

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

DIETA/DATA	04.03.2024	05.03.2024	06.03.2024	07.03.2024	08.03.2024	09.03.2024	10.03.2024
1	K:2163 kcal T:89.06 g F:35.91 g	K:2450 kcal T:98.45 g F:24.65 g	K:2450.9 kcal T:92.85 g F:25.91 g	K:2387 kcal T:105.77 g F:26.24 g	K:2293 kcal T:83.31 g F:26.57 g	K:2128.3 kcal T:75.98 g F:37.15 g	K:2266 kcal T:78.05 g F:27.86 g
	Na:1439.34 mg B:104.55 g W:261.49 g KTN:36.62 g	Na:1364.58 mg B:108.81 g W:289.79 g KTN:40.17 g	Na:2323.21 mg B:99.45 g W:313.23 g KTN:38.11 g	Na:2740.4 mg B:95.85 g W:272.91 g KTN:31.47 g	Na:2851.29 mg B:108.58 g W:287.88 g KTN:42.63 g	Na:2631.71 mg B:102.28 g W:266.87 g KTN:31.86 g	Na:2872.74 mg B:116.4 g W:298.68 g KTN:35.36 g

### Podstawa żywienia z podziałem na rodzaje diet

2	K:1790 kcal T:63.37 g F:30.76 g	K:1917 kcal T:84.44 g F:18.72 g	K:2178 kcal T:76.24 g F:26.17 g	K:1942 kcal T:90.14 g F:18.52 g	K:1736 kcal T:53.53 g F:23.67 g	K:1742 kcal T:57.01 g F:31.95 g	K:1833 kcal T:64.45 g F:22.78 g
	Na:1439.34 mg B:97.55 g W:240.87 g KTN:22.93 g	Na:1208.38 mg B:85.55 g W:210.42 g KTN:31.95 g	Na:1832.01 mg B:89.48 g W:293.3 g KTN:28.42 g	Na:2524.8 mg B:95.46 g W:193.56 g KTN:29.27 g	Na:2108.89 mg B:81.7 g W:240.95 g KTN:28.4 g	Na:1511.41 mg B:79.22 g W:241.86 g KTN:21.87 g	Na:2489.44 mg B:102.88 g W:232.44 g KTN:26.94 g
	K:1760 kcal T:65.73 g F:30.76 g	K:1857 kcal T:84.19 g F:19 g	K:2144 kcal T:77.02 g F:26.21 g	K:1914 kcal T:87.98 g F:18.76 g	K:1770 kcal T:68.34 g F:24.68 g	K:1813 kcal T:64.45 g F:32.91 g	K:1891 kcal T:67.55 g F:22.78 g
	Na:1337 mg B:86.57 g W:238.51 g KTN:22.88 g	Na:1065.57 mg B:75.56 g W:205.37 g KTN:33.69 g	Na:1745.38 mg B:81.45 g W:290.66 g KTN:28.54 g	Na:2151.3 mg B:92.61 g W:194.29 g KTN:27.67 g	Na:2106.89 mg B:69.95 g W:243.93 g KTN:34.59 g	Na:1360.21 mg B:69.86 g W:241.14 g KTN:30.06 g	Na:2162.44 mg B:105.38 g W:237.34 g KTN:25.57 g
	K:1757 kcal T:75.56 g F:36.71 g	K:1963 kcal T:89.75 g F:27.15 g	K:1970 kcal T:83.88 g F:29.83 g	K:1830 kcal T:97.68 g F:27.85 g	K:1759 kcal T:66.55 g F:36.37 g	K:1758 kcal T:64.18 g F:33.75 g	K:1779 kcal T:70.05 g F:29.06 g
	Na:2319.64 mg B:80.7 g W:222.56 g KTN:30.5 g	Na:1257.88 mg B:90.21 g W:217.71 g KTN:35.04 g	Na:2038.31 mg B:79.76 g W:242.43 g KTN:33.51 g	Na:2354.2 mg B:78.75 g W:175.8 g KTN:26.99 g	Na:2623.74 mg B:82 g W:228.39 g KTN:36.64 g	Na:2262.61 mg B:85.38 g W:228.79 g KTN:25.06 g	Na:2485.34 mg B:100.5 g W:216.9 g KTN:30.87 g
9	K:1838 kcal T:69.04 g F:34.36 g	K:1995 kcal T:58.11 g F:17.43 g	K:2046 kcal T:73.36 g F:31.06 g	K:1897 kcal T:73.38 g F:23.87 g	K:1932 kcal T:48.92 g F:35.03 g	K:1892 kcal T:62.26 g F:27.07 g	K:1752 kcal T:69.35 g F:26.4 g
	B:94.87 g W:247.92 g Na:2741.9 mg	B:95.92 g W:202.73 g Na:1930.6 mg	B:110.28 g W:248.28 g Na:2225.23 mg	B:86.63 g W:227.18 g Na:1291.84 mg	B:96.49 g W:292.21 g Na:3236.07 mg	B:95.5 g W:222.39 g Na:3436.26 mg	B:105.46 g W:220.33 g Na:2296.14 mg
	K:1711 kcal T:65.25 g F:30.34 g	K:1727 kcal T:76.53 g F:20.74 g	K:2105 kcal T:76.5 g F:26.21 g	K:1863 kcal T:87.46 g F:17.64 g	K:1810 kcal T:68.28 g F:24.26 g	K:1737 kcal T:65.73 g F:34.23 g	K:1837 kcal T:65.84 g F:22.57 g
	Na:1285.4 mg B:75.83 g W:237.79 g	Na:1094.57 mg B:60.84 g W:207.11 g	Na:1723.38 mg B:72.85 g W:290.66 g	Na:2096.7 mg B:82.33 g W:192.37 g	Na:2108.69 mg B:63.83 g W:243.21 g	Na:1391.01 mg B:55.02 g W:242.16 g	Na:2139.74 mg B:96.16 g W:236.98 g
	K:1838 kcal T:69.04 g F:34.36 g	K:1995 kcal T:58.11 g F:17.43 g	K:2046 kcal T:73.36 g F:31.06 g	K:1897 kcal T:73.38 g F:23.87 g	K:1932 kcal T:48.92 g F:35.03 g	K:1892 kcal T:62.26 g F:27.07 g	K:1752 kcal T:69.35 g F:26.4 g
	B:94.87 g W:247.92 g Na:2741.9 mg	B:95.92 g W:202.73 g Na:1930.6 mg	B:110.28 g W:248.28 g Na:2225.23 mg	B:86.63 g W:227.18 g Na:1291.84 mg	B:96.49 g W:292.21 g Na:3236.07 mg	B:95.5 g W:222.39 g Na:3436.26 mg	B:105.46 g W:220.33 g Na:2296.14 mg

### Dodatek „Dobry posiłek w szpitalu”

	4.03	5.03	6.03	7.03	8.03	9.03	10.03
1 3 9 BM	K:329.4 / B: 22.6 T: 13.3 / WP: 29.6 F: 2.4 / WW: 2.9	K: 435.0 / B: 19.5 T: 8.9 / WP: 66.0 F: 4.2 / WW: 6.6	K: 370.9 / B: 17.0 T: 9.0 / WP: 51.2 F: 3.5 / WW: 5.2	K: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1	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: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1
	W: 30.7g / KTN: 6.1g / Na: 337.8mg	W: 70.4g / KTN: 5.2g / Na: 200.6mg	W: 54.7g / KTN: 4.8g / Na: 287.2mg	W: 65.4g / KTN: 4.5g / Na: 389.3mg	W: 47.1g / KTN: 4.9g / Na: 229.3mg	W: 38g / KTN: 6.8g / Na: 369mg	W: 65.4g / KTN: 4.5g / Na: 389.3mg
	K: 326.4 / B: 22.4 T: 13.3 / WP: 29.4 F: 2.4 / WW: 2.9	K: 450.6 / B: 20.9 T: 8.8 / WP: 70.4 F: 3.2 / WW: 7.1	K: 369.6 / B: 17.0 T: 9.0 / WP: 51.0 F: 3.5 / WW: 5.1	K: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1	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: 375.0 / B: 13.4 T: 7.6 / WP: 60.2 F: 5.2 / WW: 6.1
2	W: 30.3g / KTN: 6.1g / Na: 336.4mg	W: 73.7g / KTN: 5.2g / Na: 203mg	W: 54.4g / KTN: 4.8g / Na: 287.7mg	W: 65.4g / KTN: 4.5g / Na: 389.3mg	W: 46.7g / KTN: 4.9g / Na: 227.9mg	W: 37.7g / KTN: 6.8g / Na: 369.5mg	W: 65.4g / KTN: 4.5g / Na: 389.3mg
	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
6	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: 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: 45.7g / KTN: 0.6g / Na: 348.9mg	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: 49.4g / KTN: 3g / Na: 394.7mg	W: 45.2g / KTN: 0.6g / Na: 415mg
	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
10 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: 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: 45.7g / KTN: 0.6g / Na: 348.9mg	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: 49.4g / KTN: 3g / Na: 394.7mg	W: 45.2g / KTN: 0.6g / Na: 415mg
	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

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)