

Universidad  
del  
Sureste  
Nutrición

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Supernotas

Ana ortiz R.

# Notación

$$S = F$$

$$P = 68.3$$

$$T = 1.49$$

$$E = 22 \text{ años}$$

$$IM \frac{68.3}{1.49^2} = \frac{68.3}{2.2} = 31.0$$

$$655.1 + (9.6 \times 68.3) + (1.85 \times 149) - (4.68 \times 22)$$

$$655.1 + 655.68 + 275.65 - 102.96$$

$$1586.43 - 102.96 = 1483.47$$

$$GEB = 1483.47$$

$$1483.47 \times 20\% = 296.69$$

$$LIC = 31.0 = \text{Obesidad I}$$

$$10 \times 1483.47 = 14834$$

$$\text{Act. Física} = 296.69$$

$$ETA = 148.34$$

$$GET = 1928.5$$

$$1483.47 + 296.69 + 148.34 = 1928.5$$

Nut	%	Kcal	gr	1/8	2/8
Pr	14	272	68	8	16
Hc	60	1161	290	36	72
lip	26	495	55	7	14
tota	100	1928			

$$Pr \ 1.0 \times 68.3 = 68.3$$

$$100 \times 272 \div 1928 = 14.1$$

$$lip \ 0.8 \times 68.3 = 54.6$$

$$100 \times 1161 \div 1928 = 60.2$$

$$100 \times 495 \div 1928 = 25.6$$

$$Pr = 68 \times 4 = 272$$

$$68 \div 8 = 8.5 \times 2 = 16$$

$$lip = 55 \times 9 = 495$$

$$290 \div 8 = 36.25 \times 2 = 72$$

$$272 + 495 - 1928 = \frac{1161}{4} = 290$$

$$55 \div 8 = 6.875 \times 2 = 14$$

# Notación

$$S = F$$

$$P = 70.1$$

$$T = 1.62$$

$$\text{Edad} = 35$$

$$\frac{70.1}{1.62^2} = \frac{70.1}{2.6} = 26.9$$

$$\text{GEB} = 1459.76$$

$$\text{IMC} = 26.9 \text{ SBP}$$

$$\text{Act Física} = 291.9$$

$$\text{ETA} = 145.9$$

$$\text{GET} = 1897.5$$

$$655.1 + (9.6 \times 70.1) + (1.85 \times 162) - (48 \times 35)$$

$$655.1 + 672.96 + 299.7 - 1680$$

$$1627.76 - 1680 = 1459.76$$

$$20 \times 1459.76 = 2919.52$$

$$10 \times 1459.76 = 1459.76$$

$$291.9 + 145.9 + 1459.76 = 1897.56$$

Nut	%	Kcal	gr	1/8	2/8
Pr	15	280	70	9	18
HC	59	1113	278	35	70
Lip	26	504	56	7	14
total	100	1897.5			

$$\text{Pr. } 1.0 \times 70.1$$

$$\text{Lip } 0.8 \times 70.1$$

$$280 \times 100 \div 1897.5 = 14.75$$

$$1113 \times 100 \div 1897.5 = 58.6$$

$$504 \times 100 \div 1897.5 = 26.5$$

$$\text{pp} = 70 \times 4 = 280$$

$$\text{lip} = 56 \times 9 = 504$$

$$70 \div 5$$

$$278 \div 6$$

$$56 \div 5$$

$$280 + 504 - 1897.5 = \frac{1113}{4} = 278$$

# Nutrición

$$S = F$$

$$P = 65.4$$

$$T = 1.62$$

$$F = 27$$

$$\frac{65.4}{1.62^2} = \frac{65.4}{2.6} = 25.1$$

$$GEB = 1453.04$$

$$IMC = 25.1 \text{ SBP}$$

$$Act. Floica = 290.6$$

$$ETA = 145.3$$

$$GEB = 1888.9$$

$$655.1 + (9.6 \times 65.4) + (1.85 \times 1.62) - (7.8 \times 27)$$

$$655.1 + 627.84 + 299.4 - 210.6$$

$$1582.64 - 210.6 = 1453.04$$

$$20\% \times 1453.04 = 290.6$$

$$10\% \times 1453.04 = 145.3$$

$$290.6 + 145.3 + 1453.04 = 1888.94$$

Not	%	Kcal	gr	1/8	2/8
Pr	14	260	65	8	15
Hc	61	1161	290	36	72
lip	25	468	52	6	12
total	100	1888.9			

$$1.0 \times 65.4$$

$$0.8 \times 65.4$$

$$65 \times 4$$

$$52 \times 9$$

# Nutrición

$$S = F$$

$$P = 80$$

$$T = 1.56$$

$$E = 44$$

$$\frac{80}{1.56^2} = \frac{80}{2.4} = 33.3$$

$$GEB = 1500.2$$

$$IMC = 33.3 \text{ OBI}$$

$$Act \text{ física} = 150.05$$

$$ETA = 150.05$$

$$GET = 1800.5$$

$$655.1 + (9.6 \times 80) + (1.85 \times 156) - (9.8 \times 44)$$

$$655.1 + 768 + 288.6 - 411.2$$

$$1711.7 - 411.2 = 1500.5$$

$$10 \times 1500.5 = 15000.5$$

$$10 \times 1500.5 = 15000.5$$

$$150.05 + 150.05 + 1500.5 = 1800.6$$

Nut	g/día	Kcal	gr	1/8	2/8
Pr	18	320	30	10	20
Hc	50	905	226	28	56
Lip	32	576	64	8	16
total	100	1800.6			

$$1.0 \times 80$$

$$0.8 \times 80$$

$$80 \times 4 =$$

$$64 \times 9 =$$

# Notación

$$S = M$$

$$P = 77.8$$

$$T = 1.72$$

$$F = 41$$

$$MTC = \frac{77.8}{1.72} - \frac{77.8}{2.09} = 26.8$$

$$MTC = 26.8 \text{ SBP}$$

$$GEB = 1732.03$$

$$Act.F = 346.4$$

$$ETA = 173.2$$

$$GET = 2251.6$$

$$66.5 + (15.75 \times 77.8) + (5.08 \times 172) - (6.78 \times 41)$$

$$66.5 + 1069.75 + 873.76 - 277.98 = 2010.01 - 277.98 = 1732.03$$

$$20\% \cdot 1732.03 = 346.4$$

$$10\% \cdot 1732.03 = 173.2$$

$$346.4 + 173.2 + 1732.03 = 2251.6$$

NOT	%	Kcal	g <sub>v</sub>	1/8	2/8
Pr	14	312	78	10	20
Hc	61	1382	345	43	86
Lip	25	558	62	8	16
total	100	2251.6			

$$1.0 \times 77.8$$

$$0.8 \times 77.8$$

$$78 \times 4 =$$

$$62 \times 9 =$$

# Nutrición

S=M

P = 89

T = 1.69

E = 23

$$IMC = \frac{89}{1.69^2} = \frac{89}{2.8} = 30.6$$

IMC = 30.6 OBI

GEB = 1992.83

ATF = 199.2

ETA = 199.2

GET = 2391.2

$$66.5 + (15.75 \times 89) + (5.08 \times 169) - (6.78 \times 23)$$

$$66.5 + 1223.75 + 858.52 - 155.94$$

$$2148.77 - 155.94 = 1992.83$$

10% 1992.83 = 199.283 | 1992.83 - 2391.2

10% 1992.83 = 199.283

Nut	%	Kcal	gr	1/8	2/8
P	15	356	89	11	22
HC	58	1296	319	44	88
lip	27	639	71	9	18
total	100	2391.2			

# Notación

$$S = 17$$

$$|PK| = 31.2 \text{ OBI}$$

$$P = 103$$

$$GEB = 2165.23$$

$$T = 1.82$$

$$Act F = 216.32$$

$$E = 36$$

$$ETA = 216.32$$

$$G_{FT} = 2595.8$$

$$\frac{103}{1.82} - \frac{103}{3.3} = 31.2 \text{ OBI}$$

$$66.5 + (13.75 \times 103) + (5.08 \times 182) - (6.78 \times 36)$$

$$66.5 + 1416.25 + 9245.6 - 244.08$$

$$12407.3 + 244.08 = 2163.23$$

$$10\% \cdot 2163.23 = 216.32$$

$$10\% \cdot 2163.23 + 216.32 = 2595.8$$

Not	%	Kra	Gr	%	2/8
Pr	16	412	103	13	26
Hc	56	1446	361	45	90
lip	28	738	82	10	20
total	100	2596			

$$0.1 \times 103$$

$$0.8 \times 103$$



# Notación

$$\begin{aligned}
 S &= M \\
 P &= 99 \\
 T &= 1.52 \\
 E &= 32
 \end{aligned}$$

$$\begin{aligned}
 IME &= 43 \text{ OB III} \\
 GEB &= 1982.95 \\
 A.F. &= 198.29 \\
 ETA &= 198.29 \\
 GET &= 2379.53
 \end{aligned}$$

$$\begin{aligned}
 &66.5 + (13.75 \times 99) + (5.08 \times 152) - (6.78 \times 32) \\
 &66.5 + 1361.25 + 772.16 - 216.96 \\
 &2199.91 - 216.96 = 1982.95
 \end{aligned}$$

$$IMC = \frac{99}{1.52^2} = \frac{99}{2.3} = 43.0$$

$$\begin{aligned}
 10\% \ 1982.95 &= 198.29 = 2379.53 \\
 10\% \ 1982.95 &
 \end{aligned}$$

Not	%	Kcal	gr	1/8	2/8
Pr	17	398	99	12	24
Hc	53	1272	313	40	80
Lip	30	711	79	10	20
Total	100	2379.5			