

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

DIETA/DATA	25.03.2024	26.03.2024	27.03.2024	28.03.2024	29.03.2024	30.03.2024	31.03.2024
1	K:2015.4 kcal T:81.5 g F:29.33 g Na:2678.17 mg B:110.06 g W:221.91 g KTN:39.03 g	K:2380.1 kcal T:82.33 g F:27.32 g Na:3090.72 mg B:107.86 g W:314.33 g KTN:38.23 g	K:2221.9 kcal T:76.26 g F:30.33 g Na:1615.44 mg B:104.81 g W:290.19 g KTN:30.03 g	K:2297.1 kcal T:83.28 g F:29.95 g Na:2163.52 mg B:91.34 g W:311.57 g KTN:34.41 g	K:2310 kcal T:81.99 g F:31.7 g Na:2575.91 mg B:100.3 g W:308.08 g KTN:37.47 g	K:2420.3 kcal B:108.1 g T:69.8 g F:27.75 g Na:2417.51 mg W:351.52 g KTN:38.16 g	K:3435.1 kcal T:141.24 g F:51.97 g Na:5723.6 mg B:162.59 g W:365.07 g KTN:55.9 g

Podstawa żywienia z podziałem na rodzaje diet

2	K:1621 kcal T:58.74 g F:27.05 g Na:1977.77 mg B:93.01 g W:189.16 g KTN:30.39 g	K:2005 kcal T:71.06 g F:25.56 g Na:2082.07 mg B:86.96 g W:265.3 g KTN:36.39 g	K:1868 kcal T:67.82 g F:27.1 g Na:1326.06 mg B:88.69 g W:235.77 g KTN:26.49 g	K:2039 kcal T:76.55 g F:25.17 g Na:1766.32 mg B:86.35 g W:263.25 g KTN:34.1 g	K:1909 kcal T:67.89 g F:29.2 g Na:2346.61 mg B:77.7 g W:260.98 g KTN:32.57 g	K:2090 kcal B:91.2 g T:58 g F:24.35 g Na:2048.51 mg W:313.52 g KTN:31.36 g	K:3217 kcal T:138.84 g F:46.77 g Na:5334.6 mg B:157.69 g W:318.17 g KTN:55.7 g
	K:1675 kcal T:68.56 g F:28.13 g Na:2264.89 mg B:87.1 g W:186.29 g KTN:31.98 g	K:2033 kcal T:71.32 g F:23.77 g Na:2750.03 mg B:98.32 g W:258.82 g KTN:29.05 g	K:1851 kcal T:67.66 g F:26.83 g Na:1238.24 mg B:88.41 g W:233.69 g KTN:22.85 g	K:2070 kcal T:81.18 g F:25.75 g Na:1711.62 mg B:86.14 g W:260.57 g KTN:33.42 g	K:1909 kcal T:67.89 g F:29.2 g Na:2346.61 mg B:77.7 g W:260.98 g KTN:32.57 g	K:2090 kcal B:91.2 g T:58 g F:24.35 g Na:2048.51 mg W:313.52 g KTN:31.36 g	K:3217 kcal T:138.84 g F:46.77 g Na:5334.6 mg B:157.69 g W:318.17 g KTN:55.7 g
	K:1655 kcal T:67.9 g F:22.88 g Na:1660.77 mg B:82.81 g W:170.43 g KTN:32.48 g	K:1958 kcal T:78.7 g F:21.94 g Na:1988.22 mg B:90.8 g W:235.39 g KTN:36.94 g	K:1738 kcal T:67.2 g F:26.28 g Na:648.83 mg B:82.98 g W:215.94 g KTN:24.82 g	K:1940 kcal T:80.56 g F:20.43 g Na:868.27 mg B:80.17 g W:238.09 g KTN:33.62 g	K:1909 kcal T:67.89 g F:29.2 g Na:2346.61 mg B:77.7 g W:260.98 g KTN:32.57 g	K:2090 kcal B:91.2 g T:58 g F:24.35 g Na:2048.51 mg W:313.52 g KTN:31.36 g	K:3217 kcal T:138.84 g F:46.77 g Na:5334.6 mg B:157.69 g W:318.17 g KTN:55.7 g
9	K:1769 kcal T:68.9 g F:26.93 g Na:2387.37 mg B:106.66 g W:191.21 g KTN:33.15 g	K:2185 kcal T:79.33 g F:23.12 g Na:2937.42 mg B:116.06 g W:262.43 g KTN:37.55 g	K:1934 kcal T:67.96 g F:26.83 g Na:1375.24 mg B:107.01 g W:235.49 g KTN:25.45 g	K:2162 kcal T:81.58 g F:24.75 g Na:1821.52 mg B:105.64 g W:264.67 g KTN:34.43 g	K:1909 kcal T:67.89 g F:29.2 g Na:2346.61 mg B:77.7 g W:260.98 g KTN:32.57 g	K:2090 kcal B:91.2 g T:58 g F:24.35 g Na:2048.51 mg W:313.52 g KTN:31.36 g	K:3217 kcal T:138.84 g F:46.77 g Na:5334.6 mg B:157.69 g W:318.17 g KTN:55.7 g
	K:1333 kcal T:29.14 g F:27.05 g Na:1974.07 mg B:96.17 g W:190.4 g KTN:10.7 g	K:1727 kcal T:38.09 g F:23.22 g Na:2071.32 mg B:93.42 g W:267.37 g KTN:14.55 g	K:1626 kcal T:42.75 g F:27.07 g Na:1317.3 mg B:90.39 g W:235.99 g KTN:9.99 g	K:1797 kcal T:47.79 g F:25.36 g Na:1764.67 mg B:93.95 g W:265.03 g KTN:14.58 g	K:1909 kcal T:67.89 g F:29.2 g Na:2346.61 mg B:77.7 g W:260.98 g KTN:32.57 g	K:2090 kcal B:91.2 g T:58 g F:24.35 g Na:2048.51 mg W:313.52 g KTN:31.36 g	K:3217 kcal T:138.84 g F:46.77 g Na:5334.6 mg B:157.69 g W:318.17 g KTN:55.7 g
3	K:329.4 / B: 22.6 T: 13.3 / WP: 29.6 F: 2.4 / WW: 2.9	K: 278.1 / B: 11.0 T: 3.7 / WP: 46.3 F: 4.2 / WW: 4.6	K: 370.9 / B: 17.0 T: 9.0 / WP: 51.2 F: 3.5 / WW: 5.2	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1	K: 401.0 / B: 22.6 T: 14.1 / WP: 45.6 F: 2.5 / WW: 4.6	K: 330.3 / B: 16.9 T: 11.8 / WP: 34.6 F: 3.4 / WW: 3.5	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1
	W: 30.7g / KTN: 6.1g / Na: 337.8mg	W: 51.9g / KTN: 0.9g / Na: 200.3mg	W: 54.7g / KTN: 4.8g / Na: 287.2mg	W: 46.9g / KTN: 0.2g / Na: 389mg	W: 47.1g / KTN: 4.9g / Na: 229.3mg	W: 38g / KTN: 6.8g / Na: 369mg	W: 46.9g / KTN: 0.2g / Na: 389mg
2	K: 326.4 / B: 22.4 T: 13.3 / WP: 29.4 F: 2.4 / WW: 2.9	K: 293.7 / B: 12.4 T: 3.6 / WP: 50.7 F: 3.2 / WW: 5.1	K: 369.6 / B: 17.0 T: 9.0 / WP: 51.0 F: 3.5 / WW: 5.1	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1	K: 398.0 / B: 22.4 T: 14.1 / WP: 45.4 F: 2.5 / WW: 4.6	K: 329.0 / B: 16.9 T: 11.8 / WP: 34.4 F: 3.4 / WW: 3.4	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1
	W: 30.3g / KTN: 6.1g / Na: 336.4mg	W: 55.2g / KTN: 0.9g / Na: 202.7mg	W: 54.4g / KTN: 4.8g / Na: 287.7mg	W: 46.9g / KTN: 0.2g / Na: 389mg	W: 46.7g / KTN: 4.9g / Na: 227.9mg	W: 37.7g / KTN: 6.8g / Na: 369.5mg	W: 46.9g / KTN: 0.2g / Na: 389mg
6	K: 329.4 / B: 22.6 T: 13.3 / WP: 29.6 F: 2.4 / WW: 2.9	K: 305.0 / B: 17.9 T: 8.5 / WP: 34.4 F: 4.2 / WW: 3.4	K: 366.4 / B: 17.3 T: 9.8 / WP: 49.4 F: 5.4 / WW: 5.0	K: 245.0 / B: 11.8 T: 7.2 / WP: 28.6 F: 5.2 / WW: 2.9	K: 401.0 / B: 22.6 T: 14.1 / WP: 45.6 F: 2.5 / WW: 4.6	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: 30.7g / KTN: 6.1g / Na: 337.8mg	W: 38.8g / KTN: 5.1g / Na: 200.6mg	W: 51.8g / KTN: 5.8g / Na: 297.4mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg	W: 47.1g / KTN: 4.9g / Na: 229.3mg	W: 35.1g / KTN: 7.8g / Na: 379.2mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg
ML	K: 236.9 / B: 6.8 T: 8.9 / WP: 29.7 F: 3.4 / WW: 2.9	K: 267.7 / B: 11.1 T: 4.7 / WP: 41.3 F: 4.2 / WW: 4.0	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: 385.4 / B: 14.1 T: 14.5 / WP: 46.6 F: 3.3 / WW: 4.6	K: 299.5 / B: 12.3 T: 6.2 / WP: 45.0 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: 45.7g / KTN: 0.6g / Na: 948.9mg	W: 66.1g / KTN: 1g / Na: 312.9mg	W: 45.2g / KTN: 0.6g / Na: 415mg	W: 50.3g / KTN: 2.9g / Na: 111.3mg	W: 49.2g / KTN: 0.9g / Na: 314.7mg	W: 45.2g / KTN: 0.6g / Na: 415mg

Dodatek „Dobry posiłek w szpitalu”

	25.03	26.03	27.03	28.03	29.03	30.03	31.03
1 3 9	K: 329.4 / B: 22.6 T: 13.3 / WP: 29.6 F: 2.4 / WW: 2.9	K: 278.1 / B: 11.0 T: 3.7 / WP: 46.3 F: 4.2 / WW: 4.6	K: 370.9 / B: 17.0 T: 9.0 / WP: 51.2 F: 3.5 / WW: 5.2	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1	K: 401.0 / B: 22.6 T: 14.1 / WP: 45.6 F: 2.5 / WW: 4.6	K: 330.3 / B: 16.9 T: 11.8 / WP: 34.6 F: 3.4 / WW: 3.5	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1
	W: 30.7g / KTN: 6.1g / Na: 337.8mg	W: 51.9g / KTN: 0.9g / Na: 200.3mg	W: 54.7g / KTN: 4.8g / Na: 287.2mg	W: 46.9g / KTN: 0.2g / Na: 389mg	W: 47.1g / KTN: 4.9g / Na: 229.3mg	W: 38g / KTN: 6.8g / Na: 369mg	W: 46.9g / KTN: 0.2g / Na: 389mg
2	K: 326.4 / B: 22.4 T: 13.3 / WP: 29.4 F: 2.4 / WW: 2.9	K: 293.7 / B: 12.4 T: 3.6 / WP: 50.7 F: 3.2 / WW: 5.1	K: 369.6 / B: 17.0 T: 9.0 / WP: 51.0 F: 3.5 / WW: 5.1	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1	K: 398.0 / B: 22.4 T: 14.1 / WP: 45.4 F: 2.5 / WW: 4.6	K: 329.0 / B: 16.9 T: 11.8 / WP: 34.4 F: 3.4 / WW: 3.4	K: 218.1 / B: 4.9 T: 2.4 / WP: 40.5 F: 5.2 / WW: 4.1
	W: 30.3g / KTN: 6.1g / Na: 336.4mg	W: 55.2g / KTN: 0.9g / Na: 202.7mg	W: 54.4g / KTN: 4.8g / Na: 287.7mg	W: 46.9g / KTN: 0.2g / Na: 389mg	W: 46.7g / KTN: 4.9g / Na: 227.9mg	W: 37.7g / KTN: 6.8g / Na: 369.5mg	W: 46.9g / KTN: 0.2g / Na: 389mg
6	K: 329.4 / B: 22.6 T: 13.3 / WP: 29.6 F: 2.4 / WW: 2.9	K: 305.0 / B: 17.9 T: 8.5 / WP: 34.4 F: 4.2 / WW: 3.4	K: 366.4 / B: 17.3 T: 9.8 / WP: 49.4 F: 5.4 / WW: 5.0	K: 245.0 / B: 11.8 T: 7.2 / WP: 28.6 F: 5.2 / WW: 2.9	K: 401.0 / B: 22.6 T: 14.1 / WP: 45.6 F: 2.5 / WW: 4.6	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: 30.7g / KTN: 6.1g / Na: 337.8mg	W: 38.8g / KTN: 5.1g / Na: 200.6mg	W: 51.8g / KTN: 5.8g / Na: 297.4mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg	W: 47.1g / KTN: 4.9g / Na: 229.3mg	W: 35.1g / KTN: 7.8g / Na: 379.2mg	W: 33.8g / KTN: 4.4g / Na: 389.3mg
ML	K: 236.9 / B: 6.8 T: 8.9 / WP: 29.7 F: 3.4 / WW: 2.9	K: 267.7 / B: 11.1 T: 4.7 / WP: 41.3 F: 4.2 / WW: 4.0	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: 385.4 / B: 14.1 T: 14.5 / WP: 46.6 F: 3.3 / WW: 4.6	K: 299.5 / B: 12.3 T: 6.2 / WP: 45.0 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: 45.7g / KTN: 0.6g / Na: 948.9mg	W: 66.1g / KTN: 1g / Na: 312.9mg	W: 45.2g / KTN: 0.6g / Na: 415mg	W: 50.3g / KTN: 2.9g / Na: 111.3mg	W: 49.2g / KTN: 0.9g / Na: 314.7mg	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)