**INDICACIONES NUTRICIONALES Y DIETÉTICAS**

NOMBRE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FECHA: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PESO: \_\_\_\_\_\_\_\_\_\_ TALLA: \_\_\_\_\_\_\_\_\_ C CINTURA: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ IMC: \_\_\_\_\_\_\_\_\_\_

**DIAGNÓSTICO NUTRICIONAL**:

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**PLAN ALIMENTACION / DIA:**

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|  | **TOTAL** | Desayuno | Colación | Almuerzo | Once | Cena |
| Cereales y papas |  |  |  |  |  |  |
| Verduras |  |  |  |  |  |  |
| Frutas |  |  |  |  |  |  |
| Carnes, pescados y huevos |  |  |  |  |  |  |
| Lácteos |  |  |  |  |  |  |
| Aceites y grasas |  |  |  |  |  |  |
| Azúcar |  |  |  |  |  |  |

**SELECCION DE ALIMENTOS SEGUN PIRAMIDE ALIMENTARIA**

**(Listado de alimentos equivalentes a “UNA PORCION”)**

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| **CEREALES, PAPAS** | | |
| Alimento | **Porciones en** | |
| **Grs** | **Med casera** |
| **Cereales y pastas crudas** | |  |
| Arroz | **40** | **3 cdas o 1/4 taza** |
| Arroz integral | **40** | **3 cdas o 1/4 taza** |
| Avena | **40** | **4 cdas o 1/2 taza** |
| Chuño | **40** | **4 cdas o 1/4 taza** |
| Fideos | **40** | **1/2 taza** |
| Harina tostada | **40** | **4 cdas o 1/4 taza** |
| Harina trigo | **40** | **4 cdas o 1/4 taza** |
| Maicena | **30** | **3 cdas o 1/4 taza** |
| Mote, maíz | **120** | **3/4 taza** |
| Mote, trigo | **100** | **3/4 taza** |
| Quínoa | **40** | **4 cdas o 1/4 taza** |
| Sémola | **40** | **3 cdas o 1/4 taza** |
| Tapioca | **35** | **3 cdas o 1/4 taza** |
| **Cereales y pastas cocidas** |  |  |
| Arroz | **100** | **3/4 taza** |
| Arroz integral | **120** | **3/4 taza** |
| Fideos | **110** | **3/4 taza** |
| Cabritas | **35** | **1 1/2 taza** |
| **Pan** |  |  |
| Marraqueta o hallulla | **50** | **1/2 unidad** |
| Pan molde | **60** | **3 rebanadas** |
| Pan integral molde | **50** | **1 1/4 rebanada** |
| Pan integral hallulla | **40** | **1 unidad chica** |
| Pan centeno molde | **50** | **1 1/4 rebanada** |
| Pan centeno hallulla | **50** | **1 unidad chica** |
| Pan dulce (huevo) | **50** | **1/4 unidad** |
| Pan amasado | **50** | **1/4 unidad** |
| Galletas de agua | **40** | **8 unidades** |
| Galletas bocado, champaña | **40** | **10 unidades** |
| Galletas champaña | **40** | **5 unidades** |
| Galletas soda | **40** | **8 unidades** |
| Galleta soda integral | **40** | **7 unidades** |
| **Cereales de desayuno** |  |  |
| Cereales azucarados | **34** | **1 taza** |
| Natur | **35** | **1 bolsa chica** |
| Corn Flakes | **40** | **1 1/4 taza** |
| **Legum frescas, papas y otros** |  |  |
| Arveja cruda o cocida | **190** | **1 1/2 taza** |
| Arvejitas enlatadas | **190** | **1 1/2 taza** |
| Camote | **120** | **1/2 taza** |
| Castaña | **35** | **4 unidades** |
| Choclo cocido | **160** | **1 taza** |
| Choclo crudo | **120** | **1 taza** |
| Choclo congelado | **150** | **1 1/4 taza** |
| Haba cocida | **150** | **1 taza** |
| Papa cocida | **150** | **1 unidad regular** |
| Papa cruda | **150** | **1 unidad regular** |
| Poroto granado crudo | **120** | **3/4 taza** |

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| **VERDURAS** | | |  | **FRUTAS** | | |
| Alimento | Porciones en | |  | Alimento | Porciones en | |
| Grs | Med casera |  | Grs | Med casera |
| **Verduras cocidas** | |  |  | Aceitunas | 55 | 10 unidades |
| Acelga | 110 | 1/2 taza |  | Caqui | 90 | 1 unidad chica |
| Alcachofa | 50 | 1 unidad chica |  | Cerezas | 90 | 15 unidades |
| Betarraga | 90 | 1/2 taza |  | Chirimoya | 90 | 1/4 unidad |
| Berenjena | 100 | 1/2 taza |  | Ciruelas | 110 | 3 unidades |
| Brócoli | 100 | 1 taza |  | Damasco | 120 | 3 unidades |
| Champiñones | 100 | 3/4 taza |  | Durazno | 130 | 1 unidad regular |
| Champiñones enlatados | 100 | 3/4 taza |  | Durazno en conserva | 80 | 1 1/2 unidad |
| Coliflor | 110 | 1 taza |  | Frambuesa | 130 | 1 taza |
| Espárragos | 100 | 5 unidades regulares |  | Frutilla | 200 | 1 taza |
| Espinaca | 130 | 1/2 taza |  | Grosella | 120 | 1/2 taza |
| Pickle | 120 | 3 unidades regulares |  | Higos | 80 | 2 unidades |
| Poroto verde enlatado | 110 | 1/2 taza |  | Kiwi | 100 | 2 unidades chicas |
| Poroto verde | 70 | 3/4 taza |  | Limón fruto | 160 | 3 unidades |
| Repollitos de brúcelas | 100 | 1/2 taza |  | Lúcuma pasta | 50 | 2 cdas |
| Salsa de tomates o ketchup | 30 | 2 cdas |  | Manzana | 100 | 1 unidad chica |
| Zanahoria | 50 | 1 taza |  | Melón | 180 | 1 taza |
| Zapallitos italianos | 150 | 1 taza |  | Membrillo | 100 | 1 unidad chica |
| Zapallo | 70 | 1/2 taza |  | Mora | 120 | 1/2 taza |
| **Verduras crudas** | |  |  | Naranja | 120 | 1 unidad regular |
| Betarraga | 130 | 1 taza |  | Níspero | 120 | 7 unidades |
| Cebolla | 60 | 3/4 taza |  | Papaya | 400 | 3 unidades |
| Champiñones | 100 | 1 1/2 taza |  | Pepino dulce | 240 | 1 unidad grande |
| Tomate | 120 | 1 unidad regular |  | Pera | 100 | 1 unidad chica |
| Zanahoria | 50 | 1/2 taza |  | Piña | 120 | 3/4 taza |
| **VERDURAS DE LIBRE CONSUMO** | | |  | Piña en conserva | 80 | 1 rodela de 20x1cm |
| Acelga cruda | 50 | 1 taza |  | Plátano | 60 | 1/2 unidad |
| Achicoria | 50 | 1 taza |  | Sandía | 200 | 1 taza |
| Ajo | 8 | 8 dientes |  | Tuna | 150 | 2 unidades regulares |
| Apio | 70 | 1 taza |  | Uva | 90 | 10 unidades |
| Cochayuyo | 25 | 1 taza |  | **JUGO DE FRUTA NATURAL** | | |
| Endivia | 50 | 1 taza |  | Jugo de Naranja | 150 | 3/4 taza |
| Espinaca cruda | 50 | 1 taza |  | Jugo de limón | 150 | 3/4 taza |
| Lechuga | 50 | 1 taza |  | Jugo de Pomelo | 150 | 3/4 taza |
| Penca | 50 | 1/2 taza |  | **FRUTAS DESECADAS** | | |
| Pepino ensalada | 100 | 1 taza |  | Higos secos | 25 | 2 unidades |
| Pimentón rojo | 60 | 1/2 taza |  | Pasas | 20 | 20 unidades |
| Pimentón verde | 60 | 1/2 taza |  | Pera desecada | 25 | 7 rodelas |
| Rabanito | 50 | 5 unidades |  | Manzana desecada | 25 | 7 rodelas |
| Repollo | 50 | 1 taza |  | Huesillo | 25 | 2 unidades |
| Zapallitos italianos crudo | 100 | 1 taza |  | Ciruelas | 25 | 2 1/2 unidades |

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| **LÁCTEOS** | | |
| Alimento | Porciones en | |
| Grs | Med casera |
| **LÁCTEOS ALTOS EN GRASAS** | | |
| Leche entera de vaca | 200 | 1 taza |
| Leche en polvo 26% | 20 | 3 cdas rasas |
| Leche evaporada | 80 | 1/2 taza |
| Leche de cabra | 80 | 1/2 taza |
| Yogurt natural | 150 | 1 unidad |
| **Queso** | |  |
| Queso chancho | 20 | 1/2 lámina |
| queso mantecoso | 20 | 1/2 lámina |
| queso cheddar | 20 | 1/2 lámina |
| Queso suizo | 20 | 1/2 lámina |
| Queso holandés | 20 | 1/2 lámina |
| Queso Gauda | 25 | 1/2 lámina |
| Queso de cabra | 25 | 1/2 lámina |
| Queso parmesano | 15 | 6 cdtas |
| Quesos untables | 25 | 2 cdas |
| **LACTEOS MEDIOS EN GRASAS** | | |
| Leche semidescremada | 200 | 1 taza |
| Leche en polvo 18% | 20 | 3 cdas rasas |
| Yogurt batido diet | 150 | 1 unidad |
| Ricota | 30 | 2 cdas |
| Leche soya | 150 | 3/4 taza |
| Tofu | 70 | 1 rebanada |
| Quesillo | 60 | 1 rodela de 3 cm |
| **LÁCTEOS BAJOS EN GRASAS** | | |
| Leche descremada | 200 | 1 taza |
| Leche en polvo 0% | 20 | 3 cdas rasas |
| Leche cultivada | 200 | 1 taza |

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| **PESCADOS, CARNES, HUEVOS Y LEGUMBRES** | | | | | | | | |
| Alimento | Porciones en | | |  | **Aves** | | |  |
| Grs | Med casera |  | | Pollo cocido | 50 | | 1 palma de mano |
| **GRUPO ALTOS EN GRASAS** | | | |  | Pavo, tuto | | 50 | 1 palma de mano |
| **Carne de vacuno** | |  | |  | Gallina, tuto | | 50 | 1 palma de mano |
| Cazuela | 50 | 1 palma de mano | |  | Gallina, pechuga | | 50 | 1 palma de mano |
| Lomo vetado | 50 | 1 palma de mano | |  | Pato cocido sin piel | | 50 | 1 palma de mano |
| Huachalomo | 50 | 1 palma de mano | |  | **Procesados** | |  |  |
| Plateada | 50 | 1 palma de mano | |  | Jamón de pavo | | 50 | 1 tajada |
| Asado de tira | 50 | 1 palma de mano | |  | Carne vegetal | | 25 | 5 cdas o 1/4 taza |
| Sobrecostilla | 50 | 1 palma de mano | |  | **Pescados y mariscos** | |  |  |
| Carne molida | 50 | 2 1/2 cdas | |  | Pejerrey | | 80 | trozo 10x6x1 |
| **Carne cordero y chancho** | |  | |  | Congrio | | 80 | trozo 10x6x1 |
| Chuleta | 50 | 1 palma de mano | |  | Lenguado, merluza | | 80 | trozo 10x6x1 |
| Cazuela | 50 | 1 palma de mano | |  | Atún en agua | | 60 | 1/3 taza |
| Pernil | 50 | 1 palma de mano | |  | Camarón todo tipo | | 60 | 1/2 taza o 20 unidades |
| **Vísceras** | |  | |  | Choritos | | 60 | 6 unidades |
| Lengua cocida | 50 | troso 6x6x1 | |  | Jaiba | | 50 | 1/3 taza |
| Pana cordero | 50 | troso 6x6x1 | |  | Ostra | | 70 | 6 unidades |
| Pana pollo cruda | 50 | 1 1/2 unidad | |  | Machas | | 50 | 5 unidades |
| Pana vacuno | 50 | troso 6x6x1 | |  | Almejas | | 60 | 6 unidades |
| Ubre | 50 | troso 6x6x1 | |  | **Huevos** | |  |  |
| Seso cocido | 80 | 1/2 taza | |  | Huevo clara | | 100 | 3 unidades |
| **Carnes procesadas** | |  | |  | Huevo entero | | 50 | 1 unidad |
| Jamón | 40 | 1 tajada | |  | Huevo codorniz | | 25 | 2 unidades |
| Jamón crudo | 30 | 1 tajada | |  | **LEGUMBRES** | |  |  |
| Longaniza | 45 | 1 rodela de 4 cm | |  | Poroto cocido | | 100 | 3/4 taza |
| Mortadela | 60 | 3 tajadas | |  | Garbanzo cocido | | 130 | 3/4 taza |
| Salame | 20 | 1 tajada | |  | Lenteja cocida | | 140 | 3/4 taza |
| Prieta | 100 | 1 unidad | |  |  | |  |  |
| Vienesa | 40 | 1 unidad | |  |  | |  |  |
| Queso de cabeza | 40 | 1 tajada | |  |  | |  |  |
| **Pescados y mariscos** | |  | |  |  | |  |  |
| Atún en aceite | 50 | 1/3 taza | |  |  | |  |  |
| Sierra, mero | 80 | trozo 10x6x1 | |  |  | |  |  |
| Trucha de cultivo | 80 | trozo 10x6x1 | |  |  | |  |  |
| Sardina | 50 | 1/3 taza | |  |  | |  |  |
| Salmón crudo | 80 | trozo 10x6x1 | |  |  | |  |  |
| Jurel | 50 | 1/3 taza | |  |  | |  |  |
| Cholgas en aceite | 60 | 6 unidades | |  |  | |  |  |
| Choritos en aceite | 60 | 14 unidades | |  |  | |  |  |
| Erizos | 60 | 6 lenguas | |  |  | |  |  |
| **GRUPO BAJO EN GRASAS** | | | |  |  | |  |  |
| Filete de vacuno | 50 | 1 palma de mano | |  |  | |  |  |
| Asiento picana | 50 | 1 palma de mano | |  |  | |  |  |
| Lomo liso | 50 | 1 palma de mano | |  |  | |  |  |
| Pollo ganso | 50 | 1 palma de mano | |  |  | |  |  |
| Posta negra | 50 | 1 palma de mano | |  |  | |  |  |
| Posta rosada | 50 | 1 palma de mano | |  |  | |  |  |
| Tártaro | 50 | 2 1/2 cdas | |  |  | |  |  |
| Carne de cordero | 50 | 1 palma de mano | |  |  | |  |  |
| Filete de cerdo | 50 | 1 palma de mano | |  |  | |  |  |
| Pulpa de cerdo | 50 | 1 palma de mano | |  |  | |  |  |

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| **ACEITES Y GRASAS** | | |
| Alimento | Porciones en | |
| Grs | Med casera |
| **ACEITES Y GRASAS** | | |
| Aceite de maravilla | 20 | 4 cdtas |
| Aceite de maíz | 20 | 4 cdtas |
| Aceite de soya | 20 | 4 cdtas |
| Aceite de oliva | 20 | 4 cdtas |
| Aceite de canola | 20 | 4 cdtas |
| Manteca | 20 | 2 cdtas |
| Mantequilla | 24 | 4 cdtas |
| Margarina | 24 | 4 cdtas |
| Mayonesa | 28 | 1 cda |
| Crema espesa | 70 | 4 cdas |
| Crema ácida | 100 | 1/2 taza |
| Tocino | 30 | 1 1/2 tajada |
| Pate | 40 | 2 cdas |
| **ALIMENTOS RICOS EN LÍPIDOS** | | |
| Almendra | 25 | 26 unidades |
| Avellana | 30 | 50 unidades |
| Maní | 30 | 30 unidades |
| Nuez | 25 | 5 unidades |
| Pistacho | 30 | 40 unidades |
| Aceituna | 115 | 11 unidades |
| Palta | 90 | 3 cdtas |

**Ejemplo de minuta diaria**

\_\_ : \_\_ hrs Desayuno

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\_\_ : \_\_ hrs Colación

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\_\_ : \_\_ hrs Almuerzo:

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\_\_ : \_\_ hrs Once:

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\_\_ : \_\_ hrs Cena:

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**INDICACIONES**

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