

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

DIETA/DATA	11.03.2024	12.03.2024	13.03.2024	14.03.2024	15.03.2024	16.03.2024	17.03.2024
	K:2081.6 kcal T:64.74 g F:34.77 g	K:2474.9 kcal T:86.76 g F:28.11 g	K:2071 kcal T:85.21 g F:32.5g	K:2284.8 kcal T:64.48 g F:35.76 g	K:2319.8 kcal T:84.28 g F:34.52 g	K:2386.3 kcal T:90.09 g F:25.59 g	K:2332 kcal T:81.45 g F:37.27 g
1	Na:2069.35 mg B:95.32 g W:297.41 g KTN:24.95 g	Na:3593.55 mg B:107.1 g W:327.43 g KTN:30.31 g	Na:2020.17 mg B:92.43 g W:240.86 g KTN:37.77 g	Na:2109.61 mg B:95.66 g W:345.35 g KTN:27.26 g	Na:2129.59 mg B:118.44 g W:281.96 g KTN:36.22 g	Na:2685.27 mg B:103.07 g W:297.24 g KTN:36.69 g	Na:5725.14 mg B:94.76 g W:333.47 g KTN:31.46 g

## Podstawa żywienia z podziałem na rodzaje diet

	K:1795 kcal T:51.49 g F:28.25 g Na:1110.44 mg B:68.93 g W:254.56 g KTN:17.99 g	K:1844 kcal T:68.19 g F:24.37 g Na:2414.7 mg B:86.82 g W:231.14 g KTN:22.54 g	K:1819 kcal T:70.39 g F:25.7 g Na:1357.37 mg B:80.52 g W:226.14 g KTN:28.31 g	K:1675 kcal T:46.05 g F:30.98 g Na:1362.71 mg B:82.09 g W:245.24 g KTN:19.29 g	K:1965 kcal T:58.64 g F:30.12 g Na:1409.59 mg B:98.28 g W:273.4 g KTN:24.24 g	K:1841 kcal T:65.85 g F:20.89 g Na:2303.27 mg B:83.28 g W:235.53 g KTN:25.36 g	K:1826 kcal T:55.79 g F:33.79 g Na:2073.99 mg B:81.67 g W:278.25 g KTN:20.14 g
2	K:1665 kcal T:53.47 g F:28.72 g Na:1155.1 mg B:59.08 g W:251.86 g KTN:18.36 g	K:1879 kcal T:74.71 g F:24.77 g Na:2342.25 mg B:79.64 g W:232.37 g KTN:26.35 g	K:1821 kcal T:72.74 g F:25.78 g Na:1316.04 mg B:75.9 g W:226 g KTN:29.11 g	K:1702 kcal T:51.43 g F:31.35 g Na:1477.47 mg B:75.21 g W:246.82 g KTN:19.52 g	K:1847 kcal T:67.22 g F:26.48 g Na:1256.15 mg B:70.79 g W:250.72 g KTN:27.98 g	K:1796 kcal T:67.85 g F:20.89 g Na:2177.97 mg B:70.46 g W:232.15 g KTN:25.18 g	K:1849 kcal T:58.76 g F:34 g Na:2232.73 mg B:78.88 g W:279.99 g KTN:18.92 g
ML	K:1759 kcal T:52.86 g F:33.47 g Na:1778.5 mg B:76.25 g W:273.84 g KTN:19.67 g	K:1901 kcal T:74.74 g F:30.59 g Na:3377.35 mg B:89.45 g W:240.6 g KTN:24.64 g	K:1740 kcal T:78.01 g F:34.8 g Na:1632.77 mg B:77.83 g W:197.58 g KTN:33.43 g	K:1616 kcal T:54.08 g F:33.51 g Na:1604.44 mg B:75.36 g W:234.96 g KTN:22.75 g	K:1930 kcal T:71.15 g F:39.22 g Na:1946.69 mg B:95.54 g W:241.53 g KTN:32.18 g	K:1912 kcal T:77.28 g F:35.35 g Na:2319.97 mg B:81.28 g W:241.41 g KTN:30.03 g	K:1906 kcal T:73.67 g F:36.37 g Na:5337.34 mg B:79.88 g W:266.77 g KTN:26.85 g
6	K:2039 kcal T:70.41 g F:35.13 g B:104.75 g W:262.34 g Na:2396.79 mg	K:2049 kcal T:76.01 g F:29.61 g B:104.65 g W:250.2 g Na:1931.69 mg	K:1927 kcal T:74.27 g F:27.79 g B:89.25 g W:260.51 g Na:3221.41 mg	K:2124 kcal T:91.11 g F:33.97 g B:104.36 g W:232.3 g Na:2532.13 mg	K:2022 kcal T:76.67 g F:33.38 g B:86.32 g W:288.24 g Na:2950.25 mg	K:1974 kcal T:63.81 g F:25.08 g B:98.83 g W:231.42 g Na:2432.36 mg	K:1896 kcal T:80.65 g F:27.02 g B:118.72 g W:224.04 g Na:2130.23 mg
9	K:1621 kcal T:52.86 g F:28.09 g Na:1135.8 mg B:50.3 g W:250.78 g	K:1745 kcal T:66.98 g F:26.02 g Na:2373.35 mg B:64.78 g W:233.27 g	K:1676 kcal T:64.28 g F:27.52 g Na:1307.04 mg B:59.46 g W:227.74 g	K:1552 kcal T:43.51 g F:33.09 g Na:1495.47 mg B:56.19 g W:248.56 g	K:1798 kcal T:66.74 g F:26.06 g Na:1204.55 mg B:60.05 g W:250 g	K:1705 kcal T:60.71 g F:22.63 g Na:2228.97 mg B:64.34 g W:233.89 g	K:1834 kcal T:58.47 g F:31.97 g Na:2241.43 mg B:78.3 g W:276.51 g
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## Dodatek „Dobry posiłek w szpitalu”

	11.03	12.02	13.03	14.03	15.03	16.03	17.03
1 3 9 BM	K: 266.6 / B: 17.9 T: 12.3 / WP: 20.9 F: 1.7 / WW: 2.1	K: 500.9 / B: 18.6 T: 9.4 / WP: 82.8 F: 3.5 / WW: 8.4	K: 217.0 / B: 12.1 T: 6.8 / WP: 22.8 F: 4.1 / WW: 2.3	K: 507.8 / B: 18.0 T: 10.2 / WP: 83.1 F: 5.6 / WW: 8.3	K: 268.8 / B: 17.6 T: 12.9 / WP: 20.1 F: 1.7 / WW: 2.1	K: 358.3 / B: 16.6 T: 12.2 / WP: 40.4 F: 4.5 / WW: 4.1	K: 347.0 / B: 13.7 T: 7.2 / WP: 54.4 F: 4.1 / WW: 5.5
	W: 21.8g / KTN: 5.3g / Na: 291.5mg	W: 86.3g / KTN: 4.9g / Na: 287.2mg	W: 26.9g / KTN: 4.3g / Na: 389.3mg	W: 88.6g / KTN: 4.5g / Na: 505.5mg	W: 21.3g / KTN: 4g / Na: 184.8mg	W: 44.9g / KTN: 6.9g / Na: 369mg	W: 58.5g / KTN: 4.4g / Na: 389.3mg
2	K: 311.7 / B: 22.1 T: 13.2 / WP: 26.2 F: 1.7 / WW: 2.6	K: 499.6 / B: 18.6 T: 9.4 / WP: 82.6 F: 3.5 / WW: 8.3	K: 217.0 / B: 12.1 T: 6.8 / WP: 22.8 F: 4.1 / WW: 2.3	K: 512.5 / B: 19.1 T: 9.3 / WP: 86.5 F: 3.2 / WW: 8.7	K: 313.9 / B: 21.8 T: 13.8 / WP: 25.4 F: 1.7 / WW: 2.6	K: 356.9 / B: 16.6 T: 12.2 / WP: 40.0 F: 4.5 / WW: 4.0	K: 347.0 / B: 13.7 T: 7.2 / WP: 54.4 F: 4.1 / WW: 5.5
	W: 26.7g / KTN: 6.1g / Na: 335.5mg	W: 86g / KTN: 4.9g / Na: 287.7mg	W: 26.9g / KTN: 4.3g / Na: 389.3mg	W: 89.6g / KTN: 4.5g / Na: 322.9mg	W: 26.2g / KTN: 4.8g / Na: 228.8mg	W: 44.5g / KTN: 6.9g / Na: 369.3mg	W: 58.5g / KTN: 4.4g / Na: 389.3mg
6	K: 311.7 / B: 22.1 T: 13.2 / WP: 26.2 F: 1.7 / WW: 2.6	K: 366.4 / B: 17.3 T: 9.8 / WP: 49.4 F: 5.4 / WW: 5.0	K: 217.0 / B: 12.1 T: 6.8 / WP: 22.8 F: 4.1 / WW: 2.3	K: 371.0 / B: 16.4 T: 9.0 / WP: 51.5 F: 5.6 / WW: 5.1	K: 313.9 / B: 21.8 T: 13.8 / WP: 25.4 F: 1.7 / WW: 2.6	K: 353.8 / B: 16.9 T: 13.0 / WP: 38.6 F: 1.7 / WW: 3.9	K: 230.6 / B: 16.2 T: 3.8 / WP: 32.4 F: 6.4 / WW: 3.3
	W: 26.7g / KTN: 6.1g / Na: 335.5mg	W: 51.8g / KTN: 5.8g / Na: 297.4mg	W: 26.9g / KTN: 4.3g / Na: 389.3mg	W: 57g / KTN: 4.4g / Na: 505.5mg	W: 26.2g / KTN: 4.8g / Na: 228.8mg	W: 42g / KTN: 7.9g / Na: 379.2mg	W: 35.1g / KTN: 2.5g / Na: 533mg
10 ML	K: 225.3 / B: 6.6 T: 8.9 / WP: 26.6 F: 2.7 / WW: 2.6	K: 364.4 / B: 12.9 T: 7.2 / WP: 60.0 F: 6.2 / WW: 6.0	K: 215.0 / B: 7.7 T: 4.2 / WP: 33.4 F: 4.9 / WW: 3.3	K: 369.0 / B: 12.0 T: 6.4 / WP: 62.1 F: 6.4 / WW: 6.1	K: 298.3 / B: 13.3 T: 14.2 / WP: 26.4 F: 2.5 / WW: 2.6	K: 323.0 / B: 12.3 T: 7.4 / WP: 49.0 F: 7.2 / WW: 4.9	K: 215.0 / B: 7.7 T: 4.2 / WP: 33.4 F: 4.9 / WW: 3.3
	W: 30g / KTN: 1.1g / Na: 33.7mg	W: 63.2g / KTN: 2g / Na: 323.1mg	W: 38.3g / KTN: 0.5g / Na: 415mg	W: 68.4g / KTN: 0.6g / Na: 531.2mg	W: 29.4g / KTN: 2.8g / Na: 110.8mg	W: 53.2g / KTN: 2g / Na: 324.9mg	W: 38.3g / KTN: 0.5g / 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)