vera

27-08-29 JULIO

28 DE JULIO MEJORA: RESTAS PATRIAS									
ALIMENTO	g/por kg	comestible %	PROT An (g)	GRASA (g)	CHO (g)	NUTRIENTES POR 100 G			TOTAL
						PROT	GRASA	CHO	
CHOCLO CON QUESO									
Carnes de Cerdo	100	80.00	18.34	18.30	0.00	73.44	173.27	55.08	341.79
Mch. Canilla tostada	50	100.00	2.52	0.08	23.77	11.28	6.18	96.08	113.53
									454.33

ALIMENTO	g/por	comestible	PROT	GRASA	CHO	Nutrientes por 100 g			TOTAL
	g	%	An (g)	(g)	(g)	PROT	GRASA	CHO	
DESAYUNO: Caldo de gallina + Té + El pan									
Carnes de gallina	100.00	82.00	17.87	1.48	0.00	71	13.39	0.00	84.07
Ajo	0.00	95.00	0.27	0.04	1.44	1.00	0.04	5.76	7.18
Arroz	18.00	95.00	0.07	0.03	0.40	0.27	0.19	1.82	2.28
Poro	18.00	90.00	0.24	0.07	0.68	0.97	0.03	2.71	4.36
Nabo	18.00	80.00	0.04	0.03	0.50	0.23	0.18	1.30	1.67
Papa blanca	168.0	96.00	3.59	0.17	38.13	84.36	1.54	152.53	168.43
Frijos fritos	108.00	100.00	4.54	0.10	68.00	38.00	0.00	178.40	317.50
Sal	18.00	100.00	0.23	0.00	1.48	0.80	0.01	5.88	7.69
Pimentas amaras	1.00	900	0.04	0.06	0.04	0.34	0.70	2.54	3.60
Platano maduro	0.20	100.00	0.03	0.00	0.38	0.13	0.00	1.04	1.17
Arroz vegetal	18.00	100.00	0.09	18.00	0.00	0.00	58.00	0.00	68.09
Pan de habonera o fte	38.0	100.00	2.84	0.06	21.54	11.52	0.81	88.18	98.49
Verduras cortadas	0.00	96.00	0.23	0.00	0.31	0.97	0.20	1.24	2.40
Arroz rojo	28.00	100.00	0.00	0.00	24.56	0.00	0.00	98.39	98.39
						V.C. DESA			888.88
						% DISTR. DESA			24.89

ALMUERZO: Pan de papa + Chicharrones de chancha + arroz + arroz refrigerado + fruta									
Papa blanca	208.00	87.00	3.81	0.13	28.88	11.28	1.21	113.53	135.89
Guiso de cerdo	18.00	100.00	3.89	3.00	0.39	11.39	27.08	1.52	39.52
Arroz de gallina (2)	18.00	96.00	1.88	1.20	0.18	3.40	14.58	0.73	28.89
Leche evaporada	28.00	100.00	1.40	1.82	2.19	2.65	1.84	27.28	34.67
Caldo de gallina (2)	78.00	87.00	0.88	0.00	0.28	0.08	1.08	1.90	1.38
Luzer	3.0	100.00	0.13	0.01	0.29	73.44	173.27	0.00	248.71
Carnes de Cerdo	168	86.00	18.34	18.28	0.00	73.44	173.27	7.34	384.79
Aj. colorado seco, pa	4.00	88.00	0.24	0.27	0.08	0.96	2.28	7.58	12.32
Caldo de gallina (2)	38.00	87.00	0.79	0.00	1.51	0.75	0.21	4.96	7.56
Arroz Pilado o pilado	152.0	100.00	10.39	0.75	116.29	48.20	0.75	488.89	522.75
Ajo	4.00	88.00	0.13	0.00	0.07	0.72	0.20	3.88	4.84
Tomate	28.00	96.00	0.22	0.05	1.18	0.05	1.48	4.54	5.89
Arroz vegetal	28.0	100.00	0.39	25.0	0.00	0.00	205.08	0.00	225.08
Ricote	8.00	98.00	0.38	0.00	0.44	0.26	0.34	1.77	2.27
Mch. morada	28.00	100.00	1.83	0.85	18.08	7.38	7.38	76.29	91.15
Luzer	18.00	100.00	0.33	0.00	0.37	0.20	0.18	3.88	4.58
Arroz rojo	38.00	188.25	0.39	0.00	34.41	0.00	0.00	137.82	137.82
Almizora	182.00	88.00	0.40	0.13	18.27	1.28	1.19	77.59	79.88
						V.C. ALMUERZO			1818.88
						% DISTR. ALMUERZO			51

CENA: Arroz amarrado con carne picada, arroz, ensalada + infusión									
Arroz Pilado o pilado	182.00	100.00	7.33	0.43	75.03	28.42	4.20	283.53	313.68
Ajo	1.00	100.00	0.06	0.01	0.38	0.224	0.07	1.22	1.51
Carnes de res guiso	58.00	100.00	10.83	8.80	0.00	42.62	7.28	0.89	49.89
Arroz vegetal	12.00	100.00	0.89	18.00	0.00	0.00	80.00	0.00	90.89
Sal	8.00	100.00	0.33	0.03	0.83	0.31	0.59	2.10	2.84
Chigana seca	1.00	86.00	0.11	0.00	0.10	0.05	0.04	0.28	0.48
Papa blanca	188.00	82.00	1.73	0.08	18.29	8.60	0.74	73.14	82.77
Caldo de gallina (2)	28.00	87.00	0.79	0.00	1.51	0.75	0.21	4.96	7.08
Arroz vegetal	18.00	100.00	0.39	18.00	0.00	0.00	162.08	0.00	182.09
Zanahoria	18.00	78.00	0.17	0.08	1.08	0.3840	0.53	4.38	5.18
Arroz rojo (4)	28.00	94.00	0.77	0.06	2.03	3.07	0.2800	0.72	11.77
Tomate	42.00	96.00	0.29	0.07	1.58	1.15	0.85	0.78	7.59
Lechuga rodada	28.00	98.00	0.13	0.00	0.21	0.00	0.18	0.84	1.04
Aj. colorado seco, pa	1.00	100.00	0.07	0.06	0.08	0.38	0.75	2.36	3.33
Hierbas	0.00	94.00	0.04	0.00	0.19	0.38	0.21	0.78	1.23
Arroz rojo	38.00	100.00	0.39	0.00	28.49	0.00	0.00	117.84	117.84
						V.C. CENA			887.18
						% DISTR. CENA			24.85
			38.82	84.42	528.69				
			388.20	848.74	3848.25				
			11.20	23.84	68.37				
						VCT. MENU			3653.85



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M. Vial Borches
M.P. 3979

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Lider N. Canaza Vega
AUTODIDACTA
C.N.P. 3979

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Lider N. Canaza Vega
ADMINISTRADOR

30-01-2010

ALIMENTO	gr/mo (g)	semanal %	PROT An (g)	GRASA (g)	C10 (g)	VALOR ENERGÉTICO			KCAL/100g
						PROT	GRASA	C10	
DESAYUNO: Olla de papa con charqui, arroz + ts + ft par									
Ts en azúcar	3.00	64.00	0.00	0.00	0.01	0.01	0	0.03	0.00
Clavo de olor	0.04	64.00	0.00	0.00	0.01	0.00	0.00	0.01	0.00
Canela entera	0.04	64.00	0.01	0.00	0.03	0.00	0.00187	0.01	0.00
Arroz rubia	15.00	100.00	0.00	0.00	14.75	0.00	0	58.88	58.88
Papa de Obispo o h	20.00	100.00	2.55	0.00	21.54	11.02	0.01	90.16	90.43
Charqui de camelo	0.50	100.00	0.03	0.00	0.02	0.15	0.00	1.27	1.40
Papa blanca	100.00	62.00	1.72	0.00	10.20	0.00	0.738	73.14	62.72
Clavos	100.00	61.00	1.00	0.00	13.01	4.00	0.010	52.05	50.50
Arroz Pilado o pulco	30.00	100.00	7.30	0.45	29.55	25.00	4.00	290.00	333.00
Aj. colorado seco, gr	0.50	66.00	0.03	0.00	0.20	0.10	0.00008	0.00	1.13
Sol	10.00	100.00	0.12	0.00	0.02	0.48	0.40	0.20	4.21
Ajo	3.00	66.00	0.13	0.00	0.73	0.04	0.1728	0.02	3.83
Arroz vegetal	0.00	100.00	0.00	0.00	0.00	0.00	0	0.00	72.00
Cajonita de queso G	15.00	67.00	0.14	0.00	1.14	0.00	0.10	4.54	5.30
						V.C. DESAYUNO			697.44
						% DISTR. DESAYUNO			25.73
ALMUERZO: Mopango de charqui + Estofado de res, arroz + refresco + fruta									
Corte de res picado	20.00	70.00	7.40	0.00	0.00	20.00	0.00	0.00	34.00
Charqui molida	20.00	100.00	0.10	0.00	1.47	0.00	0.00	0.00	0.40
Zanahia moza	40.00	47.00	0.13	0.04	1.20	0.00	0.34	4.01	5.00
Ajo	4.00	70.00	0.02	0.01	0.14	0.00	0.00	0.04	0.71
Papa	3.00	66.00	0.04	0.01	0.10	0.14	0.10	0.40	0.64
Papa blanca	200.00	62.00	3.44	0.10	20.57	13.70	1.00	100.20	101.54
Zanahia	30.00	70.00	0.09	0.00	1.40	0.00	0.71	0.01	0.00
Patatas frescas	25.00	30.00	0.00	0.07	0.27	0.00	0.00	0.07	13.00
Corte de res	150.00	70.00	20.10	0.00	0.00	50.00	27.41	0.00	100.00
Arroz Pilado o pulco	120.00	100.00	13.30	0.75	116.75	40.00	0.70	400.00	502.75
Ajo	3.00	66.00	0.17	0.00	0.00	0.07	0.21	0.01	4.40
Arroz vegetal	10.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sol	12.00	100.00	0.14	0.00	0.00	0.00	0.04	0.04	0.00
Aj. colorado seco, gr	3.00	66.00	0.00	0.11	0.00	0.00	0.00	0.10	4.00
Limón	1	100	0.00	0.00	1.00	0.00	0.04	0.00	0.71
Tomate	20.00	60.00	0.14	0.04	0.17	0.00	0.30	0.30	4.00
Arroz Pilado (A)	20.00	64.00	1.10	0.10	2.00	4.00	0.07	10.10	17.00
Zanahia	30.00	70.00	0.17	0.14	2.04	0.00	1.20	10.10	10.00
Limón	1	100	0.17	0.10	1.07	0.07	1.40	0.00	7.10
Cajonita con queso	0.00	100.00	0.00	0.14	0.10	0.21	1.00	24.01	20.00
Limón	4.00	100.00	0.02	0.01	0.30	0.00	0.07	1.00	1.70
Arroz rubia	20.00	100.00	0.00	0.00	19.00	0.00	0.00	70.04	70.04
Pilón de soda	150.00	60.00	1.50	0.31	21.40	0.12	0.70	60.00	64.00
						V.C. ALMUERZO			1210.00
						% DISTR. ALMUERZO			44.80
CENA: Sopa de pollo + refresco									
Corte de Pollo Entero	100.00	60.00	17.00	0.00	0.00	10.00	27.00	0.00	01.00
Ajo	0.00	60.00	0.00	0.00	1.00	0.00	0.00	4.00	0.00
Ajo	10.00	70.00	0.00	0.00	0.10	0.01	0.14	1.44	1.70
Papa blanca	200.00	60.00	3.00	0.10	40.00	15.00	1.71	100.40	107.10
Pollo tallado	60.00	100.00	7.00	0.00	50.00	20.00	0.70	200.70	200.00
Sol	10.00	100.00	0.00	0.00	1.40	0.00	0.01	0.00	7.00
Limón	0.00	100	0.00	0.01	0.00	0.00	0.00	0.00	0.00
Arroz vegetal	10.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Limón	3.00	64.00	0.00	0.00	0.11	0.00	0.10	0.40	0.00
Arroz rubia	40.00	100.00	0.00	0.00	30.00	0.00	0.00	107.20	107.20
						V.C. CENA			700.70
						% DISTR. CENA			29.80
			64.00	37.73	601.00				
			300.30	300.50	3004.10				
			11.00	10.00	70.00				
						VET. MENÚ			2712.07



W. Vilas Santos
NUTRICIONISTA
C.N.F. 1979

Lider N. Gonzales Verna
ADMINISTRADOR
C.N.F. 1979

Luz Escobedo del Rosario Alvarez Caza
NUTRICIONISTA
C.N.F. 1979

MENU NIÑOS E.P. MUJERES AREQUIPA - JULIO 2018

FECHA	DESAYUNO	REFRIGERIO	ALMUERZO	REFRIGERIO	CENA
domingo, 01 de julio de 2018	VAINILLA CON LECHE, PAN, MARGARINA	HUEVO DURO	ATOMATADA DE RES, ARROZ Y REFRESCO	DURAZNO	VASO DE LECHE
lunes, 02 de julio de 2018	QUINUA CON MANZANA, PAN, MANJAR	PLATANO	QUIZO DE ARRIJAS PARTIDAS, ENSALADA, ARROZ Y REFRESCO	MANDARINA	CAZUELA DE POLLO
martes, 03 de julio de 2018	AVENA CON LECHE, PAN, ACEITUNA	YOGURT	ASADO DE POLLO, ARROZ Y REFRESCO	MAZAMORRA DE PIÑA	SALCHIPAPAS, INFUSION
miércoles, 04 de julio de 2018	CHOCOLATADA, PAN, QUESO	DURAZNO	CAU-CAU DE POLLO, ARROZ Y REFRESCO	GRANADILLA	SOPA DE SEMOLA CON CARNE
jueves, 05 de julio de 2018	HARINA DE HABAS CON LECHE, PAN, SALCHICHA	GELATINA	HIGADO APANADO, ENSALADA, ARROZ Y REFRESCO	MAZAMORRA DE MANZANA	ASADO DE POLLO, ARROZ, INFUSION
viernes, 06 de julio de 2018	SEMOLA CON LECHE, PAN, QUESO	MANGO	MILANESA DE PESCADO, ENSALADA, ARROZ Y REFRESCO	PAPAYA	CREMA DE ESPINACA
sábado, 07 de julio de 2018	SOYA CON LECHE, PAN, MERMELADA	MANDARINA	ASADO DE RES, ENSALADA, ARROZ Y REFRESCO	FLAN	PAPA RELLENA, ARROZ, INFUSION
domingo, 08 de julio de 2018	LECHE CON VAINILLA, PAN, MARGARINA	HUEVO DURO	POLLO BROSTER, ENSALADA, ARROZ Y REFRESCO	MANZANA	VASO DE LECHE
lunes, 09 de julio de 2018	QUINUA CON MANZANA, PAN, ACEITUNA	PIÑA	QUIZO DE FREJOL CON CERDO, ENSALADA, ARROZ Y REFRESCO	PLATANO	SOPA JULIANA
martes, 10 de julio de 2018	SIETE CEREALES CON LECHE, PAN, MORTADELA	YOGURT	REVUELTO DE ACELGA, ARROZ Y REFRESCO	MAZAMORRA DE PIÑA	SALTADO DE CARNE, ARROZ, INFUSION
miércoles, 11 de julio de 2018	COCOA CON LECHE, PAN, HUEVO SANCOCHADO	GRANADILLA	ARROZ CON POLLO, RODAJAS DE TOMATE Y REFRESCO	DURAZNO	CREMA DE VERDURAS
jueves, 12 de julio de 2018	AVENA CON LECHE, PAN, MANJAR	GELATINA	SALTADO DE HIGADO, ARROZ Y REFRESCO	MAZAMORRA DE MANZANA	POLLO FRITO, ARROZ, INFUSION
viernes, 13 de julio de 2018	SOYA CON LECHE, PAN, SALCHICHA	PAPAYA	PESCADO FRITO, ENSALADA, ARROZ Y REFRESCO	MANZANA	SOPA DE MENUDENCIA
sábado, 14 de julio de 2018	MAIZENA CON LECHE, PAN, TORTILLA DE HUEVO	PLATANO	CAMOTE ARREBOZADO, ENSALADA, ARROZ Y REFRESCO	MAZAMORRA DE MAICENAS CON LECHE	REVUELTO DE VERDURAS, ARROZ, INFUSION
domingo, 15 de julio de 2018	CHOCOLATADA, PAN	HUEVO DURO	ALMENDRADO DE POLLO, ARROZ Y REFRESCO	PLATANO	VASO DE LECHE

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lunes, 16 de julio de 2018	QUINUA CON MARACUYA, PAN, QUESO	DURAZNO	GUISO DE PALLARES, ENSALADA, ARROZ Y REFRESCO	MANDARINA	SOPA DE POLLO
martes, 17 de julio de 2018	SETE CEREALES CON LECHE, PAN, MARGARINA	YOGURT	REVUELTO DE ZANAHORIA, ARROZ Y REFRESCO	MAZAMORRA DE PIÑA	ASADO DE RES, INFUSION
miércoles, 18 de julio de 2018	VAINILLA CON LECHE, PAN, ACEITUNA	MANGO	AJI DE POLLO, ARROZ Y REFRESCO	GRANADILLA	CAZUELA DE RES
jueves, 19 de julio de 2018	HARINA DE HABAS CON LECHE, PAN, MERMELADA	GELATINA	HIGADO FRITO, ENSALADA, ARROZ Y REFRESCO	MAZAMORRA DE MANZANA	ARROZ CHAUPA CON POLLO, INFUSION
viernes, 20 de julio de 2018	AVENA CON LECHE, PAN, HUEVO SANCOCHADO	MANZANA	PESCADO FRITO, ENSALADA, ARROZ Y REFRESCO	JUGO DE PAPAYA	CREMA DE ESPINACA
sábado, 21 de julio de 2018	SEMOLA CON LECHE, PAN, MANJAR	MANDARINA	SALTADO DE CARNE, ARROZ Y REFRESCO	ARROZ CON LECHE	SOPA DE RES
domingo, 22 de julio de 2018	CHOCOLATADA, PAN, MORTADELA	HUEVO DURO	TORTILLA DE VERDURA, ARROZ, ENSALADA, REFRESCO	PLATANO	VASO DE LECHE
lunes, 23 de julio de 2018	SOYA, PAN, MARGARINA	GRANADILLA	GUISO DE LENTEJA, ENSALADA, ARROZ Y REFRESCO	MANZANA	CAZUELA DE POLLO
martes, 24 de julio de 2018	QUINUA CON LECHE, PAN, MORTADELA	MANDARINA	LOMO SALTADO, ARROZ, REFRESCO	VASO LECHE	SOPA DE POLLO, INFUSION
miércoles, 25 de julio de 2018	CHOCOLATADA, PAN, QUESO	NARANJA	CAU-CAU DE POLLO, ARROZ Y REFRESCO	GRANADILLA	SOPA DE SEMOLA CON CARNE
jueves, 26 de julio de 2018	HARINA DE HABAS CON LECHE, PAN, SALCHICHA	GELATINA	HIGADO APANADO, ENSALADA, ARROZ Y REFRESCO	PLATANO	ASADO DE POLLO, ARROZ, INFUSION
viernes, 27 de julio de 2018	SEMOLA CON LECHE, PAN, TORTILLA	NARANJA	MILANESA DE PESCADO, ENSALADA, ARROZ Y REFRESCO	PAPAYA	CREMA DE ESPINACA
sábado, 28 de julio de 2018	SOYA CON LECHE, PAN, ACEITUNA	MANDARINA	ASADO DE RES, ENSALADA, ARROZ Y REFRESCO	MAZAMORRA DE MANZANA	VASO DE LECHE
domingo, 29 de julio de 2018	LECHE CON VAINILLA, PAN, MARGARINA	HUEVO DURO	POLLO BROSTER, ENSALADA, ARROZ Y REFRESCO	MAZAMORRA DE MANDIOCA CON LECHE	CAU CAU DE POLLO, ARROZ
lunes, 30 de julio de 2018	QUINUA CON MANZANA, PAN, ATUN	NARANJA	GUISO DE FREJOL CON CERDO, ENSALADA, ARROZ Y REFRESCO	PLATANO	SOPA JULIANA
martes, 31 de julio de 2018	SETE CEREALES CON LECHE, PAN, MORTADELA	YOGURT	REVUELTO DE ACELGA, ARROZ Y REFRESCO	MAZAMORRA DE PIÑA	VASO DE LECHE



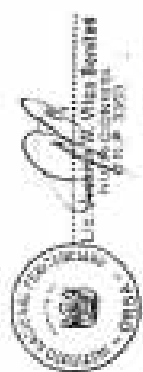
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domingo, 1 de julio de 2018

ALIMENTO	grper (g)	comestibil s %	PROT Al (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	VAINILLA CON LECHE, PAN, MARGARINA								
Vainilla	2.00	100.00	0.01	0.00	0.35	0	0.02	1.42	1.47
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canella entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evaporat	100.00	100.00	7.00	8.10	10.90	28	72.00	43.80	144.50
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.95	58.95
Margarina veg	10.00	100.00	0.00	8.20	0.00	0	73.80	0.00	74.04
Pan francés (2)	30.00	100.00	2.70	0.00	15.21	11	6.10	60.84	69.10
								VC DES	389.73
								% DIST DI	27.15
REFRIGERIO:	HUEVO DURO								
Huevo de gallina	80.00	98.00	13.50	8.50	1.4	43	59.27	5.44	107.20
								VC ALM	107.20
								%DIST RD	8.69
ALMUERZO:	ATOMATADA DE RES,ARROZ Y REFRESCO								
Carné de res pa	70.0	85.0	9.84	0.74	0.00	39	6.65	0.00	46.00
Arroz Pilado o p	70.00	100.00	5.74	0.35	54.48	23	3.15	217.84	243.95
Cebolla de cabe	60.00	67.00	0.58	0.08	4.54	3	0.72	18.17	21.15
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.89
Acidita vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Sal	5.00	100.00	0.00	0.00	0.41	0	0.23	1.84	2.11
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Papa blanca	100.00	52.0	1.05	0.05	11.60	4	0.47	46.38	51.22
Azúcar rubia	15.0	100.00	0.00	0.00	14.75	0	0.00	58.95	58.95
								VC ALM	606.64
								% DIST AL	38.15
REFRIGERIO:	DURAZNO								
dur	140.0	85.00	0.71	0.12	20.35	3	1.07	81.40	85.32
								VC DES	85.32
								% DIST RD	5.44
CENA:	VASO DE LECHE								
Azúcar rubia	22.00	100.00	0.00	0.00	21.60	0	0.00	86.50	86.50
Leche evaporat	125.0	100.00	8.75	10.13	13.60	35	91.13	54.50	180.83
								VC CENA	267.13
								%DIST CE	20.16
		VCT GR	47.58	43.38	186.13				
		VCT KCA	690.32	390.23	744.51				
		VCT %	14.36	29.45	56.19			VCT MEN	1326.06



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lunes, 02 de julio de 2018

ALIMENTO	gr/por (g)	comestibi e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	QUINUA CON MANZANA, PAN, MANJAR								
Quinoa Cruda	20.00	100.00	2.72	1.16	13.26	11	10.44	53.04	74.58
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
Manzana	25.00	100.00	0.08	0.03	3.65	0	0.23	14.60	15.13
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Manjar blanco	7.00	100.00	1.90	3.57	1.18	8	32.13	4.73	44.45
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.90	80.84	80.10
								VC DES	234.32
								% DIST DI	19.88
REFRIGERIO	PLATANO								
Plátano de soda	140.00	70.00	1.47	0.29	20.6	6	2.65	82.32	90.85
								VC DES	90.85
								% DIST RE	7.71
ALMUERZO:	GUIISO DE ARJEJAS PARTIDAS, ENSALADA, ARROZ Y REFRESCO								
Arveja partida	40.00	100.00	8.64	0.44	25.76	35	3.96	103.04	141.56
Carne de res pu	30.00	75.00	5.66	0.36	0.00	20	3.41	0.00	23.61
Popinillo o Papi	15.00	100.00	0.08	0.02	0.39	0	0.14	1.58	2.00
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	60.00	0.65	0.01	0.26	0	0.11	1.03	1.33
Papa blanca	30.0	62.00	0.52	0.03	5.49	2	0.22	21.94	24.23
Amor Filado o p	60.0	100.00	4.92	0.30	46.68	20	2.70	186.72	209.10
Ajos	2.0	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Acetia vegetal	5.00	60.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Uchón	2.00	50.00	0.01	0.00	0.10	0	0.02	0.39	0.43
Sal	5.99	100.00	0.06	0.03	0.41	0	0.23	1.04	2.11
Azúcar rubia	0.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	467.72
								% DIST AL	39.87
REFRIGERIO	MANDARINA								
Mandarinas	160.00	98.00	0.90	0.46	13.2	4	4.15	38.00	93.83
								VC ALM	93.83
								%DIST RE	7.96
CENA:	CAZUELA DE POLLO								
Carne de Pollo	70.00	88.00	14.13	2.47	0.00	57	22.23	0.00	78.75
Zapallo macra	47.00	47.00	0.15	0.04	1.41	1	0.40	5.68	6.67
Ajo	4.10	75.00	0.02	0.01	0.15	0	0.05	0.58	0.73
Porro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Zanahoria	25.50	79.00	0.12	0.10	1.85	0	0.91	7.41	8.60
Fideos	36.50	100.00	3.43	0.07	28.54	14	0.65	114.17	128.55
Papa blanca	64.70	82.00	1.11	0.05	11.83	4	0.48	47.32	52.28
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
Habas frescas	25.50	35.00	1.01	0.07	2.31	4	0.84	9.25	13.02
								VC CENA	292.18
								%DIST CE	24.78
		VCT GR.	49.49	14.69	204.34				
		VCT KCA	197.97	138.43	817.34			VCT MEN	1178.90
		VCT %	16.792	11.864	69.331				


Lidia Elvira del Rosario Abante Caza
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Lidia M. Canaza Vega
ADMINISTRADORA

martes, 03 de julio de 2018

ALIMENTO	gr/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	AVENA CON LECHE,PAN,ACEITUNA								
Avena, hojuelas	20.00	100.00	2.88	0.80	14.40	11	7.20	57.60	75.44
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
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Aceitunas de bo	20.00	88.00	0.14	5.71	1.30	1	51.42	5.20	57.19
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	6.10	60.84	80.10
								VC DES	234.18
								% DIST DI	27.83
REFRIGERIO	YOGURT								
Yogurt	200.00	88.00	7.30	1.78	9.28	29	16.02	37.02	62.24
								VC ALM	62.24
								%DIST RE	6.85
ALMUERZO:	ASADO DE POLLO,ARROZ Y REFRESCO								
Carne de Pollo f	120.00	100.00	24.72	4.32	0.00	99	36.88	0.00	137.76
Arroz Pilado o p	80.00	79.00	3.89	0.24	38.88	16	2.13	147.51	185.19
Cebolla de cabe	20.00	87.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	10.00	89.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.5	80.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegetal	10.00	80.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Azúcar rubia	10.00	100.00	0.00	0.00	8.83	0	0.00	39.32	39.32
								VC ALM	429.91
								% DIST AL	35.81
REFRIGERIO	MAZAMORRA DE PIÑA								
Mandocao	25.0	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
Piña	20.00	93.00	0.07	0.04	1.92	0	0.33	7.29	7.60
azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Canela entera	1.00	100.00	0.02	0.01	2.84	0	0.08	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
								VC ALM	116.44
								%DIST RE	9.76
CENA:	SALCHIPAPAS,INFUSION								
Salchicha "hot c	20.00	98.00	2.16	6.72	0.20	9	60.51	0.78	69.91
Papa blanca	100.0	82.00	1.72	0.88	18.28	7	0.74	73.14	80.77
Aceite vegetal	10.00	75.00	0.00	7.50	0.00	0	67.50	0.00	67.50
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC CENA	237.84
								%DIST CE	19.81
		VCT GR.	52.46	41.98	153.24				
		VCT KCA	206.84	377.80	612.95			VCT MENI	1205.59
		VCT %	17.48	31.468	51.05				
					100.00				



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miércoles, 04 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	CHOCOLATADA, PAN, QUESO								
Chocolato Amaro	3.00	100.00	0.00	0.00	0.15	0	0.00	0.09	0.65
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	0.67
Lleche evaporada	100.00	90.00	6.30	7.29	9.81	25	55.61	39.24	130.05
Queso fresco de	20.0	85.00	2.60	2.98	0.37	11	28.78	1.50	39.07
Azúcar rubia	5.00	100.00	0.00	0.00	4.82	0	0.00	19.60	19.60
Pan francés (2)	30.00	80.00	2.23	0.72	12.17	9	8.48	48.67	64.08
								VC DES	254.08
								% DIST DE	24.81
REFRIGERIO	DURAZNO								
dura	140.0	85.00	0.71	0.12	20.35	3	1.07	61.40	65.32
								VC DES	65.32
								% DIST RE	8.33
ALMUERZO:	CAU-CAU DE POLLO, ARROZ Y REFRESCO								
Carne de Pollo	100.00	85.00	17.51	3.05	0.00	70	27.54	0.00	97.58
Arroz Pilado o p	80.00	79.00	3.89	0.24	36.88	16	2.13	147.51	165.19
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Ají verde (2)	8.00	67.00	0.13	0.04	0.66	1	0.39	2.86	3.58
Ají verde fresco	15.00	54.00	0.58	0.05	1.32	2	0.44	6.09	8.83
Zanahoria	15.00	79.00	0.07	0.05	1.09	0	0.53	4.38	5.18
Papa blanca	40.00	62.00	0.68	0.03	7.31	3	0.30	29.20	32.31
Tomate	10.00	89.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajías	2.5	80.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Acido vegetal	3.00	80.00	0.00	2.40	0.00	0	21.60	0.00	21.60
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	0.00	0.00	4.82	0	0.00	19.60	19.60
								VC ALM	365.70
								% DIST AL	35.71
REFRIGERIO	GRANADILLA								
Granadilla	140.00	89.00	2.74	2.49	19.44	11	22.43	77.75	111.14
								VC DES	111.14
								% DIST RE	10.85
CENA:	SOPA DE SEMOLA CON CARNE								
Sémola de Trigo	25.00	100.00	1.95	0.28	19.60	8	2.48	70.40	80.00
Papa blanca	30.00	98.00	0.62	0.03	6.56	2	0.26	26.22	28.90
Apio	2.00	75.00	0.01	0.00	0.07	0	0.03	0.29	0.36
Poro	2.00	75.00	0.04	0.01	0.11	0	0.11	0.46	0.73
Nabo	1.00	66.00	0.00	0.00	0.02	0	0.01	0.10	0.12
Zanahoria	20.00	85.00	0.10	0.05	1.56	0	0.77	6.25	7.43
Carne de res pu	40.00	54.00	4.60	0.35	0.00	18	3.11	0.00	21.51
Ajías	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Acido vegetal	8.00	80.00	0.00	6.40	0.00	0	57.60	0.00	57.60
								VC CENA	267.80
								%DIST CE	20.29
		VCT GR.	45.34	25.71	150.56				
		VCT KCA	181.36	249.42	602.26			VCT MENI	1024.04
		VCT %	17.71	23.477	58.81				
					100.00				



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M. NUTRICIONISTA
C. N. P. 3976

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Lider N. Penaza Vega
ADMINISTRADOR

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Lc. Elizabeth del Rosario Abama Cuyas
NUTRICIONISTA
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jueves, 05 de julio de 2018

ALIMENTO	gr/per (g)	convertible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	HARINA DE HABAS CON LECHE, PAN, SALCHICHA								
Harina de Haba	5.00	100.00	1.22	0.10	2.98	5	0.56	11.92	17.64
Leche evaporad	70.00	100.00	4.90	5.87	7.63	20	51.00	30.02	101.15
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canola entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Salchicha "hot"	20.00	92.00	2.02	6.31	0.18	8	58.80	0.74	65.63
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.04	80.10
								VC DES	204.86
								% DIST DE	21.94
REFRIGERIO	GELATINA								
Gelatina Con ge	35.00	70.00	2.70	0.00	21.3	11	0.00	85.08	95.84
								VC ALM	95.84
								%DIST RE	7.38
ALMUERZO:	HIGADO APANADO,ENSALADA,ARROZ Y REFRESCO								
Hígado de res	80.0	70.00	11.20	2.58	0.56	40	23.18	2.24	70.22
Arroz Piledo o p	60.0	100.00	4.92	0.30	45.85	20	2.70	186.72	209.10
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Acetito vegetal	15.00	70.00	0.00	10.50	0.00	0	94.50	0.00	94.50
Pepinillo o Pepi	30.0	82.00	0.12	0.03	0.64	0	0.23	2.56	3.27
Limon	2.00	52.00	0.01	0.00	0.10	0	0.02	0.40	0.44
Tomate	20.00	99.00	0.18	0.04	0.83	1	0.36	3.41	4.40
Pan seco molido	10.00	100.00	1.10	0.28	8.25	4	2.52	33.00	38.92
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC ALM	466.96
								% DIST AL	35.97
REFRIGERIO	MAZAMORRA DE MANZANA								
Mandioca	25.0	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canola entera	0.50	100.00	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	30.00	95.00	0.09	0.03	4.18	0	0.26	16.64	17.24
								VC GENA	143.19
								%DIST CE	11.03
CENA:	ASADO DE POLLO,ARROZ,INFUSION								
Carne de Pollo	100.00	70.00	14.42	2.52	0.00	58	22.68	0.00	80.38
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Zanahora	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Arroz Piledo o p	40.00	82.00	2.69	0.16	25.52	11	1.48	102.07	114.31
Tomate	20.00	99.00	0.18	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Acetito vegetal	2.00	80.00	0.00	1.60	0.00	0	14.40	0.00	14.40
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Papa blanca	60.00	52.0	0.60	0.03	6.96	3	0.28	27.83	30.73
								VC ALM	207.31
								% DIST AL	23.67
		VCT GR.	51.48	31.44	202.30				
		VCT KCA	265.03	282.99	809.19			VCT MEN	1296.11
		VCT %	15.86	21.8	62.34				
					100.00				

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viernes, 05 de julio de 2018

ALIMENTO	gríper (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SEMOLA CON LECHE, PAN, QUESO								
Sémola de Trigo	20.00	100.00	1.56	0.22	15.68	6	1.98	82.72	70.94
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
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Queso fresco de	20.00	69.00	2.61	3.12	0.39	11	28.04	1.57	40.85
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	313.32
								% DIST DI	28.17
REFRIGERIO	MANGO								
Mango	140	65.00	0.48	0.24	18.32	2	2.14	75.68	79.73
								VC DES	79.73
								% DIST RE	7.17
ALMUERZO:	MILANESA DE PESACADO, ENSALADA, ARROZ Y REFRESCO								
Pescado Jurel	80.00	100.00	17.28	3.12	0.24	68	28.08	0.96	98.16
Arroz Pilado o p	60.00	79.00	3.89	0.24	36.88	16	2.13	147.51	165.19
Peperillo o Pepi	30.00	68.00	0.10	0.02	0.53	0	0.18	2.12	2.71
Tomato	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.5	80.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Acetia vegetal	15.00	80.00	0.00	12.00	0.00	0	108.00	0.00	108.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	8.00	100.0	0.00	0.00	7.86	0	0.00	31.46	31.46
								VC ALM	414.11
								% DIST AL	37.23
REFRIGERIO	PAPAYA								
Papaya	120.00	85.00	0.41	0.10	8.36	2	0.82	33.46	36.01
Azúcar rubia	12.00	100.00	0.00	0.00	11.8	0	0.00	47.18	47.18
								VC ALM	83.19
								%DIST RE	7.48
CENA:	CREMA DE ESPINACA								
Espinaca negra	100.00	97.00	2.72	0.87	4.76	11	7.96	19.01	37.73
Ajos	1.10	80.00	0.05	0.01	0.27	0	0.06	1.07	1.33
Papa amarilla	60.00	76.00	0.91	0.18	10.62	4	1.64	42.50	47.79
Leche evaporad	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Harina de trigo	10.00	100.00	1.05	0.20	7.48	4	1.80	29.92	35.92
Margarina vege	4.00	100.00	0.02	3.28	0.00	0	29.52	0.00	29.52
Cebolla de cabe	11.00	67.00	0.10	0.01	0.83	0	0.13	3.33	3.68
Margarina vege	4.00	100.00	0.02	3.28	0.00	0	29.52	0.00	29.52
								VC CENA	222.81
								%DIST CE	18.96
		VCT GR.	41.13	35.66	156.94				
		VCT KCA	184.54	328.08	627.76			VCT MEN	1112.38
		VCT %	14.79	28.773	56.44				
					100.00				

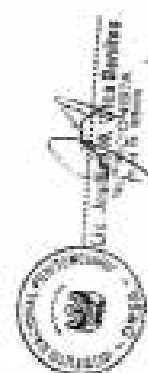


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sábado, 7 de julio de 2018

ALIMENTO	grper (g)	carbohidr e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SOYA CON LECHE, PAN MERMELADA								
Harina de soya	20.00	100.00	1.74	1.30	14.24	7	11.70	58.86	75.62
Clavo de olor	0.00	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.00	54.00	0.00	0.00	0.14	0	0.01	0.56	0.57
Leche evaporada	70.00	100.00	4.90	6.87	7.83	20	81.00	36.82	101.15
Mermelada de Da	10.00	89.00	0.04	0.03	8.51	0	0.16	28.02	28.35
Azúcar rubia	3.00	100.00	0.00	0.00	7.86	0	0.00	31.48	31.48
Pan francés (2)	30.00	100.00	2.79	0.00	15.21	11	5.10	60.84	80.50
								VC DES	315.27
								% DIST DI	20.85
REFRIGERIO	MANDARINA								
Mandarinas	150.00	100.00	0.00	0.45	12.8	4	4.05	86.00	93.65
								VC ALM	93.65
								%DIST RE	6.19
ALMUERZO:	ASADO DE RES, ENSALADA, ARROZ Y REFRESCO								
Carne de res pi	70.0	100.00	54.81	1.13	0.00	69	10.00	0.00	69.72
Arroz Pilado o s	75.00	85.00	5.23	0.33	49.50	21	2.87	186.39	212.17
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.16
Lechuga redond	60.00	67.00	0.62	0.09	0.84	2	0.72	3.38	6.19
Limón	3.00	54.00	0.01	0.00	0.16	0	0.00	0.63	0.69
Papa blanca	100.00	85.00	1.79	0.09	18.96	7	0.77	75.82	89.73
Tomate	20.00	99.00	0.18	0.04	0.85	1	0.36	3.41	4.40
Ajos	4.0	80.00	0.19	0.03	0.97	1	0.73	3.99	4.84
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.38	2.63	3.37
Azúcar rubia	18.00	100.0	0.00	0.00	17.85	0	0.00	70.78	70.78
								VC ALM	677.02
								% DIST A	38.15
REFRIGERIO	FLAN								
Haz Con gel y a	15.00	90.00	0.03	0.00	13.32	0	0.00	53.30	53.41
Leche evaporada	95.00	98.00	7.40	2.78	3.74	10	25.00	14.85	49.59
								VC ALM	102.97
								%DIST RE	6.81
CENA:	PAPA RELLENA, ARROZ Y INFUSION								
Carne de res pi	50.0	100.00	30.85	0.80	0.00	43	7.30	0.00	49.80
Arroz Pilado o s	60.00	100.00	4.92	0.30	46.88	20	2.70	186.72	200.10
Papa blanca	100.00	79.00	1.69	0.08	17.62	7	0.71	70.47	77.82
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Cebolla de cabe	10.00	67.00	0.09	0.01	0.78	0	0.12	3.03	3.62
Zanahoria	25.00	35.00	0.05	0.04	0.81	0	0.39	3.22	3.82
Avesces frescas	15.00	54.00	0.59	0.05	1.52	2	0.44	6.09	8.83
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.98	2.42
Acetia vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	3.00	100.00	0.04	0.02	0.75	0	0.14	0.98	1.36
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC CENA	423.43
								%DIST CI	28.09
		VCT GR	54.40	29.24	249.29				
		VCT KCA	217.61	360.19	897.15			VCT MEN	1512.34
		VCT %	14.39	17.40	65.93				



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ALIMENTO	grupos (g)	concentraci e %	PROT As (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	LECHE CON VAINILLA,PAN,MARGARINA								
Leche evaporad	100.00	100.00	7.00	8.10	10.00	28	72.90	43.00	144.00
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela oriens	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Vainilla	2.00	100.00	0.01	0.00	0.35	0	0.02	1.42	1.47
Margarina vege	10.00	89.00	0.05	7.30	0.00	0	68.65	0.00	68.60
Azúcar rubia	10.00	100.00	0.80	0.00	9.83	0	0.00	39.00	39.32
Pan francés (2)	30.00	100.00	2.78	0.90	15.21	11	8.10	80.64	80.10
								VC DES	331.91
								% DIST DE	25.85
REFRIGERIO:	HUEVO DURO								
Huevo de gallin	80.00	100.00	10.80	8.72	1.4	43	60.48	5.76	109.44
								VC ALM	109.44
								% DIST RE	8.83
ALMUERZO:	POLLO BROSTER,ENSALADA,ARROZ Y REFRESCO								
Carne de Pollo f	120.0	85.00	21.01	3.87	0.00	84	33.06	0.00	117.10
Arroz Pflado o f	80.00	75.00	3.85	0.34	36.55	15	2.13	147.51	165.15
Cebolla de cabe	15.00	87.00	0.14	0.02	1.14	1	0.18	4.54	5.25
Lechuga redond	25.00	67.00	0.22	0.03	0.25	1	0.30	1.41	2.58
Uvón	3.00	94.00	0.01	0.00	0.15	5	0.03	0.63	0.68
Maniaca	10.00	82.00	0.82	0.03	6.32	2	0.30	25.29	27.08
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajos	2.5	80.00	0.11	0.02	0.81	5	0.14	2.43	3.03
Aceto vegetal	20.00	80.00	0.00	18.00	0.00	0	144.00	0.00	144.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.26
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	498.87
								% DIST AL	38.34
REFRIGERIO:	MANZANA								
Manzana	150.00	83.00	0.62	0.14	20.4	2	1.25	81.47	84.48
								VC DES	84.48
								% DIST RE	6.57
CENA:	VASO DE LECHE								
Azúcar rubia	22.00	100.00	0.00	0.00	21.83	0	0.00	86.60	86.60
Leche evaporad	125.0	100.00	8.75	10.13	13.83	35	91.13	54.00	160.83
								VC CENA	267.13
								%DIST CI	20.81
		VCT GR	85.92	83.36	144.96				
		VCT KCA	223.69	480.20	579.88				
		VCT %	17.42	37.81	45.17			VCT MEN	1283.75
				100.00					



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Lunes, 3 de julio de 2018

ALIMENTO	g/por g/l	colores e %	PROT A= (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO: QUINUA CON MANZANA, PAN, ACEITUNA									
Quinoa Crida	20.00	100.00	2.72	1.18	13.29	11	10.44	63.04	74.96
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.00	0.00
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.05	0.07
Manzana	20.00	96.00	0.08	0.02	2.85	0	0.17	11.21	11.63
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Aceitunas de la	20.00	85.00	0.17	6.62	1.55	1	61.39	0.21	63.28
Pan francés (2)	20.00	100.00	2.79	0.60	15.21	11	8.10	60.84	80.19
								VC DES	254.63
								% DIST DI	21.96
REFRIGERIO PIÑA									
Piña	150.00	92.00	0.55	0.28	13.52	2	2.48	54.10	58.79
								VC ALM	58.79
								%DIST RE	5.67
ALMUERZO: QUESO DE FREJOL CON CERDO, ENSALADA, ARROZ Y REFRESCO									
Frijol canario cr	50.00	80.00	8.79	0.84	34.06	35	7.56	98.33	138.82
Arroz Pilado o p	60.00	98.00	4.82	0.28	48.75	18	2.65	182.98	204.82
Cebolla de cabe	15.00	86.00	0.13	0.03	0.95	0	0.15	3.80	4.43
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Aceite vegetal	5.00	100.00	0.00	3.00	0.00	0	45.00	0.00	45.00
Sal	2.00	100.00	0.02	0.01	0.16	0	0.09	0.88	0.84
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Limon	5.00	52.0	0.01	0.06	0.15	0	0.03	0.61	0.66
Cerdo de Cerdo	80	75.00	8.64	9.08	0.00	35	81.54	0.00	116.10
Papajillo o Pap	20.00	72.00	0.07	0.01	0.37	0	0.13	1.60	1.62
Azúcar rubia	5.0	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	539.36
								% DIST AL	46.62
REFRIGERIO PLATANO									
Platano de seda	100.00	70.00	1.00	0.21	14.7	4	1.39	58.60	64.69
								VC DES	64.69
								% DIST RE	5.60
CENA: SOPA JULIANA									
Lecche evaporac	15.00	100.00	1.06	1.22	1.64	4	10.94	6.54	21.68
Queso para	15.00	100.00	4.20	4.50	0.93	17	40.50	1.98	59.28
Zanahoria	20.00	85.00	0.10	0.09	1.98	0	0.77	6.28	7.43
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Papa blanca	80.00	92.00	1.55	0.07	16.41	6	0.46	65.63	72.90
Apio	1.00	75.00	0.01	0.00	0.04	0	0.01	0.14	0.16
Poro	1.00	85.00	0.02	0.01	0.65	0	0.06	0.29	0.32
Nabo	1.00	66.00	0.00	0.00	0.02	0	0.01	0.10	0.12
Sal	4.00	100.00	0.05	0.02	0.33	0	0.18	1.31	1.66
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Cebolla de cabe	12.00	87.00	0.11	0.02	0.91	0	0.14	3.63	4.23
								VC CENA	241.83
								%DIST CE	20.86
			VCT GR	37.21	38.81	165.80			
			VCT KCA	148.84	347.45	463.20		VCT MEN	1159.51
			VCT %	12.84	29.965	87.20			
					100.00				



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martes, 10 de julio de 2018

ALIMENTO	gr/g	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: SIETE CERALES CON LECHE, PAN, MORTADELA									
Quinoa Harina	5.00	100.00	0.48	0.13	3.61	2	1.17	14.42	17.41
Avena, hojuelas	5.00	100.00	0.67	0.20	3.66	3	1.60	14.40	18.68
Harina de Haba	5.00	100.00	1.22	0.10	2.68	5	0.86	11.92	17.64
Cebada Harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.38
Harina de soya	5.00	100.00	0.44	0.33	3.58	2	2.83	14.24	18.91
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	81.03	30.52	101.15
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Mortadela	20.00	100.00	1.96	3.94	1.88	6	35.46	7.52	50.52
Pan francés (2)	30.00	100.00	2.79	0.90	10.21	11	8.10	60.84	80.10
								VC DES	363.10
								% DIST DI	19.74
REFRIGERIO YOGURT									
Yogurt	280.00	100.00	11.48	2.80	14.58	46	25.20	58.24	129.36
								VC ALM	129.36
								%DIST RE	7.63
ALMUERZO: REVUELTO DE ACELGA, ARROZ Y REFRESCO									
Leche evaporada	15.0	100.00	1.05	1.22	1.64	4	10.94	6.54	21.88
Queso fresco de	10.0	100.00	1.58	1.76	0.22	6	15.75	0.88	32.95
Arroz Pilado o p	60.00	100.00	4.92	0.30	46.68	20	2.70	186.72	209.10
Papa blanca	50.00	50.00	0.53	0.03	5.58	2	0.23	32.30	34.83
Sal	5.00	87.00	0.06	0.02	0.40	0	0.22	1.58	2.04
Acelgas, hojas d	60.00	72.00	0.95	9.68	13.08	4	87.09	52.38	143.25
Huevo de gallina	10.00	57.00	0.77	0.48	4.75	3	4.31	19.02	22.50
Cebolla de cabe	10.00	54.00	0.08	0.01	0.61	0	0.10	2.44	2.84
Zanahoria	12.00	35.00	0.03	0.02	0.39	0	0.19	1.55	1.84
Ajo	1.00	54.00	0.01	0.00	0.07	0	0.04	0.27	0.36
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC ALM	670.50
								% DIST AL	38.48
REFRIGERIO MAZAMORRA DE PNA									
Mandioca	40.0	100.00	2.06	0.16	30.64	10	1.44	123.36	135.04
Piña	40.00	66.00	0.10	0.06	2.56	0	0.47	10.19	11.08
azúcar rubia	20.00	100.00	0.00	0.00	19.66	0	0.00	78.64	78.64
Canela entera	0.50	54.00	0.01	0.00	0.23	0	0.02	0.91	0.95
Clavo de olor	0.50	54.00	0.00	0.00	0.06	0	0.00	0.23	0.25
								VC ALM	226.96
								%DIST RE	12.29
CENA: SALTADO DE CARNE, ARROZ									
Carne de Pecho	120.0	85.00	21.01	3.67	0.00	84	33.05	0.00	117.10
Arroz Pilado o p	60.00	100.00	4.92	0.30	46.68	20	2.70	186.72	209.10
Papa Blanca	60.00	79.00	1.00	0.05	10.57	4	0.43	42.28	46.68
Tomate	15.00	98.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Ajo	2.00	80.00	0.00	0.01	0.40	0	0.12	1.95	2.42
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	40.00	0.00	40.00
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	430.31
		VCT GR.	64.81	56.99	267.75			% DIST AL	24.48
		VCT KCA	259.23	512.88	1071.81				
		VCT %	14.09	27.885	58.23			VCT MEN	1839.23
					100.21				



Caral
Lider N. Canaza Vega
NUTRICIONISTA
C. N. 19/19

Caral
Lider N. Canaza Vega
ADMINISTRADOR


 Dr. Joseph M. Allen, M.D.
 Director, CDC
 1600 Clifton Road, NE
 Atlanta, GA 30333

Lider N. Canaza Vega
PRESIDENTE

jueves, 12 de julio de 2018

ALIMENTO	griser (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	AVENA CON LECHE,PAN,MANJAR								
Avena, hojuelas	25.00	100.00	3.33	1.00	18.00	13	8.00	72.00	94.30
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
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	81.03	30.52	101.15
Manjar blanco	7.00	100.00	1.90	3.57	1.18	8	32.13	4.73	44.45
Azúcar rubia	5.00	100.00	0.00	0.00	4.00	0	0.00	19.66	19.66
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	346.28
								% DIST DES	20.27
REFRIGERIO	GELATINA								
Gelatina Con gel	35.00	68.00	3.43	0.00	27.04	14	0.00	108.10	121.86
								VC DES	121.86
								% DIST RE	7.26
ALMUERZO:	SALTADO DE HIGADO,ARROZ Y REPRESO								
Higado de res	50.00	70.00	7.00	1.51	0.35	28	14.46	1.40	43.89
Arroz Pilado o p	60.00	100.00	4.92	0.30	48.68	20	3.70	186.72	209.10
Papa blanca	90.00	79.00	1.48	0.07	15.86	6	0.64	63.42	70.93
Tomate	15.00	99.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Ajo	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.49
Acetate vegetal	25.00	100.00	0.00	35.00	0.00	0	228.00	0.00	228.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC ALM	603.48
								% DIST AL	35.95
REFRIGERIO	MAZAMORRA DE MANZANA								
Mandioca	45.0	100.00	2.00	0.10	31.70	12	1.62	138.78	151.92
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Canela entera	0.50	100.00	0.01	0.00	0.43	0	0.04	1.68	1.77
Clavo de olor	0.50	100.00	0.01	0.00	0.11	0	0.01	0.43	0.46
Manzana	90.00	98.00	0.26	0.09	12.61	1	0.78	50.46	52.27
								VC DES	245.74
								% DIST RE	14.64
CENA:	POLLO FRITO,ARROZ,INFUSION								
Carno de Pollo	100.00	70.00	13.44	2.03	0.00	54	18.27	0.00	72.03
Arroz Pilado o p	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.28
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC CENA	367.35
								%DIST CE	21.69
		VCT GR.	50.16	55.75	244.08				
		VCT KCA	200.83	381.74	976.34			VCT MENI	1678.71
		VCT %	11.95	29.888	58.16				
					100.00				



Dr. Danilo del Puerto Alvarez Caza
NUTRICIONISTA
C.N. - 3919

Uder N. Amaza Vega
ADMINISTRADOR

viernes, 13 de julio de 2018

ALIMENTO	gr/per (g)	corrector = %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SOYA CON LECHE,PAN,SALCHICHA								
Harina de soya	20.00	100.00	1.74	1.30	14.24	71	11.70	56.86	75.62
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
Leche evaporada	70.00	100.00	4.80	5.67	7.63	20	51.03	30.32	101.15
Salchicha "hot"	20.00	92.00	2.02	8.31	0.18	8	56.80	0.74	65.63
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	342.79
								% DIST DI	26.35
REFRIGERIO	PAPAYA								
Papaya	160.00	96.00	0.61	0.15	12.60	3	1.38	50.38	54.22
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC DES	93.54
								% DIST RE	7.10
ALMUERZO:	PESCADO FRITO,ENSALADA,ARROZ Y REFRESCO								
Pescado frito	80.00	66.00	11.40	2.06	0.16	46	18.53	0.63	64.79
Arroz Pilado o p	60.00	100.00	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	89.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	136.00	0.00	136.00
Sal	3.00	100.00	0.02	0.01	0.16	0	0.09	0.66	0.84
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	52.00	0.01	0.00	0.15	0	0.03	0.61	0.66
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6	2.70	44.86	53.66
Pepinillo o Pepi	30.00	72.00	0.11	0.02	0.96	0	0.19	2.25	2.87
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	497.92
								% DIST AL	38.28
REFRIGERIO	MANZANA								
Manzana	180.00	98.00	0.63	0.18	25.8	2	1.59	103.02	106.72
								VC DES	106.72
								% DIST RE	8.30
CENA:	SOPA DE MENUDENCIA								
Menudencia de	80	70.00	11.09	2.63	0.00	44	23.69	0.00	68.04
Fideos	50.00	100.00	4.70	0.10	38.10	19	0.90	156.40	176.10
Apio	3.00	75.00	0.02	0.00	0.11	0	0.04	0.43	0.54
Poro	3.00	66.00	0.05	0.02	0.15	0	0.14	0.60	0.90
Nabo	2.00	66.00	0.01	0.00	0.05	0	0.02	0.19	0.25
Zanahoria	30.00	78.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
								VC CENA	259.87
								%DIST CE	19.89
		VCT GR.	47.14	35.16	198.96				
		VCT KCA	188.55	316.43	795.86			VCT MEN	1393.83
		VCT %	14.49	24.325	61.18				
					100.00				



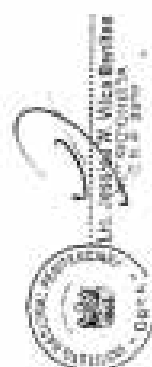
Dr. Danilo del Puerto Arce Vega
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C.R.P. 3979

Lider R. Canaza Vega
ADMINISTRADOR

sábado, 14 de julio de 2018

ALIMENTO	gr/per (g)	concentraci n %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	MAIZENA CON LECHE, PAN, TORTILLA DE HUEVO								
Maizena	20.00	100.00	0.12	0.04	17.34	0	0.36	69.38	70.20
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.09	0.09
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evaporada	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.58
Huevo de gallina	25.00	92.00	3.11	1.93	0.41	12	17.39	1.86	31.46
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Azúcar rubia	3.00	100.00	0.00	0.00	2.95	0	0.00	11.80	11.80
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	347.50
								% DIST DI	24.53
REFRIGERIO	PLATANO								
Plátano de seda	140.00	95.00	2.00	0.40	27.9	8	3.59	111.72	123.29
								VC DES	123.29
								% DIST RE	8.70
ALMUERZO:	CAMOTE ARROZADO, ENSALADA, ARROZ Y REFRESCO								
Camote morado	100.00	70.00	5.98	0.21	17.99	4	1.89	71.96	77.77
Arroz Pilado o p	90.00	100.00	4.92	0.30	46.68	25	2.70	186.72	209.10
Huevo de gallina	20.00	100.00	2.70	1.68	0.36	11	15.12	1.44	27.36
Leche evaporada	20.00	79.00	1.11	1.28	1.72	4	11.52	6.89	22.83
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.30	3.41	4.40
Cebolla de cabe	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Harina de trigo	20.00	80.00	1.68	0.32	11.97	7	2.56	47.87	57.47
Limón	3.00	100.00	0.02	0.01	0.29	0	0.05	1.16	1.29
Lechuga redonda	90.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.82
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.99	1.26
Queso fresco de	30.00	100.00	4.74	5.25	0.66	19	47.25	2.64	68.85
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	595.17
								% DIST AL	42.01
REFRIGERIO	MAZAMORRA DE MAIZENA CON LECHE								
Maizena	25.00	100.00	0.15	0.05	21.68	0.60	0.45	86.70	87.75
azúcar rubia	5.00	100.00	0.00	0.00	4.92	0.00	0	19.68	19.68
Canela entera	0.10	54.00	0.00	0.00	0.05	0.00	0.004374	0.18	0.19
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.000972	0.05	0.05
Leche evaporada	10.00	100.00	0.70	0.81	1.09	3	7.29	4.36	14.45
								VC ALM	122.10
								%DIST RE	8.62
CENA:	REVUELTO DE VERDURAS, ARROZ + INFUSIÓN								
Vainitas (2)	20.00	91.00	0.44	0.05	1.47	2	0.48	5.90	8.14
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Queso paria	10.00	100.00	2.90	3.00	0.33	11	27.00	1.32	30.52
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gallina	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Arroz Pilado o p	60.00	100.00	4.92	0.30	46.68	25	2.70	186.72	209.10
Acetate vegetal	2.00	80.00	0.00	1.60	0.00	0	14.40	0.00	14.40
Perejil	1.00	50.00	0.02	0.00	0.03	0	0.03	0.13	0.28
Sal	5.00	100.00	0.06	0.03	0.41	0	0.23	1.64	2.11
Azúcar rubia	2.00	100.00	0.00	0.00	1.97	0	0.00	7.86	7.86
								VC CENA	367.17
								%DIST CE	25.92
		VCT GR.	38.36	38.59	219.88				
		VCT KCA	145.21	319.97	879.45			VCT MENI	1416.54
		VCT %	19.25	22.58	62.07				

[Firma]
 Lic. Elizabeth E. Puerto Abreu Cely
 NUTRICIONISTA
 C.N.P. 3971



[Firma]
 Lidet N. Góngora Vega
 ADMINISTRADORA

domingo, 15 de julio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	CHOCOLATADA,PAN								
Leche evaporada	100.00	100.00	7.00	8.10	10.90	26	72.90	43.60	144.50
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.00	0.00
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Chocolate Amargo	3.00	100.00	0.07	0.00	0.15	0	0.00	0.58	0.65
Cocoa	2.00	92.00	0.95	0.31	0.88	1	2.63	3.52	7.75
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	253.28
								% DIST DI	21.83
REFRIGERIO:	HUEVO DURO								
Huevo de gallina	60.00	98.00	7.84	4.94	1.1	37	44.45	4.23	80.44
								VC ALM	80.44
								%DIST RE	6.94
ALMUERZO:	ALMENDRADO DE POLLO,ARROZ Y REFRESCO								
Carnes de Pollo	120.00	70.00	17.30	3.02	0.00	69	27.22	0.00	96.43
Mani crudo, con	2.00	71.00	0.34	0.88	0.25	1	6.16	1.01	8.53
Fapa blanca	70.00	79.00	1.16	0.06	12.33	5	0.50	49.33	54.47
Arroz Pilado a p	80.00	100.00	4.92	0.30	46.68	20	2.70	186.72	209.10
Cebolla de cabe	30.00	67.00	0.26	0.04	2.37	1	0.36	9.09	10.57
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.53	4.36	5.18
Avejas inmacu	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.90	2.42
Aceite vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.28
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC ALM	467.34
								% DIST AL	40.32
REFRIGERIO:	PLATANO								
Plátano de seda	140.00	70.00	1.47	0.39	20.8	6	2.65	82.32	90.85
								VC DES	90.85
								% DIST RE	7.84
CENA:	VASO DE LECHE								
Azúcar rubia	22.00	100.00	0.00	0.00	21.63	0	0.00	86.50	86.50
Leche evaporada	125.0	100.00	8.75	10.13	13.63	35	81.13	54.50	180.63
								VC CENA	267.13
								%DIST CE	23.05
		VCT GR.	53.48	33.95	159.90				
		VCT KCA	213.92	305.52	639.60				
		VCT %	18.46	26.36	55.18			VCT MENI	1158.04
				100.00					

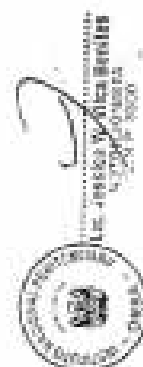


Dr. Ricardo A. Ríos Mataró
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Lidier N. Penaza Vega
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lunes, 16 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	QUINUA CON MARACUYA,PAN,QUESO								
Quinua Cruda	20.00	100.00	2.72	1.16	13.26	11	10.44	53.04	74.36
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
Maracuyá	20.00	100.00	0.18	0.02	3.16	1	0.18	12.64	13.54
Queso fresco de	20.00	88.00	2.81	3.12	0.39	11	28.04	1.57	40.85
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.88	19.88
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	229.13
								% DIST DI	19.80
REFRIGERIO	DURAZNO								
dura	140.0	85.00	0.71	0.12	20.35	3	1.07	81.40	85.32
								VC DES	85.32
								% DIST RE	7.40
ALMUERZO:	GUISO DE PALLARES,ENSALADA,ARROZ Y REFRESCO								
Carné de Pollo l	40.0	85.00	7.00	1.22	0.00	28	11.02	0.00	38.03
Pallarés, con cá	50.00	79.00	0.24	0.04	5.85	1	0.36	23.36	24.69
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.65
Lachuga redond	30.00	67.00	0.26	0.04	0.42	1	0.36	1.89	3.10
Limón	3.00	54.00	0.01	0.00	0.16	0	0.03	0.63	0.69
Arroz Pilado o p	80.00	82.00	4.03	0.25	38.28	16	2.21	153.11	171.46
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Ajos	2.5	80.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegetal	15.00	80.00	0.00	12.00	0.00	0	108.00	0.00	108.00
Sal	10.00	100.00	0.12	0.00	0.82	0	0.45	3.28	4.21
Azúcar rubia	15.00	100.0	0.00	0.00	14.75	0	0.00	58.88	58.88
								VC ALM	426.82
								% DIST AL	37.00
REFRIGERIO	MANDARINA								
Mandarinas	100.00	80.00	0.88	0.43	12.38	3	3.89	75.00	82.34
								VC ALM	82.34
								%DIST RE	7.14
CENA:	SOPA DE POLLO								
Carné de Pollo l	70.00	70.00	9.41	1.42	0.00	38	12.79	0.00	50.42
Apio	4.10	75.00	0.02	0.01	0.15	0	0.08	0.59	0.73
Poro	4.00	86.00	0.07	0.02	0.20	0	0.19	0.80	1.28
Nabo	3.00	86.00	0.01	0.00	0.07	0	0.04	0.29	0.37
Aceite vegetal	10.00	75.00	0.00	7.50	0.00	0	67.50	0.00	67.50
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	6.72	10.36
Fideos	40.00	100.00	3.76	0.08	31.28	15	0.72	129.12	140.88
Papa blanca	70.00	82.00	1.21	0.06	12.80	5	0.62	51.20	58.54
Sal	4.40	100.00	0.05	0.02	0.38	0	0.20	1.44	1.85
								VC CENA	329.03
								%DIST CE	28.60
		VCT GR.	36.96	28.68	180.53				
		VCT KCA	147.84	258.15	722.10			VCT MEN	1153.55
		VCT %	12.82	22.378	62.60				

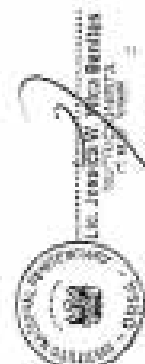


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 Lic. Elisaveth del Puerto Alvarez Copey
 AUTOCORRIDA
 C.M.P. 30/79

[Signature]
 Lider N. Gonzalez Vega
 ADMINISTRADOR

martes, 17 de julio de 2018

ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SIETE CERALES CON LECHE,PAN,MARGARINA								
Quinoa Harina	5.00	100.00	0.48	0.13	3.61	2	1.17	14.42	17.41
Avena, hojuelas	5.00	100.00	0.67	0.20	3.60	3	1.80	14.40	18.86
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.88	11.92	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.93	14.24	18.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evaporada	70.00	100.00	4.90	5.87	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.68	19.68
Margarina vegetal	7.00	100.00	0.04	5.74	0.00	0	51.86	0.00	51.80
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	344.40
								% DIST DI	23.65
REFRIGERIO	YOGURT								
Yogurt	290.00	100.00	10.25	2.50	13.00	41	22.50	52.00	115.50
								VC .ALM	115.50
								%DIST RE	7.93
ALMUERZO:	REVUELTO DE ZANAHORIA,ARROZ Y REFRESCO								
Leche evaporada	10.0	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Queso fresco de	10.0	100.00	1.58	1.75	0.23	8	15.75	0.88	32.95
Arroz Piledo o p	60.00	100.00	4.82	0.30	46.68	20	2.70	186.72	209.10
Papa blanca	60.00	50.00	0.53	0.03	5.58	2	0.23	22.30	34.63
Sal	2.00	97.00	0.02	0.01	0.16	0	0.09	0.64	0.82
Zanahoria	60.00	72.00	0.26	0.22	3.97	1	1.94	15.90	18.88
Huevo de gallin	5.00	57.00	0.38	0.24	4.75	2	2.15	18.02	22.50
Cebolla de cabe	10.00	54.00	0.06	0.01	0.61	0	0.10	2.44	2.84
Zanahoria	12.00	35.00	0.03	0.02	0.39	0	0.19	1.55	1.84
Ajos	1.00	54.00	0.01	0.00	0.07	0	0.04	0.27	0.36
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.68	19.68
								VC .ALM	570.34
								% DIST AL	39.15
REFRIGERIO	MAZAMORRA DE PINA								
Mandioca	25.0	100.00	1.60	0.10	15.28	6	0.90	77.10	84.40
Piña	30.00	93.00	0.11	0.08	2.73	0	0.50	10.94	11.89
Canela entera	1.00	100.00	0.02	0.01	0.84	0	0.08	3.37	3.54
Azúcar rubia	8.00	100.00	0.00	0.00	7.86	0	0.00	31.46	31.46
								VC .ALM	131.28
								%DIST RE	9.01
CENA:	ASADO DE RES,ARROZ ,INFUSIÓN								
Carne de res pu	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	8.08	7.05
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Arroz Piledo o p	40.00	82.00	2.69	0.16	25.52	11	1.48	102.07	114.31
Tomate	20.00	99.00	0.18	0.04	0.85	1	0.38	3.41	4.40
Ajos	2.5	80.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegetal	10.00	80.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Papa blanca	60.00	52.0	0.66	0.03	6.96	3	0.28	27.83	30.73
								VC .ALM	295.03
								% DIST AL	20.26
		VCT GR.	48.98	53.87	195.98				
		VCT KCA	187.90	484.82	783.92			VCT MENI	1456.45
		VCT %	12.96	33.288	53.82				
					100.01				



[Signature]
 Lic. Elizabeth A. Barrios Maza Coza
 NUTRICIONISTA
 C.N.R. 3979

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 Lider M. Canaza Vega
 ADMINISTRADOR

miercoles, 18 de julio de 2018

maércoles, 18 de junio de 2018									
ALIMENTO	g/por (g)	concentr % %	PROT Ar (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	VAINILLA CON LECHE,PAN,ACEITUNA								
Vainilla	2.00	100.00	0.01	0.00	0.36	0	0.00	1.42	1.47
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.58	0.57
Leche evaporad	100.00	100.00	7.00	8.10	10.00	28	72.93	43.60	144.50
Aceitunas de bo	20.00	89.00	0.14	5.71	1.30	1	51.43	5.20	57.19
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.90	19.90
Pan francés (2)	30.00	100.00	2.79	0.90	18.21	11	8.10	80.64	80.10
								VC DES	303.55
								% DIST DE	24.88
REFRIGERIO	MANGO								
Mango	150	85.00	0.51	0.26	20.27	2	2.35	81.08	85.43
								VC DES	85.43
								% DIST RE	7.09
ALMUERZO:	AJI DE POLLO,ARROZ Y REFRESCO								
Carné de Pollo	100.00	85.00	18.32	2.47	0.00	85	22.19	0.00	87.47
Leche evaporad	10.00	100.00	0.70	0.81	1.04	3	7.28	4.38	14.45
Queso paria	15.00	90.00	3.78	4.05	0.45	15	36.45	1.78	53.35
Mari crudo con	3.00	71.00	0.51	1.03	0.38	2	9.24	1.51	12.80
Aroz Pilado o d	80.00	95.00	4.67	0.28	44.35	18	2.67	177.38	190.65
Papa blanca	70.00	83.00	1.31	0.08	12.80	8	0.52	51.20	56.54
Cebolla de cabe	15.00	87.00	0.14	0.02	1.14	1	0.10	4.54	5.70
Ajos	2.00	85.00	0.09	0.01	0.49	0	0.12	1.85	2.42
Sal	5.00	100.00	0.06	0.03	0.41	0	0.23	1.64	2.11
Aceite vegetal	5.00	100.00	0.00	1.00	0.00	0	45.00	0.00	45.00
Aji verde (2)	3.00	87.00	0.06	0.02	0.20	0	0.14	1.00	1.34
Pan seco molle	2.00	100.00	0.22	0.08	1.85	1	0.50	6.80	7.56
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.90	19.90
								VC ALM	587.66
								% DIST AJ	41.56
REFRIGERIO	GRANADILLA								
Granadilla	100.00	80.00	1.86	1.78	13.88	8	10.02	55.54	79.39
								VC DES	79.39
								% DIST RE	6.51
CENA:	CAZUELA DE RES								
Carné de res pe	50.00	88.00	10.44	0.78	0.00	43	7.36	0.00	48.80
Zapallo macre	80.00	85.00	0.36	0.10	3.33	1	6.84	13.31	19.79
Apio	2.00	75.00	0.01	0.00	0.07	0	0.03	0.28	0.32
Poro	2.00	88.00	0.04	0.01	0.10	0	0.10	0.40	0.54
Nabo	1.00	88.00	0.00	0.00	0.02	0	0.01	0.10	0.12
Zanahoria	25.00	75.00	0.12	0.10	1.82	0	0.88	7.27	8.53
Papa blanca	80.00	82.00	1.55	0.07	18.48	8	0.58	85.83	72.69
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	80.00	0.00	80.00
Sal	5.00	100.00	0.06	0.03	0.41	0	0.23	1.64	2.11
Tomate	25.00	99.00	0.20	0.05	1.00	1	0.45	4.26	5.49
								VC CENA	244.88
								%DIST CE	20.05
		VCT GR	52.96	41.73	158.16				
		VCT KCA	291.78	375.54	832.64			VCT MEN	1319.96
		VCT %	17.36	36.783	61.86				
					100.00				



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Correa
NUTRICIONISTA
C.N.P. 3919

viernes, 20 de julio de 2018

ALIMENTO	gr/por (g)	porcentaje (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	AVENA CON LECHE,PAN,HUEVO SANCOCHADO								
Avena, hojuelas	20.00	100.00	2.66	0.80	14.40	11	7.20	57.60	75.44
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
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Huevo de gallina	60.00	100.00	8.10	5.04	1.08	32	45.36	4.32	82.08
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	359.05
								% DIST DES	27.95
REFRIGERIO	MANZANA								
Manzana	140.00	98.00	0.53	0.18	25.81	2	1.39	103.02	106.72
								VC DES	106.72
								% DIST RE	8.31
ALMUERZO:	PESCADO FRITO,ENSALADA,ARROZ Y REFRESCO								
Pescado frito	100.00	68.00	14.36	2.97	0.25	57	23.17	0.79	80.98
Arroz Pilado o p	60.00	100.00	4.92	0.30	46.68	20	2.70	186.72	208.10
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	3.20
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Sal	2.00	100.00	0.02	0.01	0.18	0	0.09	0.66	0.84
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.82	3.63
Limon	3.00	52.00	0.01	0.00	0.15	0	0.03	0.61	0.66
Harina de trigo	17.00	100.00	1.78	0.34	12.72	7	3.06	50.66	61.06
Peperillo o Pepi	100.00	72.00	0.54	0.11	2.81	2	0.97	11.23	14.36
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	469.79
								% DIST AL	56.57
REFRIGERIO	JUGO DE PAPAYA								
Papaya	160.00	85.00	0.54	0.14	11.15	2	1.22	44.61	48.01
Azúcar rubia	18.00	70.00	0.00	0.00	12.4	0	0.00	40.54	40.54
								VC ALM	97.55
								%DIST RE	7.69
CENA:	CREMA DE ESPINACA								
Espinaca negra	100.00	97.00	2.72	0.87	4.75	11	7.86	19.01	37.73
Ajos	1.10	80.00	0.05	0.01	0.27	0	0.06	1.07	1.33
Fresa amarilla	60.00	78.00	0.91	0.18	10.62	4	1.64	42.50	47.79
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Harina de trigo	10.00	100.00	1.05	0.20	7.48	4	1.80	29.02	35.92
Margarina vege	4.00	100.00	0.02	3.28	0.00	0	29.52	0.00	29.62
Cebolla de cabe	11.00	97.00	0.10	0.01	0.83	0	0.13	3.33	3.86
Margarina vege	8.00	100.00	0.05	6.55	0.00	0	59.04	0.00	59.23
								VC CENA	251.62
								%DIST CE	19.59
		VCT GR	48.07	37.26	189.28				
		VCT KCA	192.27	335.34	757.13			VCT MENI	1284.74
		VCT %	14.97	26.102	58.93				
					100.00				

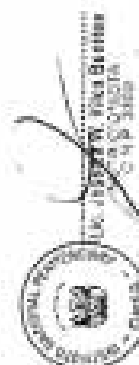



 Lidia M. Canaza Vega
 NUTRICIONISTA
 C.N.P. 3070


 Lidia M. Canaza Vega
 Administradora

sábado, 21 de julio de 2018

ALIMENTO	g/por (g)	convertible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SEMOLA CON LECHE,PAN,MANJAR								
Sémola de Trigo	20.00	100.00	1.56	0.22	15.68	6	1.98	62.72	70.94
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.09
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Manjar blanco	7.00	100.00	1.90	3.37	1.16	8	32.13	4.73	44.45
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	316.92
								% DIST DI	24.92
REFRIGERIO	MANDARINA								
Mandarina	160.00	96.00	0.92	0.46	13.2	4	4.15	86.00	93.83
								VC ALM	93.83
								%DIST RE	7.11
ALMUERZO:	SALTADO DE CARNE,ARROZ Y REFRESCO								
Carne de res pu	80.0	100.00	17.04	1.28	0.00	65	11.52	0.00	79.68
Arroz Pilado o p	60.00	100.00	4.92	0.30	46.68	20	2.70	186.72	208.10
Papa blanca	60.00	70.00	1.00	0.05	10.57	4	0.43	42.28	48.69
Tomate	15.00	80.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Cebolla de cabe	20.00	87.00	0.19	0.03	1.51	1	0.24	6.06	7.06
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	136.00	0.00	136.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.96	1.26
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	594.16
								% DIST AL	38.21
REFRIGERIO	ARROZ CON LECHE								
Leche evaporada	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
Arroz Pilado o p	25.00	100.00	2.05	0.13	19.45	8	1.13	77.80	87.13
Canela entera	0.50	100.00	0.01	0.00	0.42	0	0.04	1.69	1.77
Clavo de olor	0.50	100.00	0.01	0.00	0.11	0	0.01	0.43	0.46
								VC ALM	137.91
								%DIST RE	10.45
CENA:	SOPA DE RES								
Carne de res pu	70.00	96.00	14.36	1.08	0.00	57	9.58	0.00	68.23
Apio	8.00	90.00	0.05	0.01	0.35	0	0.13	1.38	1.71
Pero	8.00	98.00	0.21	0.08	0.60	1	0.58	2.38	3.79
Nebo	5.00	85.00	0.03	0.01	0.17	0	0.09	0.68	0.88
Zanahoria	40.00	85.00	0.30	0.17	3.13	1	1.53	12.51	14.86
Aceite vegetal	12.00	100.00	0.00	12.00	0.00	0	108.00	0.00	108.00
Papa blanca	70.00	90.00	1.41	0.07	14.99	6	0.60	59.84	66.19
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	5.06
								VC CENA	268.73
								%DIST CE	20.21
			55.14	42.73	170.21				
			220.56	384.59	681.24				
			16.71	29.15	51.63			VCT MEN	1319.55



Dr. Ricardo del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 2079

Lider N. Canazán Vega
ALIMENTOS DGR

domingo, 22 de julio de 2018

ALIMENTO	g/per (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	CHOCOLATADA,PAN,MORTADELA								
Chocolate Amargo	3.00	100.00	0.02	0.00	0.15	0	0.00	0.59	0.66
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.33	0.37
Leche evaporada	100.00	100.00	7.00	8.10	10.90	28	72.90	43.60	144.50
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Mortadela	20.00	100.00	1.96	3.94	1.88	8	35.46	7.52	50.82
Pan francés (2)	30.00	100.00	2.70	0.90	15.21	11	8.10	60.84	80.10
								VC DES	316.81
								% DIST DI	23.82
REFRIGERIO	HUEVO DURO								
Huevo de gallina	60.00	98.00	7.94	4.94	1.1	37	44.43	4.23	80.44
								VC ALM	80.44
								%DIST RE	6.96
ALMUERZO	TORTILLA DE VERDURA,ARROZ,ENSALADA,REFRESCO								
Huevo de gallina	5.00	98.00	0.66	0.41	0.09	3	3.70	0.35	6.70
Harina de trigo	20.00	100.00	2.10	0.40	14.96	8	3.60	59.84	71.84
Espinaca negra	60.00	47.00	0.79	0.25	1.38	3	2.28	6.53	10.57
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Arroz Filado o p	60.00	100.00	4.92	0.30	46.68	20	2.70	186.72	209.10
Sal	3.00	100.00	0.04	0.00	0.25	0	0.14	0.98	1.26
Acetia vegetal	8.00	70.00	0.00	5.60	0.00	0	50.40	0.00	50.40
Papa blanca	120.00	80.00	2.02	0.10	21.41	8	0.88	85.63	94.58
Queso panela	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC CENA	557.35
								%DIST CE	42.91
REFRIGERIO	PLATANO								
Plátano de seda	120.00	96.00	1.71	0.34	23.9	7	3.08	95.76	105.88
								VC DES	105.88
								% DIST RE	7.97
CENA:	VASO DE LECHE								
Azúcar rubia	22.00	100.00	0.00	0.00	21.63	0	0.00	86.50	86.50
Leche evaporada	125.0	100.00	8.75	10.13	13.63	35	91.13	54.50	180.63
								VC CENA	267.13
								%DIST CE	20.14
		VCT GR.	46.48	41.58	191.61				
		VCT KCA	185.82	374.24	786.44				
		VCT %	14.81	28.21	57.77			VCT MIENT	1326.60
				100.00					

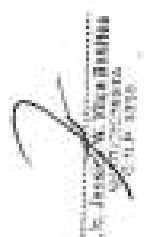


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 Lic. Elizabeth del Rosario Álvarez Cely
 NUTRICIONISTA
 C.N.P. 3679

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 Lider N. Canagga Vega
 ADMINISTRADORA

lunes, 23 de julio de 2018

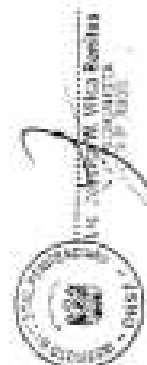
ALIMENTO	gr/por (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	BOYA,PAN,MARGARINA								
Harina de soya	25.00	100.00	2.18	1.83	17.88	8	14.63	71.20	94.53
Clavo de olor	5.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canola entera	5.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Margarina veg	7.00	100.00	0.04	5.74	0.00	0	51.56	0.00	51.63
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	246.74
								% DIST DI	19.68
REFRIGERIO	GRANADILLA								
Granadilla	140.00	85.00	2.62	2.38	18.58	10	31.42	74.26	186.15
								VC DES	186.15
								% DIST RE	8.47
ALMUERZO:	GUISO DE LENTEJA,ENSALADA,ARROZ Y REFRESCO								
Lentejas	50.00	91.00	10.28	0.46	27.76	41	4.10	111.02	156.25
Carné de res pa	35.0	80.00	3.41	0.26	0.00	14	2.30	0.00	15.94
Ajón Pileado o p	60.00	100.00	4.92	0.30	46.68	25	2.70	186.72	208.10
Papa blanca	50.00	100.00	1.05	0.05	11.15	4	0.45	44.65	49.25
Limon	1.00	88.00	0.00	0.00	0.10	0	0.02	0.36	0.42
Cebolla de cabe	15.00	87.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomate	10.00	98.00	0.08	0.02	0.43	0	0.18	1.79	2.20
Ajos	2.0	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Acido vegetal	3.00	80.00	0.00	2.40	0.00	0	21.60	0.00	21.60
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	485.48
								% DIST AL	38.73
REFRIGERIO	MANZANA								
Manzana	150.00	98.00	0.44	0.15	21.5	2	1.32	85.85	88.94
								VC DES	88.94
								% DIST RE	7.10
CENA:	CAZUELA DE POLLO								
Carné de Pollo	100.00	98.00	20.10	3.53	0.00	81	31.75	0.00	112.50
Zapallo macra	47.00	47.00	0.15	0.04	1.41	1	0.40	5.60	6.07
Ajo	4.10	75.00	0.02	0.01	0.15	0	0.05	0.59	0.73
Poro	2.00	88.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Nabo	2.00	88.00	0.01	0.00	0.05	0	0.02	0.19	0.25
Zanahoria	25.50	79.00	0.12	0.10	1.85	0	0.91	7.41	8.80
Fideos	36.50	100.00	3.43	0.07	28.54	14	0.66	114.17	128.55
Papa blanca	64.70	82.00	1.11	0.05	11.83	4	0.48	47.32	52.26
Sal	4.40	100.00	0.05	0.02	0.38	0	0.20	1.44	1.85
Hajos frescos	25.50	35.00	1.01	0.07	2.31	4	0.64	9.25	13.92
								VC CENA	328.18
								%DIST CI	26.02
		VCT GR	54.28	18.26	218.01				
		VCT KCA	217.11	164.35	872.03			VCT MENI	1253.48
		VCT %	17.32	13.11	68.57				
					100.00				


 Lidier R. Canaza Vega
 ADMINISTRADOR


 Lidier R. Canaza Vega
 NUTRICIONISTA
 C.N.P. 3979

martes 24 de julio de 2018

ALIMENTO	grapar	concentro	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO: QUINUA, CON LECHE, PAN, MORTADELA									
Quinoa Cruda	25.00	100.00	3.40	1.45	18.58	14	13.05	88.30	92.95
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.09	0.08
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Mortadela	20.00	100.00	1.90	3.04	1.88	8	35.46	7.62	50.82
Pan francés (2)	30.00	100.00	2.78	0.80	15.21	11	8.10	60.84	80.10
								VC DES	345.30
								% DIST DE	25.11
REFRIGERIO MANDARINA									
Mandarina	150	100.00	0.90	0.45	12.9	4	4.05	86.00	93.65
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC ALM	93.65
								%DIST RE	8.81
ALMUERZO: LOMO SALTADO, ARROZ Y REFRESCO									
Carne de res pu	80.0	100.00	17.04	1.28	0.00	88	11.52	0.00	79.68
Arroz Filado o p	60.00	100.00	4.82	0.30	46.68	20	2.70	186.72	209.10
Papa blanca	60.00	79.00	1.00	0.06	10.57	4	0.43	42.28	46.69
Tomate	15.00	59.00	0.12	0.03	0.64	0	0.27	2.55	3.30
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Ajos	2.00	60.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.29
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	504.16
								% DIST AL	36.66
REFRIGERIO VASO DE LECHE									
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	135.26
								%DIST RE	9.84
CENA: SOPA DE POLLO									
Carne de Pollo t	100.00	98.00	20.19	3.53	0.00	81	31.75	0.00	112.50
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Porro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Nabo	2.00	66.00	0.01	0.00	0.05	0	0.02	0.19	0.25
Fideos	38.50	100.00	3.43	0.07	28.54	14	0.68	114.17	128.55
Papa blanca	64.70	62.00	1.11	0.06	11.83	4	0.48	47.32	62.26
Sal	4.40	100.00	0.05	0.02	0.38	0	0.20	1.44	1.85
								VC CENA	296.78
								%DIST CE	21.68
		VCT GR.	67.79	39.30	188.80				
		VCT KCA	271.17	353.69	755.22			VCT MENI	1375.15
		VCT %	19.72	25.72	64.92				
				100.36					

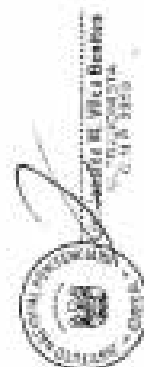


Lidet N. Pinaza Vega
 METROLOGISTA
 C.N.º 3979

Lidet N. Pinaza Vega
 METROLOGISTA

miércoles, 25 de julio de 2018

ALIMENTO	grajer (g)	comestible e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	CHOCOLATADA, PAN, QUESO								
Chocolato Amargo	3.00	100.00	0.02	0.00	0.15	0	0.00	0.09	0.05
Ciavo 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
Leche evaporada	100.00	90.00	5.30	7.29	9.81	25	55.61	39.24	130.05
Queso fresco de	25.0	65.00	2.89	2.99	0.37	11	26.78	1.50	30.02
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2)	25.00	60.00	1.86	0.80	10.14	7	5.40	40.56	53.40
								VC DES	243.40
								% DIST DES	24.30
REFRIGERIO	NARANJA								
Naranja	150.00	88.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES	73.79
								% DIST RE	7.37
ALMUERZO:	CAU-CAU DE POLLO, ARROZ Y REFRESCO								
Carne de Pollo	100.00	65.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Filado o p	60.00	79.00	3.89	0.24	36.88	16	2.13	147.51	165.19
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	1	0.18	4.64	5.29
Aj verde (2)	8.00	67.00	0.13	0.04	0.66	1	0.39	2.66	3.58
Avejas frescas	15.00	54.00	0.58	0.05	1.52	2	0.44	6.09	8.63
Zanahoria	15.00	79.00	0.67	0.06	1.09	0	0.53	4.36	5.19
Papa blanca	40.00	82.00	0.69	0.03	7.31	3	0.30	29.26	32.31
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.5	60.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Acorda vegetal	3.00	80.00	0.00	2.40	0.00	0	21.60	0.00	21.60
Sal	3.00	100.00	0.04	0.02	0.25	0	0.14	0.98	1.28
Azúcar rubia	8.00	100.0	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	365.70
								% DIST AL	36.50
REFRIGERIO	GRANADILLA								
Granadilla	140.00	89.00	2.74	2.40	19.44	11	22.43	77.75	111.14
								VC DES	111.14
								% DIST RE	11.00
CENA:	SOPA DE SEMOLA CON CARNE								
Sémola de Trigo	25.00	100.00	1.85	0.26	19.60	8	2.48	78.40	86.68
Papa blanca	30.00	98.00	0.62	0.03	8.96	2	0.26	26.22	28.90
Apio	2.00	75.00	0.01	0.00	0.07	0	0.03	0.29	0.36
Porc	2.00	75.00	0.04	0.01	0.11	0	0.11	0.40	0.73
Nabo	1.00	66.00	0.00	0.00	0.02	0	0.01	0.10	0.12
Zanahoria	20.00	85.00	0.10	0.09	1.06	0	0.77	6.26	7.43
Carne de res pu	40.00	54.00	4.60	0.35	0.00	18	3.11	0.00	21.51
Ajos	2.00	60.00	0.09	0.01	0.49	0	0.12	1.05	2.42
Acorda vegetal	5.00	80.00	0.00	6.40	0.00	0	57.60	0.00	57.60
								VC CENA	267.80
								%DIST CE	26.74
			VCT GRL	46.02	26.77	144.21			
			VCT KCA	194.07	240.91	576.84		VCT MENI	1001.83
			VCT %	18.37	24.047	57.58			
					100.00				

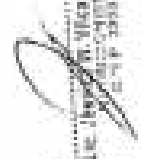


EL
Lic. Elizabeth A. Herrera Alonso Chapo
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C.N.P. 1079

Rivera
Lider A. Gonzalez Vega
ADMINISTRADOR

Jueves, 26 de julio de 2018

ALIMENTO	g por (g)	convertido a %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	HARINA DE HABAS CON LECHE, PAN, SALCHICHA								
Harina de Haba	5.00	100.00	1.22	0.10	2.98	5	0.88	11.92	17.64
Leche evaporada	70.00	100.00	4.90	5.87	7.83	20	51.03	39.52	101.15
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.06	19.06
Salchicha *hot c	20.00	92.00	2.02	8.31	0.18	8	56.80	0.74	65.63
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.64	80.10
								VC DES	284.80
								% DIST DI	22.79
REFRIGERIO	GELATINA								
Gelatina Con gel	35.00	70.00	2.70	0.00	21.3	11	0.00	85.06	95.84
								VC ALM	95.84
								%DIST RE	7.66
ALMUERZO:	HIGADO APANADO, ENSALADA, ARROZ Y REFRESCO								
Higado de res	80.0	70.00	11.20	2.58	0.50	45	23.18	2.24	70.22
Arroz Pilado o p	60.0	100.00	4.90	0.30	46.68	20	2.70	188.72	209.10
Sal	8.00	100.00	0.10	0.04	0.88	0	0.38	2.62	3.37
Acetate vegetal	15.00	70.00	0.00	18.50	0.00	0	94.50	0.00	94.50
Pepinillo o Pepi	30.0	82.00	0.12	0.02	0.64	0	8.22	2.58	3.27
Limon	2.00	52.00	0.01	0.00	0.10	0	0.02	0.40	0.44
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Pan seco molido	10.00	100.00	1.10	0.28	8.25	4	2.52	33.00	39.92
Ajoa	2.00	80.00	0.08	0.01	0.48	0	0.12	1.85	2.42
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC ALM	400.96
								% DIST AL	37.29
REFRIGERIO	FLAN								
Flan Con gel y s	20.00	98.00	0.04	0.00	18.35	0	0.00	77.38	77.54
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.88	19.88
								VC ALM	97.20
								%DIST RE	7.76
CENA:	ASADO DE POLLO, ARROZ, INFUSION								
Carné de Pollo	100.00	70.00	14.42	2.52	0.00	56	22.88	0.00	80.36
Cebolla de cabe	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.73	10.38
Arroz Pilado o p	40.00	82.00	2.69	0.18	25.32	11	1.48	102.07	114.31
Tomate	20.00	99.00	0.16	0.04	0.85	1	0.36	3.41	4.40
Ajoa	2.5	80.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Acetate vegetal	2.00	80.00	0.00	1.60	0.00	0	14.40	0.00	14.40
Sal	8.00	100.00	0.10	0.04	0.88	0	0.38	2.62	3.37
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Papa blanca	60.00	52.0	0.88	0.03	8.98	3	0.28	27.83	30.73
								VC ALM	307.31
								% DIST AL	24.54
		VCT GR.	49.32	21.31	192.76				
		VCT KCA	199.28	281.78	771.05			VCT MENI	1252.12
		VCT %	15.92	22.50	61.58				
					100.00				


 Lic. Lidier M. Canaza Vega
 NUTRICIONISTA
 C.R.P. 3070

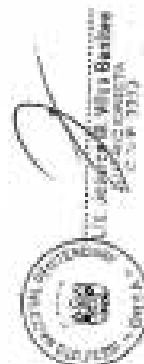



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 C.R.P. 3070


 Lidier M. Canaza Vega
 ADMINISTRADOR

viernes, 27 de julio de 2018

ALIMENTO	graber (g)	comestibil e %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SEMOLA CON LECHE,PAN,TORTILLA								
Sémola de Trigo	15.00	100.00	1.17	0.17	11.76	5	1.48	47.04	53.21
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Huevo	30.00	85.0	1.28	0.20	2.04	3	1.84	8.16	15.10
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Pan francés (2)	25.00	100.00	2.33	0.75	12.68	9	6.75	50.70	68.75
Aceite vegetal	5.00	80.00	0.00	4.00	0.00	0	36.00	0.00	36.00
								VC DES	291.86
								% DIST DE	27.64
REFRIGERIO	NARANJA								
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.09	73.79
								VC DES	73.79
								% DIST RE	6.99
ALMUERZO:	MILANESA DE PESCAADO,ENSALADA,ARROZ Y REFRESCO								
Pescado Jurel	80.00	100.00	17.28	3.12	0.24	69	28.08	0.06	98.16
Arroz Pilado o p	60.00	79.00	3.09	0.24	26.68	16	2.13	147.51	165.19
Pepinillo o Pepi	20.00	68.00	0.07	0.01	0.35	0	0.12	1.41	1.61
Tomate	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.5	80.00	0.11	0.02	0.01	0	0.14	2.43	3.02
Aceite vegetal	10.00	80.00	0.00	8.00	0.00	0	72.00	0.00	72.00
Sal	8.00	100.00	0.10	0.04	0.68	0	0.38	2.82	3.37
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC _ALM	385.07
								% DIST AL	36.47
REFRIGERIO	PAPAYA								
Papaya	120.00	85.00	0.41	0.10	8.36	2	0.92	33.48	36.01
Azúcar rubia	12.00	100.00	0.00	0.00	11.8	0	0.00	47.18	47.18
								VC _ALM	83.19
								%DIST RE	7.68
CENA:	CREMA DE ESPINACA								
Espinaca negra	100.00	97.00	2.72	0.87	4.75	11	7.88	19.01	37.73
Ajos	1.10	80.00	0.05	0.01	0.27	0	0.08	1.07	1.33
Papa amarilla	60.00	76.00	0.91	0.18	10.62	4	1.64	42.50	47.79
Leche evaporada	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	29.13
Harina de trigo	10.00	100.00	1.05	0.20	7.48	4	1.80	29.82	35.82
Margarina vege	4.00	100.00	0.02	3.28	0.00	0	29.52	0.00	29.62
Cebolla de cabe	11.00	67.00	0.10	0.01	0.83	0	0.13	3.33	3.68
Margarina vege	4.00	100.00	0.02	3.28	0.00	0	29.52	0.00	29.62
								VC CENA	222.01
								%DIST CE	21.02
		VCT GR.	39.99	32.49	158.88				
		VCT KCA	139.97	292.44	693.51			VCT MEN	1055.82
		VCT %	15.15	27.896	57.15				
					100.00				



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NUTRICIONISTA
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Lider N. Cunaza Vega
ADMINISTRADOR

sábado, 28 de julio de 2018

ALIMENTO	gríper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SOYA CON LECHE, PAN, ACEITUNA								
Harina de soya	20.00	100.00	1.74	1.30	14.34	7	11.70	58.98	75.62
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
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.37	101.15
Aceituna	70.00	86.0	0.14	5.52	1.26	1	49.69	5.02	55.28
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Pan francés (2)	30.00	100.00	2.79	0.00	13.21	11	8.10	60.84	80.10
								VC DES	352.08
								% DIST DE	26.54
REFRIGERIO	MANDARINA								
Mandarina	180.00	100.00	1.08	0.54	15.5	4	4.86	88.00	95.18
								VC ALM	95.18
								%DIST RE	7.17
ALMUERZO:	ASADO DE RES, ENSALADA, ARROZ Y REFRESCO								
Carne de res p	70.0	100.00	14.91	1.12	0.00	60	10.00	0.00	69.72
Arroz Pilado a p	60.00	79.00	3.89	0.24	36.88	16	2.13	147.51	165.19
Cebolla de cabe	40.00	67.00	0.38	0.06	3.03	2	0.48	12.11	14.10
Lechuga redond	60.00	67.00	0.52	0.08	0.84	2	0.72	3.38	6.19
Limón	3.00	54.00	0.01	0.00	0.18	0	0.03	0.83	0.89
Papa blanca	80.00	85.00	1.43	0.07	15.16	6	0.61	60.66	68.93
Tomate	20.00	98.00	0.16	0.04	0.85	1	0.38	5.41	4.40
Ajos	4.0	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	13.00	100.00	0.00	13.00	0.00	0	117.00	0.00	117.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.82	3.37
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC ALM	491.79
								% DIST AL	57.06
REFRIGERIO	MAZAMORRA DE MANZANA								
Mandioca	25.0	100.00	1.60	0.10	19.28	6	0.90	77.10	84.40
azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Canela entera	0.50	100.00	0.01	0.00	0.42	0	0.04	1.89	1.77
Clavo de olor	0.50	100.00	0.01	0.00	0.11	0	0.01	0.43	0.48
Manzana	25.00	86.00	0.07	0.02	3.47	0	0.21	13.87	14.37
								VC CENA	128.66
								%DIST CE	8.09
CENA:	VASO DE LECHE								
Azúcar rubia	22.00	100.00	0.00	0.00	21.63	0	0.00	86.50	86.50
Leche evaporad	125.0	100.00	8.75	10.13	13.63	33	91.13	54.50	180.63
								VC CENA	267.13
								%DIST CE	26.13
		VCT GR.	42.66	38.95	196.61				
		VCT KCA	170.61	349.69	782.45				
		VCT %	12.86	26.36	58.97			VCT MENI	1326.83
				98.19					



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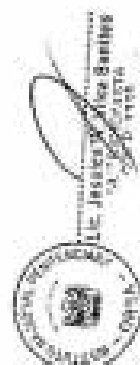
Lidia N. Canaza Vega
ADMINISTRADOR

domingo, 29 de julio de 2018

ALIMENTO	gr/per	concentr %	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			TOTAL
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	KCAL
DESAYUNO: LECHE CON VAINILLA, PAN MARGARINA									
Leche evaporad	100.00	100.00	7.00	8.10	10.90	28	72.90	43.60	144.50
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
Vainilla	2.00	100.00	0.01	0.00	0.35	0	0.02	1.42	1.47
Margarina veg	10.00	89.00	0.06	7.30	0.00	0	65.65	0.00	65.90
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	331.91
								% DIST DI	34.63
REFRIGERIO: HUEVO DURO									
Huevo de gallin	55.00	100.00	7.43	4.82	1.0	30	41.58	3.98	75.24
								VC .ALM	75.24
								% DIST RE	5.58
ALMUERZO: POLLO BROSTER, ENSALADA, ARROZ Y REFRESCO									
Carné de Pollo	100.0	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o p	60.00	79.00	3.80	0.24	56.88	16	2.13	147.51	165.19
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Lechuga redond	25.00	67.00	0.22	0.03	0.35	1	0.30	1.41	2.58
Limón	3.00	54.00	0.01	0.00	0.16	0	0.03	0.63	0.69
Mandioca	10.00	82.00	0.52	0.03	6.32	2	0.30	25.29	27.68
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Ajos	3.0	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aceite vegetal	20.00	80.00	0.00	18.00	0.00	0	144.00	0.00	144.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Azúcar rubia	12.00	100.0	0.00	0.00	11.80	0	0.00	47.18	47.18
								VC .ALM	505.47
								% DIST AL	37.51
REFRIGERIO: MAZAMORRA DE MANDIOCA CON LECHE									
Mandioca	15.00	100.00	0.96	0.06	11.57	4	0.54	46.25	50.64
azúcar rubia	10.00	100.00	0.00	0.00	9.83	0.00	0	39.32	39.32
Canela entera	0.10	54.00	0.00	0.00	0.06	0.00	0.00	0.18	0.18
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00	0.05	0.05
Leche evaporad	15.00	100.00	1.00	1.22	1.64	4.20	10.830	6.54	21.68
									111.88
									8.30
CENA: CAU-CAU DE POLLO, ARROZ									
Carné de Pollo	80.00	100.00	16.48	2.68	0.00	68	25.92	0.00	91.84
Arroz Pilado o p	40.00	79.00	2.58	0.16	24.58	10	1.42	90.34	110.13
Cebolla de cabe	10.00	67.00	0.09	0.01	0.76	0	0.12	3.03	3.52
Aji verde (2)	8.00	67.00	0.13	0.04	0.66	1	0.39	2.66	3.58
Anchoas frescas	15.00	54.00	0.58	0.05	1.52	2	0.44	6.09	8.83
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Papa blanca	60.00	82.00	1.03	0.03	10.97	4	0.44	43.89	48.46
Tomato	10.00	99.00	0.08	0.02	0.43	0	0.18	1.70	2.20
Ajos	2.5	80.00	0.11	0.02	0.61	0	0.14	2.43	3.02
Aceite vegetal	3.00	80.00	0.00	2.40	0.00	0	21.60	0.00	21.60
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Azúcar rubia	5.00	100.0	0.00	0.00	4.92	0	0.00	19.60	19.60
								VC .ALM	323.12
								% DIST AL	23.98
		VCT ORL	63.39	47.47	186.71				
		VCT KCA	253.55	427.22	686.84			VCT MEN	1347.81
		VCT %	18.81	31.702	49.48				
					100.00				


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lunes, 30 de julio de 2018

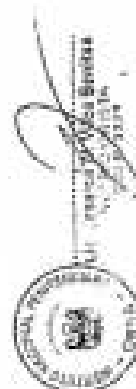
ALIMENTO	gr/per (g)	convertible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	QUINUA CON MANZANA,PAN,ATUN								
Quinoa Cruda	20.00	100.00	2.72	1.10	13.26	11	10.44	53.04	74.36
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Manzana	20.00	95.00	0.06	0.02	2.80	0	0.17	11.21	11.83
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
Atún en grasil	20.00	100.0	4.84	4.10	0.20	19	36.90	0.80	57.06
Pan francés (2)	30.00	100.00	2.79	0.90	15.21	11	8.10	60.84	80.10
								VC DES	243.43
								% DIST DI	19.69
REFRIGERIO	NARANJA								
Naranja	150.00	95.00	1.76	0.29	16.0	7	2.63	64.08	73.79
								VC DES	73.79
								% DIST RE	5.97
ALMUERZO:	GUISO DE FREJOL CON CERDO,ENSALADA,ARROZ Y REFRESCO								
Frijol canario cr	50.00	80.00	8.78	0.84	24.08	35	7.56	98.32	138.50
Arroz Pilado o p	60.00	98.00	4.82	0.29	45.75	19	2.63	182.50	204.92
Cebolla de cabe	15.00	67.00	0.14	0.02	1.14	1	0.18	4.54	5.29
Tomato	20.00	99.00	0.18	0.04	0.85	1	0.36	3.41	4.40
Acritas vegetal	5.00	100.00	0.00	5.00	0.00	0	45.00	0.00	45.00
Sal	2.00	100.00	0.02	0.01	0.16	0	0.09	0.68	0.84
Ajo	3.00	60.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Limón	3.00	52.0	0.01	0.00	0.15	0	0.03	0.61	0.66
Carne de Cerdo	80	75.00	8.84	9.06	0.00	35	81.54	0.00	116.10
Peperillo o Pepl	30.00	72.00	0.11	0.02	0.56	0	0.19	2.25	2.87
Azúcar rubia	5.0	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
								VC ALM	542.29
								% DIST AL	43.86
REFRIGERIO	PLATANO								
Plátano de sedo	140.00	70.00	1.47	0.29	20.6	6	2.65	82.32	90.85
								VC DES	90.85
								% DIST RE	7.35
CENA:	SOPA JULIANA								
Leche evaporad	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.88
Queso para	8.00	100.00	2.24	2.40	0.26	9	21.60	1.06	31.62
Zanahoria	10.00	79.00	0.05	0.04	0.73	0	0.36	2.91	3.45
Ajo	2.00	60.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Papa blanca	50.00	82.00	0.86	0.04	8.14	3	0.37	36.57	40.38
Apio	1.00	75.00	0.01	0.00	0.04	0	0.01	0.14	0.16
Porro	1.00	66.00	0.02	0.01	0.05	0	0.03	0.20	0.32
Nabo	1.00	66.00	0.00	0.00	0.02	0	0.01	0.10	0.12
Sal	4.00	100.00	0.05	0.02	0.33	0	0.18	1.31	1.68
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	12.00	67.00	0.11	0.02	0.91	0	0.14	3.63	4.23
								VC CENA	286.08
								%DIST CE	23.14


Lic. Elizabeth del Rosario Alvarado Cordero
NOTARIO PÚBLICA
C. de la Notaría

Lider N. Canaza Vega
Ministerio de Educación

martes, 31 de julio de 2018

ALIMENTO	gr/per (g)	comestibi e %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			TOTAL KCAL
						PROT	GRASAS	CHO	
DESAYUNO:	SIETE CERALES CON LECHE,PAN,MORTADELA								
Quinoa Harina c	5.00	100.00	0.48	0.13	3.81	2	1.17	14.42	17.41
Avena, hojuelas	5.00	100.00	0.67	0.20	3.00	3	1.80	14.40	18.60
Harina de Habas	5.00	100.00	1.22	0.10	2.98	5	0.85	11.52	17.64
Cebada harina	5.00	100.00	0.94	0.12	3.37	4	1.04	13.48	18.28
Harina de soya	5.00	100.00	0.44	0.33	3.56	2	2.83	14.24	18.91
Leche evaporad	70.00	100.00	4.90	5.87	7.83	20	51.03	30.50	101.15
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.00	0.00
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	10.00	100.00	0.00	0.00	9.83	0	0.00	39.32	39.32
Mortadela	20.00	100.00	1.96	3.94	1.68	8	35.46	7.52	50.82
Pan francés (2)	30.00	100.00	2.79	0.00	15.21	11	8.10	60.84	80.10
								VC DES	363.10
								% DIST DI	23.42
REFRIGERIO	YOGURT								
Yogurt	130.00	100.00	5.33	1.30	6.70	21	11.70	27.04	60.06
								VC ALM	60.06
								%DIST RE	3.87
ALMUERZO:	REVUELTO DE ACELGA,ARROZ Y REFRESCO								
Leche evaporat	15.0	100.00	1.05	1.22	1.84	4	10.94	8.54	21.68
Queso fresco de	10.0	100.00	1.58	1.70	0.22	6	15.75	0.88	22.96
Arroz Pilado o g	60.00	100.00	4.92	0.50	46.68	20	2.70	186.72	200.10
Papa blanca	50.00	50.00	0.53	0.03	5.58	2	0.23	22.30	24.63
Sal	5.00	97.00	0.06	0.02	0.40	0	0.22	1.58	2.04
Acelgas, hojas c	60.00	72.00	0.95	9.68	13.09	4	87.09	52.36	143.25
Huevo de gallin	10.00	57.00	0.77	0.40	4.73	3	4.31	19.02	22.50
Cebolla de cabe	10.00	54.00	0.08	0.01	0.81	0	0.10	2.44	2.84
Zanahoria	12.00	36.00	0.03	0.03	0.38	0	0.19	1.55	1.84
Ajos	1.00	54.00	0.01	0.00	0.07	0	0.04	0.27	0.36
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Azúcar rubia	10.00	100.0	0.00	0.00	9.83	0	0.00	39.32	39.32
								VC ALM	670.50
								% DIST AL	43.25
REFRIGERIO	MAZAMORRA DE PIÑA								
Mandioca	45.0	100.00	2.56	0.16	30.84	10	1.44	123.36	135.04
Piña	40.00	65.00	0.10	0.05	2.58	0	0.47	10.19	11.08
azúcar rubia	8.00	100.00	0.00	0.00	7.86	0	0.00	31.46	31.46
								VC ALM	177.57
								%DIST RE	11.46
CENA:	VASO DE LECHE								
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
Leche evaporad	125.0	100.00	8.75	10.13	13.63	35	91.13	54.50	180.63
								VC CENA	278.93
								%DIST CE	17.99
		VCT GR.	40.00	56.52	321.27				
		VCT KCA	160.30	508.68	885.06				
		VCT %	10.34	32.81	57.14			VCT MEN	1550.15
				100.25					



Lidia M. Gonzales Vega
 NUTRICIONISTA
 17-11-2018

Lidia M. Gonzales Vega
 Nutricionista 17-11-2018

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

domingo, 01 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	CALDILLO DE HUEVOS
martes, 03 de julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
miércoles, 04 de julio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VANITAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 05 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 06 de julio de 2018	INFUSION + 02 PANES + FRUTA	HERO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
sábado, 07 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	LOCRO DE RES, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOIDA + INFUSION
lunes, 09 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	GUISO DE FREJOL CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
martes, 10 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 11 de julio de 2018	INFUSION + 02 PANES + CAMOTE FRITO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 12 de julio de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO ARROZ, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 13 de julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
sábado, 14 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO DORADO, ARROZ + INFUSION
lunes, 16 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ARROZ,ENSALADA + REFRESCO Y FRUTA	SOPA DE ARROZ CON POLLO
martes, 17 de julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO DORADO,ARROZ, PAPA, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 18 de julio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAJUELA RELLENA, ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 20 de julio de 2018	INFUSION + 02 PANES + 02 FRUTAS	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 21 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ACOSO A LA TAQUERIA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	AGUADITO CON POLLO + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOIDA + INFUSION
lunes, 23 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	FRUJOL A LA CHILENA CON CHANCHO,ARROZ + ENSALADA + REFRESCO + FRUTA	SOPA DE FIDEOS CON CABEZA
martes, 24 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMERA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 25 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 26 de julio de 2018	HARINA DE HABAS + 02 PANES + FRUTA	SUDADO DE PESCADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 27 de julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	CAMOTE ARREBOZADO, ARROZ + INFUSION
sábado, 28 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO FRITO + INFUSION
lunes, 30 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	GUISO DE ARVEJITA PARTIDA CON CHANCHO,ENSALADA,ARROZ,REFRESCO Y FRUTA	SOPA DE SEMOLA CON POLLO
martes, 31 de julio de 2018	Cebada con leche + 02 panes + manjar	Tallarines rojos con pollo, refresco y fruta	Mazamorra de frutas + 01 pan



[Signature]
Lic. Carlos W. Vico Benítez
 Nutricionista
 C.N.P. 3576

[Signature]
Lic. Elizabeth del Rosario Alvarado Ordoñez
 Nutricionista
 C.N.P. 3576

[Signature]
Lider N. Gmaza Vega
 Registrador

DIETA: HIPERTENSION ARTERIAL

177

domingo, 01 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 82 panes , mermelada									
Sémola de Tr	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.88	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.05	23	1.62	172.32	195.95
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16

552.04

23.12

Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de gall	100.00	87.00	18.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.60	1.8	312.80	352.20
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	95.00	5.99	0.29	63.58	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chufa blanco	80.00	98.00	0.39	0.00	3.84	1.57	0	15.37	16.93
Porro	18.00	66.00	0.32	0.10	0.90	1.28	0.85636	3.61	5.75
Nabo	18.00	66.00	0.07	0.02	0.43	0.29	0.21384	1.71	2.21
Cebolla de ca	10.00	85.00	0.12	0.02	0.96	0.48	0.153	3.84	4.47
Pimienta ente	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kiwi	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.13338	0.32	0.60
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.66	0.28	15.04	6.62	2.484	60.17	69.25
								VC Alm	1170.18
								% Dist	49.01

CENA	Matasquita de pollo , arroz , infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	150.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.33	1.21	2.13
								VC DES.	685.86
								%DIST. D	27.87
			79.24	31.07	447.81				
			316.95	279.60	1791.23				
			13.3	11.7	75.0				
					100.00		V.C.T. MENU		2387.78



Lider N. Penaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Abreu Coya
NUTRICIONISTA
C.N.P. 3079

lunes, 02 de julio de 2018

ALIMENTO	grper (g)	comestib le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
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	148.08
Pan de labran	60.00	100.00	5.76	6.18	43.08	23	1.62	172.32	196.98
									680.56
									22.71
Almuerzo:	Guiso de arvejita con chancho, arroz ,ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	8.42	0.00	24	57.76	0.00	82.24
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49.20	8.75	466.80	522.75
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	98.00	0.48	0.12	2.55	1.90	1.07	10.22	13.18
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lecbua redo	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.82
Cebolla de ca	80.00	87.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1432.07
								%DIST. D	56.02
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.85	1.85	0.35	11	14.82	1.41	26.81
Leche evapora	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Zapallo macra	50.00	47.00	0.16	0.06	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Porro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Acete vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
								VC CENA	543.79
								%DIST CENA	21.27
			70.52	61.83	429.91				
			282.10	564.66	1719.65				
			11.03	21.70	67.27				
					100.00		VCT MENU		2556.42

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
S.N.P. 3970

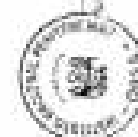
Lider R. Canaza Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
S.N.P. 3970

martes, 03 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancocado								
Cebada harin	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapori	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	88.00	7.94	4.84	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	646.12
								%DIST. D	25.77
Almuerzo:	Pollo al horno , arroz ,ensalada, + fruta y refresco								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.08	0.00	156.13
Arroz Pilado c	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Acete vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Lechuga rojo	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Peperillo o Pe	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Cebolla de ca	80.00	92.00	1.03	0.15	6.32	4	1.32	33.27	38.71
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Naranja	160.00	92.00	1.77	0.29	16.04	7.07	2.6496	64.18	73.89
								VC ALMU	1478.26
									58.97
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.40	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada de	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	15.26
			78.41	48.44	439.30				
			313.62	435.98	1757.19				
			12.51	17.39	70.10				
					100.00			VCT	2506.80


 Lidia N. Pinaza Vega
 NUTRICIONISTA
 C.M.P. 3079




 Lidia N. Pinaza Vega
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 Lidia N. Pinaza Vega
 NUTRICIONISTA
 C.M.P. 3079

miércoles, 04 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	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	2.02	0.43	37.01	8	3.89	148.03	155.98
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 libran	65.00	100.00	6.24	0.20	46.67	25	1.76	186.63	213.40
								VC DES.	512.74
								%DIST. D	20.19
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	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	3	1.32	12.66	16.34
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.308	5.17	6.43
Acetate 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 ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1278.43
					% DISTR. ALMUERZO				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
Acetate 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
Anchetas 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	1.25
									748.90
									39.43
			75.82	47.73	451.81				
			303.28	429.54	1807.25				
			11.94	16.91	71.15				
					100.00			VCT MEN	2540.07

[Firma]
Lic. Elizabeth de Rosario Araya Caza
NUTRICIONISTA
C.M.P. 3575

[Sello]
INSTITUTO VENEZOLANO DE INVESTIGACIONES CIENTÍFICAS
INIA
LABORATORIO DE NUTRICION Y DIETETICA

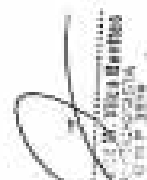
[Firma]
Lider N. Pinaza Vega
NUTRICIONISTA

[Firma]
Lic. Elizabeth de Rosario Araya Caza
NUTRICIONISTA
C.M.P. 3575

DIETA: HIPERTENSION ARTERIAL

jueves, 05 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)		DIST. CAL %	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	35.00	100.00	6.58	0.81	23.58	26	7.25	94.36	127.89
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	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 lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	653.85
								%DIST. D	25.77
Almuerzo:	Sudado de pescado ,papa , arroz , refresco y fruta								
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	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	1.56	1	0.65	6.19	7.89
Aceite vegetal	20.00	85.00	0.00	17.00	0.00	0	153.00	0.00	153.00
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	36.61
Papa blanca	180.0	93.00	3.52	0.17	37.33	14	1.51	149.32	164.89
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	35.00	100.00	3.68	0.70	26.18	15	6.30	104.72	125.72
Vinagre	7.00	100.00	0.00	0.07	0.36	0	0.63	1.40	2.03
Orégano	5	98.00	0.08	0.02	0.56	0	0.22	2.21	2.75
Naranja	150.00	88.00	1.76	0.29	16.02	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1472.32
								%DIST. D	58.05
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.35	0.84	0.63	121.38	122.85
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de lebrán	30.00	100.00	2.88	0.08	21.54	11.52	0.81	86.16	98.49
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.56
									410.16
									15.17
			90.02	46.10	440.28				
			360.07	414.94	1761.12				
			14.2	16.4	69.4				
					100.00				2536.12


 Lidia Rodríguez del Boverio Alarcos Corp.
 NUTRICIONISTA
 C.R.P. 3979




 Lidia N. Jarama Vega
 Nutricionista


 Lidia Rodríguez del Boverio Alarcos Corp.
 NUTRICIONISTA
 C.R.P. 3979

DIETA: HIPERTENSION ARTERIAL

viernes, 06 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + fruta									
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	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	158.56
Pan de libran	66.00	100.0	6.24	0.20	46.67	25	1.78	186.68	213.40
Plátano	160.00	92.00	0.58	0.29	14.43	2	2.65	57.70	62.71
									441.78
									16.97

ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	250.0	88.00	4.46	0.21	47.38	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
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas frescas	30.00	68.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajo	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	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	5.64	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
							VC DES.		1318.74
							% DIS ALM.		50.66

CENA Guiso de fideos con pollo, arroz , infusion									
Carne de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	48.92	23	1.08	187.68	211.32
Arroz Pilado c	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	14.76	0	0.00	58.98	58.98
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas frescas	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	67.00	0.19	0.03	1.51	1	0.24	6.06	7.06
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
			79.74	45.99	476.56				
			282.98	413.89	1908.23				
			10.9	15.9	73.2				
					100.00		V.C.T. MENU		2603.09



Lidier N. Paríaza Vega
 Nutricionista

Lic. Elizabeth del Rosario Alarcos Cagua
 NUTRICIONISTA
 C.R.P. 3979

sábado, 07 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuelas	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evaporada	75.00	100.00	5.25	6.08	8.18	21	54.88	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso 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	60.00	100.00	8.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.55
Almuerzo: Estofado de res, arroz, refresco y fruta									
Carne de res	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
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	2.58	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 Píldo	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.06
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	26.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Aji colorado seco	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.56
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.68	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	8.06	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1385.27
								% Dist	54.98
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.36	0.87	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de lebrán	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	440.29
								%DIST. D	17.47
			81.42	61.73	409.61				
			325.70	555.61	1638.43				
			12.9	22.1	65.0				
					100.00			VCT	2519.74



Lider N. Sosa Vega
Nutricionista en Salud

Lic. Elizabeth del Rosario Alvarado Ortega
NUTRICIONISTA
C.N.R. 3973

DIETA: HIPERTENSION ARTERIAL

domingo, 08 de julio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)		DIST. CAL %	
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebrant	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	619.75
								%DIST. D	24.04
ALMUERZO: Locro de res, arroz , fruta y refresco									
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	0.75	466.80	522.75
Ajos	4.00	80.00	0.16	0.03	0.97	1	0.23	3.89	4.84
Carne de res	100.00	85.00	18.11	1.38	0.00	72.42	12.24	0.00	84.66
Acetia vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Cebolla de cal	65.00	67.00	0.61	0.09	4.92	2	0.79	19.68	22.91
Tomate	30.00	99.00	0.24	0.08	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.19	0.45	0.84
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1325.85
								% DIS ALM	51.43
CENA Tallarines rojos con carne molida + infusion									
Carne de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	80.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.89	1	0.29	2.75	3.55
Cebolla de cal	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acetia vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.29
								%DIST. D	24.52
			72.75	64.38	426.85				
			291.02	579.38	1707.39				
			11.29	22.48	66.23				
					100.00				
								VCT	2577.79


 Lidery M. Fariña Vega
 Asesor Nutricional
 C.N.P. 3979




 Lidery M. Fariña Vega
 Asesor Nutricional
 C.N.P. 3979


 Lidery M. Fariña Vega
 Asesor Nutricional
 C.N.P. 3979

lunes, 09 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									401.63
								%DIST. D	24.14
Almuerzo:	Guiso de frijol 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
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	16.20	279.84	405.96
Carne de Cerdo	50.0	86.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Cebolla de caf	80.00	85.00	0.95	0.14	7.68	4	1.22	30.74	35.77
Ají colorado s	2.00	68.00	0.10	0.11	0.80	0	0.96	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papinito c 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	116.19
									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	51.87
Fideos	60.00	100.0	5.64	0.12	48.92	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	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	812.90
								%DIST. D	20.38
			74.90	48.83	444.66				
			299.61	439.46	1778.64				
			11.90	17.45	70.66				
					100.00			VCT	2517.70



Ulder A. Chiriza Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
019379

DIETA: HIPERTENSION ARTERIAL

182

martes, 10 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + manjar									
Cebada harina	25.00	100.00	4.70	0.88	18.85	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.87
Almuerzo: Arroz con pollo, ensalada + fruta y refresco									
Carne de Pol	160.00	85.00	28.02	4.90	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	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca neg	30.00	97.00	0.81	0.26	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	8.05
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	67.00	0.66	0.09	5.30	3	0.84	21.20	24.67
Lechuga redo	60.00	50.00	0.39	0.06	0.63	2	0.54	2.52	4.62
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1536.09
								%DIST. D	60.79
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.39	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	311.98
								%DIST. D	12.35
			84.86	68.69	392.35				
			338.44	618.17	1589.39				
			13.4	24.5	82.1				
					100.00			VCT	2526.99

Lider N. Penaza Vega
NUTRICIONISTA

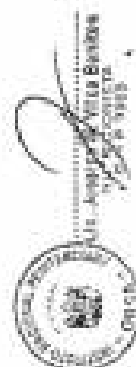
Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3579



DIETA: HIPERTENSION ARTERIAL

miércoles, 11 de julio de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Infusion + 02 panes + camote frito									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	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 mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									555.44
									21.40
ALMUERZO: Gau cau de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	88.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.66	6.35	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Ají colorado s	4.00	92.00	0.26	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	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	18.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
					V.C. ALMUERZO				1341.92
					% DISTR. ALMUERZO				51.71
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.06	187.68	211.32
Carne de Pollo	100.00	88.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.66	0.18	4.54	6.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.66
									26.88
			78.37	48.48	459.06				
			313.49	445.29	1836.25				
			12	17	71				
					100.00			VCT MEN	2595.03

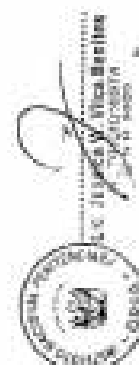


Lider N. Gonzalez Maza
 Representante del paciente

Lic. Elizabeth del Rosario Abanto Choza
 NUTRICIONISTA
 C.N.P. 3579

jueves, 12 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Harina de habas + 02 panes + fruta									
Harina de Hab	40.00	100.00	9.72	0.78	23.84	35	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.18	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.96
								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	88.83	2.28	233.62
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
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
Aji colorado s	1.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cal	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	1.06
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Vinagre	7.00	100.00	0.00	0.07	0.36	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	34.68	0.98	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.18	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	35.00	100.00	3.36	0.11	26.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									437.01
									17.45
			83.00	49.27	432.20				
			332.00	443.39	1728.79				
			13.26	17.71	69.04				
					100.00			VCT MEN	2504.17



Lider N. Pinaza Vega
NUTRICIONISTA
C.M.P. 3879

Lider N. Pinaza Vega
NUTRICIONISTA
C.M.P. 3879

viernes, 13 de julio de 2018

ALIMENTO	gr/per	constante 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	92.00	0.29	0.09	0.84	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	36.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de libran	60.00	100.0	5.78	0.18	43.05	23.04	1.82	172.32	196.98
Huevo de gall	60.00	96.00	7.94	4.94	1.05	32	44.45	4.23	80.44
									538.82
									20.56
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Cama de Poli	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Fideos	70.00	100.00	6.58	0.14	54.74	26	1.26	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	48	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	0.45	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	60.00	87.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
								VC DES.	1324.81
								%DIST. D	50.53
CENA:	Camote arrebocado,arroz,infusion								
Camote morat	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado o	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	87.50	3.30	98.80
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	28.81
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C. CENA			750.39
						% 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				


 L. C. - John A. White, Director
 National Archives and Records Administration
 Washington, D.C. 20540


Lidier M. Canaza Vega
ADMINISTRADOR


 Dr. Elizabeth del Rosario Alvarez
 NUTRICIONISTA
 C.M.P. 3970

sábado, 14 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojua	35.00	100.00	4.88	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	0.85	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.98	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									687.07
									27.04
ALMUERZO:	Pollo al horno, arroz, ensalada, fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceto vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redo	100.00	92.00	1.20	0.18	1.83	5	1.88	7.73	14.17
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Ajil colorado s	0.50	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	98.00	1.79	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	0.85	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	25.89	1	0.63	102.34	103.53
Pan de lebran	35.00	100.00	3.38	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. Elizabeth del Rosario Alvarado Cordero
 AUTENTICACIÓN
 C.M.P. 2009

A circular postmark from London, dated 1890. The text "LONDON" is at the top, "ENGLAND" is at the bottom, and "1890" is in the center. A large, stylized signature or scribble is written over the postmark.

DIETA: HIPERTENSION ARTERIAL

domingo, 15 de julio de 2018

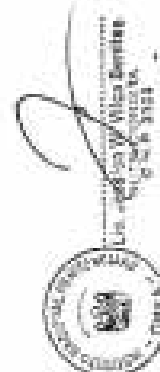
ALIMENTO	grupos	comestibles	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan, mermelada									
Sémola de Tri	38.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela 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	38.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Mermelada De	25.00	100.00	0.10	0.06	18.28	0	0.45	73.10	73.95

546.74

21.23

ALMUERZO: Matasquita de pollo, arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Papa blanca	200.0	82.00	3.44	0.16	38.57	14	1.48	146.29	161.54
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
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 fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	38.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1294.00
								%DIST. D	50.25

CENA: Pollo dorado, arroz + infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Pan seco mol	15.00	100.00	1.65	0.42	12.38	6.60	3.78	48.50	59.88
Cominos	0.3	300	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	18.66	0.00	0	78.64	78.64
								VC DES.	734.39
								% DIS ALM.	28.52
			77.03	57.66	437.02				
			308.13	518.94	1748.09				
			12.0	20.2	67.9				
					100.00				
								VCT	2575.12



Lidier N. Pinaza Vega
 Asesorista DOR

Lidier N. Pinaza Vega
 NUTRICIONISTA
 C. R. 3879

DIETA: HIPERTENSION ARTERIAL

112

lunes, 16 de julio de 2018

ALIMENTO	gríper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina 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	43.68	23	1.62	172.32	196.98
									564.64
									22.21
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	909.12	424.68
Carne de Cerdo	50.0	70.00	6.04	5.29	0.00	20	47.57	0.00	67.73
Cebolla de cal	60.00	85.00	0.71	0.10	5.78	3	0.92	23.05	26.83
Aji colorado s	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pe	80.00	68.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	89.00	0.40	0.10	2.13	2	0.89	8.51	10.89
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	26.75	8	3.44	107.10	118.19
									1506.15
								% DIS ALM.	57.21
CENA:	Sopa de arroz con pollo								
Carne de Pollo	100.00	88.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado c	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
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	0.15	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
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	20.59
			78.63	70.04	421.99				
			314.52	630.35	1687.95				
			11.95	23.94	64.11				
					100.00			VCT	2632.81



Lider N. Penazo Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Alvarado Céspedes
NUTRICIONISTA
C.N.R. 25/9

DIETA: HIPERTENSION ARTERIAL

martes, 17 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	95.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.95
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.68
								%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 Pilado c	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Acetite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Lechuga rojo	55.00	50.0	0.38	0.06	0.58	1	0.50	2.31	4.24
Tomate	25.00	99.00	0.20	0.05	1.05	1	0.45	4.26	5.49
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.00	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	0.64	1.14	0.83	2.98	4.54
Canola entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	17.14
			84.46	63.18	403.31				
			337.83	568.58	1613.25				
			13.41	22.57	64.03				
					100.00			VCT	2519.66



J. Vega
Lider N. Pinaza Vega
 Administradora G.R.

AB
Lic. Elizabeth del Rosario Alvarado Cordero
 NUTRICIONISTA
 C.N.R. 3975

miércoles, 18 de julio de 2018

ALIMENTO	grper (g)	comestible %	PROT Am (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	0.05	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote moro	100.0	98.00	1.37	0.29	25.19	5	2.65	100.74	108.88
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	449.56
								%DIST. D	18.29
ALMUERZO:	Caligua rellena, arroz , refresco y fruta								
Came de res	60.00	85.00	10.88	0.82	0.00	43	7.34	0.00	50.80
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.53	151.64	167.45
Cebolla de cal	80.00	88.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Caligua Serrat	150.00	97.00	2.18	0.15	6.11	9	1.31	24.44	34.48
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ají colorado s	4.00	88.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.48	0	0.71	5.81	6.90
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1285.35
					% DISTR. ALMUERZO				52.30
CENA	Arroz amarillo con pollo + Infusion								
Arroz Pilado 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
Came de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas fresca	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	10.38
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									722.85
									29.41
			68.93	47.27	439.15				
			275.73	425.42	1756.69				
			11.22	17.31	71.47				
					100.00			VCT MEN	2457.75



Lider N. F. Vega
Lider N. F. Vega
Nutricionista C.N.P.

Lic. Elizabeth del Socorro Alarco Cagua
Lic. Elizabeth del Socorro Alarco Cagua
NUTRICIONISTA
C.N.P. 3979

DIETA: HIPERTENSION ARTERIAL

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jueves, 19 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	109.65
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	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	20.00	100.00	5.42	10.20	3.38	22	91.80	13.52	127.00
Pan de lebran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	21.58
Almuerzo:	Sudado de pescado, papa , arroz , refresco y fruta								
Pescado	280.00	68.00	39.92	7.21	0.55	160	64.86	2.22	226.75
Arroz Pilado p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	80.00	90.00	0.58	0.14	3.10	2	1.30	12.38	15.98
Aceto vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Papa blanca	180.0	82.00	3.10	0.15	32.81	12	1.33	131.66	145.39
Aji colorado s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cal	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.56
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
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	1.78	0.29	16.0	7	2.65	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.	1651.45
								%DIST. D	62.08
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canola 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	0.00087	0.05	0.05
Pan de lebran	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.	436.96
								%DIST. D	16.42
			84.32	66.01	432.22				
			337.28	594.07	1728.87				
			12.68	22.33	64.98			VCT MEN	2666.22
					100.00				

Lic. Jassier W. Alcazar
Lic. Jassier W. Alcazar
Lic. Jassier W. Alcazar
Lic. Jassier W. Alcazar

Lider N. Camacho Vega
Lider N. Camacho Vega
Lider N. Camacho Vega

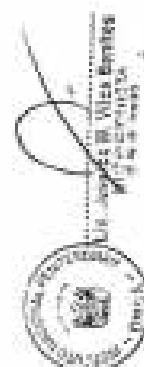
Lic. Elizabeth del Rosario Alcazar Vega
Lic. Elizabeth del Rosario Alcazar Vega
Lic. Elizabeth del Rosario Alcazar Vega

viernes, 20 de julio de 2018

ALIMENTO	gríper (g)	comestib le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + 02 frutas									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.08	2.74	4.64
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.36
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Plátano	240.00	93.00	0.89	0.45	21.87	4	4.02	87.49	95.08
									446.73
									18.12
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	60.68	23	2.48	243.52	268.91
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	35.00	80.00	0.92	0.22	7.76	4	2.02	31.14	36.85
Huacafay	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	0.62	5.96	7.69
Aceto 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
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	19.62	0	0.00	79.28	79.28
							VC DES.		1266.50
							% DIS ALM.		51.36
CENA Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	38.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.38	0.05	1.95	1.43	0.4808	7.78	9.68
Aji colorado s	2.00	62.00	0.07	0.06	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.		752.58
							%DIST. D		30.62
			70.56	21.12	498.38				
			282.25	196.06	1903.51				
			11.4	7.7	80.8				
					100.00		V.C.T. MENU		2465.82

Lider y Patricia Vega
FARMACIA VEGA

Lic. Elisbeth del Rosario Sierra Coya
NUTRICIONISTA
C.N.P. 2979



sábado, 21 de julio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: 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 evapora	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	0.05
Queso paria	30.00	100.00	8.40	9.00	0.89	34	81.00	3.96	118.56
Azúcar rubia	38.00	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	43.05	23	1.62	172.32	196.98
									656.46
									26.11
ALMUERZO: Adobo a la tacneña de cerdo , arroz, papa + refresco y fruta									
Carne de Cerdo	150.00	88.00	18.01	18.93	0.00	76	179.38	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Ají colorado si	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado d	150.00	100.00	12.30	0.75	118.70	49	6.75	465.80	522.75
Cebolla de cal	30.00	87.00	0.28	0.04	2.27	1	0.38	9.09	10.57
Papa blanca	200.00	92.00	3.85	0.18	41.03	15	1.68	164.13	181.24
Ají verde (2)	2.00	100.00	0.05	0.02	0.25	0	0.14	0.99	1.34
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.00	7	2.65	84.09	73.79
Cominos	0.20	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	2.86	5.04
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	442.66
								%DIST. D	17.61
			64.08	83.25	377.17				
			256.23	749.22	1508.70				
			10.2	29.8	60.9				
					100.00			VCT	2514.15

Lic. Elizabeth W. Wilson Benítez
Nutricionista
C.N.P. 1977

Seizoral
Lider N. Gonzalez Vega
Nutricionista C.N.P.

MS
Lic. Elizabeth del Rosario Alvarado Crego
Nutricionista
C.N.P. 1977

DIETA: HIPERTENSION ARTERIAL

job

domingo, 22 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.80	0.00	148.08
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	619.75
								%DIST. D	28.72
ALMUERZO: Aguadito con pollo, refresco y fruta									
Carné de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado d	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	88.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	250.14	254.13
Anvejas fresca	40.00	65.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca neg	35.00	97.00	0.95	0.31	1.66	4	2.75	6.65	13.21
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	858.56
								%DIST. D	38.79
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	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 ca	80.00	57.00	0.64	0.09	5.16	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado s	5.00	88.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	30.00	100.0	0.00	0.00	29.49	0.03	0	117.96	117.96
									679.44
								%DIST. D	31.49

67.53 60.64 335.47
270.11 545.75 1341.88
12.52 25.29 62.19
100.00

100

VCT 2157.74

Luciano
Lic. Luciano Rivera
NUTRICIONISTA
C.R. 3379

Luciano
Lic. Luciano Rivera
NUTRICIONISTA
C.R. 3379

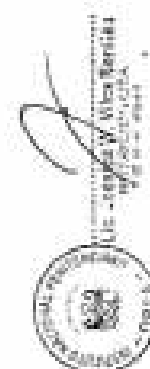
Luciano
Lic. Luciano Rivera
NUTRICIONISTA
C.R. 3379

DIETA: HIPERTENSION ARTERIAL

105

lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.89
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95
Pan de labran	80.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.05
									29.45
Almuerzo:	Frejol a la chilena con chancho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	6.12	6.42	0.00	24	57.76	0.00	82.24
Frijol caballer	120.0	100.00	27.48	1.80	69.96	109.92	18.20	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
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 redol	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.36	6.16
Fideos	25.00	100.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
Zapallo macra	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.28
Ajos	5.00	100.00	0.28	0.04	1.52	1.12	0.36	6.08	7.56
Azúcar rubia	28.00	100.0	0.00	0.00	27.52	0.00	0.00	110.10	110.10
Cebolla de cal	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	3.86	5.19
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	84.09	73.79
								VC DES.	1507.93
								%DIST. D	59.97
CENA:	Sopa de fideos con cabeza								
Cabeza de res	80.00	88.00	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	0.64	0	0.20	2.16	2.88
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
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				
			322.28	375.00	1816.99				
			12.82	14.91	72.27				
					100.00			VCT	2514.27



[Signature]
Lider R. Pinaza Vega
NUTRICIONISTA

[Signature]
Lic. Elizabeth del Rosario Alvarado Cova
NUTRICIONISTA
C.R.P. 3879

martes, 24 de julio de 2018

ALIMENTO	grper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	8.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.65	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
Azúcar rubia	38.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	736.52
								%DIST. D	28.44
ALMUERZO:	Escabeche de pollo a la limeña, arroz, refresco y fruta								
Arroz Pilado d	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Came 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	87.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Aceto vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote morat	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de col	80.00	87.00	0.75	0.11	6.05	3	0.96	24.23	28.19
Azúcar rubia	38.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sel	150.0	92.00	2.07	0.41	28.95	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	0.48	1.51	2.67
Azúcar rubia	38.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	429.28
								%DIST. D	16.57
			82.00	68.31	409.54				
			328.01	623.80	1638.17				
			12.7	24.1	63.3				
					100.00			VCT	2589.97


 Lic. Lidre N. Ordoñez Vega
 NUTRICIONISTA
 S.N.P. 8477



 Lidre N. Ordoñez Vega
 Nutricionista S.N.P.

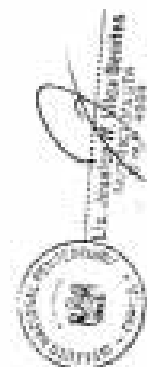

 Lic. Lidre N. Ordoñez Vega
 NUTRICIONISTA
 S.N.P. 8477

DIETA: HIPERTENSION ARTERIAL

103

miércoles, 25 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + 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 morsa	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	527.26
								%DIST. D	20.03
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.06	25.02	29.72
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
Acetate vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso paria	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.82
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gall	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.68	2.56	4.74
Naranja	180.00	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	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1328.26
					% DIST. ALMUERZO				50.47
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado o	100.0	100.00	8.20	0.50	77.60	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									776.30
									29.50
			66.58	62.61	458.73				
			268.33	562.56	1802.93				
			10	21	69				
					100.00			VCT MEN	2631.82



Lider
Lider Cinaza Vega
 NUTRICIONISTA DOR

18
Lic. Elizabeth del Rosario Alvarez Caza
 NUTRICIONISTA
 S.N.P. 3879

jueves, 26 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Harina de habas + 02 panes + fruta									
Harina de Hab	35.00	100.00	8.51	0.67	20.85	34	0.99	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 sol	160.0	92.00	2.21	0.44	30.91	9	3.97	123.65	135.45
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	595.12
								%DIST. D	23.45
Almuerzo: Sudado de pescado , papa , arroz , refresco y fruta									
Pescado	280.00	68.00	41.13	7.43	0.57	165	66.83	2.28	233.62
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Papa blanca	160.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Aceite vegetal	35.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Ají colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1505.96
								%DIST. D	59.34
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.06	34.68	0.96	0.72	136.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	35.00	100.00	3.96	0.11	26.13	13.44	0.948	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.57	13.06	43.35
									436.90
									17.21
			84.17	44.05	451.23				
			336.67	396.43	1804.91				
			13.27	15.62	71.12				
					100.00			VCT MEN	2538.01



Lider N. Pinaza Vega
Nutricionista
AUTORIZADO

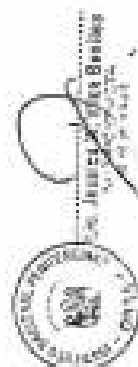
Lic. Elizabeth del Rosario Sierra Coya
NUTRICIONISTA
C.N.P. 3919

DIETA: HIPERTENSION ARTERIAL

101

viernes, 27 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									418.12
									16.13
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.29	62.22	23	2.51	248.87	274.82
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.89	11.67	14.52
Aji colorado s	5.00	92.00	0.32	0.38	2.70	1	3.23	10.80	15.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Anvejas fresca	35.00	54.00	1.34	0.11	3.56	5	1.02	14.21	20.60
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Naranja	160.00	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	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1395.57
					% DISTR. ALMUERZO				53.84
CENA:	Camote arrebozado,arroz,infusion								
Camote mora	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado c	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Leche evapor	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Huevo de gall	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	68.46
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
						V.C. CENA			778.27
						% DISTR.CENA			30.03
	VCT (Gr.)		73.86	54.96	450.48				
	VCT (Kcal.)		295.43	494.62	1801.91				
	VCT (%)		11	19	70	V.C.T. MENU			2591.97
					100.00				

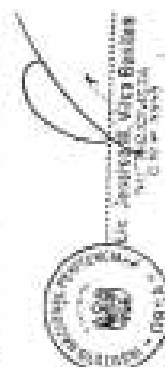


Lideral
Lideral Carrazo Vega
Nutricionista

ES
Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3579

sábado, 28 de julio de 2018

ALIMENTO	grper (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 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
									668.09
									26.87
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	180.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Aji colorado s	5	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.00	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.05	1.65	1	0.48	7.78	9.68
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Mani crudo. c	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Piltano	160.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1486.15
								% Dist	59.78
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.00	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	54.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.06	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	73.96
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
								VC DES.	331.76
								%DIST. D	13.36
			79.09	45.49	440.06				
			316.34	409.40	1760.25				
			12.72	16.47	79.61				
					100.00			VCT	2486.00



Lidia N. Comaza Vega
ADMINISTRADOR

Lidia N. Comaza Vega
Nutricionista
C.N.P. 3975

DIETA: HIPERTENSION ARTERIAL

domingo, 29 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainilla, pan , mermelada									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	530.83
								%DIST. D	20.28
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	88.00	17.81	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	200.0	82.00	3.44	0.16	36.57	14	1.48	146.29	161.54
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite 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
Anjeas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.69
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.53	4.36	5.18
Naranja	150.00	96.00	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.	1359.21
								%DIST. D	51.94
CENA: Arroz con huevo frito + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	728.94
								%DIST. D	27.78
			73.00	48.82	471.40				
			292.01	439.39	1885.58				
			11.16	16.79	72.65				
					100.00			VCT	2616.93



[Signature]
 Lic. *[Name]*
 C.N.P. 3379

[Signature]
 Lic. *[Name]*
 C.N.P. 3379

lunes, 30 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	84.53
Piña	30.00	84.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	84.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de lebrán	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									586.01
									23.03
Almuerzo:	Guiso de arvejita partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado c	180.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	80.0	70.00	5.04	5.29	0.00	20	47.57	0.00	87.73
Cebolla de ca	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado a	2.00	68.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Acete 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	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	50.00	98.00	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.	69.20
CENA:	Sopa de semola con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.84	0.00	97.58
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	116.85
Apio	15.00	75.00	0.08	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	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.12	0.02	0.73	1	0.17	2.92	3.83
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	17.77
			80.72	67.98	402.37				
			322.88	611.85	1609.48				
			12.7	24.0	63.3				
					100.00			VCT	2544.21

Dr. Edgar M. Vico Barrios
NUTRICIONISTA
C.N.P. 3978

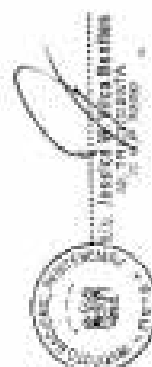



Lidor M. Gimaza Vega
NUTRICIONISTA
C.N.P. 3978


Lid. Lidor M. Gimaza Vega
NUTRICIONISTA
C.N.P. 3978

martes, 31 de julio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.68	20.22	23	6.21	80.88	109.85
Leche evapor	70.00	100.00	4.90	6.67	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	0.89
Clavo de olor	0.10	68.00	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	80.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	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	1.82	501.12	571.14
Carne de Pollo	160.00	85.00	25.02	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 cal	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.82
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
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	3.87	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	1.82	138.78	151.92
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Mancana de a	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.38	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.	421.98
								%DIST. D	16.37
			80.84	56.26	436.95				
			323.98	506.34	1747.81				
			13	20	68				
					100.00				
									2577.53



Lider A. Amaza Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.P. 3579

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

domingo, 01 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de julio de 2018	SOYA CON PAPA +02 PANES + MARGARINA	GUISO DE ADELGA,ARROZ + REFRESCO + FRUTA	CALABILLO DE HUEVOS
martes, 03 de julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO AL HORNO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN + MERMELADA
miércoles, 04 de julio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	GUISO DE VANTAS,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 05 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 06 de julio de 2018	INFUSION + 02 PANES + JAMONADA	HIRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO ,ARROZ + INFUSION
sábado, 07 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE POLLO, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	TALLARNES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 09 de julio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
martes, 10 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ARROZ CON POLLO, + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 11 de julio de 2018	INFUSION + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 12 de julio de 2018	HARINA DE HABAS + 02 PANES + JAMONADA	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 13 de julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	POLLO GUISADO, ARROZ + INFUSION
sábado, 14 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO AL HORNO ,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO ,ARROZ + INFUSION
lunes, 16 de julio de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	GUISO DE ADELGA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON POLLO
martes, 17 de julio de 2018	CEBADA CON LECHE+ 02 PANES + HUEVO SANCOCHADO	POLLO SANCOCHADO,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 18 de julio de 2018	INFUSION + 02 PANES + CAMOTE AL HORNO	CAKUA RELLENA ,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 20 de julio de 2018	INFUSION + 02 PANES + MORTADELA	AJI DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 21 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ASADO DE POLLO, ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MARGARINA	CALDO BLANCO CON POLLO + REFRESCO Y FRUTA	TALLARNES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 23 de julio de 2018	SOYA CON PAPA + 02 PANES + MERMELADA	GUISO DE VERDURAS CON POLLO,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON POLLO
martes, 24 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	ESCABECHE DE POLLO A LA LIMEÑA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MANJAR
miércoles, 25 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	REVUELTO DE ZANAHORIA,ARROZ + REFRESCO Y FRUTA	ARROZ A LA JARDINERA CON POLLO + INFUSION
jueves, 26 de julio de 2018	HARINA DE HABAS + 02 PANES + MORTADELA	POLLO SANCOCHADO ARROZ, PAPA, REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 27 de julio de 2018	INFUSION + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	POLLO GUISADO, ARROZ + INFUSION
sábado, 28 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, PAPA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MERMELADA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO+ INFUSION
lunes, 30 de julio de 2018	SOYA CON PAPA + 02 PANES + MARGARINA	GUISO DE ADELGA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON POLLO
martes, 31 de julio de 2018	CEBADA CON LECHE+ 02 PANES + MANJAR	TALLARNES ROJOS CON POLLO + REFRESCO Y FRUTA	MAZAMORRA DE FRUTAS + 01 PAN



Lic. Jessica M. Vilca Benítez
NUTRICIONISTA
C.N.P. 3975

Lic. Elizabeth del Rosario Acosta Caza
NUTRICIONISTA
C.N.P. 3975

Lic. M. Panaza Vega
NUTRICIONISTA
C.N.P. 3975

domingo, 01 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mermelada									
Sémola de Tr	40.00	100.00	7.00	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	173.32	186.98
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.36	58.48	59.16

552.04

23.10

Almuerzo:	Caldo de gallina + refresco y fruta								
Carne de galli	100.00	67.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	78.20	37.80	1.8	312.60	352.20
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Papa blanca	300.0	95.00	5.99	0.29	63.56	23.94	2.565	254.22	280.73
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Plátano de se	180.0	92.00	2.21	0.44	30.91	9	3.97	123.65	136.46
								VC Alm	1293.04
								% Dist	50.34

CENA	Matasquita de pollo , arroz , infusion								
Carne de Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	180.0	85.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	634.74
								%DIST. D	26.56
			77.71	30.90	450.21				
			310.86	278.11	1860.85				
			13.0	11.6	75.4				
					100.00		V.C.T. MENU		2389.81

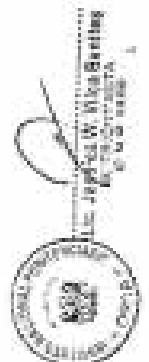


Lider M. Cruzado Viana
Nutricionista

Luz Elizabeth del Rosario Alvarado Caza
NUTRICIONISTA
C.N.R. 3979

lunes, 02 de julio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	30.00	100.00	2.61	1.95	21.36	10	17.55	85.44	113.43
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									628.36
									24.76
Almuerzo:	Guiso de acelga, arroz , fruta y refresco								
Cama 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 o	160.0	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	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.06	0.13	0.10	0.30	0.63
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	50.08
CENA:	Caldillo de huevos								
Huevo de gall	30.00	98.00	3.97	2.47	0.53	16	22.23	2.12	40.22
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Zapallo macr	50.00	47.00	0.16	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	16.00	100.00	0.00	16.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.56	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.61
								VC CENA	638.31
								%DIST CENA	25.16
			66.46	50.83	431.91				
			265.84	547.43	1724.03				
			10.48	21.58	67.95				
					100.00		VCT MENU		2537.36


 Lic. Janyssa W. Niza Barrios
 NUTRICIONISTA
 C.N.P. 3975


 Lic. Elizabeth del Rosario Alvarado Cordero
 NUTRICIONISTA
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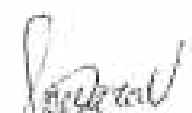

 Lic. Elizabeth del Rosario Alvarado Cordero
 NUTRICIONISTA
 C.N.P. 3975

martes, 03 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + huevo sancochado								
Cebada harina	30.00	100.00	5.54	0.69	20.22	23	6.21	80.88	109.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.53	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.84	1.06	32	44.45	4.23	80.44
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	646.12
								%DIST. D	26.55
Almuerzo:	Pollo al horno , arroz ,papa + fruta y refresco								
Carne de Polk	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Ajoe	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.08
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Platano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
								VC ALMU	1405.47
									57.74
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	0.48	0	0.04	1.82	1.91
Mermelada de	30.00	100.00	0.12	0.06	21.83	0	0.54	87.72	88.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	382.41
								%DIST. D	15.71
			74.67	48.06	425.72				
			298.70	432.41	1702.89				
			12.27	17.77	69.96				
					100.00			VCT	2434.00


 Lidia R. Pomañá Vega
 NUTRICIONISTA
 C.N.P. 9579


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DIETA: GASTRITIS CRONICA Y CANCER

92

miércoles, 04 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	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	98.00	2.02	0.43	37.01	8	3.89	148.03	150.98
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	512.74
								%DIST. D	20.65
ALMUERZO:	Guiso de vainitas , arroz ,papa + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70.04	27.54	0.00	97.58
Arroz Pilado o	180.0	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	0.308	5.17	6.43
Aceite vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Vainitas (2)	140.00	91.00	3.06	0.38	10.32	12.23	3.4398	41.28	58.95
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cebolla de ca	0.00	87.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0.00	0	98.30	98.30
					V.C. ALMUERZO				1221.24
					% DISTR. ALMUERZO				49.19
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Azúcar rubia	30.00	100.00	0.00	0.00	29.48	0	0.00	117.96	117.96
palilla	2	100	0.01	0.00	0.30	0	0.02	1.18	1.26
									748.90
									30.16
			73.43	47.55	448.30				
			293.72	427.96	1761.20				
			11.83	17.24	79.93				
					100.00			VGT MEN	2482.88

Lic. Rosalva W. Milla Benítez
NUTRICIONISTA
C.N.P. 3879

Lider J. Amaza Vega
Administrador

Lic. Elizabeth del Rosario Abreu Cordero
NUTRICIONISTA
C.N.P. 3879

Jueves, 05 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	40.00	100.00	7.52	0.92	26.96	30	8.28	107.84	146.20
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	35.00	100.00	9.49	17.85	5.92	38	160.65	23.66	222.25
Pan de lebran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.84
								VC DES.	769.33
								%DIST. D	32.52
Almuerzo:	Pollo sancochado ,papa , arroz , 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 o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	9.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	0.00	100.0	0.00	0.00	0.00	0	0.00	0.00	0.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.06	0.02	0.56	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1135.86
								%DIST. D	48.01
CENA:	Mezamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de lebran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.62	15.26	50.58
									460.65
									19.47
			77.81	28.64	449.20				
			311.25	257.78	1796.81				
			13.2	10.9	75.9				
					100.00				2365.84

Lider N. Camaza Vega
Nutricionista LOR

Lic. Elizabeth del Rosario Rivera Cordero
NUTRICIONISTA
C.N.P. 3979



viernes, 06 de julio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + jamonada								
Hierbas	10.00	54.00	0.17	0.05	0.38	1	0.49	1.51	2.67
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	3.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.92
Azúcar rubia	40.00	100.0	0.00	0.00	39.64	0	0.00	158.56	158.56
Pan de labran	65.00	100.0	8.24	0.20	46.67	25	1.76	186.68	213.40
Jamonada	30.00	100.00	4.71	8.85	0.30	19	79.65	1.20	99.69
									478.77
									18.21
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 paria	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	5.75	466.80	522.75
Papa blanca	250.0	85.00	4.46	0.21	47.39	18	1.91	189.55	209.31
Zapallo maore	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	80.00	1.06	0.28	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
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
Acete 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	1.08	26.58	30.93
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.		1307.65
							% DIS ALM.		49.74
CENA	Guiso de fideos con pollo, arroz , infusion								
Carné de Pollo	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Arvejas fresco	25.00	54.00	0.96	0.08	2.54	4	0.73	10.15	14.72
Zanahoria	25.00	79.00	0.12	0.10	1.82	0	0.89	7.27	8.63
Cebolla de ca	20.0	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		32.08
			73.89	54.54	460.83				
			294.76	490.89	1843.34				
			11.2	18.7	78.1				
					100.00		V.C.T. MENU		2628.99

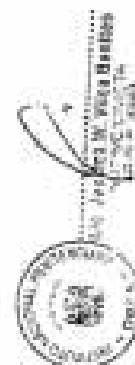
Lic. Jessica M. Yliza Bantón
Nutricionista
C.N.P. 5979

Lider de la Mesa
Nutricionista
C.N.P. 5979

Lic. Elizabeth del Rosario Alvarez Coipa
Nutricionista
C.N.P. 5979

sábado, 07 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche + 02 panes + queso									
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									694.18
									27.55
Almuerzo: Estofado de pollo , arroz , refresco y fruta									
Carné de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arvejas frescas	40.00	54.00	1.53	0.13	4.08	6	1.17	16.34	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 o	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	200.0	85.00	3.67	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	1.08
Arvejas 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	18.13
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
									VC Alm
									1384.88
									% Dist
									54.97
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
									VC DES.
									440.29
									%DIST. D
									17.48
			80.12	64.21	405.25				
			320.48	577.86	1621.01				
			12.7	22.9	64.3				
					100.00				VCT
									2619.38



Lidar N. Pinaza Vega
Nutricionista
C.N.P. 3979

Lidar N. Pinaza Vega
Nutricionista
C.N.P. 3979

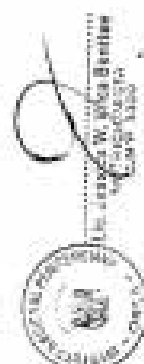
DIETA: GASTRITIS CRONICA Y CANCER

domingo, 08 de julio de 2018

ALIMENTO	gruper	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								
Semola de Tri	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	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	198.98
								VC DES.	618.75
								%DIST. D	23.85
ALMUERZO:	Matasquita de pollo, arroz , fruta y refresco								
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Cama de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Papa blanca	300.0	82.00	5.17	0.25	54.86	21	2.21	219.43	242.31
Arvejas fresca	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Cebolla de ca	65.00	67.00	0.61	0.09	4.92	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Cilantro	2.80	57.00	0.05	0.02	0.11	0	0.18	0.45	0.84
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	34.41	0	0.00	138	137.62
								VC DES.	1346.80
								% DIS ALM.	51.83
CENA	Tallarines rojos con carne molida + infusion								
Cama de res	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.58
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Aceto vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.11
								%DIST. D	24.32
			72.43	66.18	428.52				
			280.71	594.88	1714.06				
			11.15	22.89	65.96				
					100.00				
								VCT	2598.66

Lider N. Gonzalo Vega

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
E.N.P. 3479



lunes, 09 de julio de 2018

ALIMENTO	g/por (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % PCR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	71.20	94.53
Piña	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.96
									491.63
								%DIST. D	24.14
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Acelgas, hojas	120.00	61.00	1.81	0.22	3.88	6.44	1.99	15.52	23.94
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.16	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	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
									1064.33
								% DIS ALM.	50.33
CENA:	Sopa de fideos con pollo								
Carne de Polv	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	88.00	0.27	0.08	0.76	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	558.90
								%DIST. D	26.43
			67.06	45.16	360.04				
			268.24	406.45	1440.17				
			12.88	19.22	68.10				
					100.00			VCT	2114.86


 Lic. Jazmin M. Jilka Barrios
 NUTRICIONISTA
 C.A.P. 3879


 Lic. Jazmin M. Jilka Barrios
 NUTRICIONISTA
 C.A.P. 3879


 Lic. Elizabeth del Rosario Alencor Caza
 NUTRICIONISTA
 C.A.P. 3879

martes, 10 de julio 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:	Cebada con leche + 62 panas + manjar								
Cebada harina	25.00	100.00	4.70	0.58	16.86	19	5.18	67.40	91.38
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	678.93
								%DIST. D	26.76
Almuerzo:	Arroz con pollo + fruta y refresco								
Carne de Pol	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	200.0	100.00	16.40	1.00	156.60	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
Espinaca negr	30.00	97.00	0.81	0.28	1.43	3	2.36	5.70	11.32
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Ancejas fresc	35.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.66
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Cebolla de ca	70.00	67.00	0.66	0.09	6.30	3	0.84	21.20	24.67
Lechuga redo	60.00	50.00	0.39	0.08	0.63	2	0.54	2.52	4.62
Tomate	50.00	98.00	0.40	0.10	2.13	2	0.88	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Plátano de se	160.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1530.06
								%DIST. D	60.36
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	8.00	54.00	0.13	0.04	0.30	0.54	0.30	1.21	2.13
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	328.39
								%DIST. D	12.94
			84.98	68.55	395.14				
			339.85	616.97	1580.56				
			13.4	24.3	62.3				
					100.00			VCT	2537.38

[Firma]
Lic. Víctor Guillén
NUTRICIONISTA
C.N.P. 1979

[Firma]
Lic. N. Gonzalo Vega
NUTRICIONISTA
C.N.P. 1979

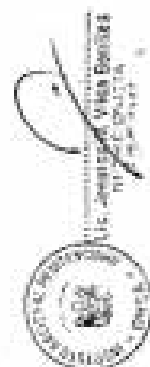
[Firma]
Lic. Elizabeth del Rosario Sierra Cordero
NUTRICIONISTA
C.N.P. 1979

miércoles, 11 de julio de 2018

ALIMENTO	gr/por	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	84.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.08
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morao	150.0	98.00	2.06	0.44	37.78	8	3.97	151.12	163.32
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	282.64
									547.32
									21.34
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	3.88	0.18	41.03	13	1.68	164.13	181.24
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	50.00	82.00	0.33	0.08	1.76	1	0.74	7.05	9.10
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
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
Anejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.68
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Plátano	160.00	92.00	0.59	0.28	14.43	2	2.65	57.70	62.71
Azúcar rubia	36.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
									V.C. ALMUERZO
									1319.49
									% DISTR. ALMUERZO
									51.45
CENA Arroz a la jardinera con pollo+ infusion									
Arroz Pilado 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	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.28
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	6.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									697.66
									27.20
			70.68	34.42	484.00				
			318.66	309.81	1936.01				
			12	12	75				
					100.00			VCT MEN	2564.48

Lic. Gladys del Rosario Alvarado
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NUTRICIONISTA
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NUTRICIONISTA
C.N.R. 3975



jueves, 12 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + jamonada								
Harina de Habas	40.00	100.00	9.72	0.76	23.84	39	6.84	95.36	141.08
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Jamonada	30.00	100.00	4.71	8.85	0.30	19	78.65	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	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	641.77
								%DIST. D	28.65
Almuerzo:	Pollo sancochado , papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.28	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	94.00	3.95	0.19	41.92	16	1.69	167.70	185.18
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
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
Fideos	0.00	100.0	0.00	0.00	0.00	0	0.00	0.00	0.00
Sal	12.00	100.00	0.14	0.88	0.98	1	0.54	3.94	5.05
Orégano	5.0	88.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1137.83
								%DIST. D	50.79
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	64.00	0.00	0.00	0.16	0.02	0.0156	0.65	0.68
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									460.68
									20.56
			75.28	19.49	440.94				
			391.12	175.37	1763.76				
			13.44	7.83	78.73				
					100.00			VCT MEN	2240.25



Lidén M. Cruz Vega
Nutricionista
C.N.P. 3879

Lidén M. Cruz Vega
Nutricionista
C.N.P. 3879

viernes, 13 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + huevo sancochado									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.0	0.00	0.00	35.39	0.00	0	141.55	141.55
Pan de labran	60.00	100.0	5.76	0.18	43.08	23.04	1.82	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									423.92
									17.34
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 o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Anejas fresca	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	15.00	100.00	0.00	0.00	14.87	0	0.00	59.46	59.46
									VC DES. 1292.58
									%DIST. D 52.88
CENA: Pollo guisado, arroz, Infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	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
Acetite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.26	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 727.84
									% DIST. CENA 29.78
	VCT (Gr.)		85.72	38.84	437.99				
	VCT (Kcal.)		342.88	349.52	1761.94				
	VCT (%)		14	14	72		V.C.T. MENU		2444.34
					100.00				



Lider H. Arcezo Vega
NUTRICIONISTA

Dr. Elizabeth del Rosario Abreu Chaga
NUTRICIONISTA
C.N.P. 3976

sábado, 14 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	35.00	100.00	4.66	1.40	25.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso perla	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.96
									687.07
									27.58
ALMUERZO:	Pollo al horno, arroz,papa, fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajos	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	63.52	20	2.16	214.08	236.40
Lechuga roja	100.00	92.00	1.20	0.18	1.93	5	1.86	7.73	14.17
Tomate	80.00	99.00	0.63	0.18	3.41	3	1.43	13.62	17.58
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC ALMU	1422.65
									57.11
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	25.00	100.00	0.14	0.07	25.59	1	0.63	102.34	103.53
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	15.31
			75.46	53.07	427.89				
			301.84	477.65	1711.57				
			12.1	19.2	68.7				
					100.00			VCT	2491.06



Libertad Pinaza Vega
Nutricionista

AB
Lic. Elizabeth del Rosario Alvarado Coza
Nutricionista
C.N.P. 3373

domingo, 15 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla , pan ,mermelada								
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.18	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Pan de lebran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mermelada De	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.95

509.74

22.75

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	36.57	14	1.48	146.29	161.54
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
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	25.00	100.00	0.00	26.00	0.00	0	225.00	0.00	225.00
Cebolla de ca	60.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Anvejas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.66
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74

VC DES. 1262.92

%DIST. D	53.38
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CENA:	Pollo sancochado, arroz + infusion								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.50
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.06	280.08	313.66
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Pom	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62

VC DES.	573.76
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% DIS ALM	23.87
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74.73	37.50	441.76
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298.92	337.48	1767.03
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12.4	14.0	73.5
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100.00

VCT	2403.41
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Lidero J. Fariña Vega

Lie. Elisabetta del Rosario Abasco Crespo
NUTRICIONISTA
C.N.P. 39794

lunes, 16 de julio de 2018

ALIMENTO	gr/per (g)	comestib- le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	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	6.62
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
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									650.30
									26.40
Almuerzo:	Guiso de acelga, arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas. hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.84
Arroz Pilado o	160.0	100.00	13.12	0.60	124.46	52.48	7.20	487.92	557.60
Acelta 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	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	38.38
Plátano	160.00	94.00	0.68	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	51.59
CENA:	Sopa de arroz con pollo								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	40.00	100.00	3.28	0.20	31.12	13	1.60	124.48	139.40
Apio	15.00	75.00	0.06	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	68.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	120.0	82.00	2.07	0.10	21.94	8	0.69	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	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	542.02
								%DIST. D	22.01
			74.34	62.02	401.85				
			297.35	558.20	1607.39				
			12.07	22.66	85.26				
					100.00			VCT	2462.95



 Lic. Jeannette Barrios

 NUTRICIONISTA

 C.N.P. 3979



 Lidia Concha Vega

 NUTRICIONISTA

 C.N.P. 3979



 Lic. Jeannette Barrios

 NUTRICIONISTA

 C.N.P. 3979

DIETA: GASTRITIS CRONICA Y CANCER

79

martes, 17 de julio de 2018

ALIMENTO	gr/per (g)	comestible (%)	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + huevo sancochado									
Cebada harina	30.00	100.00	5.64	0.89	20.22	23	6.21	80.88	108.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	85.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	85.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.88
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	619.88
								%DIST. D	26.98
ALMUERZO: Pollo sancochado , arroz,papa, 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 o	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	180.0	82.00	3.10	0.15	32.91	12	1.33	131.66	145.39
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	180.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1246.85
								% DIS ALM.	54.22
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	85.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	85.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	431.90
								%DIST. D	18.80
			81.95	43.11	396.47				
			327.82	387.95	1581.87				
			14.27	16.88	68.85				
					100.00			VCT	2297.64



[Signature]
Lidia Alvarado Vega
NUTRICIONISTA

[Signature]
Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 3975

miércoles, 18 de julio de 2018




Lic. Elizabeth del Rosario Alvarado Cordero
FALTADEPORADISTA
C.N.R. 19339

DIETA: GASTRITIS CRONICA Y CANCER

jueves, 19 de julio de 2018

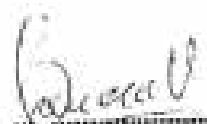
ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.64	0.60	20.22	23	6.21	80.88	109.65
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo 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	3.30	22	91.80	13.52	127.00
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	637.53
								%DIST. D	26.15
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	93.00	3.91	0.19	41.48	16	1.67	165.91	183.21
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.85	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.68	0	0.00	138.74	138.74
								VC DES.	1347.18
								%DIST. D	55.26
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	40.00	100.00	3.84	0.12	28.72	15.36	1.08	114.88	131.32
Leche evapor.	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	453.31
								%DIST. D	18.58
			77.16	20.48	486.27				
			398.63	184.30	1945.10				
			12.66	7.56	79.76			VCT MEN	2438.02
					100.00				



 Lic. Elizabeth del Rosario Alarcón Croya

 NUTRICIONISTA

 C.M.F. 3977



 Lidia N. González Vega

 NUTRICIONISTA

 C.M.F. 3977



 Lidia N. González Vega

 NUTRICIONISTA

 C.M.F. 3977

viernes, 20 de julio de 2018

ALIMENTO	gríper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Infusion + 02 panes + mortadela									
Hierbas	10.00	98.00	0.30	0.10	0.69	1.22	0.88	2.74	4.84
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de labran	80.00	100.0	7.68	0.24	57.44	30.72	2.16	229.76	262.64
mortadela	35.00	100.00	3.43	6.90	3.29	14	62.06	13.16	88.94
									506.24
									20.47
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso para	20.00	100.00	5.60	6.00	0.66	22	54.00	2.64	79.04
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	300.0	91.00	5.73	0.27	80.88	23	2.46	243.52	268.91
Calabaza	350.00	47.00	0.89	0.18	9.21	4	1.48	36.85	42.28
Maíz Fresco	35.00	80.00	0.92	0.22	7.78	4	2.02	31.14	36.85
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Ajos	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acelite 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	82.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
							VC DES.		1218.29
							% DIS ALM.		49.25
CENA Matasquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Papa blanca	150.0	84.00	2.65	0.13	28.10	10.58	1.134	112.39	124.11
Cebolla de ca	60.0	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	0.4808	7.76	9.68
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
							VC DES.		748.12
							%DIST. D		30.28
			71.86	27.35	485.78				
			284.33	246.19	1943.13				
			11.5	10.0	78.6				
					100.00		V.C.T. MENU		2473.65

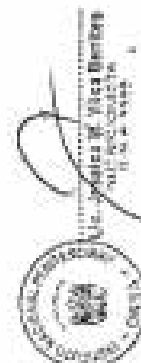
Lider M. Peña Vega
NUTRICIONISTA
C.R.P. 3979

Lic. Elizabeth del Rosario Alarcón Vega
NUTRICIONISTA
C.R.P. 3979



sábado, 21 de julio de 2018

ALIMENTO	griper	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	54.68	32.70	108.38
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
									722.12
									29.09
ALMUERZO: Asado de pollo , arroz, papa + refresco y fruta									
Carne de Pollo	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
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
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.66	57.70	62.71
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1301.58
								% DIS ALM	52.42
CENA: Infusion + 01 pan + margarina									
Hierbas	12.00	85.00	0.32	0.10	0.71	1.28	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 veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	459.08
								%DIST. D	18.49
			74.20	68.23	392.97				
			296.82	614.07	1571.89				
			12.0	24.7	63.3				
					100.00			VCT	2482.78



Lider N. Fanaza Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarado Cordero
Nutricionista
C.N.P. 3379

DIETA: GASTRITIS CRONICA Y CANCER

74

domingo, 22 de julio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , margarina									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.96
								VC DES.	619.75
								%DIST. D	27.32
ALMUERZO: Caldo blanco con pollo, refresco y fruta									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Aroz Pilado o	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	86.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	300.0	86.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Chuflo blanco	23.00	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
Acetite vegetal	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Acetite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	978.62
								%DIST. D	43.15
CENA Tallarines rojos con carne molida + infusion									
Carne de res	80.0	100.00	17.04	1.28	0.00	68	11.52	0.00	79.68
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de cal	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetite 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	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
								VC DES.	679.00
								%DIST. D	29.53

71.60 60.79 358.75

286.42 547.14 1435.01

12.63 24.12 63.26

100.00

100

VCT 2268.56

Lider N. Arana Vega
NUTRICIONISTA

Lider N. Arana Vega
NUTRICIONISTA
C.N.P. 3979



lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
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	0.05	21.93	0	0.54	87.72	88.74
Pen de lebrani	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	282.64
									594.60
									25.02
Almuerzo:	Guiso de verduras con pollo + arroz + fruta y refresco								
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Acelgas, hojas	120.00	61.00	1.81	0.22	3.88	6.44	1.98	15.52	23.94
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Vainitas (2)	23.00	85.00	0.47	0.06	1.58	2	0.53	6.33	8.74
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	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
									1099.18
								% DIS ALM.	46.26
CENA:	Sopa de fideos con pollo								
Carne de Pollo	100.00	85.00	17.51	3.08	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
Aplo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.66	164.13	181.24
Orégano seco	3.00	70.00	0.03	0.01	0.24	0	0.09	0.95	1.18
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	682.64
								%DIST. D	28.73
			73.89	40.47	429.12				
			295.57	364.26	1716.49				
			12.44	15.33	72.23				
					100.00			VCT	2376.32

Dr. Josselyn M. Vica Barillas
NUTRICIONISTA
C.R.F. 15279



[Signature]
Licda. Margarita Viquez
NUTRICIONISTA
C.R.F. 15279

[Signature]
Lic. Elizabeth del Rosario Alvarez Rojas
NUTRICIONISTA
C.R.F. 15279

martes, 24 de julio de 2012

ALIMENTO	gr/per	comestib 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	0.69	20.22	23	6.21	80.88	109.65
Leche evapora	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES	736.52
								%DIST. D	28.58
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado o	150.00	100.00	12.30	0.75	110.70	49	6.75	466.80	522.75
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	8.47
Aceto 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
Camote morar	200.00	92.00	2.58	0.65	47.29	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de se	150.0	92.00	2.07	0.41	28.98	8	3.73	115.92	127.93
									1411.04
								% DIS ALM	54.76
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	0.49	1.51	2.87
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.50
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES	428.28
								%DIST. D	16.66
			81.88	69.05	407.18				
			326.61	621.49	1628.74				
			12.7	24.1	63.2				
					100.00			VCT	2576.84

Lic. Juan Carlos W. Viquez Benítez
AUTORIZADO
C.N.P. 2010




Lidia M. Cárdena Vega
AUTORIZADA
C.N.P. 2010

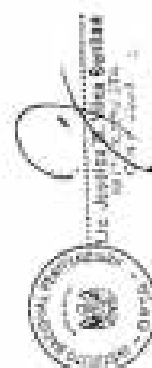

Lidia M. Cárdena Vega
AUTORIZADA
C.N.P. 2010

DIETA: GASTRITIS CRONICA Y CANCER

11

miércoles, 25 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Infusion + 02 panes + camote 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	0.06	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 mora	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	302.26
								%DIST. D	12.64
ALMUERZO:	Revuelto de zanahoria ,arroz + refresco + fruta								
Zanahoria	80.0	85.00	0.41	0.34	6.26	2	3.06	25.02	29.72
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	92.00	0.37	0.09	1.98	1	0.83	7.91	10.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.95	0.306	5.17	6.43
Aceto vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Queso para	10.00	100.00	2.80	3.00	0.33	11	27.00	1.32	39.52
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Huevo de gal	20.00	98.00	2.65	1.65	0.35	11	14.62	1.41	26.81
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.68	164.13	181.24
Huacatay	8.00	100.00	0.40	0.06	0.84	2	0.58	2.56	4.74
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
						V.C. ALMUERZO			1312.25
						% DISTR. ALMUERZO			54.89
CENA	Arroz a la jardinera con pollo+ infusion								
Arroz Pilado 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 Pol	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Cebolla de ca	15.00	67.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Arvejas fresc	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.89
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.53	4.36	5.18
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	0.16	0	0.01	0.59	0.63
									776.30
									32.47
			65.29	37.49	448.07				
			281.16	337.38	1792.27				
			11	14	75				
					100.00			VCT MEN	2390.82



Angélica Vela Benítez
Lic. Angélica Vela Benítez
Nutricionista
C.N.P. 3939

Angélica Vela Benítez
Lic. Angélica Vela Benítez
Nutricionista
C.N.P. 3939

jueves, 26 de julio de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + mortadela								
Harina de Habas	35.00	100.00	8.51	0.67	20.86	34	5.99	83.44	123.45
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	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
mortadela	35.00	100.00	3.43	6.50	3.29	14	62.06	13.16	88.94
Pan de labran	80.00	100.00	7.68	0.24	57.44	31	2.16	229.76	262.64
								VC DES.	613.26
								%DIST. D	25.58
Almuerzo:	Pollo sancochado ,papa , arroz , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Zanahoria	80.00	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
Pom	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Fideos	60.00	100.0	5.64	0.12	46.92	23	1.08	187.68	211.32
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano	5.0	98.00	0.08	0.02	0.55	0	0.22	2.21	2.75
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
								VC DES.	1347.18
								%DIST. D	56.19
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.0131	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.001	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.945	100.52	114.91
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									436.00
									18.22
			77.55	17.13	483.23				
			310.21	154.19	1932.94				
			12.94	6.43	80.63				
					100.00			VCT MEN	2397.34



Lider N. Canaza Vega
nutricionista

Lic. Elizabeth del Rosario Alvarado Corpa
NUTRICIONISTA
C.N.P. 3077

DIETA: GASTRITIS CRONICA Y CANCER

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viernes, 27 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Infusion + 02 panes + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
Pan de lebrón	80.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	196.98
Huevo de gall	60.00	98.00	7.94	4.84	1.08	32	44.45	4.23	80.44
									418.12
									16.62
ALMUERZO:	Matasquita de pollo , arroz, fruta y refresco								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.22	23	2.51	248.87	274.82
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.81
Anvejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.00
Zanahoria	35.00	79.00	0.17	0.14	2.54	1	1.24	10.18	12.08
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1369.17
CENA:	Pollo guisado ,arroz,infusion								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	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	0.08	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.08	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.45	0.80
						V.C. CENA			727.84
						% DIST.CENA			28.94
	VCT (Gr.)		83.70	44.04	445.99				
	VCT (Kcal.)		334.79	396.37	1783.97				
	VCT (%)		13	16	71	V.C.T. MENU			2515.13
					100.00				



Lider N. Canaza Vega
ALIMENTISTA DOR

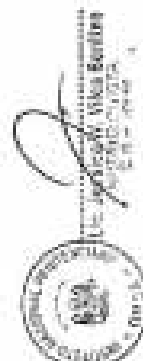
Lic. Elisaveth del Rosario Alvarado Ortega
NUTRICIONISTA
C.M.P. 3970

sábado, 28 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
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	196.98
									668.09
									27.88
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado o	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	20.00	67.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Pan seco mol	30.00	100.00	3.30	0.84	24.75	13.20	7.56	99.00	119.76
Papa blanca	250.0	82.00	4.31	0.21	45.72	17	1.85	182.86	201.93
Ajos	8.00	80.00	0.36	0.06	1.95	1	0.46	7.78	9.68
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pistano	150.00	69.00	0.44	0.22	10.82	2	1.99	43.28	47.03
								VC Alm	1396.58
								% Dist	58.28
CENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	92.00	0.29	0.09	0.64	1.14	0.63	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	0.00	100.00	0.00	0.00	0.00	0	0.00	0.00	0.00
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada 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	3.38	0.11	25.13	13	0.95	100.52	114.91
								VC DES	331.76
								%DIST, D	13.84
			76.00	40.56	431.84				
			303.98	365.08	1727.37				
			12.68	15.23	72.08				
					100.00			VCT	2396.43

Lider Vega
Nutricionista

Lider Vega
Nutricionista
C.N.P. 3979

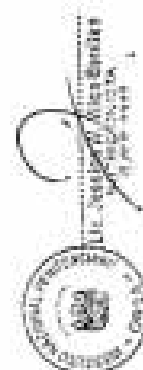


DIETA: GASTRITIS CRONICA Y CANCER

67

domingo, 29 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mermelada									
Sémola de Tr	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
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
Clovo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De	20.00	100.00	0.08	0.04	14.62	0	0.38	58.48	59.16
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	173.32	196.98
								VC DES.	530.83
								%DIST. D	21.53
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.59
Fideos	60.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.78
Papa blanca	200.0	82.00	3.44	0.16	38.57	14	1.48	146.29	161.54
Arroz Pilado o	160.00	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	9.69
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de ca	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas fresca	10.00	54.00	0.38	0.03	1.02	2	0.29	4.05	5.89
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Plátano	160.00	92.00	0.69	0.29	14.43	2	2.65	57.70	62.71
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1348.13
								%DIST. D	54.69
CENA: Arroz con huevo sancochado + infusion									
Huevo de gal	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	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	586.26
								%DIST. D	23.78
			71.83	28.82	479.63				
			287.31	259.39	1918.51				
			11.65	10.52	77.82				
					100.00			VCT	2465.21



Lider N. Gonzalez Vega
ADMINISTRADOR

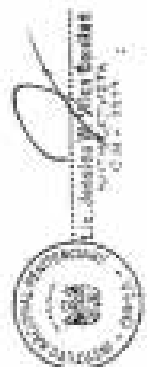
Lic. Elizabeth del Rosario Alarcon Vega
NUTRICIONISTA
C.N.P. 3879

DIETA: GASTRITIS CRONICA Y CANCER

66

lunes, 30 de julio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Piña	30.00	64.00	0.08	0.04	1.88	0	0.35	7.53	8.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
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	5.75	0.18	43.08	23	1.62	172.32	198.98
									586.01
									25.38
Almuerzo:	Guiso de acelga, arroz, fruta y refresco								
Carne 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 o	160.0	100.00	13.12	0.80	124.48	52.48	7.20	407.92	557.60
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	80.00	98.00	0.63	0.18	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	200.0	88.00	3.70	0.18	39.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	87.00	2.80	0.11	6.08	11.20	0.98	24.23	36.39
Plátano	180.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	55.04
CENA:	Sopa de semola con pollo								
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Sémola de Tri	30.00	100.00	5.85	3.21	16.14	23	28.89	64.56	118.85
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	3.03	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	452.05
								%DIST. D	19.58
			74.51	59.91	367.87				
			298.03	539.16	1471.49				
			12.9	23.4	63.7				
					100.00			VCT	2308.66



[Signature]
Lic. Jessica W. Vera Cardiel
NUTRICIONISTA
C.N.P. 1979

[Signature]
Lic. Elizabeth del Rosario Moreno Caza
NUTRICIONISTA
C.N.P. 1979

martes, 31 de julio de 2018

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Lider N. Gonzalez Vega


Lliga Elitista del Baixar Alcora Coops
AUTOCORRATA
C.N.P. 3979

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

FECHA	DESAYUNO	REFRESCO	ALMUERZO	REFRESCO	CENA
domingo, 01 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	CALDO DE GALLINA + REFRESCO Y FRUTA	VASO DE LECHE	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de julio de 2018	SOYA CON PIÑA +02 PANES + MARGARINA	HUEVO DURO	GUISO DE ARVEJITA PARTIDA CON CHANCHAL,ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	CALORILLO DE HUEVOS
martes, 03 de julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	HUEVO DURO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN + MERMELADA
miércoles, 04 de julio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	HUEVO DURO	HIGADO EN CEBOLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 05 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	HUEVO DURO	PESCADO FRITO, ARROZ, ENSALADA , REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 06 de julio de 2018	TE + 02 PANES + JAMONADA	HUEVO DURO	HINO DE ZAPALLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
sábado, 07 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	COSTRAGO DE RES, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	LOCHO DE PANCAL, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 09 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	HUEVO DURO	GUISO DE PRECUL CON CHANCHAL, ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	SOPA DE FIDEOS CON CABELLA
martes, 10 de julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	HUEVO DURO	ARROZ CON POLLO, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MANJAR
miércoles, 11 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	HUEVO DURO	CAJ CAJ DE POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ A LA INDIENSA CON SALCHICHA + INFUSION
jueves, 12 de julio de 2018	HARINA DE TRIDAS + 02 PANES + QUESO DE CHANCHO	HUEVO DURO	PESCADO FRITO, ARROZ, ENSALADA , REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 13 de julio de 2018	TE + 02 PANES + HUEVO SANDOCHADO	HUEVO DURO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	CAMOTE ARROZADO, ARROZ + INFUSION
sábado, 14 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	POLLO CORADO, ARROZ, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MERMELADA
domingo, 15 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	HIGADO FRITO, ARROZ + INFUSION
lunes, 16 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	HUEVO DURO	GUISO DE ARVEJITA PARTIDA CON CHANCHAL, ARROZ, ENSALADA + REFRESCO Y FRUTA	VASO DE LECHE	SOPA DE ARROZ CON MANTENIDENCIA DE POLLO
martes, 17 de julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	HUEVO DURO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MANJAR
miércoles, 18 de julio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	HUEVO DURO	CHAMPANTA, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de julio de 2018	HARINA DE CEBADA + 02 PANES + MANJAR	HUEVO DURO	PESCADO FRITO, ARROZ, ENSALADA , REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 20 de julio de 2018	TE + 02 PANES + JAMONADA	HUEVO DURO	AJ DE CALABAZA, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 21 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	ACODO A LA TACUÑA DE CERDO, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	AGUACITO CON MANTENIDENCIA + REFRESCO Y FRUTA	VASO DE LECHE	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 23 de julio de 2018	SOYA CON PIÑA + 02 PANES + MERMELADA	HUEVO DURO	FRUEL A LA CHILINA CON CHANCHAL, ARROZ + ENSALADA + REFRESCO + FRUTA	VASO DE LECHE	SOPA DE FIDEOS CON CABELLA
martes, 24 de julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	HUEVO DURO	ESCADACHE DE POLLO A LA LIBERA, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MANJAR
miércoles, 25 de julio de 2018	CAFE + 02 PANES + CAMOTE FRITO	HUEVO DURO	HIGADO EN CEBOLLADO, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 26 de julio de 2018	HARINA DE PASAS + 02 PANES + QUESO DE CHANCHO	HUEVO DURO	PESCADO FRITO, ARROZ, ENSALADA , REFRESCO + FRUTA	VASO DE LECHE	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 27 de julio de 2018	TE + 02 PANES + HUEVO SANDOCHADO	HUEVO DURO	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	CAMOTE ARROZADO, ARROZ + INFUSION
sábado, 28 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	HUEVO DURO	CARNE DE RES ALMENDRADA, ARROZ, PAPA + REFRESCO Y FRUTA	VASO DE LECHE	INFUSION + 01 PAN CON MERMELADA
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	HUEVO DURO	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	VASO DE LECHE	ARROZ CON HUEVO FRITO + INFUSION
lunes, 30 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	HUEVO DURO	GUISO DE ARVEJITA PARTIDA CON CHANCHAL, ENSALADA, ARROZ, REFRESCO Y FRUTA	VASO DE LECHE	SOPA DE SEMOLA CON MANTENIDENCIA DE POLLO
martes, 31 de julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	HUEVO DURO	TALLARINES ROJOS CON POLLO + REFRESCO Y FRUTA	VASO DE LECHE	MAZAMORRA DE FRUTAS + 01 PAN


Lidia F. Canaza Vega
ADMINISTRADOR




Lidia F. Canaza Vega
ADMINISTRADOR


Lidia F. Canaza Vega
ADMINISTRADOR

domingo, 01 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Semola con vainita, 02 panes, mortadela									
Semola de Trigo	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainita	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	95.00	100.00	0.00	0.00	94.89	0	0.00	138.74	138.74
Pan de libranza	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.02	11.76	53.19	11.28	76.23

569.11

21.82

REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	98.00	7.28	4.63	0.97	29	40.76	5.88	73.74
								VC DES.	73.74

Almuerzo: Caldo de gallina + refresco y fruta									
Cama de gallina	100.00	87.00	16.53	1.38	0.00	66.12	12.628	0.00	78.65
Ajo	12.00	60.00	0.54	0.08	2.02	2.15	0.6912	11.67	14.52
Fideos	100.00	100.00	9.40	0.20	76.20	97.60	1.8	312.80	952.20
Acolla 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
Cebolla china (J)	10.00	86.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	300.0	96.00	5.99	0.29	83.56	23.94	2.566	254.22	280.73
Apio	18.00	76.00	0.09	0.03	0.65	0.38	0.243	2.58	3.21
Chufa blanco	80.00	88.00	0.38	0.00	3.84	1.57	0	15.37	16.93
Pato	18.00	88.00	0.32	0.10	0.90	1.28	0.86536	3.61	5.75
Nabo	18.00	88.00	0.07	0.02	0.43	0.29	0.21364	1.71	2.21
Aji colorado sec	2.00	52.00	0.07	0.08	0.81	0.29	0.73008	2.44	3.48
Cebolla de cabe	10.00	86.00	0.12	0.02	0.86	0.48	0.153	3.84	4.47
Pimienta entera	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kion	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Clavero	2.00	87.00	0.04	0.01	0.08	0.16	0.13336	0.32	0.60
Azúcar rubia	45.00	100.00	0.00	0.00	39.32	0.00	0	157.28	157.28
Naranja	150.00	92.00	1.66	0.28	15.04	6.82	2.484	60.17	69.28
								VC Alm	1181.22
								% Dist	45.28

REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	21	68.32	34.88	116.60
								VC DES.	116.60

CENA Matasquita de pollo, arroz, infusion									
Cama de Pollo	100.00	86.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.00	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Anchoas frescas	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.60
Zanahoria	30.00	78.00	0.14	0.12	2.18	1	1.07	8.72	10.30
Papa blanca	150.0	86.00	2.68	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de cabe	60.0	67.00	0.66	0.08	4.54	2	0.72	18.17	21.15
Ajo	8.00	80.00	0.36	0.09	1.95	1.43	0.4608	7.73	9.68
Aji colorado sec	2.00	52.00	0.07	0.08	0.81	0.29	0.73008	2.44	3.48
Tomate	40.00	89.00	0.32	0.08	1.70	1	0.71	6.83	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	609.02
								%DIST. D	25.65
			95.33	48.20	448.39				
			381.34	433.77	1793.88				
			14.6	16.6	68.8				
					100.00		V.C.T. MENU		2608.69

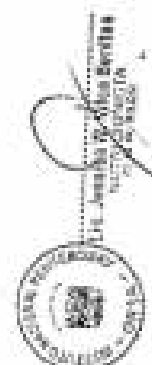


Handwritten signature: Lidia M. Pineda Vega
 LIDIA M. PINEDA VEGA
 NUTRICIONISTA
 C.N. 3578

Handwritten signature: Lidia M. Pineda Vega
 Lidia M. Pineda Vega
 NUTRICIONISTA
 C.N. 3578

lunes, 02 de julio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						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	10.00	64.00	0.03	0.01	0.63	0	0.12	2.51	2.73
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
Leche evaporac	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de libranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.98
									899.45
									21.81
REFRIGERIO: Huevo sancochado									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:			Guiso de arvejita con chancha, arroz, ensalada, fruta y refresco						
Carné de Cerdo	50.0	85.00	8.12	8.42	0.00	24	57.78	0.00	82.24
Arvejita partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.70	49.20	0.75	480.60	522.75
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redond	80.00	60.00	0.62	0.10	1.01	2	0.86	4.03	7.39
Ajos	8.00	100.00	0.45	0.08	2.43	1.79	0.58	9.73	12.10
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de cabe	80.00	67.00	2.80	0.11	6.06	11.20	0.96	24.23	36.39
Aji colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.68	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1437.27
								%DIST. D	51.67
REFRIGERIO: Vaso de leche									
Leche evaporac	80.00	100.00	5.60	6.48	8.72	21	68.32	34.88	115.60
								VC DES.	115.60
CENA:			Caldillo de huevos						
Huevo de gallin	20.00	98.00	2.65	1.65	0.35	11	14.82	1.41	26.81
Leche evaporac	15.00	100.00	1.05	1.22	1.64	4	10.94	6.54	21.68
Fideos	60.00	100.00	5.84	0.12	46.00	23	1.08	187.68	211.32
Zapallo maore	50.00	47.00	0.18	0.05	1.50	1	0.42	6.02	7.10
Apio	4.10	75.00	0.02	0.01	0.15	0	0.06	0.59	0.73
Poro	2.00	66.00	0.04	0.01	0.10	0	0.10	0.40	0.54
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	144.00	0.00	144.00
Papa blanca	150.0	82.00	2.58	0.12	27.43	10	1.11	109.72	121.16
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.38
Sai	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.65
								VC CENA	545.64
								%DIST CENA	19.62
			84.96	74.40	443.06				
			339.85	689.60	1772.24				
			12.22	24.97	63.71				
					100.00			VCT MENU	2781.70

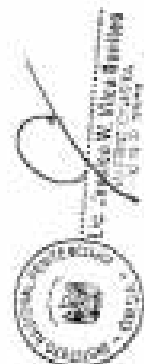


Lider N. Fariña Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 5817

martes, 03 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	8.21	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	54.00	0.00	0.00	0.14	0	0.01	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 chanco	30.00	100.00	6.03	5.18	0.30	24.12	48.71	1.20	72.03
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	106.98
Azúcar rubia	40.00	100.0	0.00	0.00	39.32	0	0.00	157.28	157.28
								VC DES.	637.71
								%DIST. D	23.83
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 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 o p	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
Aceite vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Papa blanca	200.0	82.00	3.86	0.18	41.00	15	1.68	164.33	181.24
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Lechuga redonda	80.00	82.00	0.86	0.15	1.55	4	1.32	6.18	11.33
Pepinillo o Pepi	60.00	82.00	0.25	0.05	1.28	1	0.44	5.12	6.54
Ajos	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Cebolla de cabe	80.00	82.00	1.03	0.18	8.32	4	1.32	33.27	36.71
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	39.32	0	0.00	158.56	158.56
Naranja	150.00	85.00	1.63	0.26	13.90	6.12	2.295	55.50	64.01
								VC ALMU	1466.19
									54.80
REFRIGERIO:	Vaso de leche								
Leche evaporada	60.00	100.00	5.60	6.48	8.72	22	50.32	34.88	116.00
								VC DES.	115.60
GENA:	Infusion + 01 pan + mermelada								
Hierbas	10.00	54.00	0.17	0.09	0.38	0.67	0.49	1.51	2.67
Canela entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	30.00	100.00	0.12	0.06	21.93	0	0.54	87.72	88.74
Pan de labranza	40.00	100.00	3.64	0.12	28.72	15	1.00	114.88	121.32
								VC DES.	382.41
								%DIST. D	14.29
			88.84	59.68	445.78				
			355.38	537.15	1783.12				
			13.28	20.80	66.64				
					100.00			VCT	2975.85



Lider N. Gonzaga Vega
 Lic. N. Gonzaga Vega
 Nutricionista - C.N.P. 3979

Lic. Elizabeth del Rosario Abreu Cordero
 Lic. Elizabeth del Rosario Abreu Cordero
 Nutricionista - C.N.P. 3979

miércoles, 04 de julio de 2018

ALIMENTO	gr/per (g)	carbohidr to %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	5.00	100.00	0.02	0.01	0.04	0	0.05	0.16	0.27
Camote morado	150.0	96.00	2.02	0.43	37.01	8	3.89	148.03	139.90
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebranz	65.00	100.00	6.24	0.20	48.67	25	1.76	186.68	219.40
								VC DES.	511.67
								%DIST. D	18.92
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	99.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Higado encebollado, arroz, papa + refresco y fruta								
Higado de res	120.0	97.00	23.28	5.35	1.18	93.12	48.1896	4.68	145.97
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.08	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
Acetate vegetal	23.00	100.00	0.00	23.00	0.00	0.00	207	0.00	207.00
Sal	18.00	100.00	0.22	0.09	1.48	0.88	0.81	5.90	7.68
Pan seco molido	15.00	100.00	1.85	0.42	12.38	6.60	3.78	49.50	59.88
Papa blanca	150.0	80.00	2.90	0.14	30.77	32	1.24	123.10	135.93
Cebolla de cabe	20.00	87.00	0.24	0.03	1.97	1	0.31	7.86	9.15
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.86	0.00	0	78.64	78.64
						V.C. ALMUERZO			1257.33
						% DISTR. ALMUERZO			46.90
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	0.72	22	55.32	34.88	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gallina	25.00	98.00	3.31	2.08	0.44	13	18.82	1.76	33.92
Salchicha Hot d	25.00	100.00	2.75	8.58	0.26	11	77.18	1.00	88.18
Arroz Pilado o p	90.00	100.00	7.38	0.45	79.02	30	4.05	280.08	313.65
Acetate vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.06
Cebolla china (3	15.00	71.00	0.34	0.04	0.80	1	0.38	3.20	4.56
Pimienta	30.00	83.00	0.37	0.12	1.92	1	1.12	7.67	10.28
Silao	8.00	100.00	0.90	0.77	0.08	4	8.91	0.32	10.85
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	745.38
								%DIST. D	27.47
			79.21	73.93	430.38				
			316.85	663.33	1721.53				
			11.72	24.81	63.67				
					100.00			VCT	2793.71

[Firma]
Lic. Anselmo Vega Sandoval
NUTRICIONISTA
C.R. 1000-0001-0001-0001

[Sello]
INSTITUTO VENEZOLANO DE INVESTIGACIONES CIENTÍFICAS
VENEZUELA

[Firma]
Lider N. Penaza Vega
ALIMENTACION

[Firma]
Lic. Elisbeth del Rosario Alvarado Caza
NUTRICIONISTA
C.R. 1000-0001-0001-0001

jueves, 05 de julio de 2018

ALIMENTO	grupos	convertible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL N.
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	8.21	80.88	106.65
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	21	91.80	13.52	127.00
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	20.58
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	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	0.67	165	68.83	2.28	233.62
Arroz Filado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.90
Papinito o Pepi	80.00	72.00	0.29	0.06	1.30	1	0.52	5.99	7.60
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	30.64	10	1.44	123.36	136.04
Acetate vegetal	38.00	100.00	0.00	38.00	0.00	0	342.00	0.00	342.00
Aji colorado sec	5.00	88.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	40.00	100.00	4.20	0.60	29.80	17	7.20	119.68	143.68
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.83	1.40	2.03
Naranja	180.00	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.	1614.54
								%DIST. D	68.10
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	33	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	35.00	100.00	0.21	0.07	30.36	0.64	0.63	121.38	122.65
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	0.08	0.08
Pan de lebranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	98.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.95
									402.93
									14.50
			98.15	72.72	432.80				
			392.61	654.59	1731.57				
			14.1	23.6	62.3				
					100.00				2778.68

Dr. Jorge M. Wila Borja
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Lic. Elizabeth del Rosario Alvarado Coya
Nutricionista
C.N.P. 3979

viernes, 06 de julio de 2018

ALIMENTO	gr/per	consuab le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Té + 02 panes + jamonada									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	0.08	0.081	9.37	3.54
Clavo de olor	1.00	100.00	0.01	0.00	0.22	0	0.02	0.86	0.82
Azúcar rubia	40.00	100.0	0.06	0.00	39.32	0.00	0	157.28	157.28
Cebolla de cabe	85.00	82.00	1.08	0.16	8.84	4	1.41	35.35	41.13
Tomate	80.00	99.00	0.48	0.12	2.55	2	1.07	10.71	13.18
Sal	18.0	100.00	0.22	0.00	1.48	1	0.81	5.90	7.58
Vinagre	5.00	100.00	0.00	0.00	0.25	0	0.45	1.00	1.45
Pimienta molida	0.15	100.00	0.01	0.01	0.10	0	0.11	0.38	0.64
Aceite vegetal	4.00	100.00	0.00	4.00	0.00	0	36.00	0.00	36.00
Pan de libranza	85.00	100.0	6.24	0.20	48.67	24.96	1.755	186.68	213.40
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									327.43
									18.70
REFRIGERIO: Huevo sancuchado									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.68	73.74
								VG DES.	73.74
ALMUERZO: Hino de zapallo , arroz , fruta y refresco									
Leche evaporad	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	87.50	3.30	98.80
Arroz Pilado o p	150.0	100.00	13.30	0.75	116.70	48	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
Sal	12.0	100.00	0.14	0.00	0.88	1	0.54	3.94	5.05
Zapallo macra	300.0	79.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maiz Fresco. Cf	40.00	80.00	1.06	0.26	3.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.08	0.64	3	0.58	2.56	4.74
Habas frescas	30.00	88.00	2.31	0.16	5.28	9	1.47	21.13	31.82
Ajos	2.30	80.00	0.10	0.01	0.58	0	0.13	2.24	2.78
Tomate	35.00	99.00	0.28	0.07	1.49	1	0.60	5.96	7.80
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	80.00	98.00	0.82	0.12	8.84	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	15.00	100.0	0.00	0.00	14.87	0	0.00	59.46	59.46
								VG DES.	1323.79
								% DES ALM	46.84
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VG DES.	115.60
CENA: Guiso de fideos con pollo, arroz , infusion									
Carne de Pollo	100.00	76.00	15.46	2.70	0.00	62	24.30	0.00	86.10
Fideos	80.00	100.00	5.64	0.12	46.82	23	1.08	187.68	211.32
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
Arvejas frescas	25.00	54.00	0.96	0.08	2.64	4	0.73	10.15	14.72
Zanahoria	28.00	79.00	0.12	0.10	1.82	0	0.88	7.27	8.63
Cebolla de cabe	20.0	87.00	0.19	0.03	1.51	1	0.24	6.06	7.05
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.59
Hierbas	2.00	54.00	0.09	0.01	0.08	0	0.10	0.30	0.53
								VG DES.	779.67
								%DIST. O	27.64
			87.96	60.63	485.53				
			386.11	511.59	1942.51				
			13.0	18.1	68.8				
					100.00			V.C.T. MENU	2820.12

[Firma]
Lic. Elizabeth del Rosario Rivera Cordero
NUTRICIONISTA
C.R.P. 9879

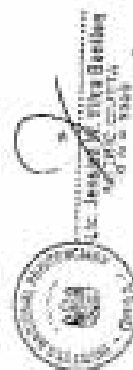
[Sello]
C.R.P. 9879

[Firma]
Lider Vega
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Lic. Elizabeth del Rosario Rivera Cordero
NUTRICIONISTA
C.R.P. 9879

sábado, 07 de julio de 2018

ALIMENTO	gr/por	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, hojuelas	35.00	100.00	4.66	1.40	20.20	19	12.60	100.60	132.02
Leche evaporada	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	3.96	118.66
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de libranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									686.96
									25.51
REFRIGERIO: Huevo sancochado									
Huevo de gallina	65.00	98.00	7.26	4.83	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo: Estofado de res , arroz , refresco y fruta									
Carné de res pe	150.00	87.00	27.80	2.09	0.00	111.19	18.79	0.00	129.98
Arvejas frescas	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado o p	180.0	100.00	13.12	0.80	124.48	52	7.20	497.92	567.00
Papa blanca	200.0	85.00	3.57	0.17	37.91	34	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	1.06
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta entera	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Alf verde (2)	10.00	67.00	0.17	0.00	0.83	1	0.48	3.32	4.48
Arvejas frescas	35.00	74.00	1.84	0.18	4.87	7	1.40	19.48	28.23
Zanahoria	80.00	82.00	0.38	0.33	6.04	2	2.95	24.14	28.67
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	80.00	67.00	2.80	0.11	6.08	11	0.96	24.23	36.39
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	84.09	73.79
								VC Alm	1392.88
								% Dist	61.72
REFRIGERIO: Vaso de leche									
Leche evaporat	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de libranza	30.00	100.00	2.88	0.09	21.54	12	0.81	85.16	98.49
								VC DES.	423.89
								%DIST. D	16.74
			93.51	72.28	417.11				
			374.06	650.63	1663.46				
			13.9	34.2	62.0				
					100.00			VGT	2693.05



Lider M. Tencen Vega
NUTRICIONISTA

Lic. Elizabeth del Rosario Abreu Céspedes
NUTRICIONISTA
C.N.P. 3075

domingo, 08 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORIFICO (KCAL)			DIST CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO: Sémola con vainilla, pan , mortadela									
Sémola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	76.23
Pan de lebranz	60.00	100.00	5.76	0.18	43.05	23	1.62	172.32	190.98
								VC DES.	547.90
								%DIST. D	20.34
REFRIGERIO: Huevo sancocado									
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Locro de panza, arroz , fruta y refresco									
Arroz Piledo o p	150.0	100.00	12.30	0.78	116.70	49	6.75	486.80	622.70
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Mondongo de ri	120.0	66.00	13.18	2.73	0.78	53	24.57	3.12	80.42
Acetate 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	0.00	1.48	1	0.81	5.90	7.58
Papa blanca	300.0	82.00	5.17	0.25	64.80	21	2.21	219.43	242.31
Cebolla de cabe	65.00	67.00	0.61	0.09	4.82	2	0.78	19.68	22.91
Tomate	30.00	99.00	0.24	0.06	1.28	1	0.53	5.11	6.89
Glándro	2.80	67.00	0.06	0.02	0.11	0	0.19	0.45	0.84
Naranja	150.00	98.00	1.76	0.23	16.0	7	2.85	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	138	137.62
								VC DES.	1324.65
								% DIS ALM	48.17
REFRIGERIO: Vaso de leche									
Leche enteporec	60.00	100.00	5.60	8.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Tallarines rojos con carne molida + infusion									
Carne de res m	60.0	100.00	10.65	0.80	0.00	43	7.20	0.00	48.80
Fideos tallarin	120.0	90.00	10.26	0.11	75.17	43	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.05
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de cabe	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.09
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.06	1.08	1.34
Acetate vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongo	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Lauro	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64
									632.11
								%DIST. D	23.48
			83.65	66.25	440.20				
			334.59	596.21	1763.20				
			12.42	22.13	85.43				
					100.00				
								VCT	2693.99


 Lidia M. Camacho Vega
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lunes, 05 de julio de 2018

ALIMENTO	griper (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + mermelada								
Harina de soya	20.00	100.00	2.18	1.63	17.80	9	14.63	71.20	84.63
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	0.67
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
Mermelada De f	20.00	100.00	0.06	0.04	14.62	0	0.36	58.48	58.16
Pan de lebreros	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	198.98
									491.63
								%DIST. D	24.14
REFRIGERIO: Huevo sancochado									
Huevo de gallin	66.00	86.00	7.26	4.53	0.97	29	40.79	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de frijol con choncho + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Frijol caballero	120.0	100.00	27.48	1.80	60.96	100.00	16.20	279.84	405.96
Carne de Cerdo	80.0	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 cabe	80.00	85.00	0.96	0.14	7.68	4	1.22	30.74	35.77
Aji colorado sec	2.00	85.00	0.10	0.11	0.80	0	0.95	3.19	4.53
Cominos	1.00	100.00	0.04	0.00	0.79	0	0.02	3.18	3.36
Hierba buena	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.63
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.53
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pepi	60.00	85.00	0.36	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	89.00	0.48	0.12	2.55	2	1.07	10.22	13.18
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de sedc	150.0	85.00	1.91	0.38	26.79	8	3.44	107.10	118.19
									1524.02
								% DIS ALM.	55.97
REFRIGERIO: Vaso de leche									
Leche evaporat	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Sopa de fideos con cabeza									
Cabeza de res	60.00	79.00	8.82	1.81	0.47	35	14.50	1.90	61.67
Fideos	60.00	100.0	5.64	0.12	46.82	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	0.26	0.21	3.81	1	1.91	15.64	18.87
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	0.33	0.30
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.84
								%DIST. D	19.82
			88.18	59.99	457.60				
			352.72	539.90	1830.41				
			12.95	19.83	67.22				
					100.00			VCT	2723.82


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martes, 10 de julio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DET 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	4.80	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	98.68
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. D	21.65
REFRIGERIO:	Huevo sancuchado								
Huevo de gallina	56.00	88.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pollo	180.00	85.00	29.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado a p	200.0	100.00	16.40	1.00	155.60	66	9.00	672.40	687.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.53	3.19	6.03
Espinaca negra	30.00	87.00	0.81	0.26	1.43	3	2.36	5.70	11.32
Peperoncillo molid	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	38.00	62.00	1.54	0.13	4.08	6	1.17	16.32	23.65
Zanahoria	40.00	82.00	0.20	0.18	3.02	1	1.48	12.07	14.33
Cebolla de cabo	70.00	67.00	0.66	0.09	5.30	3	0.84	21.70	24.67
Lechuga romana	60.00	50.00	0.39	0.08	0.85	2	0.54	2.52	4.82
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.0	0.00	0.00	34.69	0	0.00	138.74	138.74
Pilón de soda	180.0	86.00	2.06	0.41	28.90	8	3.72	115.58	127.56
								VC DES.	1542.22
								%DIST. D	56.77
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 01 pan + manjar								
Herbas	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	12.76	4.23	27	114.75	16.90	158.75
Pan de labranza	30.00	100.00	2.88	0.09	21.94	12	0.81	86.16	98.49
								VC DES.	396.99
								%DIST. D	14.61
			83.98	81.55	401.70				
			375.83	733.84	1606.79				
			13.8	27.6	59.1				
					100.00			VCT	2716.60

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Lic. Rosalva del Rosario Abrego Cordero
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C.N.P. 2879

miércoles, 11 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	TOTAL KCAL
DESAYUNO: Café+ 02 panes + camote frito									
Café sin azúcar	3.00	100.0	0.01	0.00	0.02	0	0.03	0.10	0.16
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.67
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Camote morado	100.0	82.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Pan de lebranz	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									552.93
									19.82
REFRIGERIO: Huevo sancocado									
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO: Gau 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	98.79
Papa blanca	200.0	82.00	3.86	0.18	41.03	15	1.66	164.13	181.24
Arroz Pilado o p	150.00	100.00	12.30	0.75	110.70	49	6.75	466.80	522.75
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.68
Tomate	45.00	82.00	0.30	0.07	1.59	1	0.86	6.55	8.19
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	80.00	87.00	0.87	0.14	7.88	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	1.45	12.07	14.33
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
								V.C. ALMUERZO	1337.24
								% DISTR. ALMUERZO	47.93
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Arroz a la jardinera con salchicha + infusion									
Arroz Pilado o p	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.60
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Salchicha hot c	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Sal	6.00	100.00	0.10	0.04	0.66	0.38	0.36	2.62	3.37
Fideos	80.00	100.00	5.84	0.12	48.92	23	1.08	187.68	211.32
Cebolla de cabe	15.00	87.00	0.14	0.02	1.14	0.96	0.18	4.54	5.29
Ancejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.06	5.69
Zanahoria	15.00	79.00	0.07	0.06	1.09	0	0.53	4.36	5.18
Azúcar rubia	5.00	100.00	0.00	0.00	4.92	0	0.00	19.66	19.66
cajillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									710.46
									25.46
			76.94	67.51	468.67				
			307.74	607.66	1874.68				
			11	22	67				
					100.00			VCT MEN	2789.97


 Eider N. Carriaga Vega
 NUTRICIONISTA
 C.H.P. 2018


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 NUTRICIONISTA
 C.H.P. 2018

jueves, 12 de julio de 2018

ALIMENTO	gr/per	composi 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 + queso de chancho								
Harina de Haba	30.00	100.00	7.29	0.57	17.68	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
Queso de chan	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	171.31	196.98
								VC DES.	513.06
								%DIST. D	18.82
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.26	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	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 o p	150.00	100.00	12.30	0.75	116.70	49	6.75	456.80	522.75
Tomate	40.00	80.00	0.28	0.07	1.50	1	0.65	6.19	7.98
Pepinillo o Pepi	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Acetate vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Mandioca	35.00	100.00	2.24	0.14	26.99	9	1.28	107.94	118.15
Aji colorado sec	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de cabe	80.00	87.00	0.07	0.14	7.88	4	1.25	31.46	38.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.83
Harina de trigo	35.00	100.00	3.68	0.70	28.18	15	6.30	104.71	125.72
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.05	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	34.68	0	0.00	138.74	138.74
								VC DES.	1802.60
								%DIST. D	58.80
REFRIGERIO:	Vaso de leche								
Leche evaporac	80.00	100.00	5.60	6.48	8.72	27	68.32	34.88	115.60
								VC DES.	115.60
CENA:	Mazamorra de mazorca con leche + 01 pan								
Mazorca	40.00	100.00	0.24	0.08	34.68	0.95	0.72	135.72	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	0.61	85.16	85.49
Leche evaporac	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									420.48
									15.43
			100.41	64.50	435.85				
			401.62	580.48	1743.38				
			14.74	21.30	63.97				
					100.00			VGT MEN	2725.48

Dr. Juan Carlos Villegas Barrios
12 de julio de 2018

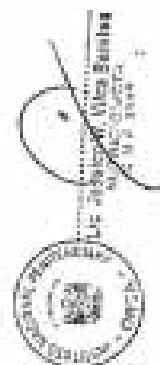



Lidier Nuñez Vega
Alimentación y nutrición


Lidia Alarcón del Rosario Alarcón Cordero
NUTRICIONISTA
C.N.P. 3379

viernes, 13 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Té + 82 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	0.36
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	36.30	0.00	0	141.55	141.55
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Pan de latrinas	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	31	44.45	4.23	80.44
									424.46
									15.72
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	98.00	7.26	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Guiso de fideos con pollo , arroz, fruta y refresco								
Carné 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	25	1.26	218.96	246.04
Papa blanca	150.0	85.00	2.66	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.28
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.68
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	87.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	30.00	84.00	1.15	0.10	3.08	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Naranja	150.00	86.00	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	60.46
								VC DES.	1328.18
								%DIST, D	49.19
REFRIGERIO:	Vaso de leche								
Leche evaporac	80.00	100.00	5.60	5.48	8.72	21	56.32	34.88	115.60
								VC DES.	115.60
CENA:	Camote arrebozado,arroz,infusion								
Camote morado	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Pilado o p	90.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	25.00	100.00	7.00	7.50	0.83	28	67.50	3.30	98.60
Leche evaporac	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Huevo de gallina	20.00	96.00	2.85	1.65	0.35	11	14.82	1.41	26.21
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.10	0.45	0.60
								V.C. CENA	758.39
								% DIST.CENA	28.68
	VCT (Gr.)		91.63	63.18	441.30				
	VCT (Kcal.)		366.52	568.65	1765.19				
	VCT (%)		14	21	65		V.C.T. MENU		2700.36
					100.00				



Lider M. Canzón Vega
NUTRICIONISTA
C.N.P. 3979

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.N.P. 3979

sábado, 14 de julio de 2018

ALIMENTO	gr/por (g)	concentra- do %	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	38.00	100.00	4.86	1.40	26.20	19	12.80	100.80	132.02
Leche evaporada	70.00	100.00	4.90	5.87	7.83	20	61.00	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.66	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso paria	30.00	100.00	8.40	9.00	0.09	34	81.00	3.98	118.58
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	198.90
									687.07
									25.20
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	96.00	7.28	4.83	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carne de Pollo	160.0	65.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Aceite vegetal	30.0	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Ajo	3.00	92.00	0.15	0.02	0.84	1	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.84	3.94	5.05
Cebolla de cabe	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga redond	80.00	92.00	0.96	0.15	1.55	4	1.32	5.18	11.33
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.90
Ají colorado sec	0.60	87.00	0.03	0.03	0.26	0	0.31	1.02	1.45
Naranja	150.00	96.00	1.76	0.39	16.0	7	2.85	64.00	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.40	0	0.00	138.74	138.74
								VC ALMU.	1468.26
									53.86
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 1 pan + mermelada								
Hierbas	10.00	99.00	0.31	0.10	0.63	1.23	0.89	2.77	4.80
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.66	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	40.00	100.00	0.00	0.00	39.32	0	0.00	157.28	157.28
Mermelada De	35.00	100.00	0.14	0.07	28.59	1	0.63	102.34	103.83
Pan de labranza	38.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	381.34
								%DIST. D	13.99
			90.21	64.22	448.80				
			380.83	577.98	1787.29				
			13.2	21.2	65.6				
					100.00			VCT	2726.01

Lic. Juan Carlos Barrios
NUTRICIONISTA
C.N.P. 1979

Lider N. Pancha Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cope
NUTRICIONISTA
C.N.P. 1979

domingo, 15 de julio de 2018

ALIMENTO	griper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO:	Semola con vainilla , pan mortadela								
Semola de Trigo	35.00	100.00	6.83	3.75	18.83	27	33.71	75.33	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74
Pan de bonifaz	60.00	100.00	5.78	0.18	43.08	23	1.62	171.31	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.75	53.19	11.28	75.23

548.02

19.97

REFRIGERIO:	Huevo sancochado								
Huevo de gallina	56.00	56.00	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	3.05	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 o p	150.00	100.00	12.30	0.75	118.70	49	6.75	456.80	522.75
Sal	12.00	100.00	0.14	0.06	0.88	1	0.54	3.94	5.00
Tomate	30.00	78.00	0.19	0.05	1.03	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
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Cebolla de cabe	80.00	67.00	0.75	0.11	8.06	3	0.96	24.23	28.19
Anchoas frescas	30.00	64.00	1.15	0.10	3.06	5	0.87	12.18	17.65
Zanahoria	40.00	79.00	0.19	0.18	2.91	1	1.42	11.63	13.81
Naranja	150.00	86.00	1.76	0.29	16.0	7	2.85	64.09	73.75
Azúcar rubia	35.00	100.00	0.00	0.00	34.89	0	0.00	138.74	138.74

VC DES. 1299.06

%DIST. D 47.25

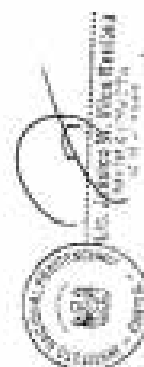
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	21	58.32	34.88	115.60
								VC DES.	115.60

CENA:	Higado frito , arroz + infusion								
Higado de res	80.0	70.00	11.20	2.58	0.56	44.80	23.184	2.24	70.22
Arroz Pilado o p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0.00	180	0.00	180.00
Sal	5.00	100.00	0.06	0.03	0.41	0.24	0.225	1.84	2.11
Pan seco molido	15.00	100.00	1.65	0.42	12.38	6.60	3.78	49.50	59.85
Pimienta molida	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Azúcar rubia	20.00	100.0	0.00	0.00	19.66	0.00	0	78.64	78.64

VC DES. 711.71

% DIS ALM. 25.89

			86.71	74.16	433.70				
			346.83	667.48	1734.82				
			12.6	24.3	63.1				
					100.00				
								VC T	2749.12

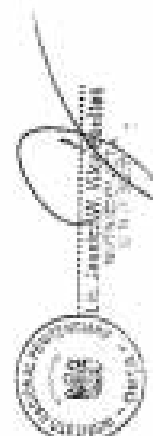


Lidex M. Sánchez Vega
NUTRICIONISTA
E.N.P. 2078

Lidex M. Sánchez Vega
NUTRICIONISTA
E.N.P. 2078

lunes, 16 de julio de 2018

ALIMENTO	g/por (g)	comestible le %	PROT As (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % FORMENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soja con piña + 02 panes + margarina								
Harina de soja	25.00	100.00	2.18	1.83	17.80	9	14.83	71.30	94.53
Piña	25.00	64.00	0.06	0.03	1.57	0	0.29	6.27	6.82
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									594.64
									26.87
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:	Guiso de arveja partida con chancho + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arveja partida	120.0	100.00	26.82	1.32	77.28	104	11.88	309.12	424.68
Carne de Cerdo	50.0	75.00	5.04	5.29	0.00	20	47.57	0.00	87.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.54	5.05
Cebolla de cabe	60.00	85.00	0.71	0.10	5.76	3	0.62	23.05	26.83
Aji colorado sec	2.00	88.00	0.10	0.11	0.80	0	0.06	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
Peperillo o Pepa	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.36
Ajos	2.00	80.00	0.09	0.01	0.48	0	0.12	1.95	2.42
Tomate	50.00	99.00	0.40	0.10	2.13	2	0.89	8.51	10.99
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Platano de seda	100.0	85.00	1.81	0.38	26.78	8	3.44	107.10	118.19
									1514.58
								% DIS ALM.	54.07
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Sopa de arroz con menudencia de pollo								
Menudencia de	60.00	85.00	10.10	2.40	0.00	40	21.57	0.00	61.67
Arroz Pilado o p	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	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
Aceto vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	512.72
								%DIST. D	18.30
			84.46	80.52	434.68				
			337.83	724.68	1738.74				
			12.06	25.87	62.07				
					100.00			VCT	2801.26

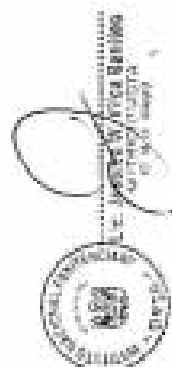


Lider N. Penaza Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarez Croya
Nutricionista
C.R.P. 3575

martes, 17 de julio de 2018

ALIMENTO	grper (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 02 panes + queso de chanco								
Cebada harina	30.00	100.00	5.84	0.69	20.22	23	6.21	80.88	108.65
Leche evaporac	70.00	100.00	4.90	5.67	7.63	20	61.03	80.52	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 chanc	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de labranza	80.00	100.00	5.76	0.18	43.08	23	1.62	173.32	196.98
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	618.18
								%DIST. D	23.60
REFRIGERIO:	Huevo sancocado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Aroz chaufa con pollo , refresco y fruta								
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha "hot"	30.00	100.00	3.30	10.29	0.30	13	92.61	1.20	107.01
Aroz Pilado o p	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Acetate vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.97
Cebolla china (C	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	9.12
Pimienta	35.00	63.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Cebolla de cabe	100.00	67.00	0.94	0.13	7.57	6	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	73.78
Cominos	0.3	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
								VC DES.	1448.52
								%DIS ALM.	53.89
REFRIGERIO:	Vaso de leche								
Leche evaporac	80.00	100.00	5.80	5.45	0.72	22	56.32	34.68	113.60
								VC DES.	113.60
CENA:	Infusion + 01 pan + manjar								
Hierbas	10.00	92.00	0.29	0.09	0.84	1.14	0.83	2.59	4.54
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.90
Pan de labranza	30.00	100.00	2.88	0.09	21.54	12	0.81	85.15	98.49
								VC DES.	431.90
								%DIST. D	16.07
			97.67	86.16	380.45				
			399.76	775.44	1521.80				
			14.64	28.85	56.62				
					100.00			VCT	2687.94

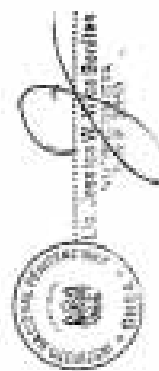


[Handwritten signature]
Lic. Elizabeth Pica
NUTRICIONISTA
C.N.P. 3574

[Handwritten signature]
Lic. Elizabeth del Rosario Alvarez Cappa
NUTRICIONISTA
C.N.P. 3574

miércoles, 18 de julio de 2018

ALIMENTO	grapar (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	84.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
Camote morado	100.0	99.00	1.37	0.39	28.19	5	2.66	100.74	106.88
Pan de labranza	80.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	543.71
								%DIST. D	19.77
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Chantafrita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	99.24
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.70	49	8.75	456.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.83	151.64	167.45
Cebolla de cabe	80.00	80.00	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	5.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Aji colorado sec	4.00	68.00	0.18	0.21	1.60	1	1.91	6.39	8.06
Acidita vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Silao	8.00	100.00	0.90	0.77	0.08	4	6.91	0.32	10.86
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	3.25
Hierba buena	1.00	84.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	28.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.76	0.39	16.0	7	2.65	64.09	73.79
								V.C. ALMUERZO	1285.86
								% DISTR. ALMUERZO	46.89
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	21	58.32	34.88	115.60
								VC DES.	115.60
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado o p	100.0	100.00	8.20	0.60	77.60	33	4.60	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	17.61	3.05	0.00	70	27.64	0.00	97.68
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Acidita vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	30.00	87.00	0.28	0.04	2.27	1.13	0.36	9.09	10.57
Anchoas frescas	30.00	84.00	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
Azúcar rubia	25.00	100.00	0.00	0.00	24.58	0	0.00	98.30	98.30
palillo	2	100	0.01	0.00	0.30	0	0.02	1.18	1.25
									727.90
									26.46
			91.61	69.38	462.49				
			366.46	534.40	1849.94				
			13.32	19.43	67.25				
					100.00			VCT MEN	2750.80

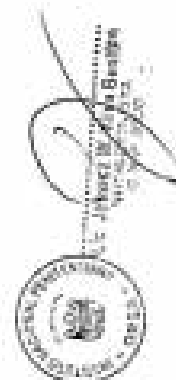


Lider N. Canaza Vega
ADICIONADO DEL DIETA

Lider N. Canaza Vega
NUTRICIONISTA
C.H.P. 3879

jueves, 19 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de cebada + 02 panes + manjar								
Cebada harina	30.00	100.00	5.84	0.89	20.22	23	8.21	80.88	106.65
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 labranza	60.00	100.00	6.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	571.87
								%DIST. D	20.66
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:	Pescado frito , ensalada , arroz , refresco y fruta								
Pescado	200.00	66.00	38.82	7.21	0.50	160	64.86	2.22	226.75
Arroz Pilado a p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	523.79
Tomate	80.00	90.00	0.68	0.14	3.10	2	1.30	12.38	15.98
Papinillo o Papi	80.00	72.00	0.32	0.06	1.68	1	0.56	6.74	8.62
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	6.06
Acelite vegetal	42.00	100.00	0.00	42.00	0.00	0	378.00	0.00	378.00
Aji colorado sec	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	8.08
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de cabe	80.00	75.0	0.84	0.12	6.78	3	1.08	27.12	31.86
Harina de trigo	30.00	100.00	3.15	0.80	22.44	13	5.40	89.75	107.78
Mondonga	30.00	100.00	1.82	0.12	23.13	8	1.08	92.52	104.28
Vinagre	9.00	100.00	0.00	0.09	0.45	0	0.81	1.80	2.61
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.78	0	0.00	99.10	99.10
								VC DES.	1585.94
								%DIST. D	57.30
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	23	69.32	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	0.95	0.72	138.72	140.40
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0.00	0	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00397	0.08	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	420.48
								%DIST. D	15.19
			96.18	76.36	423.91				
			384.74	687.26	1695.64				
			13.90	24.83	61.27			VCT MEN	2767.63
					100.00				

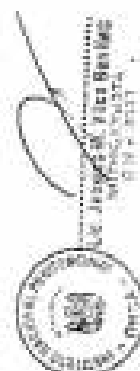


Lider M. Penaza Vega
ALIMENTADOR

Lic. Elizabeth del Rosario Alvarado Cueva
NUTRICIONISTA
C. N. P. 3579

viernes, 20 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO: Té + 02 panes + jamonada									
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.33	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	38.00	100.0	0.00	0.00	37.35	0.00	0	149.42	149.42
Pan de lebreros	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	190.98
Jamonada	20.00	100.00	3.14	5.90	0.20	27	24.30	1.20	52.38
									399.39
									14.96
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: 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 para	20.00	100.00	5.60	6.00	0.66	27	54.00	2.64	79.04
Arroz Pilado a p	180.0	100.00	12.30	0.75	116.70	49	0.75	466.80	522.75
Papa blanca	300.0	92.00	5.80	0.28	61.55	23	2.48	245.39	271.60
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.88	0.16	8.21	4	1.48	35.85	42.28
Maíz Fresco, Cl	35.00	80.00	0.92	0.22	7.78	4	2.02	31.34	36.85
Huacalay	6.00	100.00	0.40	0.06	0.64	2	0.58	2.56	4.74
Habas Inscas	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	69.00	0.28	0.07	1.49	1	0.62	5.96	7.69
Acidita vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	96.00	1.76	0.29	16.0	7	2.65	64.59	73.79
Azúcar rubia	20.00	100.0	0.00	0.00	19.82	0	0.00	79.28	79.28
								VC DES.	1466.51
								% DIS ALM.	52.47
REFRIGERIO: Vaso de leche									
Leche evaporada	80.00	100.00	5.60	6.48	8.72	21	58.32	34.88	115.60
								VC DES.	115.60
CENA: Matsiquita de pollo , arroz , infusion									
Carne de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado a p	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Azúcar rubia	15.00	100.00	0.00	0.00	14.75	0	0.00	58.98	58.98
Arvejas frescas	40.00	54.00	1.53	0.13	4.08	5	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.10	3.27	1	1.60	13.08	15.54
Papa blanca	150.0	85.00	2.66	0.13	28.43	10.71	1.1475	113.73	125.50
Cebolla de cabe	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajo	8.00	80.00	0.38	0.05	1.95	1.43	0.4608	7.78	9.68
Aji colorado sec	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Tomate	40.00	69.00	0.32	0.08	1.70	1	0.71	6.82	8.79
Hierbas	8.00	54.00	0.13	0.04	0.30	1	0.39	1.21	2.13
								VC DES.	680.09
								%DIST. D	25.48
			85.85	51.58	468.94				
			357.71	435.46	1876.15				
			13.4	16.3	70.3				
					100.00			V.C.T. MENU	2668.32



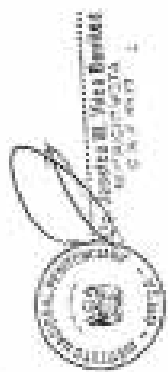
Lider J. Cuzco Vega
Asesor

Lic. Elizabeth del Rosario Alvarado Cuzco
Nutricionista
C.N.P. 3879

DIETA: VIH Y TBC

sábado, 21 de julio de 2018

ALIMENTO	gr/por	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST/CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Avena con leche , pan , queso									
Avena, hoqueles	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evaporad	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Caneta entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.08
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 labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
									656.46
									24.25
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: Adobo a la tacña 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	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	3.95	3.79
Acetia vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.06
Aj colorado sec	1.00	52.00	0.04	0.04	0.31	0	0.37	1.22	1.73
Arroz Pilado o p	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Cebolla de cabe	30.00	67.00	0.28	0.04	2.37	1	0.36	9.09	10.57
Papa blanca	200.0	92.00	3.88	0.18	41.03	15	1.88	164.13	181.24
Aj verde (2)	2.00	100.00	0.05	0.02	0.26	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
									1418.82
								% DIS ALM.	52.41
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + margarina									
Hierbas	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 vege	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	186.10
Pan de labranza	35.00	100.00	3.36	0.11	26.13	13	0.98	100.53	114.91
								VC DES.	442.66
								%DIST. D	16.35
			77.04	94.30	387.60				
			308.17	848.69	1550.41				
			11.4	31.3	57.3				
					100.00			VGT	2787.27



[Signature]
Lider N. G. Anza Vega
 ALIMENTISTA Y NUTRICIONISTA

[Signature]
Luz Elizabeth del Rosario Alvarez Lopez
 NUTRICIONISTA
 C.N.P. 3979

DIETA: VIN Y TBC

domingo, 22 de julio de 2018

ALIMENTO	gr/gr	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								
Sémola de Trigo	36.00	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	0.31	0.12
Canola entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	63.19	11.28	76.23
Pan de lebranco	60.00	100.00	5.78	0.18	43.08	23	1.62	173.32	196.96
								VC DES.	547.80
								%DIST. D	23.82
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	56.00	68.00	7.28	4.63	0.97	29	40.76	3.88	73.74
								VC DES.	73.74
ALMUERZO:	Aguadito con menudencia, refresco y fruta								
Menudencia de	60.00	62.00	14.57	3.46	0.00	58	31.13	0.00	89.42
Arroz Pilado o p	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.05
Apio	16.00	76.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poró	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
Zanahoria	40.00	89.00	0.21	0.18	3.28	1	1.60	13.10	16.66
Papa blanca	300.0	66.00	5.42	0.26	57.53	22	2.32	230.14	254.13
Avejas frescas	40.00	65.00	1.85	0.18	4.89	7	1.40	19.55	28.34
Cilantro	26.00	89.00	0.73	0.29	1.56	3	2.60	6.23	11.77
Espinaca negra	36.00	97.00	0.96	0.31	1.66	4	2.75	6.65	13.21
Sal	10.00	100.00	0.12	0.06	0.62	0	0.45	3.28	4.21
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.41	0.50
Ajos	6.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetie vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	864.61
								%DIST. D	37.30
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	6.60	6.48	6.72	22	58.32	34.88	116.60
								VC DES.	116.60
CENA	Tallarines rojos con carne molida + infusion								
Carne de res m	50.0	100.00	10.65	0.80	0.00	43	7.20	0.00	49.80
Fideos tallarin	100.0	100.00	9.50	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	60.0	68.00	0.29	0.21	3.81	1	1.86	15.24	18.09
Tomate	50.00	60.00	0.32	0.08	1.72	1	0.72	6.88	8.85
Cebolla de cabe	80.00	57.00	0.64	0.09	5.15	3	0.82	20.61	23.99
Ajos	6.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acetie vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hongos	0.04	64.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	64.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Aji colorado sec	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
									899.10
								%DIST. D	36.82
			86.41	61.61	353.72				
			321.63	554.45	1414.86				
			14.04	24.20	61.76	100			
					100.00			VCT	3259.00

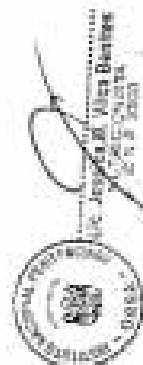
U.S. DEPARTMENT OF JUSTICE
FEDERAL BUREAU OF INVESTIGATION
WASHINGTON, D.C. 20535

[Signature]
Lider R. Graza Vega


 Lic. Elizabeth del Rosario Alarcón Cordero
 NUTRICIONISTA
 C.N.P. 3939

lunes, 23 de julio de 2018

ALIMENTO	gríper (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soyo con piña + 02 panes + mermelada								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.63
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	0.18	0	0.02	0.66	0.68
Clavo de olor	0.10	85.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De f	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.65
Pan de labranza	90.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									514.65
									18.95
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:	Frijol a la chilena con chancho, arroz, ensalada, fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	8.42	0.00	24	57.76	0.00	82.24
Frijol caballero	120.0	100.00	27.48	1.80	69.66	108.92	16.20	279.84	405.96
Arroz Pilado o p	150.0	100.00	12.30	0.75	118.70	48.20	6.75	488.80	532.75
sal	10.00	100.00	0.12	0.05	0.82	0.48	0.45	3.28	4.21
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	0.08	1.28	0.95	0.53	5.11	6.50
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Laduga redond	80.00	50.00	0.52	0.08	0.84	2.08	0.72	3.38	6.16
Fideos	26.00	100.00	2.36	0.05	19.66	9.40	0.45	75.20	88.05
Zapalo macre	30.00	47.00	0.10	0.03	0.90	0.39	0.25	3.61	4.26
Ajos	6.00	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 cabe	80.00	67.00	2.80	0.11	6.08	11.20	0.96	24.23	39.39
Aji colorado sec	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.18
Naranja	150.00	95.00	1.76	0.23	16.0	7	2.85	84.09	73.79
								VC DES.	1512.14
								%DIST. D	35.74
REFRIGERIO:	Vaso de leche								
Leche evaporac	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.00
								VC DES.	115.00
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	86.00	0.27	0.05	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.67
Papa blanca	180.0	82.00	2.90	0.14	30.77	12	1.24	123.10	135.83
Sal	12.00	100.00	0.14	0.08	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	4.24
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.36
								%DIST. D	18.33
			93.71	52.78	485.74				
			374.84	475.06	1062.97				
			13.82	17.51	68.67				
					100.00			VCT	2712.87



Lider J. Gonzalez Vega
 LIDER DEL RECTOR ALFONSO COPE
 MURDOONISTA
 C.N.P. 3579

Lider J. Gonzalez Vega
 LIDER DEL RECTOR ALFONSO COPE
 MURDOONISTA
 C.N.P. 3579

martes, 24 de julio de 2018

ALIMENTO	gr/por	comestib	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	0.68	20.22	23	8.21	80.88	108.63
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.35	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.08
Jamonada	30.00	100.00	4.71	8.85	0.30	16.84	79.66	1.20	96.60
Pan de libranza	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.	646.71
								%DIST. D	23.77
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: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	465.80	522.75
Carne de Pollo	160.00	85.00	28.02	4.80	0.00	112	44.06	0.00	166.13
Ajoitunas de bc	8.00	92.00	0.06	2.36	0.54	0	21.26	3.15	23.65
Ajos	7	80.00	0.31	0.04	1.70	1	0.40	6.81	6.47
Aji verde (2)	10.00	67.00	0.17	0.05	0.63	1	0.46	3.32	4.48
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Acido vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	84.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado sec	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote morado	200.00	92.00	2.58	0.55	47.29	10	4.97	189.15	204.42
Cebolla de cabe	80.00	87.00	0.75	0.11	8.06	3	0.98	24.23	28.19
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano de seda	150.0	92.00	3.07	0.41	28.98	8	3.73	115.93	127.93
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1451.80
								% DIS ALM.	53.45
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	6.46	8.72	21	58.32	34.88	115.60
								VC DES.	115.60
CENA: Infusion + 01 pan + manjar									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Manjar blanco	30.00	100.00	8.13	15.30	5.07	33	137.70	20.28	190.80
Pan de libranza	30.00	100.00	2.88	0.09	21.54	12	0.81	85.15	98.49
								VC DES.	428.28
								%DIST. D	15.80
			91.62	76.27	415.80				
			366.48	686.45	1683.30				
			13.5	25.3	81.2				
					100.00			VGT	2716.13



Wider N. Canaza Vega
Nutricionista y Dietista

Lic. Elizabeth del Rosario Alvarez Correa
NUTRICIONISTA
C.N.P. 39379

miércoles, 25 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café+ 02 panes + camote frío								
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	0.35
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	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Pan de labranza	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	524.81
								%DIST. D	18.75
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:	Higado encebollado , arroz ,papa + refresco + fruta								
Higado de res	120.0	97.00	23.28	0.35	1.16	93.12	48.1898	4.68	145.97
Arroz Pilado o p	160.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	92.00	0.37	0.09	1.00	1	0.63	7.91	16.21
Ajos	5.00	85.00	0.24	0.03	1.29	0.06	0.306	5.17	6.43
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0.00	225	0.00	225.00
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Pan seco molido	25.00	100.00	2.75	0.70	20.63	11.00	6.30	82.50	99.80
Cebolla de cabe	60.00	87.00	0.97	0.14	7.66	4	1.35	31.45	36.61
Pimienta molida	0.5	100	0.04	0.04	0.32	0.17	0.36	1.27	1.80
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.93
Cominos	0.3	100	0.01	0.00	0.24	0.05	0.0054	0.95	1.01
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.66	64.09	73.79
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0	137.62	137.62
					V.C. ALMUERZO				1401.98
					% DISTR. ALMUERZO				56.10
REFRIGERIO: Vaso de leche									
Leche evaporada	60.00	100.00	5.60	6.48	8.72	22	58.32	34.58	115.60
								VC DES.	115.60
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gallina	30.00	98.00	3.97	2.47	0.53	16	22.23	2.13	40.22
Salchicha Hot d	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	89.18
Arroz Pilado o p	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.90
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china (2	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	8.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.66
Silao	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	0.00	78.64	78.64
								VC DES.	682.15
								%DIST. D	24.38
			81.82	91.98	410.80				
			327.28	827.78	1643.19				
			11.70	29.58	58.72				
					100.00			VCT	2798.25



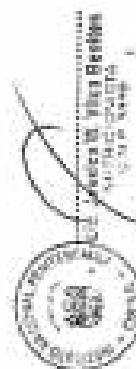
Lider M. Sanguin
Lider M. Sanguin
Médico Generalista

Lic. Elizabeth del Rosario Alvarado Cordero
Lic. Elizabeth del Rosario Alvarado Cordero
Nutricionista
C.N.P. 30179

DIETA: VIH Y TBC

jueves, 26 de julio de 2018

AUMENTO	gr/gpr	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	PCR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chanco								
Harina de Haba	30.00	100.00	7.29	0.57	17.88	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
Clevo 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	34.41	0	0.00	137.62	137.62
Queso de chanco	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.00
Pan de labranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.32	196.98
								VC DES.	513.66
								%DIST. D	18.67
REFRIGERIO: Huevo sancochado									
Huevo de gallina	55.00	85.00	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	163	68.83	3.28	233.62
Arroz Pilado o p	160.00	100.00	12.30	0.75	118.70	49	6.75	466.80	522.75
Tomate	40.00	80.00	0.29	0.07	1.55	1	0.65	6.19	7.99
Papinito o Papi	60.00	72.00	0.29	0.08	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	6.08
Aceite vegetal	36.00	85.00	0.00	29.75	0.00	0	267.75	0.00	267.75
Mandoca	36.00	100.00	2.24	0.14	26.99	9	1.26	107.94	118.16
Ají colorado sec	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.78
Cebolla de cabe	80.00	87.00	0.97	0.14	7.88	4	1.25	31.46	38.61
Maizena	20.00	100.00	0.12	0.04	17.34	0.48	0.36	69.36	70.20
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Harina de trigo	36.00	100.00	3.68	0.70	28.18	15	6.30	104.72	126.72
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	6.08
Vinagre	7.00	100.00	0.00	0.07	0.36	0	0.63	1.40	2.03
Naranja	160.00	85.00	1.76	0.29	16.0	7	2.65	64.08	73.79
Azúcar rubia	36.00	100.0	0.00	0.00	34.41	0	0.00	137.62	137.62
								VC DES.	1626.55
								%DIST. D	59.14
REFRIGERIO: Vaso de leche									
Leche evaporad	80.00	100.00	5.60	5.48	8.72	21	68.32	34.88	116.60
								VC DES.	116.60
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	36.00	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
Clevo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.06	0.05
Pan de labranza	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evaporad	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.33
									420.48
									15.39
			100.53	58.29	453.19				
			402.10	533.59	1812.74				
			14.63	19.41	65.96				
					100.00			VCT MEN	2746.43



Lider N. Canazn Vana
ADIC

Luz Elizabeth del Rosario Ahorro Cagua
NUTRICIONISTA
C.N.P. 3875

viernes, 27 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	88.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	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 lebranza	60.00	100.0	5.76	0.18	43.08	23.04	1.62	172.32	190.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gallina	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									554.39
									18.97
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: Matesquita de pollo , arroz, fruta y refresco									
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.64	0.00	97.58
Papa blanca	300.0	93.00	5.86	0.28	62.32	23	2.51	248.87	274.62
Arroz Piledo o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	622.75
Sal	12.00	100.00	0.14	0.06	0.96	1	0.64	3.94	5.06
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
Aji colorado sec	5.00	82.00	0.32	0.36	2.70	1	3.23	10.80	16.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cabe	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Anéjpas 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	88.00	1.76	0.29	16.0	7	2.65	64.66	73.79
Azúcar rubia	35.00	100.00	0.00	0.00	34.69	0	0.00	138.74	138.74
					V.C. ALMUERZO				1490.63
					% DISTR. ALMUERZO				47.92
REFRIGERIO: Vaso de leche									
Leche evaporaz	80.00	100.00	5.60	5.48	8.72	23	68.32	34.88	116.60
								VC DES.	116.60
CENA: Camote arrebocado, arroz, infusión									
Camote morado	100.00	84.00	1.18	0.25	21.59	5	2.27	86.35	93.32
Harina de trigo	15.00	100.00	1.58	0.30	11.22	6.30	2.7	44.88	53.88
Arroz Piledo o p	90.00	100.00	7.38	0.45	70.02	30	4.06	280.08	313.66
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Queso paria	20.00	100.00	5.60	6.00	0.00	22	64.00	2.64	78.04
Leche evaporaz	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Huevo de gallina	15.00	98.00	1.98	1.23	0.26	8	11.11	1.06	20.11
Azúcar rubia	16.00	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				774.27
					% DISTR. CENA				26.63
	VCT (Gr.)		90.77	66.18	489.98				
	VCT (kcal)		363.68	595.63	1963.81				
	VCT (%)		12	20	67	V.C.T. MENU			2922.62
					100.00				

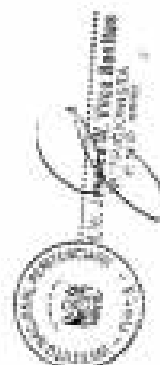


Lider N. Canaza Vega
 Responsable de la dieta

Lic. Elizabeth del Rosario Alvarado Cordero
 Nutricionista
 C.N.P. 3573

sábado, 28 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuelas	30.00	100.00	3.89	1.20	21.60	16	10.80	86.40	113.16
Leche evaporad	70.00	100.00	4.90	5.67	7.63	20	61.03	30.52	101.15
Canela entera	0.30	64.00	0.00	0.00	0.14	0	0.01	0.56	0.57
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso para	30.00	100.00	8.40	9.00	0.99	34	81.00	0.96	118.56
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Pan de lebranza	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									668.69
									24.93
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Carne almendrada, arroz , papa + refresco y fruta								
Carne de res pe	150.00	85.00	27.16	2.04	0.00	108.63	18.36	0.00	126.99
Arroz Pilado o p	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Tomate	80.00	80.00	0.32	0.08	1.72	1	0.72	6.88	6.88
Cebolla de cabe	80.00	87.00	0.76	0.11	8.08	3	0.96	24.23	28.19
Aji colorado sec	5	86.00	0.24	0.27	2.00	1	2.38	7.98	11.32
Pan seco molidr	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.	6.00	80.00	0.36	0.06	1.96	1	0.46	7.78	8.68
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
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	0.05
Mani crudo, cor	10.00	95.00	2.29	4.58	1.68	9	41.21	6.73	57.10
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Plátano	160.00	89.00	0.44	0.22	10.82	2	1.99	43.28	47.63
								VC Alm	1491.20
								% Diet	55.63
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA:	Infusion + 61 pan + mermelada								
Hierbas	10.00	82.00	0.29	0.09	0.64	1.14	0.83	2.58	4.54
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.66	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Mermelada De l	25.00	100.00	0.10	0.05	18.28	0	0.45	73.10	73.96
Pan de lebranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	331.76
								%DIST. D	12.38
			92.11	58.56	450.74				
			368.42	509.01	1802.95				
			13.75	18.99	67.26				
					100.00			VCT	2680.38



Lider N. Canaza Vega
 Nutricionista y dietista

Lic. Elizabeth del Rosario Alvarado Cordero
 Nutricionista
 C.N.P. 25.71

domingo, 29 de julio de 2018

ALIMENTO	gr/por	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Semola con vainilla, pan , mortadela								
Semola de Trigo	95.00	100.00	6.83	3.75	18.03	27	33.71	75.32	136.83
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	6.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	6.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	6.05
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	2.62	11.76	53.19	11.28	76.23
Pan de blanco	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	190.98
								VC DES.	547.80
								%DIST. D	19.25
REFRIGERIO:	Huevo sancochado								
Huevo de gallina	55.00	86.00	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								
Carné 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	200.0	62.00	3.44	0.16	36.57	14	1.40	146.29	161.54
Arroz Pilado o p	150.00	100.00	12.30	0.75	118.70	49	6.75	466.80	523.75
Sal	6.00	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
Aceto vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Arvejas frescas	10.00	54.00	0.38	0.03	1.02	2	0.29	4.05	5.89
Zanahoria	15.00	79.00	0.07	0.08	1.09	0	0.53	4.36	5.18
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Azúcar rubia	10.00	100.00	0.00	0.00	9.91	0	0.00	39.64	39.64
								VC DES.	1362.58
								%DIST. D	47.87
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	5.60	6.48	8.72	22	58.92	34.88	115.60
								VC DES.	115.60
CENA:	Arroz con huevo frito + infusion								
Huevo de gallina	55.00	86.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado o p	100.00	100.00	8.70	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
Sal	6.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla de cabe	60.00	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Sillas	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
Azúcar rubia	25.00	100.0	0.00	0.00	24.58	0	0.00	98.30	98.30
								VC DES.	746.58
								%DIST. D	26.23
			90.29	66.93	470.72				
			361.15	602.37	1802.87				
			12.69	21.16	66.15				
					100.00			VCT	2846.38



Elder N. Ganoza Vega
Nutricionista

Lic. Elizabeth del Rosario Alvarado Cerna
NUTRICIONISTA
C.N.P. 2079

lunes, 30 de julio de 2018

ALIMENTO	gr/per (g)	comestib le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.83	71.20	94.63
Piña	30.00	84.00	0.06	0.04	1.88	0	0.35	7.53	8.18
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.06
Azúcar rubia	35.00	100.00	0.00	0.00	34.41	0	0.00	137.62	137.62
Margarina vege	20.00	100.00	0.12	18.40	0.00	0	147.60	0.00	148.08
Pan de labranza	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
									586.01
									21.62
REFRIGERIO:	Huevo sancochado								
Huevo de gallin	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Guiso de arveja partida con chanchito + ensalada + arroz + fruta y refresco								
Arroz Pilado o p	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Arveja partida	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Cerdo de Cerdo	60.0	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	5.06
Cebolla de cabe	60.00	85.00	0.71	0.10	5.76	3	0.92	23.05	26.83
Aji colorado sec	2.00	58.00	0.10	0.11	0.80	0	0.95	3.19	4.33
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	0.63
Orégano seco	1.00	94.00	0.02	0.00	0.11	0	0.04	0.42	0.63
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Pepinillo o Pepi	80.00	88.00	0.35	0.07	1.83	1	0.63	7.32	9.26
Ajo	2.00	80.00	0.09	0.01	0.49	0	0.12	1.95	2.42
Tomate	60.00	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
Paltano de seda	150.0	85.00	1.91	0.38	26.78	8	3.44	107.10	118.19
									1514.58
								% DIS ALM.	55.88
REFRIGERIO:	Vaso de leche								
Leche evaporad	80.00	100.00	6.60	6.48	8.72	22	68.32	34.88	115.60
								VC DES.	115.60
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
Semola de Tripi	30.00	100.00	5.85	3.21	18.14	23	28.89	64.56	116.85
Ajo	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Para	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Sal	10.00	100.00	0.12	0.05	0.82	0	0.45	3.28	4.21
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajo	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	136.00
								VC DES.	420.64
								%DIST. D	15.52
			85.49	78.44	414.66				
			345.95	705.96	1638.64				
			12.8	28.6	81.2				
					100.00			VCT	2710.55



Eider M. Canazo Vega
ADJUNTO AL DGA

Lic. Elizabeth del Rosario Alvarez Caza
NUTRICIONISTA
C.N.P. 3979

martes, 31 de julio de 2018

ALIMENTO	grapar	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Cebada con leche + 62 panes + queso de chancho								
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	8.21	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 chancho	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de libranza	60.00	100.00	5.76	0.18	43.08	23	1.82	172.37	199.90
Azúcar rubia	35.00	100.00	0.00	0.00	34.61	0	0.00	137.62	137.62
								VC DES.	518.18
								%DIST. D	22.98
REFRIGERIO:	Huevo sancocado								
Huevo de gallina	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
								VC DES.	73.74
Almuerzo:	Tallarines rojos con pollo, refresco y fruta								
Fideos tallarin	180.0	100.00	17.10	0.16	125.28	68	1.62	501.12	571.14
Carné de Pollo	180.00	85.00	28.02	4.90	0.00	117	44.06	0.00	196.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de cabe	100.0	80.00	0.84	0.12	6.78	3	1.08	27.12	31.00
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.76	27.82
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acetate vegetal	30.00	100.00	0.00	33.00	0.00	0	270.00	0.00	270.00
Aji colorado sec	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	1.84	1	0.90	6.56	8.42
Azúcar rubia	35.00	100.00	0.00	0.00	34.61	0	0.00	137.62	137.62
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.88
Plátano de seda	180.0	92.00	2.21	0.44	90.91	9	9.97	123.65	136.45
								VC DES.	1460.77
								%DIST. D	54.30
REFRIGERIO:	Vaso de leche								
Leche evaporada	80.00	100.00	5.60	6.48	8.72	22	58.32	34.88	115.60
								VC DES.	115.60
CENA	Mazamorra de frutas + 01 pan								
Mandioca	45.00	100.00	2.88	0.18	34.70	12	1.62	138.78	151.92
Piña	15.00	75.00	0.06	0.02	1.10	0	0.20	4.41	4.79
Manzana de agi	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de libranza	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
Azúcar rubia	35.00	100.00	0.00	0.00	34.61	0	0.00	137.62	137.62
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	421.96
								%DIST. D	15.68
			93.24	59.81	444.75				
			372.95	538.28	1779.02				
			14	20	86				
					100.00				
									2890.24



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado
NUTRICIONISTA
C.R.P. 3979

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

domingo, 01 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	CALDO DE GALLINA + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
lunes, 02 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	QUESO DE MEYERLITA,ARROZ + REFRESCO + FRUTA	CALDILLO DE HUEVOS
martes, 03 de julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	POLLO AL HORNO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN + HUEVO SANCOCHADO
miércoles, 04 de julio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	QUESO DE VAINITAS, ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 05 de julio de 2018	HARINA DE CEBADA + 02 PANES + MORTADELA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 06 de julio de 2018	TÉ + 02 PANES + ATUN	PIRO DE ZAPALLO,ARROZ + REFRESCO Y FRUTA	GUISO DE FIDEOS CON POLLO , ARROZ + INFUSION
sábado, 07 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ESTOFADO DE RES,ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 08 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE ACELGA, ARROZ + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 09 de julio de 2018	SOYA CON PIÑA + 02 PANES + HUEVO SANCOCHADO	CALDO RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CARNEZA
martes, 10 de julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ARROZ CON POLLO,ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 11 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	CAU CAU DE POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ A LA ANDRINERA CON SALCHICHA + INFUSION
jueves, 12 de julio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 13 de julio de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	GUISO DE FIDEOS CON POLLO ,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
sábado, 14 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	POLLO COCADO,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
domingo, 15 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	MATASQUITA DE POLLO, ARROZ + REFRESCO Y FRUTA	POLLO SANCOCHADO, ARROZ, ENSALADA + INFUSION
lunes, 16 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CALDO RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE ARROZ CON MENUDENCIA DE POLLO
martes, 17 de julio de 2018	CEBADA CON LECHE+ 02 PANES + QUESO DE CHANCHO	ARROZ CHAUFA CON POLLO + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 18 de julio de 2018	CAFE + 02 PANES + CAMOTE AL HORNO	CHAMFANTA,ARROZ + REFRESCO Y FRUTA	ARROZ AMARILLO CON POLLO + INFUSION
jueves, 19 de julio de 2018	HARINA DE CEBADA + 02 PANES + FRUTA	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 20 de julio de 2018	TÉ + 02 PANES + ATUN	AJÍ DE CALABAZA,ARROZ + REFRESCO Y FRUTA	MATASQUITA DE POLLO, ARROZ + INFUSION
sábado, 21 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	ADOBO A LA TACÑERA DE CERDO, ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON MARGARINA
domingo, 22 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	AGUADITO CON MENUDENCIA + REFRESCO Y FRUTA	TALLARINES ROJOS CON CARNE MOLIDA + INFUSION
lunes, 23 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CALDO RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE FIDEOS CON CARNEZA
martes, 24 de julio de 2018	CEBADA CON LECHE+ 02 PANES + JAMONADA	ESCABECHE DE POLLO A LA LIMENA, ARROZ + REFRESCO Y FRUTA	INFUSION + 01 PAN CON HUEVO SANCOCHADO
miércoles, 25 de julio de 2018	CAFE + 02 PANES + CAMOTE SANCOCHADO	GUISO DE VAINITAS,ARROZ + REFRESCO Y FRUTA	ARROZ CHAUFA CON HUEVO Y HOT DOG + INFUSION
jueves, 26 de julio de 2018	HARINA DE HABAS + 02 PANES + QUESO DE CHANCHO	PESCADO AL HORNO,ARROZ,ENSALADA , REFRESCO + FRUTA	MAZAMORRA DE MAIZENA CON LECHE+ 01 PAN
viernes, 27 de julio de 2018	TÉ + 02 PANES + HUEVO SANCOCHADO	MATASQUITA DE POLLO,ARROZ + REFRESCO Y FRUTA	GUISO DE POLLO CON VERDURAS, ARROZ + INFUSION
sábado, 28 de julio de 2018	AVENA CON LECHE + 02 PANES + QUESO	CARNE DE RES ALMENDRADA,ARROZ, ENSALADA + REFRESCO Y FRUTA	INFUSION + 01 PAN CON JAMONADA
domingo, 29 de julio de 2018	SEMOLA CON VAINILLA +02 PANES + MORTADELA	GUISO DE FIDEOS CON POLLO, ARROZ + REFRESCO Y FRUTA	ARROZ CON HUEVO SANCOCHADO + INFUSION
lunes, 30 de julio de 2018	SOYA CON PIÑA + 02 PANES + MARGARINA	CALDO RELLENA,ARROZ + REFRESCO + FRUTA	SOPA DE SEMOLA CON MENUDENCIA DE POLLO
martes, 31 de julio de 2018	Cebada con leche + 02 panes + queso de chancho	Tallarines rojos con pollo, refresco y fruta	Mazamorra de frutas + 01 pan



Lic. Arnoldo N. Rojas Santos
NUTRICIONISTA
C.N.P. 2579

Lic. Elizabeth del Rosario Alvarado Coipa
NUTRICIONISTA
C.N.P. 2579

Lider N. Canaza Vega
ADMINISTRADOR

DIETA: DIABETES MELLITUS

31

domingo, 01 de julio de 2018

ALIMENTO	gr/per	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	lg)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , 02 panes , mortadela									
Sémola de Tri	40.00	100.00	7.80	4.28	21.52	31	38.52	86.08	155.80
Vainilla	1.00	100.00	0.01	0.00	0.18	0	0.01	0.71	0.74
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.82	172.32	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	78.23

430.37

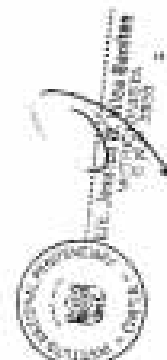
26.39

Almuerzo:	Caldó de gallina + refresco y fruta								
Came de gall	100.00	87.00	16.53	1.39	0.00	66.12	12.528	0.00	78.65
Ajos	12.00	80.00	0.54	0.08	2.92	2.15	0.6912	11.67	14.52
Fideos	50.00	100.00	4.70	0.10	39.10	18.80	0.9	158.40	178.10
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135	0.00	135.00
Sal	18.00	100.00	0.23	0.09	1.48	0.86	0.81	5.90	7.58
Cebolla china	10.00	85.00	0.20	0.03	0.64	0.78	0.306	2.55	3.64
Papa blanca	100.0	85.00	2.00	0.10	21.19	7.98	0.855	84.74	93.58
Apio	18.00	75.00	0.09	0.03	0.65	0.38	0.243	2.59	3.21
Chufa blanco	80.00	98.00	0.38	0.00	3.84	1.57	0	15.37	16.93
Porro	18.00	68.00	0.32	0.10	0.90	1.28	0.85536	3.61	5.75
Nabo	18.00	68.00	0.07	0.02	0.43	0.29	0.21384	1.71	2.21
Aj colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	2.44	3.46
Cebolla de ca	5.00	85.00	0.06	0.01	0.48	0.24	0.0765	1.92	2.24
Pimienta enta	0.20	100.00	0.02	0.02	0.13	0.07	0.144	0.51	0.72
Kion	5.00	43.00	0.00	0.00	0.00	0.00	0	0.00	0.00
Cilantro	2.00	57.00	0.04	0.01	0.08	0.15	0.13338	0.32	0.60
Naranja	150.00	92.00	1.86	0.28	15.04	8.62	2.484	60.17	69.28
								VC Alm	613.46
								% Dist	37.62

CENA	Matasquita de pollo , arroz , infusion								
Came de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	80.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Arvejas fresca	50.00	54.00	1.92	0.16	5.08	8	1.46	20.30	29.43
Zanahoria	50.00	79.00	0.24	0.20	3.63	1	1.78	14.54	17.26
Papa blanca	100.0	85.00	1.79	0.09	18.96	7.14	0.765	75.82	83.73
Cebolla de ca	60.0	67.00	0.56	0.05	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.78	9.68
Aj colorado s	2.00	52.00	0.07	0.08	0.61	0.29	0.73008	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.	588.86
								%DIST. D	35.99
			73.68	31.99	262.01				
			294.71	287.93	1048.04				
			18.1	17.7	64.3				
					100.00		V.C.T. MENU		1630.68

Lider N. Canaza Vega
ADMINISTRADOR

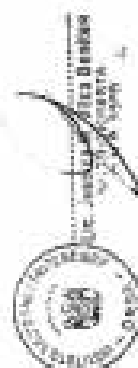
Lic. Elizabeth del Rosario Alvarro Cordero
NUTRICIONISTA
C.N.P. 3979



DIETA: DIABETES MELLITUS

lunes, 02 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soy	25.00	100.00	2.18	1.83	17.80	9	14.83	71.20	94.53
Piña	20.00	64.00	0.05	0.03	1.25	0	0.23	5.02	5.45
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Leche evapor	20.00	100.00	1.40	1.62	2.18	6	14.58	8.72	28.90
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									474.56
									21.87
Almuerzo:	Guiso de arvejita , arroz ,fruta y refresco								
Carne de Cerdo	50.0	85.00	8.12	8.42	0.00	24	57.78	0.00	82.24
Arvejita partid	120.0	100.00	25.92	1.32	77.28	104	11.88	309.12	424.68
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	48.20	8.75	488.80	522.75
Aceite vegetal	15.00	100.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
Tomate	60.00	99.00	0.48	0.12	2.55	1.90	1.07	10.22	13.19
Hierba buena	1.80	54.00	0.03	0.01	0.07	0.12	0.09	0.27	0.48
Lechuga redo	80.00	60.00	0.62	0.10	1.01	2	0.88	4.03	7.39
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.58	9.73	12.10
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.98	24.23	38.39
Aji colorado s	3.00	52.00	0.11	0.12	0.92	0.44	1.10	3.66	5.19
Naranja	150.00	80.00	1.44	0.24	13.08	5.76	2.16	52.32	60.24
								VC DES.	1299.65
								%DIST. D	58.90
CENA:	Caldillo de huevos								
Huevo de gall	20.00	98.00	2.66	1.65	0.36	11	14.82	1.41	28.81
Leche evapor	15.00	100.00	1.05	1.22	1.84	4	10.94	6.54	21.68
Fideos	40.00	100.00	3.76	0.08	31.28	15	0.72	125.12	140.88
Zapallo macre	60.00	47.00	0.26	0.08	2.41	1	0.88	9.63	11.36
Apio	4.10	75.00	0.02	0.01	0.16	0	0.08	0.59	0.73
Porro	2.00	88.00	0.04	0.01	0.10	0	0.10	0.40	0.64
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Zanahoria	60.00	79.00	0.28	0.24	4.36	1	2.13	17.44	20.71
Sal	4.40	100.00	0.05	0.02	0.36	0	0.20	1.44	1.85
								VC CENA	395.43
								%DIST CENA	18.23
			69.61	57.47	343.49				
			278.45	517.24	1373.95				
			12.83	23.84	63.33				
					100.00		VCT MENU		2169.64



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarez Caza
NUTRICIONISTA
C.N.P. 3979

DIETA: DIABETES MELLITUS

martes, 03 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chanco									
Cebada harina	30.00	100.00	5.64	0.88	20.22	23	8.21	80.88	108.65
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	48.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	156.98
								VC DES.	480.43
								%DIST. D	25.72
Almuerzo: Pollo al horno , arroz ,ensalada, + fruta y refresco									
Carne de Pollo	160.00	85.00	26.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado c	160.00	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Sai	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	100.00	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 s	8.00	98.00	0.55	0.61	4.60	2	5.50	18.41	26.11
Cominos	0.50	100.00	0.02	0.00	0.40	0	0.01	1.59	1.68
Lechuga roja	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	0.06	2	4.32	0.20	6.78
Pepinito o Pe	60.00	82.00	0.25	0.05	1.26	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	98.00	0.63	0.18	3.41	3	1.43	13.62	17.58
Naranja	150.00	85.00	1.53	0.26	13.90	6.12	2.295	55.59	64.01
								VC ALMU	1171.00
									62.68
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
Canola entera	1.00	54.00	0.01	0.00	0.46	0	0.04	1.82	1.91
Clavo de olor	1.00	54.00	0.01	0.00	0.12	0	0.01	0.46	0.50
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	11.61
			83.46	44.85	283.13				
			333.86	401.87	1132.54				
			17.87	21.51	60.62				
					100.00			VCT	1868.27


 Lidia N. Cárdena
 Nutricionista
 C.N.P. 3579

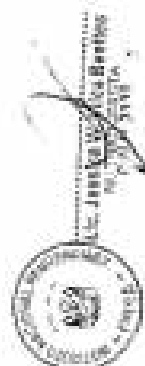

 Lidia N. Cárdena
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 C.N.P. 3579

DIETA: DIABETES MELLITUS

miércoles, 04 de julio de 2018

ALIMENTO	g/por (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	100.0	96.00	1.34	0.29	24.67	5	2.59	98.69	106.68
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
Pan de libran	65.00	100.00	6.24	0.20	46.67	25	1.76	186.68	213.40
								VC DES.	320.72
								%DIST. D	14.86
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carne de 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	0.308	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	2.80	0.14	30.77	12	1.24	123.10	136.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.19
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.62	68.36	79.71
					V.C. ALMUERZO				1180.13
					% DISTR. ALMUERZO				54.70
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	25.00	98.00	3.31	2.06	0.44	13	18.52	1.76	33.52
Salchicha "ho	25.00	100.00	2.75	8.58	0.25	11	77.18	1.00	88.18
Arroz Pilado c	60.00	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla china	30.00	71.00	0.48	0.09	1.60	2	0.77	6.39	9.12
Pimiento	45.00	83.00	0.68	0.19	2.88	2	1.68	11.50	15.43
Sillao	8.00	100.00	0.80	0.77	0.06	4	6.91	0.32	10.85
								VC DES.	656.78
								%DIST. D	30.44
			62.94	60.85	339.55				
			251.78	547.66	1358.20				
			11.67	25.38	62.95				
					100.00			VCT	2157.64



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Cordero
NUTRICIONISTA
C.R.P. 3979

DIETA: DIABETES MELLITUS

Jueves, 05 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Harina de cobada + 02 panes + mortadela								
Cebada harina	35.00	100.00	6.88	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	190.98
								VC DES.	414.46
								%DIST. D	26.31
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	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	60.00	90.00	0.43	0.11	2.32	2	0.97	9.29	11.99
Pepinito o Pe	80.00	72.00	0.29	0.08	1.50	1	0.52	5.99	7.68
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	0.96	1	0.54	3.94	5.05
Lechuga roja	100.00	50.00	0.65	0.10	1.05	2.60	0.90	4.20	7.70
Aji colorado s	5.00	68.00	0.24	0.27	2.00	1	2.39	7.98	11.32
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	9	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.	925.88
								%DIST. D	56.54
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
Canela 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	0.00067	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	3.34	4.36	11	29.16	17.44	57.80
									297.31
									18.15
			79.77	20.76	282.94				
			319.16	186.82	1131.74				
			19.5	11.4	69.1				
					100.00				1637.66



Lidia N. Canaza Vega
Lidia N. Canaza Vega
 ADMINISTRADORA

Lidia N. Canaza Vega
Lidia N. Canaza Vega
 NUTRICIONISTA
 C.R.P. 3679

DIETA: DIABETES MELLITUS

viernes, 06 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	1.00	100.0	0.02	0.01	0.84	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	1.08	0.16	8.84	4	1.41	35.35	41.13
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.22	13.18
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 mola	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 lebran	65.00	100.0	6.24	0.20	46.67	24.96	1.755	186.68	213.40
Grated de Sar	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									370.15
									16.73
ALMUERZO: Hilo de zapallo , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	38.13
Queso paria	25.00	100.00	7.00	7.50	0.83	28	87.50	3.30	95.80
Arroz Pilado o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.0	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Zapallo macro	300.0	70.00	1.47	0.42	13.44	6	3.78	53.76	63.42
Maíz Fresco.	40.00	80.00	1.06	0.26	8.90	4	2.30	35.58	42.11
Huacatay	8.00	100.00	0.40	0.06	0.64	2	0.88	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	6.84	3	1.06	26.58	30.93
Naranja	150.00	98.00	1.76	0.29	15.0	7	2.65	64.09	73.79
							VC DES.		1093.74
							% DIS ALM.		48.45
CENA Guiso de fideos con pollo, arroz , infusion									
Carne de Polv	100.00	75.00	15.45	2.70	0.00	62	24.30	0.00	86.10
Fideos	60.00	100.00	5.64	0.12	46.92	23	1.08	187.68	211.32
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.05	280.08	313.65
Aceite vegetal	8.00	100.00	0.00	8.00	0.00	0.00	72	0.00	72.00
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
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Hierbas	2.00	54.00	0.03	0.01	0.08	0	0.10	0.30	0.53
							VC DES.		747.95
							%DIST. D		33.82
			76.88	40.86	384.13				
			307.53	367.77	1536.53				
			13.9	16.6	69.5				
					100.00		V.C.T. MENU		2211.84


Lidier N. Camacho Vega
 ADJUNTO AL P.N.

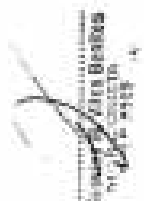

Lidier N. Camacho Vega
 NUTRICIONISTA
 C.R.P. 3379



DIETA: DIABETES MELLITUS

sábado, 07 de julio de 2018

ALIMENTO	g/lper	comestib	PROT	GRASA	CHO	VALOR CALÓRICO (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	4.88	1.40	28.20	19	12.60	100.80	132.02
Leche evapor	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	61.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.33
									28.09
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
Anjeas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Tomate	60.00	99.00	0.48	0.12	2.55	2	1.07	10.23	13.19
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Arroz Pilado d	160.0	100.00	13.12	0.80	124.48	52	7.20	497.92	557.60
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Cominos	0.1	100	0.00	0.00	0.08	0	0.00	0.32	0.34
Pimienta ente	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ají verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Anjeas fresca	35.00	74.00	1.84	0.16	4.87	7	1.40	19.48	28.23
Vinagre	8.00	100.00	0.00	0.08	0.40	0	0.72	1.60	2.32
Ají colorado s	5.00	53.00	0.18	0.20	1.53	1	1.63	6.10	8.66
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.68	13.58	16.13
Acaña vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de cal	80.00	67.00	2.80	0.11	6.06	11	0.96	24.23	36.39
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC Alm	1082.91
								% Dist	55.38
CENA: Infusion + 01 pan + margarina									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Margarina 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	16.53
			79.08	55.44	286.05				
			316.34	496.99	1140.19				
			16.2	25.5	58.3				
					100.00			VCT	1955.53


 Lic. Lidia N. Canaza Vega
 N.º de Colección
 N.º de Colección
 N.º de Colección


 Lidia N. Canaza Vega
 Nutricionista


 Lic. Lidia N. Canaza Vega
 Nutricionista
 C.N.P. 3979

domingo, 08 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	78.23
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	18.36
Almuerzo: Guiso de acelga, arroz , fruta y refresco									
Came de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Acelgas, hojas	120.00	61.00	1.81	0.22	3.88	6	1.98	15.52	22.94
Arroz Pilado c	160.0	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	80.00	99.00	0.63	0.16	3.41	2.53	1.43	13.62	17.58
Hierba buena	2.00	54.00	0.03	0.01	0.08	0.13	0.10	0.30	0.53
Zanahoria	40.00	85.00	0.20	0.17	3.13	1	1.53	12.51	14.86
Ajos	8.00	100.00	0.45	0.06	2.43	1.79	0.88	9.73	12.10
Papa blanca	200.0	88.00	3.70	0.18	38.25	15	1.58	156.99	173.36
Azúcar rubia	35.00	100.0	0.00	0.00	34.41	0.00	0.00	137.62	137.62
Cebolla de ca	80.00	67.00	2.80	0.11	6.06	11.20	0.98	24.23	36.39
Plátano	160.00	94.00	0.60	0.30	14.74	2	2.71	58.96	64.07
								VC DES.	1270.63
								%DIST. D	56.87
CENA: Tallarines rojos con carne molida + infusion									
Came de res	50.0	100.00	10.85	0.80	0.00	43	7.20	0.00	49.80
Fideos talleri	120.0	90.00	10.28	0.11	75.17	41	0.97	300.67	342.68
Zanahoria	30.0	69.00	0.12	0.10	1.90	0	0.93	7.62	9.06
Tomate	20.00	80.00	0.13	0.03	0.69	1	0.29	2.75	3.55
Cebolla de ca	40.00	57.00	0.32	0.05	2.58	1	0.41	10.31	11.99
Ajos	1.11	80.00	0.05	0.01	0.27	0	0.08	1.08	1.34
Aceite vegetal	15.00	100.0	0.00	15.00	0.00	0	135.00	0.00	135.00
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajil colorado s	0.04	68.0	0.00	0.00	0.02	0	0.02	0.06	0.09
									553.56
								%DIST. D	24.77
			77.72	46.00	377.39				
			310.89	414.83	1509.54				
			13.81	18.53	67.56				
					100.00				
								VCT	2234.46



Lider N. Canaza Vega
ADMINISTRADOR

Lic. Elizabeth del Rosario Alvarado Coya
NUTRICIONISTA
C.N.P. 3979

DIETA: DIABETES MELLITUS

lunes, 09 de julio de 2018

ALIMENTO	gr/per (g)	comestible %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO: Soya con pifa + 02 panes + huevo sancochado									
Harina de soya	25.00	100.00	2.18	1.63	17.80	9	14.63	71.20	94.53
Pifa	10.00	64.00	0.03	0.01	0.53	0	0.12	2.51	2.73
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.29	80.44
Pan de labran	60.00	100.00	5.75	0.18	43.08	23	1.62	172.32	196.98
									375.29
								%DIST. D	24.14
ALMUERZO: Calgua rellena, arroz , refresco y fruta									
Carne de res	80.00	85.00	14.48	1.09	0.00	58	9.79	0.00	67.73
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	126.59
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Calgua Serran	200.00	97.00	2.91	0.19	8.15	12	1.75	32.59	45.86
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	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
Arvejas 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	3.49	0.9828	11.79	16.27
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
						V.C. ALMUERZO			1177.13
						% DISTR. ALMUERZO			56.85
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	46.82	23	1.08	187.68	211.32
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
Zanahoria	50.00	85.00	0.26	0.21	3.91	1	1.91	15.64	18.57
Papa blanca	100.0	85.00	1.79	0.09	18.96	7	0.77	75.82	83.73
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Orégano seco	1.00	70.00	0.01	0.00	0.08	0	0.03	0.32	0.39
Ajos	4.00	80.00	0.18	0.03	0.87	1	0.23	3.89	4.84
Acete vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
								VC DES.	518.04
								%DIST. D	25.02
			71.69	52.31	328.33				
			286.35	470.78	1313.33				
			13.83	22.74	63.43				
					100.00			VCT	2070.46

Lider N. Canaza Vega
ALIMENTISTA Y DIETISTA

Lic. Elizabeth del Rosario Alarín Canga
NUTRICIONISTA
C.N.P. 3979



DIETA: DIABETES MELLITUS

martes, 10 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR 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	5.67	7.63	20	51.03	30.52	101.15
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.84	79.65	1.20	99.68
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	489.82
								%DIST. D	23.11
Almuerzo:	Arroz con pollo, ensalada + fruta y refresco								
Carne de Pollo	180.00	88.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Arroz Pilado o	200.0	100.00	15.40	1.00	155.80	66	9.00	622.40	697.00
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Aceite vegetal	35.00	100.00	0.00	35.00	0.00	0	315.00	0.00	315.00
Cilantro	20.00	57.00	0.38	0.15	0.80	2	1.33	3.19	6.03
Espinaca negra	30.00	97.00	0.81	0.28	1.43	3	2.38	5.70	11.32
Pimienta molida	0.3	100	0.03	0.02	0.19	0	0.22	0.76	1.08
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.06
Ancejas fresca	40.00	82.00	1.78	0.15	4.66	7	1.34	18.65	27.03
Zanahoria	45.00	82.00	0.22	0.18	3.38	1	1.86	13.58	16.13
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Lechuga redonda	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	17.59
Plátano de se	180.0	88.00	2.06	0.41	28.80	8	3.72	115.58	127.56
								VC DES.	1421.85
								%DIST. D	67.08
CENA:	Infusion + 01 pan + huevo sancochado								
Hierbas	10.00	54.00	0.17	0.05	0.38	0.87	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	40.00	100.00	3.84	0.12	28.72	15	1.08	114.88	131.32
								VC DES.	207.72
								%DIST. D	8.80
			83.44	62.51	305.76				
			333.75	562.61	1223.03				
			15.7	28.5	57.7				
					100.00			VCT	2119.39



Lider N. Gmaza Vega
NUTRICIONISTA
C.N.P. 3979

Lic. Elizabeth del Socorro Alarcón Cagua
NUTRICIONISTA
C.N.P. 3979

DIETA: DIABETES MELLITUS

miércoles, 11 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALÓRICO (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	0.00	0.10	0.18
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.03	0.05
Camote moro	100.0	92.00	1.29	0.28	23.64	5	2.48	94.58	102.21
Pan de libran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									299.97
									14.97
ALMUERZO: Cau cau de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	88.00	17.72	3.10	0.00	71	27.86	0.00	98.73
Papa blanca	100.0	92.00	1.93	0.09	20.52	8	0.83	82.06	90.62
Arroz Pilado o	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	0.06	1.95	1	0.46	7.78	9.68
Aji colorado s	4.00	92.00	0.28	0.29	2.16	1	2.58	8.64	12.25
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	80.00	87.00	0.87	0.14	7.86	4	1.25	31.46	36.61
Anejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	82.00	0.22	0.18	3.39	1	1.66	13.58	16.13
Naranja	150.00	98.00	1.75	0.29	16.0	7	2.65	64.09	73.79
									V.C. ALMUERZO
									988.67
									% DISTR. ALMUERZO
									49.39
CENA Arroz a la jardinera con salchicha + 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
Salchicha "hol	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 ca	15.00	87.00	0.14	0.02	1.14	0.56	0.18	4.54	5.29
Anejas fresca	35.00	54.00	1.34	0.11	3.55	5	1.02	14.21	20.60
Zanahoria	40.00	79.00	0.19	0.16	2.91	1	1.42	11.63	13.81
palillo	1	100	0.01	0.00	0.15	0	0.01	0.59	0.63
									714.15
									35.64
			63.68	26.91	376.77				
			254.71	242.19	1507.09				
			13	12	75				
					100.00			VCT MEN	2003.99



 Lic. Lidia N. Conaza Vega

 NUTRICIONISTA

 C.N.P. 2979



 Lidia N. Conaza Vega

 NUTRICIONISTA

 C.N.P. 2979



 Lic. Lidia N. Conaza Vega

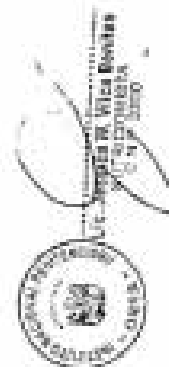
 NUTRICIONISTA

 C.N.P. 2979

DIETA: DIABETES MELLITUS

jueves, 12 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Harina de habas + 02 panes + queso de chancho								
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	186.98
								VC DES.	375.44
								%DIST. D	23.48
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 o	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	9.99
Papirillo o Pe	60.00	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
Lchuga redo	100.00	92.00	1.20	0.18	1.93	5	1.68	7.73	14.17
Zanahoria	60.0	68.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Periñil	5.15	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.35	0	0.63	1.40	2.03
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	940.57
								%DIST. D	58.63
CENA:	Mazamorra de maizena con leche + 01 pan								
Maizena	40.00	100.00	0.24	0.08	34.66	0.96	0.72	138.72	140.40
Canela entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	88.16	98.49
Leche evapor	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
									282.66
									17.69
			83.25	18.68	275.79				
			333.02	162.89	1103.16				
			20.83	10.18	69.00				
					100.00			VCT MEN	1598.87

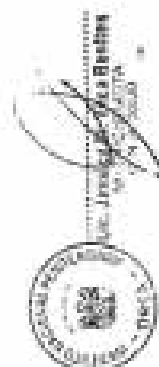


[Handwritten Signature]
Lider N. Canaza Vega
 Nutricionista

[Handwritten Signature]
Luz Elizabeth del Rosario Alvarado Caza
 NUTRICIONISTA
 C.N.P. 3979

viernes, 13 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	54.00	0.00	0.00	0.01	0.01	0	0.03	0.03
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Sal	12.00	100.00	0.14	0.08	0.98	1	0.54	3.94	8.05
Pan de labran	60.00	100.0	5.78	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
									282.91
									12.31
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	1.28	218.96	246.54
Papa blanca	150.0	85.00	2.68	0.13	28.43	11	1.15	113.73	125.59
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	8.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.38	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.85	1	0.46	7.78	9.68
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Anvejas fresco	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
									VC DES.
									1234.78
									%DIST. D
									53.75
CENA: Guiso de pollo con verduras ,arroz,infusion									
Carné de Pollo	100.00	85.00	17.51	3.08	0.00	70	27.54	0.00	97.58
Arroz Pilado o	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Cebolla de ca	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
Anvejas fresco	30.00	54.00	1.15	0.10	3.05	5	0.87	12.18	17.68
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	120.00	61.00	1.61	0.22	3.88	6	1.98	15.52	23.94
Papa blanca	180.0	85.00	3.21	0.15	34.12	13	1.38	136.48	150.71
Acetate vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Tomate	40.00	79.00	0.25	0.06	1.36	1	0.57	5.44	7.02
Ajos	10.00	80.00	0.45	0.06	2.43	2	0.58	9.73	12.10
Hierbas	3.00	54.00	0.05	0.02	0.11	0	0.15	0.43	0.80
									V.C. CENA
									779.79
									% DIST.CENA
									33.94
	YCT (Gr.)		90.77	34.45	408.09				
	YCT (Kcal.)		363.08	310.05	1624.35				
	YCT (%)		18	13	71				
					100.00				
									V.C.T. MENU
									2297.48

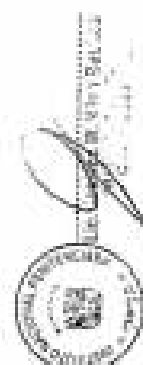


Lider N. Canaza Vega
 ALIMENTACION Y NUTRICION

Lic. Elizabeth del Rosario Alarcón Céspedes
 NUTRICIONISTA
 C.N.P. 3979

cábado, 14 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuela	35.00	100.00	4.86	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	20.52	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	3.86	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									549.45
									28.41
ALMUERZO:	Pollo dorado, arroz, ensalada, fruta y refresco								
Arroz Pilado o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné de Pollo	160.0	85.00	26.02	4.80	0.00	112	44.06	0.00	156.13
Acete 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	3	0.20	3.36	4.17
Papa blanca	250.0	96.00	5.04	0.24	53.52	20	2.16	214.08	236.40
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Cebolla de ca	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Lechuga roja	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Tomate	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	1197.35
									61.92
CENA:	Infusion + 01 pan + jamonada								
Hierbas	10.00	99.00	0.31	0.10	0.69	1.23	0.89	2.77	4.89
Canela entera	0.30	64.00	0.00	0.00	0.16	0	0.02	0.65	0.68
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Jamonada	20.00	100.00	3.14	5.90	0.20	13	53.10	0.80	66.48
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	9.67
			80.57	44.08	303.70				
			322.28	396.71	1214.81				
			16.7	20.5	62.8				
					100.00			VCT	1933.80



[Signature]
Lic. Elizabeth del Rosario Abreu Cordero

[Signature]
Lic. Elizabeth del Rosario Abreu Cordero
NUTRICIONISTA
C.N.R. 3979

DIETA: DIABETES MELLITUS

17

domingo, 15 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla , pan ,mortadela									
Sémola de Tri	35.00	100.00	6.83	3.75	18.83	27	33.71	75.32	136.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
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	43.06	23	1.82	172.82	196.98
Mortadela	30.00	100.00	2.94	5.91	2.82	11.76	53.19	11.28	78.23

410.28

22.71

ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	65.00	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 o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.36	0.05	1.95	1	0.46	7.78	9.88
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Arvejas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	16.54
Naranja	150.00	98.00	1.76	0.29	18.0	7	2.65	64.09	73.79

VC DES. 852.18

%DIST. D 52.72

CENA: Pollo sancochado, arroz, ensalada + infusion									
Carne de Pollo	100.00	65.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Arroz Pilado o	90.0	100.00	7.38	0.45	70.02	30	4.06	280.08	313.65
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Pepinillo o Pa	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	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.01	4.79
								VC DES.	443.80
								% DIS ALM.	24.57
			77.86	28.44	309.70				
			311.46	255.96	1238.00				
			17.2	14.2	68.6				
					100.00				
								VCT	1806.23

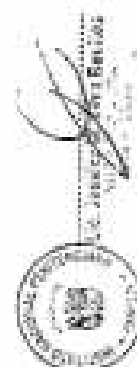

Lidier N. Canaza Vega
ADMINISTRADOR


Lidier N. Canaza Vega
NUTRICIONISTA
C.N.P. 3919



lunes, 16 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL % POR MENU
						PROT	GRASAS	CHO	
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	25.00	64.00	0.08	0.03	1.97	0	0.29	5.27	6.62
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
Margarina veg	20.00	100.00	0.12	16.40	0.00	0	147.60	0.00	148.08
Pan de labran	60.00	100.00	5.78	0.18	43.08	23	1.62	172.32	196.98
									447.02
									19.91
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 o	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Papa blanca	200.0	85.00	3.57	0.17	37.91	14	1.63	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	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 s	4.00	68.00	0.19	0.21	1.60	1	1.91	6.39	9.06
Acete vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.09	0.08	1.45	0	0.71	5.81	6.90
Arvejas fresco	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.06	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	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Naranja	150.00	98.00	1.78	0.29	16.0	7	2.95	64.09	73.79
					V.C. ALMUERZO				1286.35
					% DISTR. ALMUERZO				57.25
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 o	40.00	100.00	3.28	0.20	31.12	13	1.80	124.48	139.40
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Poro	15.00	66.00	0.27	0.06	0.75	1	0.71	3.01	4.79
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	0.66	4.92	6.32
Orégano seco	2.00	70.00	0.02	0.01	0.16	0	0.06	0.63	0.79
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Acete vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	512.72
								%DIST. D	22.84
			58.61	69.17	347.02				
			234.45	622.55	1388.09				
			10.44	27.73	61.83				
					100.00			VCT	2345.09



Lider N. Gmaza Vega
NUTRICIONISTA

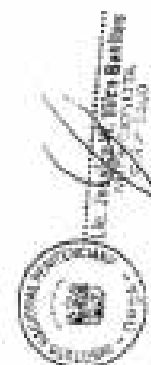
Lic. Elizabeth del Rosario Alvarez Cordero
NUTRICIONISTA
C.N.P. 3975

DIETA: DIABETES MELLITUS

6

martes, 17 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de 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	7.63	20	81.03	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
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	480.56
								%DIST. D	24.32
ALMUERZO: Arroz chaufa con pollo , refresco y fruta									
Carnes de Pol	180.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Salchicha "hol	30.00	100.00	3.30	10.29	0.30	13	92.81	1.20	107.01
Arroz Pilado o	180.00	100.00	14.76	0.90	140.04	59	8.10	560.16	627.30
Acetate vegetal	30.00	100.00	0.00	30.00	0.00	0	270.00	0.00	270.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.49	0.09	1.60	2	0.77	6.39	8.12
Pimiento	35.00	83.00	0.44	0.15	2.24	2	1.31	8.95	12.00
Silao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	18.27
Cebolla de ca	100.00	67.00	0.94	0.13	7.57	4	1.21	30.28	35.24
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.85	64.08	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1310.90
								% DIS ALM.	66.35
CENA: Infusion + 01 pan + huevo sancochado									
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
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	184.22
								%DIST. D	9.32
			84.61	64.79	263.53				
			338.43	583.13	1054.13				
			17.13	29.52	53.36				
					100.00			VCT	1975.68

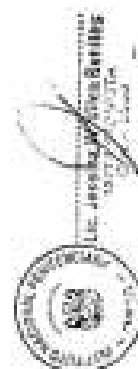


Lider N. Gama Vega
 nutricionista
 C.N.P. 1979

Lider N. Gama Vega
 nutricionista
 C.N.P. 1979

mércoles, 18 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT Am (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST.CAL %
						PROT	GRASAS	CHO	POR MENU
DESAYUNO:	Café + 02 panes + camote al horno								
Café sin azúcar	4.00	100.00	0.01	0.00	0.03	0	0.04	0.13	0.21
Canela entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0061	0.34	0.35
Clavo de olor	0.10	64.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Camote morao	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	186.98
								VC DES.	306.48
								%DIST. D	14.64
ALMUERZO:	Chanfainita , arroz , refresco y fruta								
Pulmón de res	120.0	100.00	20.64	1.32	1.20	83	11.88	4.80	89.24
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 cal	80.00	89.00	1.00	0.14	8.05	4	1.28	32.18	37.45
Tomate	40.00	99.00	0.32	0.08	1.70	1	0.71	6.81	8.79
Sal	12.00	100.00	0.14	0.06	0.98	1	0.54	3.94	5.05
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aji colorado se	4.00	68.00	0.19	0.21	1.60	1	1.81	6.39	8.06
Acetite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Sillao	8.00	100.00	0.90	0.77	0.08	4	6.81	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	3.38	3.35
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.08	73.79
						V.C. ALMUERZO			1171.90
						% DISTR. ALMUERZO			55.59
CENA	Arroz amarillo con pollo + infusion								
Arroz Pilado c	100.0	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Ajos	3.00	80.00	0.13	0.02	0.73	0.54	0.1728	2.92	3.63
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Sal	12.00	100.00	0.14	0.06	0.98	0.58	0.54	3.94	5.05
Acetite vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Cebolla de cal	30.00	67.00	0.28	0.04	2.27	1.13	0.38	9.09	10.57
Arvejas frescos	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
									628.60
									29.87
			75.86	48.28	342.51				
			303.43	434.53	1370.02				
			14.39	20.61	64.99				
					100.00			VCT MEN	2107.98



[Firma]
Lider N. Gamaza Vega
Dietista

[Firma]
Lic. Elizabeth del Rosario Alvarez Lopez
NUTRICIONISTA
C.N.P. 3979

DIETA: DIABETES MELLITUS

Juernes, 19 de Julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de cebada + 02 panes + fruta									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
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
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Pan de lebran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	196.98
								VC DES.	381.05
								%DIST. D	23.75
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 o	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Tomate	50.00	90.00	0.36	0.09	1.94	1	0.81	7.74	8.99
Papinito 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
Lchuga redol	100.00	92.00	1.20	0.18	1.93	5	1.66	7.73	14.17
Zanahoria	60.0	69.00	0.25	0.21	3.81	1	1.88	15.24	18.09
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
Cebolla de ca	80.00	87.00	0.97	0.14	7.86	4	1.25	31.46	36.61
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Perejil	5.16	60.00	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.	940.67
								%DIST. D	58.82
CENA: Mazamorra de maizena con leche + 01 pan									
Maizena	40.00	100.00	0.24	0.08	34.66	0.96	0.72	138.72	140.40
Canola 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 lebran	30.00	100.00	2.88	0.09	21.54	11.52	0.81	86.16	98.49
Leche evapori	30.00	100.00	2.10	2.43	3.27	8	21.87	13.08	43.35
								VC DES.	282.86
								%DIST. D	17.63
			77.34	13.30	293.85				
			309.35	119.71	1175.42				
			19.28	7.46	73.26			VCT MEN	1604.48
					100.00				



[Signature]
Lider N. Canaza Vega
 ADMINISTRADOR

[Signature]
Lic. Elizabeth del Rosario Alvarez Caspe
 NUTRICIONISTA
 C.N.P. 3970

DIETA: DIABETES MELLITUS

viernes, 20 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + atun									
Té sin azúcar	4.00	100.00	0.32	0.16	2.86	1	1.44	11.42	14.14
Canola 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
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 lebran	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
Grated de San	30.00	100.00	6.72	2.70	0.30	27	24.30	1.20	52.38
									292.74
									14.49
ALMUERZO: Aji de calabaza , arroz , fruta y refresco									
Leche evapor	25.00	100.00	1.75	2.03	2.73	7	18.23	10.90	36.13
Queso paria	20.00	100.00	5.60	8.00	0.66	22	54.00	2.64	79.04
Arroz Pilado c	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	622.75
Papa blanca	150.0	92.00	2.90	0.14	30.77	12	1.24	123.10	135.03
Sal	12.0	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Calabaza	350.00	47.00	0.99	0.16	9.21	4	1.48	36.85	42.28
Maiz Fresco.	40.00	80.00	1.06	0.26	6.90	4	2.30	35.58	42.11
Huacalay	8.00	100.00	0.40	0.08	0.64	2	0.58	2.56	4.74
Habas frescas	40.00	88.00	3.07	0.22	7.04	12	1.96	28.18	42.43
Ajos	2.30	80.00	0.10	0.01	0.56	0	0.13	2.24	2.76
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	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
							VC DES.		1105.87
							% DIS ALM		54.75
CENA Matasquita de pollo , arroz , infusion									
Carne de Polv	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
Anejas fresco	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Zanahoria	45.00	79.00	0.21	0.18	3.27	1	1.60	13.08	15.54
Papa blanca	150.0	85.00	2.69	0.13	28.43	10.71	1.1475	113.73	125.59
Cebolla de ca	60.0	67.00	0.56	0.08	4.54	2	0.72	18.17	21.15
Ajos	8.00	80.00	0.36	0.05	1.95	1.43	0.4608	7.79	9.68
Aji colorado s	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.		621.11
							%DIST. D		30.75
			75.32	27.60	367.50				
			301.27	248.44	1470.01				
			14.9	12.3	72.8				
					100.00		V.C.T. MENU		2019.72


 Lidier N. Gonzales Vega
 Nutricionista
 C.N.P. 39175


 Lidier N. Gonzales Vega
 Nutricionista
 C.N.P. 39175


 Lidier N. Gonzales Vega
 Nutricionista
 C.N.P. 39175

DIETA: DIABETES MELLITUS

sábado, 21 de julio de 2018

ALIMENTO	grper	comestib le	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	FOR MENU
DESAYUNO:	Avena con leche , pan , queso								
Avena, hojuel	25.00	100.00	3.33	1.00	18.00	13	9.00	72.00	94.30
Leche evapor	75.00	100.00	5.25	6.08	8.18	21	54.68	32.70	108.38
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Queso paria	30.00	100.00	8.40	9.00	0.99	34	81.00	3.96	118.56
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									518.84
									24.44
ALMUERZO:	Adobo a la tacneña de cerdo , arroz, ensalada + refresco y fruta								
Cerdo de Cer	150.00	88.00	19.01	19.93	0.00	76	179.39	0.00	255.42
Ajos	4.00	80.00	0.18	0.03	0.97	1	0.23	3.89	4.84
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceita vegeta	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	1.00	52.00	0.04	0.04	0.31	0	0.37	1.23	1.73
Arroz Pilado d	150.0	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Pepinillo o Pe	80.00	82.00	0.33	0.07	1.71	1	0.59	6.82	8.72
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Cebolla de ca	30.00	67.00	0.28	0.04	2.27	1	0.36	9.09	10.57
Papa blanca	200.0	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
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1298.69
								% DIS ALM	61.18
CENA:	Infusion + 01 pan + margarina								
Hierbas	12.00	85.00	0.32	0.10	0.71	1.26	0.82	2.88	5.04
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.95	100.52	114.91
								VC DES.	305.04
								%DIST. D	14.37
			64.81	83.44	278.10				
			259.24	750.93	1112.40				
			12.2	35.4	52.4				
					100.00			VCT	2122.57

Lic. Elizabeth M. Viteri Benítez
Nutricionista
C.N.F. 3979




Lidia N. Centaza Vega
ADMINISTRADOR


Lidia Elizabeth del Rosario Alarcos Coiro
NUTRICIONISTA
C.N.F. 3979

domingo, 22 de julio de 2018

ALIMENTO	grper	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	Am (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Semola con vainilla, pan , mortadela									
Sémola de Tri	38.00	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	43.06	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	23.66
ALMUERZO: Aguadito con menudencia, refresco y fruta									
Menudencia d	80.00	92.00	14.57	3.48	0.00	58	31.13	0.00	89.42
Arroz Pilado d	70.00	100.00	5.74	0.35	54.46	23	3.15	217.84	243.95
Apio	15.00	75.00	0.08	0.02	0.54	0	0.20	2.16	2.68
Porro	15.00	66.00	0.27	0.08	0.75	1	0.71	3.03	4.79
Zanahoria	40.00	88.00	0.21	0.18	3.28	1	1.60	13.10	15.56
Papa blanca	100.0	88.00	1.81	0.09	19.18	7	0.77	76.71	84.71
Arvejas fresca	40.00	85.00	1.85	0.16	4.89	7	1.40	19.55	28.34
Cilantro	25.00	88.00	0.73	0.28	1.56	3	2.60	6.23	11.77
Espinaca negr	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	7.56
Orégano seco	1.00	90.00	0.01	0.00	0.10	0	0.04	0.43	0.50
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
								VC DES.	762.35
								%DIST. D	43.96
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	48.80
Fideos tallarin	100.0	100.00	9.60	0.10	69.60	38	0.90	278.40	317.30
Zanahoria	80.0	68.00	0.25	0.21	3.81	1	1.86	15.24	18.09
Tomate	60.00	80.00	0.32	0.08	1.72	1	0.72	6.88	8.88
Cebolla de car	80.00	57.00	0.64	0.08	5.15	3	0.82	20.63	23.99
Ajos	5.00	80.00	0.22	0.03	1.22	1	0.29	4.86	6.05
Aceite vegetal	20.00	70.0	0.00	14.00	0.00	0	126.00	0.00	126.00
Hungos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajl colorado s	5.00	68.0	0.24	0.27	2.00	1	2.39	7.98	11.32
									561.48
								%DIST. D	32.38
			65.78	60.76	253.54				
			263.11	456.84	1014.15				
			15.17	26.34	58.48	100			
					100.00			VCT	1734.11



Elizabeth del Rosario Sierra Lugo
Lic. Elizabeth del Rosario Sierra Lugo
Nutricionista
C.N.P. 3979

Elizabeth del Rosario Sierra Lugo
Lic. Elizabeth del Rosario Sierra Lugo
Nutricionista
C.N.P. 3979

DIETA: DIABETES MELLITUS

9

lunes, 23 de julio de 2018

ALIMENTO	gr/per (g)	comestible le %	PROT An (g)	GRASA (g)	CHO (g)	VALOR CALORICO (KCAL)			DIST. CAL % POR MENU
						PROT	GRASAS	CHO	
DESAYUNO:	Soya con piña + 02 panes + margarina								
Harina de soya	25.00	100.00	2.18	1.83	17.80	9	14.63	73.20	94.53
Piña	30.00	80.00	0.10	0.05	2.35	0	0.43	9.41	10.22
Canela entera	0.30	65.00	0.00	0.00	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Margarina veg	25.00	100.00	0.15	20.50	0.00	1	184.50	0.00	185.10
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
									487.58
									21.67
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 o	180.0	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	1.63	151.64	167.45
Cebolla de col	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
Acetia vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Zanahoria	20.00	79.00	0.08	0.08	1.45	0	0.71	5.81	6.90
Anchoas fresca	40.00	54.00	1.53	0.13	4.06	6	1.17	16.24	23.54
Hierba buena	1.00	54.00	0.02	0.01	0.04	0	0.05	0.15	0.27
Orégano seco	2.00	94.00	0.03	0.01	0.21	0	0.08	0.85	1.05
Azúcar rubia	30.00	100.00	0.00	0.00	29.49	0	0.00	117.96	117.96
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1266.21
					% DISTR. ALMUERZO				56.23
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	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
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
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
								VC DES.	497.38
								%DIST. D	22.10
			59.39	62.47	362.58				
			237.56	562.35	1450.32				
			10.56	24.99	64.45				
					100.00			VCT	2256.13

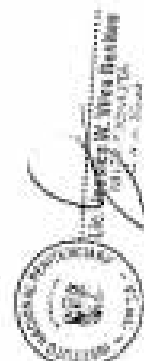
Dr. Elizabeth Alvarado
NUTRICIONISTA
C.N.R. 33/79

Lider N. Gmez Vega
ADMINISTRADOR

Lic. Elizabeth Alvarado Alvarado
NUTRICIONISTA
C.N.R. 33/79

martes, 24 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + jamonada									
Cebada harina	30.00	100.00	5.64	0.69	20.22	23	6.21	80.88	109.65
Leche evaporada	70.00	100.00	4.90	5.67	7.63	20	51.03	30.52	101.15
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Jamonada	30.00	100.00	4.71	8.85	0.30	18.64	79.65	1.20	99.69
Pan de labran	60.00	100.00	5.76	0.18	43.06	23	1.62	172.32	199.98
								VC DES.	508.09
								%DIST. D	25.44
ALMUERZO: Escabeche de pollo a la limeña, arroz, refresco y fruta									
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Carné 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	90.00	0.31	0.04	1.70	1	0.40	6.81	6.47
Aji verde (2)	10.00	67.00	0.17	0.05	0.83	1	0.48	3.32	4.48
Sal	9.00	100.00	0.11	0.05	0.74	0	0.41	2.95	3.79
Aceite vegetal	25.00	100.00	0.00	25.00	0.00	0	225.00	0.00	225.00
Orégano seco	0.10	94.00	0.00	0.00	0.01	0	0.00	0.04	0.05
Aji colorado s	5.00	52.00	0.18	0.20	1.53	1	1.83	6.10	8.66
Camote moro	200.00	92.00	2.58	0.55	47.28	10	4.97	189.15	204.42
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.96	24.23	28.19
Plátano de se	150.0	92.00	2.07	0.41	26.96	8	3.73	115.92	127.93
Cominos	0.2	100.00	0.01	0.00	0.16	0	0.00	0.64	0.67
									1314.18
								% DIS ALM	65.80
CENA: Infusion + 01 pan + huevo sancochado									
Hierbas	10.00	54.00	0.17	0.05	0.38	0.67	0.49	1.51	2.67
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Pan de labran	30.00	100.00	2.88	0.09	21.54	12	0.81	86.16	98.49
								VC DES.	174.89
								%DIST. D	8.76
			77.89	54.49	298.80				
			311.56	490.43	1195.18				
			15.6	24.6	59.8				
					100.00			VCT	1997.17



[Signature]
Lider W. Gándara Vega
 NUTRICIONISTA

[Signature]
Lic. Elizabeth del Rosario Alvarez Corp
 NUTRICIONISTA
 C.R.P. 3979

DIETA: DIABETES MELLITUS

miércoles, 25 de julio de 2018

ALIMENTO	grper	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST. CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
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
Canola entera	0.10	100.0	0.00	0.00	0.08	0.01	0.0081	0.34	0.35
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
Camote morado	100.0	92.00	1.29	0.28	23.84	5	2.48	94.58	102.21
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	299.81
								%DIST. D	14.50
ALMUERZO:	Guiso de vainitas , arroz + refresco y fruta								
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70.04	27.54	0.00	97.58
Arroz Pilado c	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	78.00	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	136.93
Cebolla de ca	90.00	87.00	1.10	0.16	8.85	4	1.41	35.39	41.18
Plátano	160.00	92.00	0.59	0.29	14.43	2	2.65	57.70	62.71
					V.C. ALMUERZO				1164.13
					% DISTR. ALMUERZO				56.31
CENA:	Arroz chaufa con huevo y hot dog + infusion								
Huevo de gall	30.00	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	99.18
Arroz Pilado c	100.00	100.00	8.20	0.50	77.50	33	4.50	311.20	348.50
Aceite vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Cebolla china	30.00	71.00	0.48	0.09	1.60	2	0.77	6.39	9.12
Pimiento	20.00	83.00	0.25	0.08	1.28	1	0.75	5.11	6.86
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	603.51
								%DIST. D	29.19
			62.69	51.53	338.24				
			250.75	463.73	1352.96				
			12.13	22.43	65.44				
					100.00			VCT	2067.44


 Lidia M. Vilas Benites
 NUTRICIONISTA
 C.N.P. 3973


 Lidia M. Vilas Benites
 NUTRICIONISTA
 C.N.P. 3973


 Lidia M. Vilas Benites
 NUTRICIONISTA
 C.N.P. 3973

DIETA: DIABETES MELLITUS

jueves, 26 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Harina de habas + 02 panes + queso de chanco									
Harina de Hab	30.00	100.00	7.29	0.57	17.88	29	5.13	71.52	105.81
Canola entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
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	186.96
								VC DES.	375.44
								%DIST. D	22.98
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	233.62
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	532.75
Tomate	60.00	90.00	0.36	0.09	1.94	1	0.61	7.74	8.99
Papinito o Pe	80.00	72.00	0.29	0.06	1.50	1	0.52	5.99	7.66
Sal	12.00	100.00	0.14	0.08	0.86	1	0.54	3.94	5.05
Lchuga 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	6.08	1	2.48	20.31	24.12
Aji colorado s	3.00	68.00	0.14	0.16	1.20	1	1.43	4.79	6.79
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
Peruñil	5.16	50.00	0.12	0.02	0.17	0	0.16	0.67	1.33
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Vinagre	7.00	100.00	0.00	0.07	0.36	0	0.83	1.40	2.03
Naranja	160.00	98.00	1.88	0.31	17.1	8	2.82	68.36	78.71
								VC DES.	951.52
								%DIST. D	58.25
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
Canola entera	0.30	54.00	0.00	0.00	0.14	0.01	0.01312	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0.00	0.00097	0.05	0.05
Pan de labran	35.00	100.00	3.36	0.11	25.13	13.44	0.946	100.82	114.91
Leche evapor	35.00	100.00	2.45	2.84	3.82	10	25.52	15.26	50.58
									306.50
									18.76
			84.28	18.59	282.26				
			337.14	167.27	1128.06				
			20.64	10.24	69.12				
					100.00			VCT MEN	1633.46


Lider N. Gonzaga Vega
 ADMINISTRADOR


Lidia Elizabet del Rosario Alarcos Correa
 NUTRICIONISTA
 C.R.P. 3579



viernes, 27 de julio de 2018

ALIMENTO	gr/per	comestible	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	An (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Té + 02 panes + huevo sancochado									
Té sin azúcar	3.00	68.00	0.00	0.00	0.01	0.01	0	0.03	0.04
Canela entera	0.10	100.0	0.00	0.00	0.06	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
Pan de lebrán	60.00	100.0	5.76	0.18	43.06	23.04	1.62	172.32	196.98
Sal	18.00	100.00	0.22	0.09	1.48	1	0.81	5.90	7.58
Huevo de gall	60.00	98.00	7.94	4.94	1.06	32	44.45	4.23	80.44
									285.45
									13.06
ALMUERZO: Matasquita de pollo , arroz, fruta y refresco									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	87.58
Papa blanca	150.0	93.00	2.93	0.14	51.11	12	1.26	124.43	137.41
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	12.00	100.00	0.14	0.06	0.96	1	0.54	3.94	5.05
Tomate	60.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Ajos	12.00	80.00	0.54	0.08	2.92	2	0.69	11.67	14.52
Ají colorado s	5.00	92.00	0.32	0.36	2.70	1	3.23	10.80	15.32
Aceite vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Cebolla de cal	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	35.00	79.00	0.17	0.14	2.54	1	1.24	10.38	12.08
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
					V.C. ALMUERZO				1124.48
					% DISTR. ALMUERZO				51.45
CENA: Guiso de pollo con verduras ,arroz,infusion									
Carne de Pollo	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	87.58
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Arvejas frescas	30.00	54.00	1.15	0.10	3.06	5	0.87	12.18	17.66
Zanahoria	30.00	79.00	0.14	0.12	2.18	1	1.07	8.72	10.36
Acelgas, hojas	100.00	61.00	1.34	0.18	3.23	5	1.65	12.93	18.95
Cebolla de cal	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	0.06	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				775.80
					% DIST.CENA				38.49
	VCT (Gr.)		85.10	44.75	388.64				
	VCT (Kcal.)		348.38	402.79	1442.56				
	VCT (%)		16	18	66	V.C.T. MENU			2185.73
					100.00				



Lidier N. Canaza Vega
 ADMINISTRADOR

Lidier N. Canaza Vega
 NUTRICIONISTA
 C.N.E. 3479

viñedo, 28 de julio de 2018



Lic. Elizabeth del Rosario Abreu Cordero
NUTRICIONISTA
C.N.P. 3978

DIETA: DIABETES MELLITUS

domingo, 29 de julio 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 , mortadela									
Sémola de Tr	35.00	100.00	8.83	3.75	18.83	27	33.71	75.32	138.33
Vainilla	0.16	100.00	0.00	0.00	0.03	0	0.00	0.11	0.12
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
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	5.78	0.18	43.08	23	1.62	172.32	196.98
								VC DES.	410.28
								%DIST. D	18.04
ALMUERZO: Guiso de fideos con pollo , arroz, fruta y refresco									
Carne de Pol	100.00	85.00	17.51	3.06	0.00	70	27.54	0.00	97.58
Fideos	80.00	100.00	7.52	0.16	62.56	30	1.44	250.24	281.76
Papa blanca	100.0	82.00	1.72	0.08	18.29	7	0.74	73.14	80.77
Arroz Pilado c	150.00	100.00	12.30	0.75	116.70	49	6.75	466.80	522.75
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Tomate	30.00	79.00	0.19	0.05	1.02	1	0.43	4.08	5.26
Ajos	8.00	80.00	0.38	0.05	1.95	1	0.46	7.78	9.68
Acetia vegetal	10.00	100.00	0.00	10.00	0.00	0	90.00	0.00	90.00
Cebolla de ca	60.00	67.00	0.58	0.08	4.54	2	0.72	18.17	21.15
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
Naranja	150.00	98.00	1.76	0.29	16.0	7	2.65	64.09	73.79
								VC DES.	1197.17
								%DIST. D	52.68
CENA: Arroz con huevo sancochado; ensalada + infusion									
Huevo de gall	55.00	98.00	7.28	4.53	0.97	29	40.75	3.88	73.74
Arroz Pilado c	100.00	100.00	8.20	0.50	77.80	33	4.50	311.20	348.50
Acetia vegetal	20.00	100.00	0.00	20.00	0.00	0	180.00	0.00	180.00
Sal	8.00	100.00	0.10	0.04	0.66	0	0.36	2.62	3.37
Lechuga redol	100.00	50.00	0.65	0.10	1.05	3	0.90	4.20	7.70
Cebolla de ca	80.00	67.00	0.75	0.11	6.06	3	0.98	24.23	28.19
Tomate	50.00	79.00	0.32	0.08	1.70	1	0.71	6.79	8.77
Sillao	12.00	100.00	1.36	1.15	0.12	5	10.37	0.48	16.27
								VC DES.	666.54
								%DIST. D	29.31
			78.65	51.00	377.10				
			305.61	458.99	1508.38				
			13.48	20.18	68.33				
					100.00			VCT	2273.98

Lider N. Gama Vega
NUTRICIONISTA

Lider N. Gama Vega
NUTRICIONISTA
C.N.P. 2878



lunes, 30 de julio de 2018

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Lic. Elisavinda del Rosario Alarcón Céspedes
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DIETA: DIABETES MELLITUS

martes, 31 de julio de 2018

ALIMENTO	gr/per	comestib	PROT	GRASA	CHO	VALOR CALORICO (KCAL)			DIST.CAL %
	(g)	%	As (g)	(g)	(g)	PROT	GRASAS	CHO	POR MENU
DESAYUNO: Cebada con leche + 02 panes + queso de chanco									
Cebada harina	30.00	100.00	5.64	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	0.16	0	0.02	0.66	0.69
Clavo de olor	0.10	65.00	0.00	0.00	0.01	0	0.00	0.06	0.06
Queso de cha	30.00	100.00	6.03	5.19	0.30	24.12	46.71	1.20	72.03
Pan de labran	60.00	100.00	5.76	0.18	43.08	23	1.82	172.92	196.98
								VC DES.	480.56
								%DIST. D	27.04
Almuerzo: Tallarines rojos con pollo, refresco y fruta									
Fideos tallarin	150.0	100.00	14.25	0.15	104.40	57	1.35	417.60	476.95
Carne de Pollo	160.00	85.00	28.02	4.90	0.00	112	44.06	0.00	156.13
Tomate	80.00	99.00	0.63	0.16	3.41	3	1.43	13.62	17.58
Cebolla de ca	100.0	60.00	0.84	0.12	6.78	3	1.08	27.12	31.56
Zanahoria	80.00	79.00	0.38	0.32	5.81	2	2.84	23.26	27.62
Hongos	0.04	54.0	0.00	0.00	0.00	0	0.00	0.01	0.01
Laurel	0.04	54.0	0.00	0.00	0.00	0	0.01	0.02	0.04
Ajos	3.00	80.00	0.13	0.02	0.73	1	0.17	2.92	3.63
Acetate vegetal	15.00	100.00	0.00	15.00	0.00	0	135.00	0.00	135.00
Aji colorado s	8.00	68.00	0.38	0.42	3.19	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	1.68
Plátano de se	160.0	92.00	2.21	0.44	30.91	9	3.97	123.63	136.45
								VC DES.	1042.19
								%DIST. D	56.96
CENA Mazamorra de frutas + 01 pan									
Mandioca	45.00	100.00	2.66	0.10	34.70	12	1.62	138.78	151.92
Piña	15.00	75.00	0.05	0.02	1.10	0	0.20	4.41	4.79
Manzana de a	20.00	100.00	0.06	0.02	2.92	0	0.18	11.68	12.10
Pan de labran	35.00	100.00	3.36	0.11	25.13	13	0.85	100.52	114.91
Canela entera	0.30	54.00	0.00	0.00	0.14	0	0.01	0.55	0.57
Clavo de olor	0.10	54.00	0.00	0.00	0.01	0	0.00	0.05	0.05
								VC DES.	284.34
								%DIST. D	16.00
			75.79	33.89	292.68				
			303.15	303.20	1170.73				
			17	17	66				
					100.00				
									1777.08



Lider R. Conaza Vega
ALIMENTADOR

Lic. Elizabeth del Rosario Alvarado Cuyaj
NUTRICIONISTA
C.N.P. 3975