Dietinio maitinimo valgiaraščio

 6 priedas

DIETINIO MAITINIMO (NA DIETOS) 31 DIENOS MAISTO DAVINIO CHEMINĖ SUDĖTIS

(Sudaryta pagal Kalėjimų departamento direktoriaus 2017 m. lapkričio 7 d. įsakymu Nr. V-447 patvirtintus valgiaraščius)

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sudėtis  | 1 diena | 2 diena | 3diena | 4diena | 5 diena | 6diena | 7diena | 8 diena | 9 diena | 10 diena | 11diena | 12 diena | 13 diena | 14 diena | 15 diena | 16diena |
| Baltymai, iš viso (g) | 97 | 82 | 70 | 69 | 90 | 73 | 83 | 72 | 88 | 82 | 59 | 89 | 58 | 48 | 55 | 71 |
| Riebalai, iš viso (g) | 87 | 61 | 89 | 72 | 63 | 120 | 105 | 84 | 91 | 66 | 87 | 94 | 85 | 81 | 76 | 111 |
| Angliavandeniai, iš viso (g) | 407 | 358 | 289 | 386 | 309 | 335 | 419 | 330 | 371 | 326 | 344 | 417 | 369 | 399 | 351 | 337 |
| Kaloringumas (kcal) | 2745 | 2289 | 2180 | 2415 | 2270 | 2638 | 2711 | 2263 | 2614 | 2185 | 2338 | 2797 | 2431 | 2529 | 2276 | 2456 |

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| Sudėtis  | 17 diena | 18 diena | 19diena | 20diena | 21 diena | 22diena | 23diena | 24diena | 25 diena | 26 diena | 27diena | 28 diena | 29 diena | 30 diena | 31 diena | vidurkis |
| Baltymai, iš viso (g) | 64 | 75 | 82 | 60 | 78 | 71 | 78 | 72 | 80 | 70 | 60 | 87 | 70 | 74 | 77 |  |
| Riebalai, iš viso (g) | 101 | 64 | 60 | 76 | 119 | 82 | 123 | 79 | 114 | 99 | 88 | 72 | 88 | 74 | 71 |  |
| Angliavandeniai, iš viso (g) | 317 | 366 | 389 | 337 | 340 | 306 | 359 | 372 | 294 | 304 | 328 | 347 | 360 | 356 | 360 |  |
| Kaloringumas (kcal) | 2398 | 2262 | 2379 | 2204 | 2559 | 2221 | 2807 | 2443 | 2317 | 2244 | 2335 | 2449 | 2461 | 2339 | 2347 | 2337 |

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