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**  |
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| 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  |   |  |  |  |  |  |

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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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