

$$\begin{aligned}
 S &= F \\
 P &= 68.3 \\
 T &= 1.49 \\
 E &= 22
 \end{aligned}$$

$$IMC = \frac{68.3}{(1.49)^2} = 31$$

$$IMC = 31 \quad Px = 0.8 \text{ I}$$

GCB

$$Act = F_r =$$

$$ETA =$$

$$GET =$$

$$GEB = 655.1 + (9.6 \times 68.3) + (1.85 \times 1.49) - (4.68 \times 22)$$

$$GEB = 655.1 + 655.68 + 275.65 - 102.96$$

$$GEB = 1483.47$$

$$Act = F = 1483.47 \times .2 = 296.69$$

$$ETA = 0.1 \times 1483.47 = 148.34$$

$$GET = 1483.47 + 296.69 + 148.34$$

$$GET = 1928.5$$

nut	%	Kcal	gr	1/8	2/8
Prot	14	272	68	8	16
H.K.	60	1161	290	36	72
lip	26	495	55	7	14
Total	100%	1928			

$S = F$
 $P = 80$
 $T = 1.56$
 $E = 44$

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

$IMC = 33.3$ $D_x = 0.8 I$
 $GEB = 1500.5$
 $Act F =$
 $ETA =$
 $GET =$

$$GEB = 655.1 + (9.6 \times 80) + (1.85 \times 56) - 4.8 - 44$$

$$GEB = 655.1 + 768 + 288.6 - 211.2$$

$$GEB = 1500.5$$

$$Act F = 0.1 \times 1500.5 = 150.05$$

$$ETA = 0.1 \times 1500.5 = 150.05$$

$$GET = 1500.5 + 150.05 + 150.05$$

$$GET = 1800.6$$

Prot	%	kcal	gr	Vg	Ug
Prot	13	320	80	10	20
H-c-	30	905	226	28	56
lip	32	576	64	8	16
Total	100	1800			

$$\begin{aligned}
 S &= F \\
 P &= 65.4 \\
 T &= 162 \\
 E &= 27
 \end{aligned}$$

$$IMC = \frac{65.4}{(162)^2} = \frac{65.4}{2.6} = 25.1$$

$$IMC = 25.1 \quad Dx = SBP$$

GEB =

Act. F =

ETA =

GET =

$$GEB = 655.1 + (9.6 \times 65.4) + (1.85 \times 162) - (4.8 \times 27)$$

$$GEB = 655.1 + 627.84 + 299 - 129.6$$

$$GEB = 1453.04$$

$$Act. F = 0.2 \times 1453.04 = 290.6$$

$$ETA = 0.1 \times 1453.04 = 145.304$$

$$GET = 1453.04 + 145.3 + 290.6$$

$$GET = 1888.9$$

nut =	%	kcal	g _{sa}	u ₈	u ₈
Prot	14	260	65	8	16
blac	61	1161	290	36	72
lip	25	468	52	6	12
Total	100%	1888			

$$S = F$$

$$P = 70.1$$

$$T = 162$$

$$G = 35$$

$$IMC = \frac{70.1}{(162)^2} = \frac{70.1}{26} = 26.7$$

$$IMC = 26.7 \text{ Dx} = \text{SBP}$$

$$GEB = 1959$$

$$\text{Act F.} = \checkmark$$

$$\text{ETA} = \checkmark$$

$$\text{GET} = \checkmark$$

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

$$GEB = 655.1 + 6.72x + 299.3 - 168$$

$$GEB = 1450.70$$

$$\text{Act} = 0.2 \times 1959 = 291.8$$

$$\text{ETA} = 1952 \times 0.1 = 749 = 189.751$$

$$\text{GET} = 20 \times \frac{1}{100} \times 50 \text{ SE v. fig. 9}$$

acta 100 10 v. fig. 9

$$\text{GET} = 1897.5$$

		gr	118	218	%
Mut	Kcal				
Prot	280	70	9	18	15
H.C.	1113	278	35	70	59
lip.	304	56	7	14	26
Total	1877				100%

$$S = H$$

$$P = 99$$

$$T = 152$$

$$E = 32$$

$$IMC = \frac{99}{(1.52)^2} = \frac{99}{2.31} = 39.39$$

$$IMC = 39.39 \quad D_x = 0.8 \text{ II}$$

$$GEB = 1982.95 \text{ kcal}$$

$$Act. F = 198.29$$

$$ETA = 198.29$$

$$GET = 2379.53$$

$$GEB = 66.5 + 13.75(99) + 5.08(152) - 6.78(32)$$

$$GEB = 66.5 + 1361.25 + 772.16 - 216.96$$

$$GEB = 1982.95 \text{ kcal}$$

$$Act. F = 0.1 \times 1982.95 = 198.29$$

$$ETA = 0.1 \times 1982.92 = 198.29$$

$$GET = 1982.95 + 198.29 + 198.29$$

$$GET = 2379.53$$

Mat	%	Kal	Gra	1/8	2/8
Prot	17	396	99	12	24
H.C.	53	1272	318	40	80
lip.	30	711	79	20	40
Total	100%	2379			

$$S = H$$

$$P = 103$$

$$F = 1.82$$

$$E = 36$$

$$IMC = \frac{103}{(1.82)^2} = \frac{103}{3.31} = 31.11$$

$$IMC = 31.1 \quad D_x = 0.8 \text{ I}$$

$$GEB = 2163.23$$

$$\text{Act. F} = 216.32$$

$$ETA = 216.32$$

$$GET = 2592.87 \text{ kcal}$$

$$GEB = 66.5 + 13.75(103) + 5.08(182) - 6.78(36)$$

$$GEB = 66.5 + 1416.25 + 924.56 - 244.08$$

$$GEB = 2163.23$$

$$\text{Act. F} = 0.1 \times 2163.23 = 216.32$$

$$ETA = 0.1 \times 2163.23 = 216.32$$

$$GET = 2163.23 + 216.32 + 216.32$$

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

nut	%	kcal	gms	1/8	2/8
Prot	16	412	103	13	26
H.C.	56	1446	361	45	90
lip	28	738	82	10	20
Total	100%	2596			

$$\begin{aligned}
 S &= 14 \\
 P &= 89 \\
 T &= 1.69 \\
 G &= 23
 \end{aligned}$$

$$IMC = \frac{89}{(1.69)^2} = \frac{89}{2.85} = 31.2$$

$$IMC = 31.2 \quad D_x = 0.8 \text{ I}$$

$$GEB = 1992.83$$

$$Act. F. = 199.28$$

$$ETA = 199.28$$

$$GET = 2391.39 \text{ kcal}$$

$$GEB = 66.5 + 13.75(89) + 5.08(169) - 6.78(23)$$

$$GEB = 66.5 + 1273.75 + 858.52 - 155.94$$

$$GEB = 1992.83$$

$$Act. F. = 0.1 \times 1992.83 = 199.28$$

$$ETA = 0.1 \times 1992.83 = 199.28$$

$$GET = 1992.83 + 199.28 + 199.28$$

$$GET = 2391.39$$

Nut	%	Kcal	Gram	1/8	2/8
Prot	15	356	89	11	22
H.C.	58	1396	349	44	88
Lip	27	639	71	9	18
Total	100%	2391			

S = M
P = 77.8 kg
T = 1.72 m
E = 41 años

$$IMC = \frac{77.8}{(1.72)^2} = \frac{77.8}{2.9} = 26.8$$

$$IMC = 26.8 \Rightarrow \text{SBP}$$

$$GEB = 1732.03$$

$$\text{Act. E} = 346.40$$

$$ETA = 173.20$$

$$GET = 2251.63$$

$$GEB = 66.5 + 13.75(77.8) + 5.08(172) - 6.78(41)$$

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

$$GEB = \underline{1732.03}$$

$$\text{Act. E} = 0.2 \times 1732.03 = \underline{346.40}$$

$$ETA = 0.1 \times 1732.03 = \underline{173.20}$$

$$GET = 1732.03 + 346.40 + 173.20$$

$$GET = \underline{2251.63}$$

Not	%	Kcal	g ra	4/8	2/8
Prot.	14	312	78	10	20
H.C.	61	1382	345	43	86
l.p	25	558	62	8	16
Total	100%	2252			