Calorías Infantil

octubre 2021

Día

%	Gr
Proteínas	
Hidratos C.	
Grasas	
CALORÍAS	

Día

%	Gr
Proteínas	
Hidratos C.	
Grasas	
CALORÍAS	

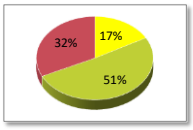
Día

%	Gr
Proteínas	
Hidratos C.	
Grasas	
CALORÍAS	

Día

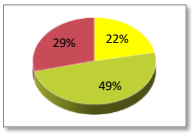
%	Gr
Proteinas	
Hidratos C	
Grasas	
CALORÍAS	

Día 1



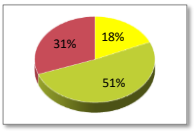
%	Gr
Proteínas 16,8	23
Hidratos C. 50,6	73
Grasas 32,0	20
CALORÍAS	543

Día 4



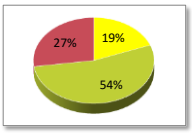
%	Gr
Proteínas 21,8	29
Hidratos C. 49,0	70
Grasas 28,8	17
CALORÍAS	528

Día 5



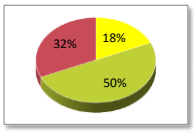
%	Gr
Proteínas 18,0	26
Hidratos C. 50,0	71
Grasas 30,0	18
CALORÍAS	531

Día 6



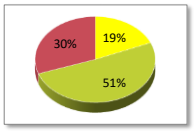
%	Gr
Proteínas 19,0	27
Hidratos C. 53,0	80
Grasas 27,0	17
CALORÍAS	561

Día 7



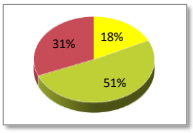
%	Gr
Proteínas 18,0	24
Hidratos C. 49,0	71
Grasas 31,0	19
425 CALORÍAS	530

Día 8



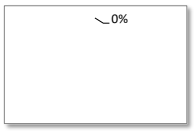
%	Gr
Proteinas 19,0	38
Hidratos C. 52,0	84
Grasas 31,0	22
CALORÍAS	632

Día 11



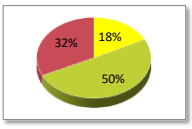
%	Gr
Proteínas 17,0	30
Hidratos C. 49,0	78
Grasas 30,0	20
CALORÍAS	592

Día



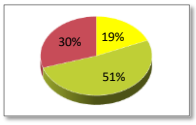
%	Gr
Proteínas	
Hidratos C.	
Grasas	
CALORÍAS	

Día 13



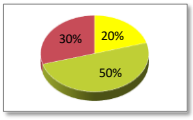
%	Gr
Proteínas 17,3	29
Hidratos C. 50,0	91
Grasas 32,0	24
CALORÍAS	668

Día 14



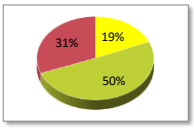
%	Gr
Proteínas 18,0	27
Hidratos c 50,0	76
Grasas 29,0	18
CALORÍAS	563

Día 15



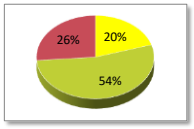
%	Gr
Proteínas 20,4	30
Hidratos C. 50,0	78
Grasas 29,4	19
CALORÍAS	587

Día 18



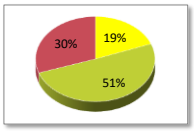
%	Gr
Proteínas 18,0	30
Hidratos C. 49,0	78
Grasas 30,0	20
CALORÍAS	592

Día 19



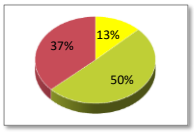
%	Gr
Proteínas 20,0	30
Hidratos C. 53,0	82
Grasas 26,0	17
CALORÍAS	583

Día 20



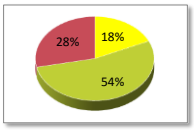
%	Gr
Proteínas 19,0	33
Hidratos C. 50,0	90
Grasas 30,0	22
CALORÍAS	671

Día 21



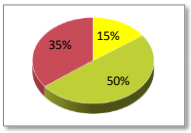
%	Gr
Proteínas 12,5	20
Hidratos C. 50,0	86
Grasas 36,6	26
CALORÍAS	637

Día 22



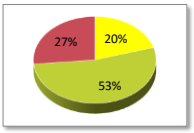
%	Gr
Proteínas 18,0	27,0
Hidratos C. 53,0	83,0
Grasas 28,0	18,0
CALORÍAS	583

Día 25



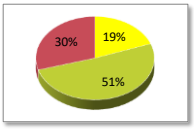
%	Gr
Proteínas 15,0	17,0
Hidratos C. 49,0	58,0
Grasas 35,0	17,0
CALORÍAS	441

Día 26



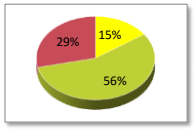
%	Gr
Proteínas 20,0	32,0
Hidratos C. 52,0	86,0
Grasas 26,0	18,0
CALORÍAS	528

Día 27



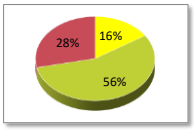
%	Gr
17 Proteínas 19,0	28,0
Hidratos C. 50,0	77,0
Grasas 29,0	19,0
CALORÍAS	571

Día 28

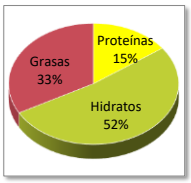


%	Gr
Proteínas 15,0	22,0
Hidratos C. 55,0	85,0
Grasas 28,0	18,0
CALORÍAS	575

Día 29



%	Gr
Proteínas 15,0	27,0
Hidratos C. 53,0	80,0
Grasas 27,0	17,0
CALORÍAS	561

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

CANTIDADES SUGERIDAS