

# NUTRICIÓN

Sexo : Femenino

$$IMC = \frac{68.3}{1.49^2} = 31.1$$

Talla : 1.49

$$1.49^2$$

Peso : 68.3

Obesidad I

Edad : 22 años

$$665.7 + (9.6 \times 68.3) + (185 \times 1.49) - (4.68 \times 22) =$$

$$665.1 + 665.68 + 275.55 - 102.96 = 1493.38$$

$$1493.38 \times 20\% = 298.68 \text{ Actividad Física}$$

$$10 \times 1493.38 = 14933.8 \text{ -ETA}$$

$$14933.38 + 298.68 + 14933.38 = 29965.44$$

NUt	%	Kcal	gr	l/g	z/g
Prot.	14	272	68	8	16

Hc.	60	1167	290	56	72
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Lp.	26	495	55	7	14
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Total.	100	1928			
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$$GER = 14933.38$$

$$ETA = 14933.38$$

$$GET = 29965.44$$

Sexo = Femenino

Peso = 70.7

$$IMC = \frac{70.7}{(1.62)^2} = 26.9$$

Talla = 1.62

Edad = 55

SBP

$$655.7 + (9.6 \times 70.7)(7.85 \times 1.62) - (4.68 \times 55)$$

$$655.7 + 672.96 + 299.3 - 168$$

$$1627.76 - 168 = \underline{1459.76}$$

$$297.9 + 145.9 + 7459.76 = 70 \times 1459.76 = \underline{145.9}$$

$$\underline{1897.56}$$

NOT	%	Kcal	gr	g/l	2/l
Prot	15	280	70	9	18
Ac	59	1113	278	35	70
Lip	26	504	56	7	14
Total	100	1897.5			

GETB = 1459.76

Actividad Fisica = 291.9

ETA = 145.7

GET = 1897.5

SBP  
le e  
S  
Q

Sexo: Femenino

Peso: 65.41

$$IMC = \frac{65.41}{(1.62)^2} = 25.1$$

Talla: 1.62

Edad: 27

(SBP)

$$665.1 + (9.6 \times 65.41) + (1.05 \times 162) - (4.0 \times 27) \\ 665.1 + 627.94 + 290.7 - 108.0 \\ 1582.64 - 108.0 = 1474.64$$

$$201 \times 1474.64 = 296402.64$$

$$10 \times 1474.64 = 14746.4 \\ 296402.64 + 14746.4 = 311149.04$$

NOT	%	Kcal	gr	%	218
Pr	14	260	65	8	76
Hc	67	1161	290	36	72
Gp	23	1168	52	6	12
Total	100	311149			

GETB 14746.4

$$\text{Actividad física} = 296402.64$$

ETA 14746.4

GET 311149.04

Sexo = Femenino

Peso = 80

$$IMC = \frac{80}{(7.56)^2} = 33.3$$

Talla = 7.56

Edad = 44

OBI

$$665.1 + (9.5 \times 8) + (7.85 \times 756) - (4.09 \times 44)$$

$$665.1 + 768 + 388.6 - 211.2 = 1500.5$$

$$10 \times 1500.5 = 15005$$

$$20 \times 1500.5 = 3001$$

$$1500.03 + 300.1 + 1500.3 = 1980.65$$

Nut	%	Kcal	gva	1g	2g
Pro	18	320	80	70	20
Hc	30	905	226	20	86
Lip	32	576	64	8	16
total	100	1800.6			

# NUTRICIÓN

Sexo = Masculino

Peso = 99

$$IMC = \frac{99}{(1.52)^2} = 39.39$$

Talla = 1.52

Edad = 32

10B11

$$66.5 + (73.75(99)) + 5.08(1.52) - 6$$

$$66.5 + 1361.25 + 772.16 - 216.96 = 1982.95 \text{ kcal}$$

$$10\% \times 1982.95 = 198.29 \text{ AC}$$

$$20\% \times 1982.95 = 396.59 \text{ ETA}$$

$$1982.95 + 198.29 + 396.59$$

$$\boxed{2379.53}$$

Not	%	Kcal	gra	18	218
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Prot	17	3070	99	12	241
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Hc	53	7272	318	40	80
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lip	30	711	79	20	40
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Total	100	2379			
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GEB = 1982.95 kcal

GEB = 2379.53

Sexo = Masculino

Peso = 703

Talla = 1.82

Edad = 36

$$MCC = \frac{703}{(1.82)^2} = 31.11$$

10311

NGA	1	Kcal	g	1/8	2/8
Prot	76	412	703	13	26
Hc	56	1416	361	40	90
lip	28	738	82	70	20
Total.	100	2596			

$$66.5 + 73.75(703) + 5.00(1.82) - 6.78(36) \\ 66.5 + 1416.23 + 924.36 - 244.08 \\ 2,163.23$$

$$10\% \times 2163.23 = 216.32 \text{ Act F\u00f3rma} \\ 10\% \times 2163.23 = 216.32 \text{ ETA}$$

$$GAT = 2595.87 \text{ kcal}$$

$$GEB = 2,163.23 \text{ kcal}$$

Sexo = masculino

Peso = 89

IM =  $\frac{89}{(1.69)^2} = 31.2$

Talla = 1.69

Edad = 23

(OBI)

$$66.5 + \frac{73.75(89)}{23} + 5.0 \times 169 - 6.78 \times$$

$$66.5 + 1223.45 + 858.52 - 755.94$$

1992.83

$$10.1 \cdot 1992.83 = 199.28 \text{ Act } \frac{\text{Kcal}}{\text{kg}}$$

199.28 ETA

$$1992.83 + 199.28 + 199.28$$

2391.39

Nut	%	Kcal	g	kg	g
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Prot	15	356	89	11	22
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Hc	58	7396	349	411	88
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Lip	27	639	71	9	18
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Total	100	2391			
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$$GEB = 1992.83$$

$$GET = 2391.39$$

Sexo = Masculino

Peso = 77.8 kg

$$IMC = \frac{77.8}{(1.72)^2} = 26.8$$

Talla = 1.72

Edad = 41 años

(SBP)

$$66.5 + 13.75 \times 77.8 + 5.00 \times 1.72 - 6.78 \times 41$$

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

$$0.20 \times 1732.03 = 346.40 \text{ ACT}$$

$$0.107 \times 1732.03 = 173.20 \text{ ETA}$$

$$1732.03 + 346.40 + 173.20 = 2251.63$$

Nut	%	Kcal	gva	lip	car
Prot	14	312	78	10	20
Hc	61	1382	345	43	86
lip	25	558	62	8	16
Total	100%	2252			