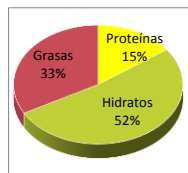




Día	Día	Día	Día	Día																																																																							
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>																																																																							
<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td></td></tr><tr><td>Hidratos C.</td><td></td></tr><tr><td>Grasas</td><td></td></tr><tr><td>CALORÍAS</td><td></td></tr></tbody></table>	%	Gr	Proteínas		Hidratos C.		Grasas		CALORÍAS		<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td></td></tr><tr><td>Hidratos C.</td><td></td></tr><tr><td>Grasas</td><td></td></tr><tr><td>CALORÍAS</td><td></td></tr></tbody></table>	%	Gr	Proteínas		Hidratos C.		Grasas		CALORÍAS		<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td></td></tr><tr><td>Hidratos C.</td><td></td></tr><tr><td>Grasas</td><td></td></tr><tr><td>CALORÍAS</td><td></td></tr></tbody></table>	%	Gr	Proteínas		Hidratos C.		Grasas		CALORÍAS		<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td></td></tr><tr><td>Hidratos C.</td><td></td></tr><tr><td>Grasas</td><td></td></tr><tr><td>CALORÍAS</td><td></td></tr></tbody></table>	%	Gr	Proteínas		Hidratos C.		Grasas		CALORÍAS		<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td></td></tr><tr><td>Hidratos C.</td><td></td></tr><tr><td>Grasas</td><td></td></tr><tr><td>CALORÍAS</td><td></td></tr></tbody></table>	%	Gr	Proteínas		Hidratos C.		Grasas		CALORÍAS																						
%	Gr																																																																										
Proteínas																																																																											
Hidratos C.																																																																											
Grasas																																																																											
CALORÍAS																																																																											
%	Gr																																																																										
Proteínas																																																																											
Hidratos C.																																																																											
Grasas																																																																											
CALORÍAS																																																																											
%	Gr																																																																										
Proteínas																																																																											
Hidratos C.																																																																											
Grasas																																																																											
CALORÍAS																																																																											
%	Gr																																																																										
Proteínas																																																																											
Hidratos C.																																																																											
Grasas																																																																											
CALORÍAS																																																																											
%	Gr																																																																										
Proteínas																																																																											
Hidratos C.																																																																											
Grasas																																																																											
CALORÍAS																																																																											
<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>18,0</td><td>19</td></tr><tr><td>Hidratos C.</td><td>53,0</td><td>61</td></tr><tr><td>Grasas</td><td>27,0</td><td>13</td></tr><tr><td>CALORÍAS</td><td></td><td>425</td></tr></tbody></table>	%	Gr	Proteínas	18,0	19	Hidratos C.	53,0	61	Grasas	27,0	13	CALORÍAS		425	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>14,0</td><td>18</td></tr><tr><td>Hidratos C.</td><td>54,0</td><td>73</td></tr><tr><td>Grasas</td><td>30,0</td><td>17</td></tr><tr><td>CALORÍAS</td><td></td><td>499</td></tr></tbody></table>	%	Gr	Proteínas	14,0	18	Hidratos C.	54,0	73	Grasas	30,0	17	CALORÍAS		499	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>15,0</td><td>17</td></tr><tr><td>Hidratos C.</td><td>49,0</td><td>58</td></tr><tr><td>Grasas</td><td>35,0</td><td>17</td></tr><tr><td>CALORÍAS</td><td></td><td>441</td></tr></tbody></table>	%	Gr	Proteínas	15,0	17	Hidratos C.	49,0	58	Grasas	35,0	17	CALORÍAS		441	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>20,0</td><td>30</td></tr><tr><td>Hidratos C.</td><td>53,0</td><td>82</td></tr><tr><td>Grasas</td><td>26,0</td><td>17</td></tr><tr><td>CALORÍAS</td><td></td><td>583</td></tr></tbody></table>	%	Gr	Proteínas	20,0	30	Hidratos C.	53,0	82	Grasas	26,0	17	CALORÍAS		583	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>17,0</td><td>25</td></tr><tr><td>Hidratos C.</td><td>54,0</td><td>82</td></tr><tr><td>Grasas</td><td>28,0</td><td>18</td></tr><tr><td>CALORÍAS</td><td></td><td>564</td></tr></tbody></table>	%	Gr	Proteínas	17,0	25	Hidratos C.	54,0	82	Grasas	28,0	18	CALORÍAS		564	
%	Gr																																																																										
Proteínas	18,0	19																																																																									
Hidratos C.	53,0	61																																																																									
Grasas	27,0	13																																																																									
CALORÍAS		425																																																																									
%	Gr																																																																										
Proteínas	14,0	18																																																																									
Hidratos C.	54,0	73																																																																									
Grasas	30,0	17																																																																									
CALORÍAS		499																																																																									
%	Gr																																																																										
Proteínas	15,0	17																																																																									
Hidratos C.	49,0	58																																																																									
Grasas	35,0	17																																																																									
CALORÍAS		441																																																																									
%	Gr																																																																										
Proteínas	20,0	30																																																																									
Hidratos C.	53,0	82																																																																									
Grasas	26,0	17																																																																									
CALORÍAS		583																																																																									
%	Gr																																																																										
Proteínas	17,0	25																																																																									
Hidratos C.	54,0	82																																																																									
Grasas	28,0	18																																																																									
CALORÍAS		564																																																																									
<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>18,0</td><td>23</td></tr><tr><td>Hidratos C.</td><td>52,0</td><td>72</td></tr><tr><td>Grasas</td><td>29,0</td><td>17</td></tr><tr><td>CALORÍAS</td><td></td><td>512</td></tr></tbody></table>	%	Gr	Proteínas	18,0	23	Hidratos C.	52,0	72	Grasas	29,0	17	CALORÍAS		512	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>19,8</td><td>26</td></tr><tr><td>Hidratos C.</td><td>50,0</td><td>71</td></tr><tr><td>Grasas</td><td>30,0</td><td>18</td></tr><tr><td>CALORÍAS</td><td></td><td>531</td></tr></tbody></table>	%	Gr	Proteínas	19,8	26	Hidratos C.	50,0	71	Grasas	30,0	18	CALORÍAS		531	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>18,0</td><td>27</td></tr><tr><td>Hidratos C.</td><td>50,0</td><td>83</td></tr><tr><td>Grasas</td><td>28,0</td><td>18</td></tr><tr><td>CALORÍAS</td><td></td><td>583</td></tr></tbody></table>	%	Gr	Proteínas	18,0	27	Hidratos C.	50,0	83	Grasas	28,0	18	CALORÍAS		583	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>12,0</td><td>20</td></tr><tr><td>Hidratos C.</td><td>50,0</td><td>86</td></tr><tr><td>Grasas</td><td>36,0</td><td>26</td></tr><tr><td>CALORÍAS</td><td></td><td>637</td></tr></tbody></table>	%	Gr	Proteínas	12,0	20	Hidratos C.	50,0	86	Grasas	36,0	26	CALORÍAS		637	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>19,0</td><td>29</td></tr><tr><td>Hidratos C.</td><td>50,0</td><td>81</td></tr><tr><td>Grasas</td><td>30,0</td><td>21</td></tr><tr><td>CALORÍAS</td><td></td><td>604</td></tr></tbody></table>	%	Gr	Proteínas	19,0	29	Hidratos C.	50,0	81	Grasas	30,0	21	CALORÍAS		604	
%	Gr																																																																										
Proteínas	18,0	23																																																																									
Hidratos C.	52,0	72																																																																									
Grasas	29,0	17																																																																									
CALORÍAS		512																																																																									
%	Gr																																																																										
Proteínas	19,8	26																																																																									
Hidratos C.	50,0	71																																																																									
Grasas	30,0	18																																																																									
CALORÍAS		531																																																																									
%	Gr																																																																										
Proteínas	18,0	27																																																																									
Hidratos C.	50,0	83																																																																									
Grasas	28,0	18																																																																									
CALORÍAS		583																																																																									
%	Gr																																																																										
Proteínas	12,0	20																																																																									
Hidratos C.	50,0	86																																																																									
Grasas	36,0	26																																																																									
CALORÍAS		637																																																																									
%	Gr																																																																										
Proteínas	19,0	29																																																																									
Hidratos C.	50,0	81																																																																									
Grasas	30,0	21																																																																									
CALORÍAS		604																																																																									
<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>18,0</td><td>19</td></tr><tr><td>Hidratos C.</td><td>55,0</td><td>61</td></tr><tr><td>Grasas</td><td>27,0</td><td>13</td></tr><tr><td>CALORÍAS</td><td></td><td>592</td></tr></tbody></table>	%	Gr	Proteínas	18,0	19	Hidratos C.	55,0	61	Grasas	27,0	13	CALORÍAS		592	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>16,0</td><td>29</td></tr><tr><td>Hidratos C.</td><td>48,8</td><td>91</td></tr><tr><td>Grasas</td><td>33,0</td><td>26</td></tr><tr><td>CALORÍAS</td><td></td><td>688</td></tr></tbody></table>	%	Gr	Proteínas	16,0	29	Hidratos C.	48,8	91	Grasas	33,0	26	CALORÍAS		688	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>15,0</td><td>27</td></tr><tr><td>Hidratos C.</td><td>50,0</td><td>76</td></tr><tr><td>Grasas</td><td>29,0</td><td>18</td></tr><tr><td>CALORÍAS</td><td></td><td>563</td></tr></tbody></table>	%	Gr	Proteínas	15,0	27	Hidratos C.	50,0	76	Grasas	29,0	18	CALORÍAS		563	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>12,0</td><td>29</td></tr><tr><td>Hidratos C.</td><td>cv</td><td>70</td></tr><tr><td>Grasas</td><td>28,8</td><td>17</td></tr><tr><td>CALORÍAS</td><td></td><td>528</td></tr></tbody></table>	%	Gr	Proteínas	12,0	29	Hidratos C.	cv	70	Grasas	28,8	17	CALORÍAS		528	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>16,0</td><td>18,0</td></tr><tr><td>Hidratos C.</td><td>53,0</td><td>56,0</td></tr><tr><td>Grasas</td><td>30,0</td><td>17,0</td></tr><tr><td>CALORÍAS</td><td></td><td>434</td></tr></tbody></table>	%	Gr	Proteínas	16,0	18,0	Hidratos C.	53,0	56,0	Grasas	30,0	17,0	CALORÍAS		434	
%	Gr																																																																										
Proteínas	18,0	19																																																																									
Hidratos C.	55,0	61																																																																									
Grasas	27,0	13																																																																									
CALORÍAS		592																																																																									
%	Gr																																																																										
Proteínas	16,0	29																																																																									
Hidratos C.	48,8	91																																																																									
Grasas	33,0	26																																																																									
CALORÍAS		688																																																																									
%	Gr																																																																										
Proteínas	15,0	27																																																																									
Hidratos C.	50,0	76																																																																									
Grasas	29,0	18																																																																									
CALORÍAS		563																																																																									
%	Gr																																																																										
Proteínas	12,0	29																																																																									
Hidratos C.	cv	70																																																																									
Grasas	28,8	17																																																																									
CALORÍAS		528																																																																									
%	Gr																																																																										
Proteínas	16,0	18,0																																																																									
Hidratos C.	53,0	56,0																																																																									
Grasas	30,0	17,0																																																																									
CALORÍAS		434																																																																									
<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>17,0</td><td>25,0</td></tr><tr><td>Hidratos C.</td><td>54,0</td><td>82,0</td></tr><tr><td>Grasas</td><td>28,0</td><td>18,0</td></tr><tr><td>CALORÍAS</td><td></td><td>564</td></tr></tbody></table>	%	Gr	Proteínas	17,0	25,0	Hidratos C.	54,0	82,0	Grasas	28,0	18,0	CALORÍAS		564	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>19,0</td><td>27,0</td></tr><tr><td>Hidratos C.</td><td>50,0</td><td>76,0</td></tr><tr><td>Grasas</td><td>29,0</td><td>18,0</td></tr><tr><td>CALORÍAS</td><td></td><td>563</td></tr></tbody></table>	%	Gr	Proteínas	19,0	27,0	Hidratos C.	50,0	76,0	Grasas	29,0	18,0	CALORÍAS		563	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>15,0</td><td>25,0</td></tr><tr><td>Hidratos C.</td><td>50,0</td><td>70,0</td></tr><tr><td>Grasas</td><td>30,0</td><td>18,0</td></tr><tr><td>CALORÍAS</td><td></td><td>480</td></tr></tbody></table>	%	Gr	Proteínas	15,0	25,0	Hidratos C.	50,0	70,0	Grasas	30,0	18,0	CALORÍAS		480	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>18,0</td><td>27,0</td></tr><tr><td>Hidratos C.</td><td>53,0</td><td>83,0</td></tr><tr><td>Grasas</td><td>30,0</td><td>17,0</td></tr><tr><td>CALORÍAS</td><td></td><td>583</td></tr></tbody></table>	%	Gr	Proteínas	18,0	27,0	Hidratos C.	53,0	83,0	Grasas	30,0	17,0	CALORÍAS		583	<table border="1"><thead><tr><th>%</th><th>Gr</th></tr></thead><tbody><tr><td>Proteínas</td><td>20,0</td><td>30,0</td></tr><tr><td>Hidratos C.</td><td>18</td><td>49,0</td><td>78,0</td></tr><tr><td>Grasas</td><td>30,0</td><td>20,0</td></tr><tr><td>CALORÍAS</td><td></td><td>592</td></tr></tbody></table>	%	Gr	Proteínas	20,0	30,0	Hidratos C.	18	49,0	78,0	Grasas	30,0	20,0	CALORÍAS		592
%	Gr																																																																										
Proteínas	17,0	25,0																																																																									
Hidratos C.	54,0	82,0																																																																									
Grasas	28,0	18,0																																																																									
CALORÍAS		564																																																																									
%	Gr																																																																										
Proteínas	19,0	27,0																																																																									
Hidratos C.	50,0	76,0																																																																									
Grasas	29,0	18,0																																																																									
CALORÍAS		563																																																																									
%	Gr																																																																										
Proteínas	15,0	25,0																																																																									
Hidratos C.	50,0	70,0																																																																									
Grasas	30,0	18,0																																																																									
CALORÍAS		480																																																																									
%	Gr																																																																										
Proteínas	18,0	27,0																																																																									
Hidratos C.	53,0	83,0																																																																									
Grasas	30,0	17,0																																																																									
CALORÍAS		583																																																																									
%	Gr																																																																										
Proteínas	20,0	30,0																																																																									
Hidratos C.	18	49,0	78,0																																																																								
Grasas	30,0	20,0																																																																									
CALORÍAS		592																																																																									

CANTIDADES SUGERIDAS



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