Cristian dieta

Día 2

Desayuno:

Leche galletas

Comida:

Arroz, pechugas empanadas, coca cola.

Postre: manzana y naranja.

Merienda:

Jamón con pan y zumo natural

Cena:

Gachas

Día 1

Desayuno :

Leche y galletas

Comida:

Macarrones, agua,

Postre: manzana

Merienda:

Gofres con leche.

Cena:

Pizza con coca cola

Día 3

Desayuno:

Leche y galletas

Comida:

Patatas fritas revueltas con huevo, zumo

Postre: plátano

Merienda:

Leche con una cucharada de azúcar

Cena:

Lasaña

DIA1

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| Resultado | |
| Indice de masa corporal (IMC) | 17.6 |
| Gasto energético basal | 1596 |
| Requerimiento calórico | 2474 |

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| **Nutriente** | **CDR** |
| Proteinas (g) | 56,00 |
| Calcio (mg) | 1.300,00 |
| Fósforo (mg) | 1.200,00 |
| Magnesio (mg) | 400,00 |
| Hierro (mg) | 12,00 |
| Zinc (mg) | 15,00 |
| Yodo (mg) | 150,00 |
| Flúor (mg) | 3.000,00 |
| Selenio (mg) | 50,00 |
| Vit. B1 Tiamina (µg) | 1,20 |
| Vit. B2 Riboflavina (µg) | 1,30 |
| Vit. B6 Piridoxina(µg) | 1,50 |
| Vit. B12 Cianocobalamina (µg) | 2,40 |
| Eq. Niacina (µg) | 16,00 |
| Ac. Fólico (µg) | 400,00 |
| Vit. C Ac. Ascórbico (µg) | 60,00 |
| Ac. Pantoténico (µg) | 5,00 |
| Biotina (µg) | 25,00 |
| Vit. A (µg Eq. de retinol) | 1.000,00 |
| Vit. D (µg) | 5,00 |
| Vit. E (mg. Eq. de alfa-tocoferol) | 10,00 |
| Vit. K (µg) | 65,00 |

DIA1

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| Energía [kcal] | 2186 |  | Calcio [mg] | 721 |  | Vit. B1 Tiamina [mg] | 1,4 |
| Proteína [g] | 68,1 |  | Hierro [mg] | 12,1 |  | Vit. B2 Riboflavina [mg] | 1,3 |
| Hidratos carbono [g] | 334 |  | Yodo [µg] | 54,0 |  | Eq. niacina [mg] | 18,9 |
| Fibra [g] | 23,9 |  | Magnesio [mg] | 216 |  | Vit. B6 Piridoxina [mg] | 0,86 |
| Grasa total [g] | 58,9 |  | Zinc [mg] | 7,1 |  | Ac. Fólico [µg] | 152 |
| AGS [g] | 30,1 |  | Selenio [µg] | 154 |  | Vit. B12 Cianocobalamina [µg] | 1,3 |
| AGM [g] | 17,1 |  | Sodio [mg] | 2329 |  | Vit. C Ac. ascórbico [mg] | 34,5 |
| AGP [g] | 7,2 |  | Potasio [mg] | 1680 |  | Retinol [µg] | 216 |
| AGP/AGS |  |  | Fósforo [mg] | 1172 |  | Carotenos [µg] | 40,6 |
| (AGP + AGM)/AGS |  |  |  |  |  | Vit. A Eq. Retinol [µg] | 379 |
| Colesterol [mg] | 148 |  |  |  |  | Vit. D [µg] | 0,015 |
| Alcohol [g] | 0 |  |  |  |  | Vit. E Tocoferoles [µg] | 3,1 |
| Agua [g] | 473 |  |  |  |  |  |  |

DIA2

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| **Valoración nutricional por ración para la relación de alimentos y cantidades indicadas** |
| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | Energía [kcal] | 2579 |  | Calcio [mg] | 286 |  | Vit. B1 Tiamina [mg] | 0,90 | | Proteína [g] | 83,4 |  | Hierro [mg] | 10,3 |  | Vit. B2 Riboflavina [mg] | 0,66 | | Hidratos carbono [g] | 394 |  | Yodo [µg] | 73,2 |  | Eq. niacina [mg] | 42,2 | | Fibra [g] | 18,9 |  | Magnesio [mg] | 201 |  | Vit. B6 Piridoxina [mg] | 1,9 | | Grasa total [g] | 70,1 |  | Zinc [mg] | 8,4 |  | Ac. Fólico [µg] | 114 | | AGS [g] | 29,4 |  | Selenio [µg] | 58,8 |  | Vit. B12 Cianocobalamina [µg] | 0,45 | | AGM [g] | 26,1 |  | Sodio [mg] | 2320 |  | Vit. C Ac. ascórbico [mg] | 47,4 | | AGP [g] | 9,3 |  | Potasio [mg] | 1569 |  | Retinol [µg] | 12,4 | | AGP/AGS |  |  | Fósforo [mg] | 1136 |  | Carotenos [µg] | 64,6 | | (AGP + AGM)/AGS |  |  |  |  |  | Vit. A Eq. Retinol [µg] | 24,5 | | Colesterol [mg] | 230 |  |  |  |  | Vit. D [µg] | 0,0090 | | Alcohol [g] | 0 |  |  |  |  | Vit. E Tocoferoles [µg] | 3,3 | | Agua [g] | 566 |  |  |  |  |  |  | |

DIA·3

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| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | Energía [kcal] | 909 |  | Calcio [mg] | 288 |  | Vit. B1 Tiamina [mg] | 0,36 | | Proteína [g] | 20,7 |  | Hierro [mg] | 4,5 |  | Vit. B2 Riboflavina [mg] | 0,49 | | Hidratos carbono [g] | 128 |  | Yodo [µg] | 23,5 |  | Eq. niacina [mg] | 9,6 | | Fibra [g] | 8,4 |  | Magnesio [mg] | 103 |  | Vit. B6 Piridoxina [mg] | 0,88 | | Grasa total [g] | 32,9 |  | Zinc [mg] | 2,6 |  | Ac. Fólico [µg] | 78,0 | | AGS [g] | 15,5 |  | Selenio [µg] | 16,5 |  | Vit. B12 Cianocobalamina [µg] | 1,1 | | AGM [g] | 10,7 |  | Sodio [mg] | 425 |  | Vit. C Ac. ascórbico [mg] | 37,7 | | AGP [g] | 4,3 |  | Potasio [mg] | 1093 |  | Retinol [µg] | 108 | | AGP/AGS |  |  | Fósforo [mg] | 348 |  | Carotenos [µg] | 252 | | (AGP + AGM)/AGS |  |  |  |  |  | Vit. A Eq. Retinol [µg] | 164 | | Colesterol [mg] | 238 |  |  |  |  | Vit. D [µg] | 0,74 | | Alcohol [g] | 0 |  |  |  |  | Vit. E Tocoferoles [µg] | 2,4 | | Agua [g] | 282 |  |  |  |  |  |  | |
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