***UNIVERSIDAD DEL SURESTE***

***CALCULO DIETETICO***

***ITALIA YAMILETH FIGUEROA***

***MARIO PEREZ MARTINEZ***

***NUTRICION***

1800 kcal

Carbo-60%-270

Lípidos-450%-50

Proteínas-270%-67

Energía proteína lípidos hidratos carb. Equivalente

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Verduras | 100 | 8 | 0 | 16 | 4 |
| Frutas | 240 | 0 | 0 | 60 | 4 |
| Cereales | 560 | 18 | 0 | 135 | 8 |
| Leguminosas | 240 | 8 | 2 | 20 | 1 |
| Aoam | 110 | 14 | 6 | 0 | 2 |
| Leche descr. | 95 | 9 | 2 | 12 | 1  5 |
| Aceite s/p | 270 | 0 | 25 | 0 | 3 |
| Aceite c/p | 140 | 9 | 15 | 9 | 2 |
| azucare | 80 | 0 | 0 | 20 |  |

1835 69 50 272

2000kcal

Carbohidratos-60%-300

Lipidos25%-55

Proteínas-15%-75

Energía proteína lípidos hidratos carb. Equivalente

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Verduras | 100 | 8 | 0 | 16 | 4 |
| Frutas | 300 | 0 | 0 | 75 | 5 |
| Cereales | 560 | 16 | 0 | 120 | 8 |
| Leguminosas | 240 | 16 | 2 | 40 | 2 |
| Aoam | 125 | 21 | 15 | 0 | 3 |
| Leche descr. | 95 | 9 | 2 | 12 | 1 |
| Aceite s/p | 225 | 0 | 25 | 0 | 5 |
| Aceite c/p | 140 | 6 | 10 | 6 | 2 |
| azucare | 120 | 0 | 0 | 30 | 3 |

2005 76 54 299