

Anexo 2. Análisis nutricional de las propuestas dietarias: % de adecuación de energía y nutrientes.

PROPUESTA A			2000	275	75	130	25	20	2000	1100	10	9	700	70	4500	400	1.3	16	2.2	Recomendación
			102.2	84.9	104.7	93.7	106.2	100.0	41.8	99.8	162.8	106.5	218.1	318.1	75.5	148.8	157.0	61.0	401.6	%VD
Alimentos	Cantidades	Unidad	2045	233	78	122	27	20	836	1097	16	10	1527	223	3396	595	2.0	10	9	Suma
			Ingesta Kcal	HC	Proteínas	Almidón	Fibra	AGS	Na	Ca	Fe	Zn	VitA	Vit C	K	Vit B9	Omega 3	Vit D	Vit B12	
Hortalizas no feculentas																				
Verduras de hoja promedio	100	g/d	20.0	4.0	2.0	2.0	1.0	0.0	1.0	83.0	2.0	0.0	265.0	45.0	382.0	73.0	0.1	0.0	0.0	
Otras hortalizas promedio	300	g/d	90.0	24.0	5.0	12.0	5.0	0.0	8.0	130.0	4.0	1.0	663.0	57.0	642.0	99.0	0.0	0.0	0.0	
Frutas																				
Citricos promedio	150	g/d	52.5	16.5	1.0	3.0	3.2	0.0	16.5	66.4	0.3	0.2	18.0	70.1	238.5	21.8	0.0	0.0	0.0	
Otras frutas promedio	150	g/d	82.5	19.6	1.2	5.9	2.8	0.0	7.6	21.9	0.6	0.2	10.0	41.3	306.7	24.7	0.0	0.0	0.0	
Lácteos																				
Leche promedio	200	ml/d	174.0	20.7	7.2	7.0	0.2	5.0	32.2	226.5	0.8	0.5	110.0	1.9	265.0	3.2	0.2	3.6	1.0	
Yogures promedio	200	ml/d	152.7	23.3	8.0	-4.0	0.0	2.0	118.0	246.7	0.3	1.2	99.3	0.0	329.3	17.9	0.2	3.2	3.4	
Quesos promedio	30	g/d	98.1	1.0	5.6	1.0	0.0	3.5	169.1	209.5	0.1	0.5	56.3	0.0	33.3	3.3	0.0	0.4	0.0	
Legumbres, granos, cereales y panificados integrales																				
Legumbres promedio	30	g/d	90.0	15.3	6.6	9.6	5.7	0.1	4.2	21.9	1.6	1.1	1.1	0.0	316.2	141.3	0.0	0.0	0.0	
Granos y cereales integrales promedio	20	g/d	68.0	13.3	2.5	11.9	1.4	0.1	1.5	5.6	0.6	0.7	0.1	0.0	73.1	13.3	0.0	0.0	0.0	
Panificados integrales promedio	50	g/d	110.0	25.0	4.5	22.0	2.4	0.3	159.8	23.3	1.3	0.7	0.0	0.0	100.0	19.3	0.0	0.0	0.0	
Harinas, pan, pastas y papa																				
Hortalizas feculentas promedio	60	g/d	60.0	18.0	1.3	3.0	1.4	1.5	1.5	13.8	0.3	0.2	12.8	6.3	194.1	15.2	0.0	0.0	0.0	
Arroz, harinas y féculas promedio	20	g/d	68.0	15.8	1.4	15.8	0.0	0.0	0.8	0.0	0.1	0.0	0.0	0.0	15.6	1.9	0.0	0.0	0.0	
Pastas promedio	20	g/d	70.0	15.0	2.6	14.0	0.5	0.0	1.4	3.6	0.3	0.2	6.6	0.0	32.4	78.4	0.0	0.0	0.0	
Panificados salados promedio	30	g/d	84.0	18.0	2.8	16.5	0.7	0.2	148.5	7.3	0.8	0.4	3.3	0.0	47.6	27.2	0.0	0.0	0.0	
Carnes y huevos																				
Carnes rojas promedio	28	g/d	52.0	0.2	5.3	0.2	0.0	1.3	25.8	3.0	0.6	1.0	42.8	0.0	81.0	6.2	0.0	0.0	2.4	
Carnes aves promedio	28	g/d	34.5	0.1	5.3	0.1	0.0	0.4	20.2	2.9	0.6	0.5	191.7	0.0	52.1	25.8	0.0	0.0	0.1	
Pescados y mariscos promedio	44	g/d	51.7	0.1	8.8	0.1	0.0	0.4	88.3	6.3	0.8	0.1	5.3	0.0	132.0	4.8	0.3	0.4	1.2	
Huevos promedio	25	g/d	38.8	0.1	3.3	0.1	0.0	0.9	31.0	12.5	0.3	0.3	38.2	0.0	31.5	14.6	0.1	2.1	0.7	
Aceites, frutos secos y semillas																				
Aceites promedio	30	ml/d	270.0	0.0	0.0	0.0	0.0	3.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Frutos secos promedio	15	g/d	86.0	3.0	2.0	2.0	1.0	1.0	0.0	10.0	1.0	0.0	3.0	0.0	83.0	4.0	0.9	0.0	0.0	
Semillas molidas promedio	5	g/d	28.0	1.0	2.0	0.0	0.0	0.0	0.0	2.0	0.0	0.0	1.0	0.0	40.0	0.0	0.2	0.0	0.0	
Alimentos ocasionales	270	kcal/d	270																	

PROPUESTA B			2000	275	75	130	25	20	2000	1100	10	9	700	70	4500	400	1.3	16	2.2	Recomendación
			101.9	91.3	93.5	102.5	159.7	89.1	31.1	92.2	191.2	110.6	211.5	419.1	87.3	212.3	162.0	53.1	153.3	%VD
			2037	251	70	133	40	18	622	1015	19	10	1480	293	3927	849	2.0	8	4	Suma
Grupo de alimentos	Cantidades	Unidad	Ingesta Kcal	HC	Proteínas	Almidón	Fibra	AGS	Na	Ca	Fe	Zn	VitA	Vit C	K	Vit B9	Omega 3	Vit D	Vit B12	
Hortalizas no feculentas																				
Verduras de hoja promedio	150	g/d	30.0	5.0	4.0	2.0	2.0	0.0	2.0	128.0	3.0	0.0	398.0	68.0	573.0	109.0	0.2	0.0	0.0	
Otras hortalizas promedio	350	g/d	105.0	28.0	6.0	9.0	6.0	0.0	9.0	158.0	4.0	1.0	773.0	67.0	749.0	116.0	0.0	0.0	0.0	
Frutas																				
Cítricos promedio	200	g/d	70.0	19.0	1.0	1.0	4.0	0.0	22.0	90.0	0.0	0.0	24.0	93.0	318.0	29.0	0.0	0.0	0.0	
Otras frutas promedio	200	g/d	110.0	26.0	2.0	8.0	4.0	0.0	10.0	29.0	1.0	0.0	13.0	55.0	409.0	33.0	0.0	0.0	0.0	
Lácteos																				
Leche promedio	100	ml/d	87.0	10.0	4.0	3.0	0.0	2.0	16.0	115.0	0.0	0.0	55.0	1.0	133.0	2.0	0.1	1.8	0.5	
Yogures promedio	100	ml/d	76.0	12.0	4.0	-2.0	0.0	1.0	59.0	133.0	0.0	1.0	50.0	0.0	165.0	9.0	0.1	1.6	1.7	
Quesos promedio	30	g/d	95.0	1.0	6.0	1.0	0.0	4.0	169.0	210.0	0.0	1.0	56.0	0.0	33.0	3.0	0.0	0.4	0.0	
Legumbres, granos, cereales y panificados integrales																				
Legumbres promedio	70	g/d	210.0	36.0	15.0	22.0	13.0	0.0	10.0	53.0	4.0	3.0	2.0	0.0	738.0	330.0	0.0	0.0	0.0	
Granos y cereales integrales promedio	20	g/d	68.0	13.0	3.0	12.0	1.0	0.0	1.0	6.0	1.0	1.0	0.0	0.0	73.0	13.0	0.0	0.0	0.0	
Panificados integrales promedio	80	g/d	176.0	39.0	7.0	35.0	4.0	1.0	256.0	37.0	2.0	1.0	0.0	0.0	160.0	31.0	0.0	0.0	0.0	
Harinas, pan, pastas y papa																				
Hortalizas feculentas promedio	80	g/d	80.0	19.0	2.0	2.0	2.0	2.0	2.0	18.0	0.0	0.0	17.0	8.0	259.0	20.0	0.0	0.0	0.0	
Arroz, harinas y féculas promedio	20	g/d	68.0	16.0	1.0	16.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	16.0	2.0	0.0	0.0	0.0	
Pastas promedio	30	g/d	105.0	22.0	4.0	21.0	1.0	0.0	2.0	5.0	0.0	0.0	10.0	0.0	49.0	118.0	0.0	0.0	0.0	
Huevos																				
Huevos promedio	50	g/d	78.0	0.0	7.0	0.0	0.0	2.0	62.0	25.0	1.0	1.0	76.0	0.0	63.0	29.0	0.1	4.2	1.5	
Aceites, frutos secos y semillas																				
Aceites promedio	30	ml/d	270.0	0.0	0.0	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Frutos secos promedio	20	g/d	115.0	4.0	3.0	2.0	2.0	1.0	0.0	13.0	1.0	0.0	4.0	0.0	110.0	6.0	1.2	0.0	0.0	
Semillas molidas promedio	10	g/d	56.0	1.0	3.0	0.0	1.0	1.0	1.0	5.0	1.0	1.0	2.0	0.0	81.0	0.0	0.3	0.0	0.0	
Alimentos ocasionales	240	kcal/d	240																	