

Podstawa diety

DIETA/DATA	01.02.2024	02.02.2024	03.02.2024	04.04.2024	05.02.2024	06.02.2024			
1	K:1998 kcal T:63.51 g F:37.27 g B:100.89 g W:273.69 g Na:1464.73 mg	K:1991 kcal T:71.92 g F:27.48 g B:102.54 g W:245.39 g Na:1480.52 mg	K:2095 kcal T:84.13 g F:36.35 g B:91.08 g W:258.27 g Na:2402.6 mg	K:2118 kcal T:71.34 g F:36.65 g B:109.44 g W:274.16 g Na:3536.27 mg	K:2109 kcal T:79.67 g F:22.29 g B:93.94 g W:261.94 g Na:2559.19 mg	K:2035 kcal T:77.7 g F:44.35 g B:79.04 g W:269.33 g Na:2090.36 mg			
	2	K:2012 kcal T:62.5 g F:37.07 g B:89.07 g W:290.45 g Na:1464.05 mg	K:1948 kcal T:66.51 g F:27.67 g B:105.68 g W:243.04 g Na:2222.55 mg	K:1936 kcal T:74.52 g F:33.82 g B:105.37 g W:226.18 g Na:1611.65 mg	K:1980 kcal T:60.96 g F:29.64 g B:100.28 g W:270.5 g Na:2475.55 mg	K:2140 kcal T:86.9 g F:20.31 g B:102.16 g W:244.87 g Na:1599.54 mg	K:1982 kcal T:68.62 g F:26.87 g B:98.2 g W:254.26 g Na:3041.99 mg		
		ML	K:1967 kcal T:63.59 g F:39.72 g B:100.92 g W:262.63 g Na:1653.95 mg	K:1990 kcal T:68.33 g F:28.17 g B:103.48 g W:251.1 g Na:1827.72 mg	K:2104 kcal T:80.77 g F:36.35 g B:99.63 g W:259.35 g Na:2428.6 mg	K:2153 kcal T:77.92 g F:41.29 g B:107.27 g W:269.19 g Na:3687.07 mg	K:2050 kcal T:82.38 g F:24.94 g B:90.51 g W:243.39 g Na:2208.35 mg	K:1999 kcal T:79.39 g F:33.92 g B:86.69 g W:246.36 g Na:2806.63 mg	
			BM	K:1989 kcal T:65.86 g F:37.27 g B:92.38 g W:274.33 g Na:1393.03 mg	K:2003 kcal T:70.33 g F:30.59 g B:88.93 g W:265.62 g Na:1592.72 mg	K:2188 kcal T:91.47 g F:43.82 g B:78.14 g W:278.71 g Na:2662.27 mg	K:2102 kcal T:61.18 g F:50.43 g B:79.41 g W:323.81 g Na:3023.3 mg	K:2081 kcal T:81.19 g F:27.44 g B:105.02 g W:237.43 g Na:1516.44 mg	K:2034 kcal T:74.6 g F:40.15 g B:79.85 g W:275.91 g Na:1969.6 mg
				6	K:2060 kcal T:67.25 g F:42.22 g B:106.88 g W:284.8 g Na:1875.93 mg	K:2081 kcal T:74.93 g F:36.77 g B:117 g W:271.47 g Na:2329.8 mg	K:2020 kcal T:73.43 g F:41.6 g B:97.16 g W:270.11 g Na:2496.4 mg	K:2010 kcal T:77.92 g F:57.61 g B:71.83 g W:93.54 g Na:324.81 g	K:1988 kcal T:87.19 g F:24.57 g B:102.52 g W:219.38 g Na:2523 mg
9					K:2078 kcal T:66.45 g F:37.27 g B:113.45 g W:274.82 g Na:1604.18 mg	K:2038 kcal T:72.93 g F:27.48 g B:109.57 g W:247.87 g Na:1532.42 mg	K:2073 kcal T:75.46 g F:36.35 g B:103.42 g W:259.93 g Na:2149.35 mg	K:2210 kcal T:77.67 g F:36.65 g B:117.6 g W:274.16 g Na:3680.47 mg	K:2164 kcal T:86.38 g F:20.48 g B:103.45 g W:250.98 g Na:3058.59 mg

Dodatek „Dobry posiłek w szpitalu”

	1.02	2.02	3.02	4.02	5.02	6.02
1, 9, ML, BM	K: 614.8 / B: 22.9 T: 17.0 / WP: 86.8 F: 6.5 / WW: 8.7 W: 93.3g / KTN: 9.6g / Na: 561.5mg	K: 315.1 / B: 20.8 T: 5.8 / WP: 44.0 F: 3.4 / WW: 4.5 W: 46g / KTN: 2.9g / Na: 432.7mg	K: 392.1 / B: 18.7 T: 8.8 / WP: 54.6 F: 5.0 / WW: 5.4 W: 59.7g / KTN: 5.2g / Na: 201.1mg	K: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1 W: 65.4g / KTN: 4.5g / Na: 389.3mg	K: 266.6 / B: 17.9 T: 12.3 / WP: 20.9 F: 1.7 / WW: 2.1 W: 26.7g / KTN: 6.1g / Na: 335.5mg	K: 500.9 / B: 18.6 T: 9.4 / WP: 82.8 F: 3.5 / WW: 8.4 W: 86.3g / KTN: 4.9g / Na: 287.2mg
	2	K: 602.4 / B: 21.4 T: 15.7 / WP: 91.2 F: 4.3 / WW: 9.1 W: 95.4g / KTN: 9.4g / Na: 385.1mg	K: 268.7 / B: 16.6 T: 4.9 / WP: 38.5 F: 3.4 / WW: 3.9 W: 40.8g / KTN: 2.1g / Na: 389.2mg	K: 407.7 / B: 20.1 T: 8.7 / WP: 59.0 F: 4.0 / WW: 5.9 W: 63g / KTN: 5.2g / Na: 203.5mg	K: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1 W: 65.4g / KTN: 4.5g / Na: 389.3mg	K: 311.7 / B: 22.1 T: 13.2 / WP: 26.2 F: 1.7 / WW: 2.6 W: 26.7g / KTN: 6.1g / Na: 335.5mg
6	K: 484.8 / B: 21.3 T: 16.6 / WP: 55.2 F: 6.5 / WW: 5.5 W: 61.7g / KTN: 9.5g / Na: 561.5mg	K: 310.6 / B: 21.1 T: 6.6 / WP: 42.2 F: 5.3 / WW: 4.3 W: 43.1g / KTN: 3.9g / Na: 442.9mg	K: 392.1 / B: 18.7 T: 8.8 / WP: 54.6 F: 5.0 / WW: 5.4 W: 59.7g / KTN: 5.2g / Na: 201.1mg	K: 245.0 / B: 11.8 T: 7.2 / WP: 28.6 F: 5.2 / WW: 2.9 W: 33.8g / KTN: 4.4g / Na: 389.3mg	K: 311.7 / B: 22.1 T: 13.2 / WP: 26.2 F: 1.7 / WW: 2.6 W: 26.7g / KTN: 6.1g / Na: 335.5mg	K: 366.4 / B: 17.3 T: 9.8 / WP: 49.4 F: 5.4 / WW: 5.0 W: 51.8g / KTN: 5.8g / Na: 297.4mg

K- wartość energetyczna (kcal) B- białko (g) T- tłuszcz (g)
WP- węglowodany przyswajalne (g) F- białek (g) WW- wymienniki
węglowodanowe W- węglowodany ogółem (g) KTN- kwasy
tłuszczowe nasycone (g) Na- sól (mg)