

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

DIETA/DATA	26.02.2024	27.02.2024	28.02.2024	29.02.2024	01.03.2024	02.03.2024	03.03.2024
1	K:2285 kcal	K:2303.9 kcal	K:2346.5 kcal	K:2309 kcal	K:2363 kcal	K:2444.3 kcal	K:2409 kcal
	T:81.04 g	T:73 g	T:74.78 g	T:93.59 g	T:78.49 g	T:96.96 g	T:83.75 g
	F:38.46 g	F:40.11 g	F:31.19 g	F:38.25 g	F:35.99 g	F:28.58 g	F:35.38 g
	B:106.65 g	B:96.36 g	B:99.89 g	B:116.59 g	B:93.85 g	B:112.07 g	B:117.03 g
	W:299.42 g	W:329.35 g	W:329.31 g	W:261.37 g	W:334.3 g	W:291.43 g	W:311.47 g
Na:2519.94 mg	Na:2200.59 mg	Na:3503.36 mg	Na:3574.83 mg	Na:2935.2 mg	Na:3259.78 mg	Na:1842.63 mg	

Podstawa żywienia z podziałem na rodzaje diet

2	K:1838 kcal	K:1795 kcal	K:1912 kcal	K:2056 kcal	K:1829 kcal	K:1908 kcal	K:1911 kcal
	T:59.62 g	T:58.63 g	T:63.58 g	T:84.86 g	T:56.11 g	T:74.22 g	T:75.48 g
	F:36.97 g	F:22.99 g	F:26.79 g	F:29.84 g	F:28.08 g	F:23.08 g	F:26.53 g
	B:75.31 g	B:73.44 g	B:83.79 g	B:104.92 g	B:71.13 g	B:89.73 g	B:99.31 g
	W:267.87 g	W:203.62 g	W:261.33 g	W:228.69 g	W:216.45 g	W:228.97 g	W:219.34 g
Na:1719.06 mg	Na:1699.79 mg	Na:1767.46 mg	Na:2516.83 mg	Na:2430.59 mg	Na:1659.66 mg	Na:1212.03 mg	
ML	K:1983 kcal	K:1757 kcal	K:1983 kcal	K:1935 kcal	K:1868 kcal	K:1997 kcal	K:2101 kcal
	T:73.57 g	T:56.28 g	T:73.47 g	T:83.02 g	T:52.8 g	T:84.82 g	T:88.13 g
	F:33.82 g	F:32.68 g	F:29.52 g	F:34.55 g	F:29.69 g	F:25.08 g	F:30.08 g
	B:83.74 g	B:65.66 g	B:77.23 g	B:86.83 g	B:66.15 g	B:90.55 g	B:110.28 g
	W:260.35 g	W:233.86 g	W:262.65 g	W:221.44 g	W:243.29 g	W:226.53 g	W:225.66 g
Na:2338.34 mg	Na:1466.44 mg	Na:3181.16 mg	Na:2641.83 mg	Na:2797.85 mg	Na:3562.06 mg	Na:1997.23 mg	
BM	K:1782 kcal	K:1522 kcal	K:1833 kcal	K:1868 kcal	K:1281 kcal	K:1879 kcal	K:1914 kcal
	T:55.58 g	T:46.76 g	T:49.82 g	T:72.67 g	T:54.18 g	T:71.32 g	T:63.87 g
	F:38.78 g	F:34.99 g	F:37.21 g	F:37.89 g	F:29.61 g	F:36.9 g	F:32.62 g
	B:76.03 g	B:53.93 g	B:85.27 g	B:82.3 g	B:66.61 g	B:72.61 g	B:107.29 g
	W:263.7 g	W:237.67 g	W:272.19 g	W:236.16 g	W:242.89 g	W:250.94 g	W:236.84 g
Na:2129.44 mg	Na:1357.09 mg	Na:2735.16 mg	Na:2290.13 mg	Na:2805.85 mg	Na:2761.66 mg	Na:1373.43 mg	
6	K:1910 kcal	K:1906 kcal	K:1891 kcal	K:1755 kcal	K:1831 kcal	K:2011 kcal	K:1976 kcal
	T:64.4 g	T:52.25 g	T:70.26 g	T:70.89 g	T:55.36 g	T:88.11 g	T:79.08 g
	F:35.56 g	F:33.52 g	F:32.65 g	F:32.18 g	F:40.51 g	F:27.93 g	F:30.11 g
	B:80.08 g	B:67.5 g	B:83.01 g	B:77.49 g	B:65.05 g	B:89.56 g	B:111.48 g
	W:193.13 g	W:230.27 g	W:244.28 g	W:213.4 g	W:235.63 g	W:225.71 g	W:215.23 g
Na:2068.94 mg	Na:1720.49 mg	Na:3595.26 mg	Na:2181.23 mg	Na:2094.55 mg	Na:2793.56 mg	Na:2006.33 mg	
9	K:1923 kcal	K:1928 kcal	K:1915 kcal	K:2094 kcal	K:1915 kcal	K:2031 kcal	K:2034 kcal
	T:65.54 g	T:63 g	T:65.58 g	T:86.59 g	T:61.19 g	T:87.96 g	T:76.15 g
	F:34.86 g	F:35.91 g	F:27.79 g	F:34.45 g	F:33.59 g	F:25.08 g	F:30.18 g
	B:87.35 g	B:80.36 g	B:81.59 g	B:104.69 g	B:74.05 g	B:90.77 g	B:103.63 g
	W:261.22 g	W:274.55 g	W:259.91 g	W:235.37 g	W:280.7 g	W:228.33 g	W:246.07 g
Na:2026.64 mg	Na:1759.19 mg	Na:3214.36 mg	Na:3185.53 mg	Na:2847.8 mg	Na:2748.86 mg	Na:1453.33 mg	
10	K:1838 kcal	K:1795 kcal	K:1912 kcal	K:2056 kcal	K:1829 kcal	K:1908 kcal	K:1911 kcal
	T:59.62 g	T:58.63 g	T:63.58 g	T:84.86 g	T:56.11 g	T:74.22 g	T:75.48 g
	F:36.97 g	F:22.99 g	F:26.79 g	F:29.84 g	F:28.08 g	F:23.08 g	F:26.53 g
	B:75.31 g	B:73.44 g	B:83.79 g	B:104.92 g	B:71.13 g	B:89.73 g	B:99.31 g
	W:267.87 g	W:203.62 g	W:261.33 g	W:228.69 g	W:216.45 g	W:228.97 g	W:219.34 g
Na:1719.06 mg	Na:1699.79 mg	Na:1767.46 mg	Na:2516.83 mg	Na:2430.59 mg	Na:1659.66 mg	Na:1212.03 mg	

Dodatek „Dobry posiłek w szpitalu”

	26.02	27.02	28.02	29.02	1.03	2.03	3.03
1 3 9 BM	K: 362.0 / B: 19.3 T: 15.5 / WP: 35.6 F: 3.6 / WW: 3.6	K: 375.9 / B: 16.0 T: 10.0 / WP: 50.5 F: 4.2 / WW: 5.0	K: 431.5 / B: 18.3 T: 9.2 / WP: 66.0 F: 3.4 / WW: 6.7	K: 215.0 / B: 11.9 T: 7.0 / WP: 22.3 F: 3.8 / WW: 2.3	K: 448.0 / B: 19.8 T: 17.3 / WP: 50.8 F: 2.4 / WW: 5.1	K: 413.3 / B: 21.3 T: 9.0 / WP: 61.0 F: 3.5 / WW: 6.2	K: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1
	W: 38.2g / KTN: 4.6g / Na: 493.3mg	W: 54.8g / KTN: 6g / Na: 441.4mg	W: 69.4g / KTN: 4.8g / Na: 289mg	W: 26g / KTN: 4.4g / Na: 389.3mg	W: 53.6g / KTN: 6.7g / Na: 87.4mg	W: 63.1g / KTN: 5.1g / Na: 510.9mg	W: 65.4g / KTN: 4.5g / Na: 389.3mg
2	K: 359.2 / B: 22.4 T: 13.8 / WP: 35.3 F: 3.5 / WW: 3.5	K: 391.2 / B: 17.5 T: 9.9 / WP: 54.9 F: 3.2 / WW: 5.5	K: 430.1 / B: 18.3 T: 9.2 / WP: 65.6 F: 3.4 / WW: 6.6	K: 215.0 / B: 11.9 T: 7.0 / WP: 22.3 F: 3.8 / WW: 2.3	K: 449.2 / B: 19.9 T: 17.4 / WP: 50.6 F: 2.4 / WW: 5.1	K: 411.9 / B: 21.3 T: 9.0 / WP: 60.6 F: 3.5 / WW: 6.1	K: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1
	W: 37.7g / KTN: 6.2g / Na: 336.4mg	W: 58g / KTN: 6g / Na: 323.2mg	W: 69g / KTN: 4.8g / Na: 289.3mg	W: 26g / KTN: 4.4g / Na: 389.3mg	W: 53.6g / KTN: 6.7g / Na: 86mg	W: 62.7g / KTN: 5.1g / Na: 511.2mg	W: 65.4g / KTN: 4.5g / Na: 389.3mg
6	K: 362.0 / B: 19.3 T: 15.5 / WP: 35.6 F: 3.6 / WW: 3.6	K: 375.9 / B: 16.0 T: 10.0 / WP: 50.5 F: 4.2 / WW: 5.0	K: 310.6 / B: 21.1 T: 6.6 / WP: 42.2 F: 5.3 / WW: 4.3	K: 215.0 / B: 11.9 T: 7.0 / WP: 22.3 F: 3.8 / WW: 2.3	K: 318.0 / B: 18.2 T: 16.9 / WP: 19.2 F: 2.4 / WW: 1.9	K: 408.8 / B: 21.6 T: 9.8 / WP: 59.2 F: 5.4 / WW: 6.0	K: 245.0 / B: 11.8 T: 7.2 / WP: 60.2 F: 5.2 / WW: 2.9
	W: 38.2g / KTN: 4.6g / Na: 493.3mg	W: 54.8g / KTN: 6g / Na: 441.4mg	W: 43.1g / KTN: 3.9g / Na: 442.9mg	W: 26g / KTN: 4.4g / Na: 389.3mg	W: 22g / KTN: 6.6g / Na: 87.4mg	W: 60.2g / KTN: 6.1g / Na: 521.1mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg
10 ML	K: 273.4 / B: 6.9 T: 9.4 / WP: 36.4 F: 4.8 / WW: 3.6	K: 407.2 / B: 12.6 T: 10.6 / WP: 61.1 F: 5.0 / WW: 6.0	K: 332.8 / B: 13.3 T: 9.4 / WP: 45.0 F: 4.2 / WW: 4.5	K: 213.0 / B: 7.5 T: 4.4 / WP: 32.9 F: 4.6 / WW: 3.3	K: 316.0 / B: 13.8 T: 14.3 / WP: 29.8 F: 3.2 / WW: 2.9	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
	W: 41.6g / KTN: 1.2g / Na: 35.8mg	W: 66.2g / KTN: 4.3g / Na: 461.8mg	W: 49.2g / KTN: 3g / Na: 309.4mg	W: 37.4g / KTN: 0.6g / Na: 415mg	W: 33.4g / KTN: 2.8g / Na: 113.1mg	W: 66.1g / KTN: 1g / Na: 312.9mg	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)