

# Suma diety podstawowej z wliczonym dożywieniem z programu „Dobry posiłek w szpitalu”

DIETA/DATA	19.02.2024	20.02.2024	21.02.2024	22.02.2024	23.02.2024	24.02.2024	25.02.2024
1	K:2177.8 kcal	K:2347.1 kcal	K:2477.5 kcal	K:2174 kcal	K:2213.9 kcal	K:2165.3 kcal	K:2219 kcal
	T:83.12 g	T:80.03 g	T:81.77 g	T:87.54 g	T:59.59 g	T:70.33 g	T:72.16 g
	F:36.76 g	F:29.28 g	F:32.66 g	F:29.07 g	F:32.71 g	F:43.57 g	F:33.21 g
	B:100.38 g	B:104.73 g	B:111.62 g	B:93.85 g	B:100.22 g	B:104.12 g	B:98.8 g
	W:269.04 g	W:312.42 g	W:335.65 g	W:260.7 g	W:334.16 g	W:289.27 g	W:309.47 g
Na:2789.95 mg	Na:2468.4 mg	Na:2443.73 mg	Na:1651.64 mg	Na:2493.86 mg	Na:3899.74 mg	Na:3003.25 mg	

## Podstawa żywienia z podziałem na rodzaje diet

2	K:1802 kcal	K:1794 kcal	K:1808 kcal	K:1914 kcal	K:1981 kcal	K:1733 kcal	K:1787 kcal
	T:59.76 g	T:53.39 g	T:65.71 g	T:75.95 g	T:41.67 g	T:56.79 g	T:47.94 g
	F:34.8 g	F:27.43 g	F:21.2 g	F:26.07 g	F:37.7 g	F:27.38 g	F:27.29 g
	B:82.9 g	B:81.1 g	B:88.7 g	B:84.98 g	B:76.41 g	B:76.45 g	B:85.06 g
	W:246.76 g	W:203.58 g	W:223.1 g	W:232.46 g	W:341.56 g	W:240.11 g	W:242.57 g
Na:2434.65 mg	Na:1161.1 mg	Na:1853.2 mg	Na:1590.75 mg	Na:2161.65 mg	Na:1910.16 mg	Na:1887.35 mg	
ML	K:1864 kcal	K:1772 kcal	K:1859 kcal	K:1904 kcal	K:1884 kcal	K:1778 kcal	K:1897 kcal
	T:68.97 g	T:55.94 g	T:65.79 g	T:77.58 g	T:60.89 g	T:62.61 g	T:67.4 g
	F:34.72 g	F:27.51 g	F:31.62 g	F:24.03 g	F:38.67 g	F:43.87 g	F:26.4 g
	B:76.21 g	B:71.42 g	B:88.76 g	B:81.13 g	B:61.99 g	B:64.67 g	B:96.22 g
	W:248.01 g	W:201.77 g	W:239.93 g	W:227.7 g	W:286.39 g	W:251.5 g	W:240.31 g
Na:2534.15 mg	Na:1843.6 mg	Na:2061.13 mg	Na:1246.34 mg	Na:2715.87 mg	Na:3409.5 mg	Na:2163.99 mg	
BM	K:1814 kcal	K:1857 kcal	K:1941 kcal	K:1818 kcal	K:1965 kcal	K:2036 kcal	K:1635 kcal
	T:64.69 g	T:56.1 g	T:61.26 g	T:72.72 g	T:59.83 g	T:64.87 g	T:57.31 g
	F:37.3 g	F:20.37 g	F:39.48 g	F:26.81 g	F:35.03 g	F:53.83 g	F:23.94 g
	B:76.07 g	B:69.97 g	B:96.5 g	B:72.61 g	B:84.35 g	B:85.52 g	B:75.5 g
	W:248.4 g	W:221.83 g	W:263.16 g	W:228.76 g	W:288.12 g	W:296.01 g	W:215.79 g
Na:2721.95 mg	Na:2142.9 mg	Na:1368.23 mg	Na:1347.94 mg	Na:3366.77 mg	Na:3201.4 mg	Na:1652.65 mg	
6	K:1829 kcal	K:1735 kcal	K:1924 kcal	K:1895 kcal	K:1753 kcal	K:1892 kcal	K:1854 kcal
	T:65.29 g	T:61.46 g	T:68.02 g	T:80.64 g	T:38.2 g	T:57.46 g	T:64.89 g
	F:37.21 g	F:28.53 g	F:33.89 g	F:29.57 g	F:38.39 g	F:43.4 g	F:34.15 g
	B:81.11 g	B:81.23 g	B:97.43 g	B:79.54 g	B:75.53 g	B:71.6 g	B:97.34 g
	W:243.84 g	W:224.35 g	W:243.96 g	W:222.73 g	W:293.96 g	W:237.03 g	W:236.64 g
Na:2639.35 mg	Na:2441.5 mg	Na:2094.28 mg	Na:1309.04 mg	Na:3080.16 mg	Na:3203.5 mg	Na:2277.69 mg	
9	K:1938 kcal	K:1795 kcal	K:2046 kcal	K:1997 kcal	K:1932 kcal	K:1892 kcal	K:1952 kcal
	T:69.04 g	T:58.11 g	T:73.36 g	T:83.38 g	T:48.92 g	T:62.26 g	T:69.35 g
	F:34.36 g	F:17.43 g	F:31.06 g	F:23.87 g	F:35.03 g	F:27.07 g	F:26.4 g
	B:94.87 g	B:95.92 g	B:110.28 g	B:91.63 g	B:96.49 g	B:75.5 g	B:105.46 g
	W:247.92 g	W:202.73 g	W:248.28 g	W:227.18 g	W:292.21 g	W:222.39 g	W:240.33 g
Na:2741.9 mg	Na:1930.6 mg	Na:2225.23 mg	Na:1291.84 mg	Na:3236.07 mg	Na:3436.26 mg	Na:2296.14 mg	
10	K:1945 kcal	K:1867 kcal	K:1970 kcal	K:1876 kcal	K:2004 kcal	K:2152 kcal	K:1997 kcal
	T:69.32 g	T:62.57 g	T:63.21 g	T:73.51 g	T:58.53 g	T:72.78 g	T:69.44 g
	F:42.72 g	F:27.42 g	F:38.97 g	F:28.24 g	F:36.62 g	F:52.59 g	F:29.33 g
	B:66.45 g	B:72.54 g	B:85.94 g	B:64.29 g	B:74.13 g	B:70.85 g	B:92.54 g
	W:282.34 g	W:266.1 g	W:275.19 g	W:250.27 g	W:310.86 g	W:317.84 g	W:265.87 g
Na:2077.62 mg	Na:1570.28 mg	Na:1013.46 mg	Na:1249.44 mg	Na:2372.35 mg	Na:991.7 mg	Na:2146.34 mg	

## Dodatek „Dobry posiłek w szpitalu”

	19.02	20.02	21.02	22.02	23.02	24.02	25.02
1 3 9 BM	K: 315.8 / B: 18.5 T: 16.3 / WP: 20.0 F: 2.4 / WW: 1.9	K: 481.1 / B: 19.9 T: 9.1 / WP: 76.0 F: 5.7 / WW: 7.6	K: 384.5 / B: 21.1 T: 6.0 / WP: 60.8 F: 5.7 / WW: 6.2	K: 245.0 / B: 11.8 T: 7.2 / WP: 28.6 F: 5.2 / WW: 2.9	K: 313.9 / B: 21.8 T: 13.8 / WP: 25.4 F: 1.7 / WW: 2.6	K: 330.3 / B: 16.9 T: 11.8 / WP: 34.6 F: 3.4 / WW: 3.5	K: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1
	W: 22.5g / KTN: 7.9g / Na: 194.1mg	W: 81.8g / KTN: 5.3g / Na: 202.5mg	W: 62.9g / KTN: 3g / Na: 430.9mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg	W: 26.2g / KTN: 4.8g / Na: 228.8mg	W: 38g / KTN: 6.8g / Na: 369mg	W: 65.4g / KTN: 4.5g / Na: 389.3mg
	K: 312.8 / B: 18.3 T: 16.3 / WP: 19.8 F: 2.4 / WW: 1.9	K: 496.7 / B: 21.3 T: 9.0 / WP: 80.4 F: 4.7 / WW: 8.1	K: 383.2 / B: 21.1 T: 6.0 / WP: 60.6 F: 3.5 / WW: 6.1	K: 245.0 / B: 11.8 T: 7.2 / WP: 28.6 F: 5.2 / WW: 2.9	K: 310.9 / B: 21.6 T: 13.8 / WP: 25.2 F: 1.7 / WW: 2.6	K: 329.0 / B: 16.9 T: 11.8 / WP: 34.4 F: 3.4 / WW: 3.4	K: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1
W: 22.1g / KTN: 7.9g / Na: 192.7mg	W: 85.1g / KTN: 7.3g / Na: 204.9mg	W: 62.6g / KTN: 3g / Na: 431.4mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg	W: 25.8g / KTN: 4.8g / Na: 227.4mg	W: 37.7g / KTN: 6.8g / Na: 369.5mg	W: 65.4g / KTN: 4.5g / Na: 389.3mg	
6	K: 315.8 / B: 18.5 T: 16.3 / WP: 20.0 F: 2.4 / WW: 1.9	K: 351.1 / B: 18.3 T: 8.7 / WP: 44.4 F: 5.7 / WW: 4.4	K: 380.0 / B: 21.4 T: 6.8 / WP: 59.0 F: 5.4 / WW: 6.0	K: 245.0 / B: 11.8 T: 7.2 / WP: 28.6 F: 5.2 / WW: 2.9	K: 313.9 / B: 21.8 T: 13.8 / WP: 25.4 F: 1.7 / WW: 2.6	K: 325.8 / B: 17.2 T: 12.6 / WP: 32.8 F: 5.3 / WW: 3.3	K: 245.0 / B: 11.8 T: 7.2 / WP: 28.6 F: 5.2 / WW: 2.9
	W: 22.5g / KTN: 7.9g / Na: 194.1mg	W: 50.2g / KTN: 5.2g / Na: 202.5mg	W: 60g / KTN: 4g / Na: 441.1mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg	W: 26.2g / KTN: 4.8g / Na: 228.8mg	W: 35.1g / KTN: 7.8g / Na: 379.2mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg
	K: 236.9 / B: 6.8 T: 8.9 / WP: 29.7 F: 3.4 / WW: 2.9	K: 313.8 / B: 11.5 T: 4.9 / WP: 51.3 F: 5.7 / WW: 5.0	K: 368.9 / B: 12.6 T: 6.4 / WP: 61.8 F: 4.3 / WW: 6.2	K: 243.0 / B: 7.4 T: 4.6 / WP: 39.2 F: 6.0 / WW: 3.9	K: 298.3 / B: 13.3 T: 14.2 / WP: 26.4 F: 2.5 / WW: 2.6	K: 328.3 / B: 12.5 T: 9.2 / WP: 45.2 F: 4.2 / WW: 4.5	K: 243.0 / B: 7.4 T: 4.6 / WP: 39.2 F: 6.0 / WW: 3.9
W: 33.3g / KTN: 1.1g / Na: 34.2mg	W: 57.1g / KTN: 0.7g / Na: 350.8mg	W: 66.1g / KTN: 1g / Na: 312.9mg	W: 45.2g / KTN: 0.6g / Na: 415mg	W: 29.4g / KTN: 2.8g / Na: 110.8mg	W: 49.4g / KTN: 3g / Na: 394.7mg	W: 45.2g / KTN: 0.6g / Na: 415mg	

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