

|  |                            |
|--|----------------------------|
| FEMEIE   |                            |
| Inaltime   | 1,65 m                     |
| Greutate   | 60 kg ( = greutate ideala) |
| ACTIVITATE FIZICA MODERATA                       |                            |
| •Gi = 165 -105=60 kg                             |                            |
| •imc = 60/(1,65x1,65) = 22,04 ( normoponderala)  |                            |
| •ne = 60 x 30 = 1800 kcal/zi                     |                            |
| •L : 30% = 540 kcal din lipide :9 = 60 grame     |                            |
| •P : 15% = 270 kcal din proteine :4= 67,5 grame  |                            |
| •G : 55% = 990 kcal din glucide :4 = 247,5 grame |                            |
| • F 14 g/1000kcal = 25,2 g                       |                            |
| • colesterol < 300 mg ( 200 mg/zi)               |                            |
| APA = 2 litri                                    |                            |

|  |         |
|--|---------|
| DIETA - 1800 kcal                      |         |
| Mic dejun = 20% din necesarul caloric  | 360     |
| Gustare 1 = 10 % din necesarul caloric | 180     |
| Pranz = 40 % din necesarul caloric     | 720     |
| Gustare 2 = 10 % din necesarul caloric | 180     |
| Cina = 20 % din necesarul caloric      | 360     |
| Total kcal                             | 1800    |
| APA                                    | 2 litri |

| ALIMENT                                       | cant in<br>grame<br>din<br>aliment | cant in<br>grame<br>de<br>Glucide | cant<br>in<br>grame<br>de<br>Lipide | cant in<br>grame<br>de<br>Proteine | cant in<br>mg de<br>coleste<br>rol | cant in<br>grame<br>de Fibre | kcal | Na<br>mg | Purine<br>mg | Fe<br>mg | Ca<br>mg |
|---|------------------------------------|-----------------------------------|-------------------------------------|------------------------------------|------------------------------------|------------------------------|------|----------|--------------|----------|----------|
| Mic Dejun                                     |                                    |                                   |                                     |                                    |                                    |                              |      |          |              |          |          |
| Musli cu fructe                               | 70                                 | 50                                | 5.8                                 | 6.8                                | 0                                  | 2.8                          | 281  | 160      |              | 3.1      | 287      |
| Lapte 1,5% grasime - ml                       | 150                                | 13.1                              | 2.3                                 | 5                                  | 9                                  | 0                            | 82   | 70       |              | 0.07     | 180      |
| Total Mic Dejun                               | 220                                | 63.1                              | 8.1                                 | 11.8                               | 9                                  | 2.8                          | 363  | 230      | 0            | 3.17     | 467      |
| Gustare 1                                     |                                    |                                   |                                     |                                    |                                    |                              |      |          |              |          |          |
| Branza de vaci cu stafide si vanilie - Raraul | 140                                | 16.1                              | 8                                   | 12                                 | 18.2                               | 0.4                          | 179  | 120      |              | 0.43     | 306      |
| Total Gustare 1                               | 140                                | 16.1                              | 8                                   | 12                                 | 18.2                               | 0.4                          | 179  | 120      |              | 0.43     | 306      |

#### Pranz

| Pranz   |       |      |      |      |       |     |     | Na     | Purine | Fe    | Ca     |
|---|-------|------|------|------|-------|-----|-----|--------|--------|-------|--------|
| Ciorba de pui total                             | 111.8 | 12.4 | 6.4  | 7    | 45.5  | 2.5 | 155 | 77.81  | 6.28   | 0.68  | 27.21  |
| -50 g legume ( morcovi, ceapa, patrunjel, telin | 50    | 5    | 0    | 0.5  | 0     | 2.1 |     | 29     | 0      | 0.17  | 15     |
| - 1 ou ( in toata ciorba de 6 portii)           | 8.3   | 0    | 1    | 1.1  | 33.6  | 0   |     | 23.33  |        | 0.31  | 8.83   |
| - 130 g pulpa pui ( fara piele)                 | 21    | 0    | 2.8  | 4    | 11.9  | 0   |     | 25.13  | 6.28   | 0.08  | 1.08   |
| - 15 ml ulei                                    | 2.5   | 0    | 2.5  | 0    | 0     | 0   |     | 0      | 0      | 0     | 0      |
| - 20 g cartofi                                  | 20    | 4    | 0    | 0.2  | 0     | 0.3 |     | 0.28   | 0      | 0.06  | 2      |
| - 40 g taitei ( in toata ciorba)                | 10    | 3.4  | 0.1  | 1.2  | 0     | 0.1 |     | 0.07   |        | 0.06  | 0.3    |
| Friptura la gratar de vita - 100 g              | 100   | 0    | 10   | 20   | 80    | 0   | 205 | 63     | 40     | 6     | 10     |
| garnitura de orez 100 g                         | 100   | 25   | 0.3  | 3    | 0     | 1.7 | 130 | 0      | 0      | 1.29  | 3      |
| salata de varza 70 g ( 3 g ulei)                | 70    | 3.5  | 3    | 1.2  | 0     | 2.6 | 50  | 12.6   | 10     | 0.33  | 28     |
| Total friptura+garnitura+salata                 | 270   | 28.5 | 13.3 | 24.2 | 80    | 4.3 | 385 | 75.60  | 50.00  | 7.62  | 41.00  |
| Desert - tort de ciocolata ( 300kcal/100g)      | 60    | 27.3 | 14   | 1.9  | 20    | 0   | 180 | 25     | 0      | 2.8   | 122    |
| TOTAL PRANZ                                     | 441.8 | 68.2 | 33.7 | 33.1 | 145.5 | 6.8 | 720 | 178.41 | 56.28  | 11.10 | 190.21 |

#### Gustarea 2

|                            |    |      |   |     |   |     |     |     |   |     |    |
|----------------------------|----|------|---|-----|---|-----|-----|-----|---|-----|----|
| Biscuiti multicereale Viva | 30 | 23.5 | 6 | 2.1 | 0 | 0.9 | 140 | 123 | 0 | 1.4 | 42 |
|----------------------------|----|------|---|-----|---|-----|-----|-----|---|-----|----|

|                    |     |      |     |     |   |     |     |     |   |     |    |
|--------------------|-----|------|-----|-----|---|-----|-----|-----|---|-----|----|
| Suc portocale - ml | 100 | 10.6 | 0.2 | 0.5 | 0 | 0.3 | 45  | 1   | 0 | 0.2 | 11 |
| Total Gustarea 2   | 130 | 34.1 | 6.2 | 2.6 | 0 | 1.2 | 185 | 124 | 0 | 1.6 | 53 |

Cina - salata de linte cu paste

|              |     |      |     |    |   |      |     |      |       |      |       |
|--------------|-----|------|-----|----|---|------|-----|------|-------|------|-------|
| linte        | 55  | 30.8 | 0.9 | 12 | 0 | 9    | 172 | 1.00 | 35.00 | 1.66 | 9.50  |
| paste        | 50  | 30.5 | 0.6 | 6  | 0 | 3.5  | 175 | 0.50 | 0.00  | 0.64 | 3.50  |
| ceapa uscata | 20  | 2    | 0   | 0  | 0 | 1.1  | 6   | 0.80 | 0.00  | 0.04 | 4.60  |
| Total Cina   | 125 | 63.3 | 1.5 | 18 | 0 | 13.6 | 353 | 2.30 | 35.00 | 2.34 | 17.60 |

|                      |        | G     | L     | P    | colest | Fibre | kcal | Na     | Purine | Fe    | Ca      |
|----------------------|--------|-------|-------|------|--------|-------|------|--------|--------|-------|---------|
| TOTAL MENIU/ZI       | 1056.8 | 244.8 | 57.5  | 77.5 | 172.7  | 24.8  | 1800 | 654.71 | 91.28  | 18.64 | 1033.81 |
| kcal corespunzatoare |        | 979.2 | 517.5 | 310  |        |       |      |        |        |       |         |
| Rezultat             |        | 55%   | 29%   | 16%  |        |       |      |        |        |       |         |
| Procente propuse     |        | 55    | 30    | 15   |        |       |      |        |        |       |         |

|            | propus     | realizat   |
|------------|------------|------------|
| Colesterol | < 300 mg   | 172,7 mg   |
| Fibre      | > 25,2 g   | 24,8 g     |
| Sodiu      | < 2500 mg  | 654,71mg   |
| Fe         | 18 mg/zi   | 18,64 mg   |
| Ca         | 1000 mg/zi | 1033,81 mg |

la aceasta cantitate se adauga aportul de sare la gatit!

|                               |         |
|-------------------------------|---------|
| Lichide                       | 400 ml  |
| Aport apa suplimentar necesar | 1600 ml |
| Total                         | 2000 ml |