Calorías Infantil

mayo 2019

Día 1

	%	Gr
Proteínas		
Hidratos C.		
Grasas		
CALORÍAS		425

Día

	%	Gr
Proteínas		
Hidratos C.		
Grasas		
CALORÍAS		

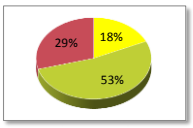
Día 1

	%	Gr
Proteínas		
Hidratos C.		
Grasas		
CALORÍAS		

Día 2

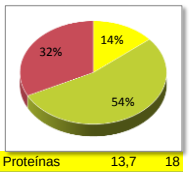
	%	Gr
Proteínas		
Hidratos C		
Grasas		
CALORÍAS		

Día 3



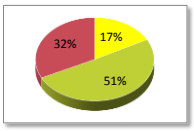
	%	Gr
Proteínas	18,0	23
17 Hidratos C.	52,0	72
Grasas	29,0	17
CALORÍAS		512

Día 6



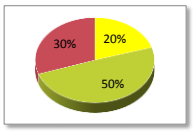
	%	Gr
Proteínas	13,7	18
Hidratos C.	53,0	73
Grasas	32,0	18
CALORÍAS		511

Día 7



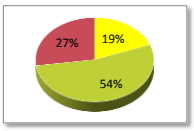
	%	Gr
Proteínas	17,0	22
Hidratos C.	50,0	68
Grasas	32,0	18
CALORÍAS		605

Día 8



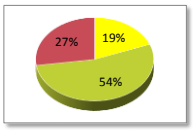
	%	Gr
Proteínas	20,0	30
Hidratos C.	49,0	78
Grasas	30,0	20
CALORÍAS		592

Día 9



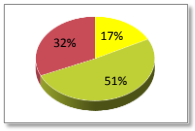
	%	Gr
Proteínas	19,0	27
Hidratos C.	53,0	80
Grasas	27,0	17
CALORÍAS		561

Día 10



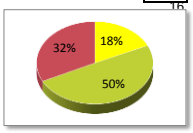
	%	Gr
Proteínas	19,0	27
Hidratos C.	53,0	80
Grasas	27,0	17
CALORÍAS		561

Día 13



	%	Gr
Proteínas	17,0	30
Hidratos C.	50,0	91
Grasas	31,0	23
CALORÍAS		672

Día 14

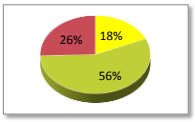


	%	Gr
Proteínas	17,9	22
Hidratos C.	49,0	65
Grasas	32,0	18
CALORÍAS		495

Día 15

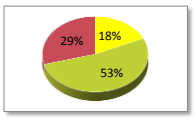
	%	Gr
Proteínas		
Hidratos C.		
Grasas		
CALORÍAS		

Día 16



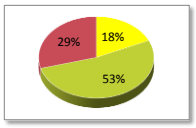
	%	Gr
Proteínas	18,0	26
Hidratos C.	55,0	82
Grasas	25,0	16
33 CALORÍAS		555

Día 17



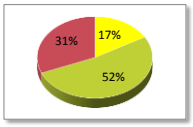
	%	Gr
Proteínas	18,0	25
Hidratos C.	52,0	76
Grasas	29,0	18
CALORÍAS		543

Día 20



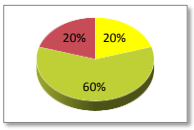
	%	Gr
Proteínas	18,0	23
Hidratos C.	52,0	72
Grasas	29,0	17
CALORÍAS		512

Día 21



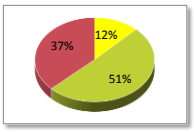
	%	Gr
Proteínas	16,0	33
Hidratos C.	50,0	90
Grasas	30,0	22
CALORÍAS		671

Día 22



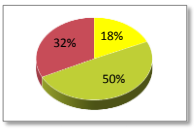
	%	Gr
Proteínas	18,0	27
Hidratos C.	53,0	83
Grasas	18,0	18
CALORÍAS		583

Día 23



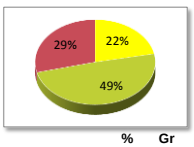
	%	Gr
Proteínas	12,0	20
Hidratos C.	50,0	86
Grasas	36,6	26
CALORÍAS		637

Día 24



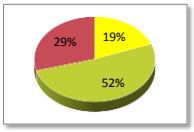
	%	Gr
Proteínas	18,0	22,0
Hidratos C.	49,0	63,0
Grasas	32,0	17,0
CALORÍAS		477

Día 27



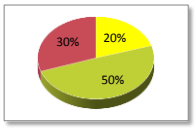
	%	Gr
Proteínas	21,8	29,0
Hidratos C.	49,0	70,0
Grasas	28,8	17,0
CALORÍAS		528

Día 28



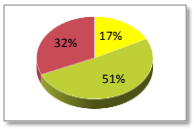
	%	Gr
Proteínas	19,0	27,0
Hidratos C.	50,8	76,0
17 Grasas	29,0	18,0
CALORÍAS		563

Día 29



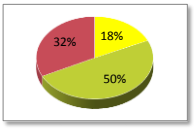
	%	Gr
Proteínas	20,0	30,0
Hidratos C.	49,0	78,0
Grasas	30,0	20,0
CALORÍAS		592

Día 30

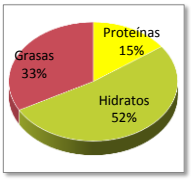


	%	Gr
Proteínas	17,0	30,0
Hidratos C.	50,0	91,0
Grasas	31,0	23,0
CALORÍAS		672

Día 31



	%	Gr
Proteínas	17,9	22,0
Hidratos C.	49,0	65,0
Grasas	32,0	18,0
CALORÍAS		495

Las calorías consumidas pueden oscilar +/- 200, dependiendo de las edades, ya que el gramaje de las raciones varía.

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