**LICENCIATURA EN NUTRICIÓN**

**Planeación Dietetica**

**CALCULOS Y MENÚS**

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **1800KCL** | **Subgrupo** | **Energía** | **Proteína** | **Lípidos** | **Carbohidratos** | **Equivalencias** |
| Verduras |   | 100 | 8 | 0 | 16 | 4 |
| Frutas |   | 300 | 0 | 0 | 75 | 5 |
| Cereales y tuberculos | a. sin grasa | 560 | 16 | 0 | 120 | 8 |
| b.con grasas | 0 | 0 | 0 | 0 |   |
| Leguminosas |   | 120 | 8 | 1 | 20 | 1 |
| A0A | a.muy bajo aporte de grasa | 0 | 0 | 0 | 0 |   |
| b.bajo aporte de grasa | 55 | 7 | 3 | 0 | 1 |
| c.moderado aporte de grasa | 150 | 14 | 10 | 0 | 2 |
| d.alto aporte de grasa | 0 | 0 | 0 | 0 |   |
| Leche | a.descremada | 95 | 9 | 2 | 12 | 1 |
| b.semidescremada | 0 | 0 | 0 | 0 |   |
| c.entera | 0 | 0 | 0 | 0 |   |
| d. con azúcar | 0 | 0 | 0 | 0 |   |
| Aceites y Grasas | a. sin proteina | 135 | 0 | 15 | 0 | 3 |
| b.con proteina | 210 | 9 | 15 | 9 | 3 |
| Azúcares | a. sin grasa | 80 | 0 | 20 | 20 | 2 |
| b.con grasas | 0 | 0 | 0 | 0 |   |
| Alimentos libre de energía |   | 0 | 0 | 0 | 0 |   |
| Bebidas alcholicas  |   | 0 | 0 | 0 | 0 |   |
| **TOTAL** |   | 1805 | 71 | 66 | 272 |   |

**MUJERES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2000KCL** | **Subgrupo** | **Energía** | **Proteína** | **Lípidos** | **Carbohidratos** | **Equivalencias** |
| Verduras |   | 100 | 8 | 0 | 16 | 4 |
| Frutas |   | 300 | 0 | 0 | 75 | 5 |
| Cereales y tuberculos | a. sin grasa | 700 | 20 | 0 | 150 | 10 |
| b.con grasas | 0 | 0 | 0 | 0 |   |
| Leguminosas |   | 240 | 16 | 2 | 40 | 2 |
| A0A | a.muy bajo aporte de grasa | 0 | 0 | 0 | 0 |   |
| b.bajo aporte de grasa | 110 | 14 | 6 | 0 | 2 |
| c.moderado aporte de grasa | 150 | 14 | 10 | 0 | 2 |
| d.alto aporte de grasa | 0 | 0 | 0 | 0 |   |
| Leche | a.descremada | 0 | 0 | 0 | 0 |   |
| b.semidescremada | 0 | 0 | 0 | 0 |   |
| c.entera | 0 | 0 | 0 | 0 |   |
| d. con azúcar | 0 | 0 | 0 | 0 |   |
| Aceites y Grasas | a. sin proteina | 225 | 0 | 25 | 0 | 5 |
| b.con proteina | 140 | 6 | 10 | 6 | 2 |
| Azúcares | a. sin grasa | 40 | 0 | 0 | 10 | 1 |
| b.con grasas | 0 | 0 | 0 | 0 |   |
| Alimentos libre de energía |   | 0 | 0 | 0 | 0 |   |
| Bebidas alcholicas  |   | 0 | 0 | 0 | 0 |   |
| **TOTAL** |   | 2005 | 78 | 53 | 297 |   |
|  |  | 2000 | 75 | 55 | 300 |  |

**HOMBRES**