

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

DIETA/DATA	18.03.2024	19.03.2024	20.03.2024	21.03.2024	22.03.2024	23.03.2024	24.03.2024
1	K:2366.4 kcal T:83.83 g F:36.2 g	K:2487.5 kcal T:92.53 g F:45.54 g	K:2163.6 kcal T:79.58 g F:32.27 g	K:2566 kcal T:70.81 g F:30.73 g	K:2191 kcal T:83.93 g F:30.73 g	K:2331.3 kcal T:86.91 g F:22.88 g	K:2248.1 kcal T:79.28 g F:36.57 g
	Na:2329.85 mg B:95.07 g W:322.72 g KTN:31.7 g	Na:3522.48 mg B:114 g W:318.61 g KTN:35.14 g	Na:3033.8 mg B:106.02 g W:268.64 g KTN:28.84 g	B:100.22 g W:307.05 g F:33.98 g Na:2530.61 mg KTN:32.73 g	B:2656.78 mg B:100.86 g W:269.51 g KTN:37.86 g	Na:2567.62 mg B:100.83 g W:297.5 g KTN:36.68 g	Na:3024.24 mg B:110.23 g W:292.24 g KTN:34.68 g

## Podstawa żywienia z podziałem na rodzaje diet

2	K:1864 kcal T:65.96 g F:24.92 g Na:1532.75 mg B:88.95 g W:239.13 g KTN:27.59 g	K:2176 kcal T:83.06 g B:99.17 g W:275.9 g F:40.97 g Na:2660.07 mg KTN:30.83 g	K:1742 kcal T:61.03 g F:28.17 g Na:2747.3 mg B:93.27 g W:215.3 g KTN:27.09 g	K:1820 kcal T:69.2 g F:27.02 g Na:1505.24 mg B:78.7 g W:231.48 g KTN:32.3 g	K:1663 kcal T:53.41 g F:26.86 g Na:1448.76 mg B:75.75 g W:230.84 g KTN:23.99 g	K:1854 kcal T:70.46 g F:19.18 g Na:1746.28 mg B:82.76 g W:229.53 g KTN:31.26 g	K:1977 kcal T:69.8 g F:31.36 g Na:2420.5 mg B:103.87 g W:247.13 g KTN:31.21 g
	K:1928 kcal T:64.91 g F:33.6 g Na:1412.65 mg B:75.26 g W:273.63 g KTN:21.08 g	K:2153 kcal T:82.33 g B:98.6 g W:273.81 g F:40.34 g Na:3079.28 mg KTN:29.14 g	K:1888 kcal T:76.05 g F:28.97 g Na:2639.81 mg B:96.85 g W:215.35 g KTN:25.64 g	K:2032 kcal T:69.13 g F:31.48 g Na:2034.6 mg B:94.23 g W:243.15 g KTN:31.13 g	K:1773 kcal T:57.95 g F:28.33 g Na:1921.08 mg B:75.54 g W:249.59 g KTN:19.67 g	K:1946 kcal T:78.12 g F:19.38 g Na:2053.22 mg B:82.23 g W:237.9 g KTN:32.12 g	K:1972 kcal T:72.05 g F:31.47 g Na:2296.39 mg B:102.48 g W:244.19 g KTN:26.74 g
6	K:1858 kcal T:69.64 g F:29.64 g Na:809.9 mg B:72 g W:250.5 g KTN:26.87 g	K:2012 kcal T:81.93 g B:92.38 g W:247.38 g F:34.94 g Na:2172.86 mg KTN:28.54 g	K:1787 kcal T:76.46 g F:25.7 g Na:2065.65 mg B:92.19 g W:196.53 g KTN:28.1 g	K:1870 kcal T:68.21 g F:24.38 g Na:1240.03 mg B:88.73 g W:218.68 g KTN:31.94 g	K:1740 kcal T:66.73 g F:24.28 g Na:1889.77 mg B:78.01 g W:226.73 g KTN:30.81 g	K:1781 kcal T:77.52 g F:13.98 g Na:1149.37 mg B:73.36 g W:207.82 g KTN:30.94 g	K:1890 kcal T:76.48 g F:25.96 g Na:1728.84 mg B:99.11 g W:218.73 g KTN:33.88 g
	K:2046 kcal T:69.23 g F:33.6 g Na:1885.35 mg B:94.37 g W:274.52 g KTN:27.32 g	K:2236 kcal T:83.03 g B:117.8 g W:273.81 g F:40.34 g Na:3126.28 mg KTN:29.36 g	K:1972 kcal T:76.28 g F:28.87 g Na:2792.1 mg B:115.42 g W:217.74 g KTN:28.56 g	K:2130 kcal T:69.31 g F:29.78 g Na:2190.41 mg B:113.92 g W:250.15 g KTN:32.75 g	K:1956 kcal T:67.73 g F:28.33 g Na:2616.38 mg B:101.86 g W:247.51 g KTN:31.48 g	K:2001 kcal T:78.61 g F:19.38 g Na:2103.72 mg B:98.73 g W:234.4 g KTN:31.8 g	K:2113 kcal T:77.58 g F:31.37 g Na:2682.08 mg B:124.53 g W:245.34 g KTN:34.7 g
9	K:1625 kcal T:40.76 g F:24.92 g Na:1524 mg B:90.52 g W:239.68 g KTN:11.09 g	K:1902 kcal T:53.46 g B:102.33 g W:277.17 g F:40.97 g Na:2656.41 mg KTN:11.15 g	K:1469 kcal T:31.83 g F:28.17 g Na:2737.5 mg B:95.15 g W:215.97 g KTN:7.95 g	K:1529 kcal T:39.54 g F:27.02 g Na:1501.42 mg B:81.84 g W:232.71 g KTN:12.58 g	K:1529 kcal T:39.54 g F:27.02 g Na:1439.65 mg B:77.28 g W:231.33 g KTN:7.4 g	K:1545 kcal T:36.41 g F:19.18 g Na:1740.68 mg B:86.11 g W:230.87 g KTN:8.69 g	K:1663 kcal T:36.45 g F:31.36 g Na:2409.34 mg B:106.03 g W:247.9 g KTN:9.35 g
	K:1625 kcal T:40.76 g F:24.92 g Na:1524 mg B:90.52 g W:239.68 g KTN:11.09 g	K:1902 kcal T:53.46 g B:102.33 g W:277.17 g F:40.97 g Na:2656.41 mg KTN:11.15 g	K:1469 kcal T:31.83 g F:28.17 g Na:2737.5 mg B:95.15 g W:215.97 g KTN:7.95 g	K:1529 kcal T:39.54 g F:27.02 g Na:1501.42 mg B:81.84 g W:232.71 g KTN:12.58 g	K:1529 kcal T:39.54 g F:27.02 g Na:1439.65 mg B:77.28 g W:231.33 g KTN:7.4 g	K:1545 kcal T:36.41 g F:19.18 g Na:1740.68 mg B:86.11 g W:230.87 g KTN:8.69 g	K:1663 kcal T:36.45 g F:31.36 g Na:2409.34 mg B:106.03 g W:247.9 g KTN:9.35 g

## Dodatek „Dobry posiłek w szpitalu”

	18.03	19.03	20.03	21.03	22.03	23.03	24.03
1 3 9	K: 403.4 / B: 19.9 T: 15.3 / WP: 46.6 F: 2.6 / WW: 4.7	K: 334.5 / B: 15.4 T: 10.2 / WP: 39.5 F: 5.2 / WW: 3.9	K: 274.6 / B: 9.8 T: 4.0 / WP: 46.3 F: 3.4 / WW: 4.7	K: 259.5 / B: 5.5 T: 2.2 / WP: 51.5 F: 4.2 / WW: 5.2	K: 318.0 / B: 18.2 T: 16.9 / WP: 19.2 F: 2.4 / WW: 1.9	K: 413.3 / B: 21.3 T: 9.0 / WP: 61.0 F: 3.5 / WW: 6.2	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1
	W: 48.2g / KTN: 4.6g / Na: 491.5mg	W: 44.8g / KTN: 6g / Na: 443.2mg	W: 50.9g / KTN: 0.5g / Na: 288.7mg	W: 56.9g / KTN: 0.2g / Na: 387.2mg	W: 22g / KTN: 6.6g / Na: 87.4mg	W: 63.1g / KTN: 5.1g / Na: 510.9mg	W: 46.9g / KTN: 0.2g / Na: 389mg
2	K: 400.6 / B: 23.0 T: 13.6 / WP: 46.3 F: 2.5 / WW: 4.6	K: 349.8 / B: 16.9 T: 10.1 / WP: 43.9 F: 4.2 / WW: 4.4	K: 273.2 / B: 9.8 T: 4.0 / WP: 45.9 F: 3.4 / WW: 4.6	K: 259.5 / B: 5.5 T: 2.2 / WP: 51.5 F: 4.2 / WW: 5.2	K: 319.2 / B: 18.3 T: 17.0 / WP: 19.0 F: 2.4 / WW: 1.9	K: 411.9 / B: 21.3 T: 9.0 / WP: 60.6 F: 3.5 / WW: 6.1	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1
	W: 47.7g / KTN: 6.2g / Na: 334.6mg	W: 48g / KTN: 6g / Na: 325mg	W: 50.5g / KTN: 0.5g / Na: 289mg	W: 56.9g / KTN: 0.2g / Na: 387.2mg	W: 22g / KTN: 6.6g / Na: 86mg	W: 62.7g / KTN: 5.1g / Na: 511.2mg	W: 46.9g / KTN: 0.2g / Na: 389mg
6	K: 403.4 / B: 19.9 T: 15.3 / WP: 46.6 F: 2.6 / WW: 4.7	K: 334.5 / B: 15.4 T: 10.2 / WP: 39.5 F: 5.2 / WW: 3.9	K: 310.6 / B: 21.1 T: 6.6 / WP: 42.2 F: 5.3 / WW: 4.3	K: 286.4 / B: 12.4 T: 7.0 / WP: 39.6 F: 4.2 / WW: 4.0	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: 28.6 F: 5.2 / WW: 2.9
	W: 48.2g / KTN: 4.6g / Na: 491.5mg	W: 44.8g / KTN: 6g / Na: 443.2mg	W: 43.1g / KTN: 3.9g / Na: 442.9mg	W: 43.8g / KTN: 4.4g / Na: 387.5mg	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
ML	K: 314.8 / B: 7.5 T: 9.2 / WP: 47.4 F: 3.8 / WW: 4.7	K: 365.8 / B: 12.0 T: 10.8 / WP: 50.1 F: 6.0 / WW: 4.9	K: 332.8 / B: 13.3 T: 9.4 / WP: 45.0 F: 4.2 / WW: 4.5	K: 284.4 / B: 8.0 T: 4.4 / WP: 50.2 F: 5.0 / WW: 5.0	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: 51.6g / KTN: 1.2g / Na: 34mg	W: 56.2g / KTN: 4.3g / Na: 463.6mg	W: 49.2g / KTN: 3g / Na: 309.4mg	W: 55.2g / KTN: 0.6g / Na: 413.2mg	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- białnik (g) WW- wymienniki  
węglowodanowe W- węglowodany ogółem (g) KTN- kwasy  
tłuszczowe nasycone (g) Na- sól (mg)