



# UDS

## Mi Universidad

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*Nutrición*

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Dx de nutrición (todos los pesos).

Peso meta.

Cálculo de GEB y GET

Distribuciones.

Tabla dietas intético.

$$\text{IMC (Peso kg)} = \frac{90}{\text{talla} \times \text{talla}} = \frac{90}{1.77 \times 1.77} = \frac{90}{3.1} = 29.03 \rightarrow \text{Sobrepeso}$$

Peso ideal:

$$23 \text{ kg/m}^2 \times \text{talla (m)}^2 \quad 23 \text{ kg} \times 3.1 \text{ m}^2 = 71.3 \text{ kg}$$

Peso máximo.

$$24.99 \text{ kg/m}^2 \times \text{talla (m)}^2 \quad 24.99 \times 3.1 = 77.46 \text{ kg}$$

Peso mínimo

$$18.5 \text{ kg/m}^2 \times \text{talla (m)}^2 \quad 18.5 \times 3.1 = 57.35 \text{ kg}$$

Peso meta.

$$0.95 \times \text{peso real} \quad 0.95 \times 90 = 85.5 \text{ kg}$$

Cálculo de GEB

$$\text{Hb} = 66.47 + [(13.75 \times 85.5) + (5 \times 1.77) - (6.75 \times 58)]$$

$$\text{GEB} = 66.47 + (1175.62) + (885) - (391.5)$$

$$\text{GEB} = 2127.09 - 391.5$$

$$\text{GEB} = 1735.59 \text{ kcal basales.}$$

## Calculo ETA

$$\begin{aligned} \text{ETA } 10\% &= .10 \times \text{kcal basales} \\ &= .10 \times 1735.59 \text{ kcal} \end{aligned}$$

$$\text{ETA } 10\% = 173.55 \text{ kcal}$$

## Calculo AF

$$\text{AF} = \text{Fx de act física} \times \text{kcal basales}$$

$$\text{AF} = 1.3 \times 1735.59$$

$$\text{AF} = 2256.26 \text{ kcal}$$

$$\text{GET} = \text{ETA} + \text{AF}$$

$$\text{GET} = 2429.81 \text{ kcal totales}$$

## Distribución macros:

$$\text{HC } 55 - 60\%$$

$$\text{LP } 25 - 30\%$$

$$\text{Prot } 10 - 15\%$$

$$100\%$$

$$\text{CH}\% \times \text{kcal total} / 4 \text{ kcal/2g}$$

$$\text{LP}\% \times \text{kcal total} / 9 \text{ kcal/g}$$

$$\text{Prot}\% \times \text{kcal total} / 4 \text{ kcal/g}$$

$$\text{HC} = 60\% \times 2429.81 = 1457.88 / 4 \text{ kcal} = 364.47$$

$$\text{LP} = 25\% \times 2429.81 = 607.45 / 9 \text{ kcal} = 67.49$$

$$\text{Prot} = 15\% \times 2429.81 = 364.47 / 4 \text{ kcal} = 91.11$$

| Grupo en el sistema de equivalentes | subgrupos                   | Energía    |     | Proteína |    | Lípidos  |    | Hidratos de carbono |    | Raciones |
|-------------------------------------|-----------------------------|------------|-----|----------|----|----------|----|---------------------|----|----------|
| Verduras                            |                             | <u>25</u>  | 125 | <u>2</u> | 10 | <u>0</u> | 0  | <u>4</u>            | 20 | 5        |
| Frutas                              |                             | <u>60</u>  | 360 | <u>0</u> | 0  | <u>0</u> | 0  | <u>15</u>           | 90 | 6        |
| Cereales y tuberculos               | a. Sin grasa                | <u>70</u>  | 140 | <u>2</u> | 4  | <u>0</u> | 0  | <u>15</u>           | 30 | 2        |
|                                     | b. con grasa                | <u>115</u> | 115 | <u>2</u> | 2  | <u>5</u> | 5  | <u>15</u>           | 15 | 1        |
| Leguminosaa                         |                             | <u>120</u> | 240 | <u>8</u> | 16 | <u>1</u> | 2  | <u>20</u>           | 40 | 2        |
| Alimentos de origen animal          | a. muy bajo aporte de grasa | <u>40</u>  |     | <u>2</u> |    | <u>1</u> |    | <u>0</u>            |    |          |
|                                     | b. bajo aporte de grasa     | <u>55</u>  |     | <u>2</u> |    | <u>3</u> |    | <u>0</u>            |    |          |
|                                     | c. moderado aporte de grasa | <u>75</u>  |     | <u>2</u> |    | <u>5</u> |    | <u>0</u>            |    |          |
|                                     | d. alto aporte de grasa     | <u>100</u> |     | <u>2</u> |    | <u>8</u> |    | <u>0</u>            |    |          |
| Leche                               | a. descremada               | <u>95</u>  | 190 | <u>9</u> | 18 | <u>2</u> | 4  | <u>12</u>           | 24 | 3        |
|                                     | b. semidescremada           | <u>110</u> | 110 | <u>9</u> | 9  | <u>4</u> | 4  | <u>12</u>           | 12 | 1        |
|                                     | c. entera                   | <u>150</u> |     | <u>9</u> |    | <u>8</u> |    | <u>12</u>           |    |          |
|                                     | d. con azúcar               | <u>200</u> | 400 | <u>8</u> | 16 | <u>5</u> | 10 | <u>30</u>           | 60 | 2        |
| Aceites y Grasas                    | a. sin proteínas            | <u>45</u>  | 135 | <u>0</u> | 0  | <u>5</u> | 15 | <u>0</u>            | 0  | 3        |
|                                     | b. con proteínas            | <u>70</u>  | 420 | <u>3</u> | 18 | <u>5</u> | 30 | <u>3</u>            | 18 | 6        |
| Azúcares                            | a. Sin grasa                | <u>40</u>  | 160 | <u>0</u> | 0  | <u>0</u> | 0  | <u>10</u>           | 40 | 4        |
|                                     | b. con grasa                | <u>85</u>  |     | <u>0</u> |    | <u>5</u> |    | <u>10</u>           |    |          |
|                                     |                             | 2395       |     | 93       |    | 70       |    | 349                 |    |          |
|                                     |                             | 2430       |     | 91       |    | 67       |    | 364                 |    |          |