

REGIM DIABET

Ziua	Mic dejun	Supliment 10.30	Dejun	Supliment 16.30	Cina	Supliment 22.00
Luni	CEAI - 250ml PAINE-300g UNT PORT-1Buc(10g) OU - 1buc BR. FAGARAS - 1 buc	IAURT - 1 buc PAINE	SUPA DE LEGUME CU SMANTANA SI OU - 300ml MANCARE DE CARTOFI - 300g SALATA DE VARZA - 150g PAINE	COMPOT FARA ZAHAR 250ml PAINE	CEAI - 250ml BUDINCA PASTE CU BR.VACI SI SMANT-200g/70g/30g MAR - 100g Optional paine	IAURT-1 buc PAINE
Marti	CEAI - 250ml PAINE - 300g UNT PORT 1buc(10g) CAS - 70g MUSCHI FILE - 50g	BANANA-50g PAINE	SUPA DE ROSII - 300ml TOCHITURA PORC CU MAMALIGA - 150g/240g PAINE MAR - 100G	GRIS CU LAPTE-100g	CEAI - 250ml SALATA ORIENTALA - 300g IAURT - 1 buc Optional paine	MAR - 100g PAINE
Miercuri	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) BR. FAGARAS - 1 buc	OREZ CU LAPTE-100g	SUPA DE LEGUME - 300ml FRIPTURA PUI CU PASTE - 150g/200g PAINE	COMPOT FARA ZAHAR 250ml PAINE	CEAI - 250ml MAMALIGA CU BR. VACI SI SMANTANA-240g/100g/50g MAR - 100g, Optional paine	IAURT-1 buc PAINE
Joi	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) CAS - 70g MUSCHI FILE - 50g	MAR - 100g PAINE	SUPA DE LEGUME - 300ml PARJOALE CU PIURE - 150g/200g PAINE SALATA DE VARZA - 150g	BANANA-50g PAINE	CEAI - 250ml BUDINCA OREZ CU BRANZA - 300g IAURT - 1 buc Optional paine	MAR - 100g PAINE
Vineri	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) CAS - 70g OU - 1buc	OREZ CU LAPTE-100g	SUPA DE LEGUME CU SMANTANA - 300ml VARZA CALITA CU MAMALIGUTA - 300g/240g PAINE MAR - 100G	BISCUITI POPULARI- 35g	CEAI - 250ml PASTE "MILANEZE" - 300g MAR - 100g Optional paine	IAURT-1 buc PAINE
Sambata	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) BR. FAGARAS - 1 buc	MAR - 100g PAINE	SUPA DE LEGUME CU FULGI DE OU - 300ml PILAF CU PUI - 200g/150g SALATA VARZA - 130/150g PAINE	MAR COPT-150g PAINE	CEAI - 250 ml MAMALIGA CU BR. VACI SI SMANTANA-240g/100g/50g IAURT - 1 buc, Optional paine TID : CARTOFI NATUR CU BRANZA DE VACI	MAR - 100g PAINE
Duminica	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) CAS - 70g	COMPOT FARA ZAHAR 250ml PAINE	SUPA DE LEGUME CU FIDEA- 300ml MAZARE CU PUI 300G/150G PAINE	MAR - 100g PAINE	CEAI - 250 ml PAINE OREZ CU CIUPERCI SI MASLINE- 300g IAURT - 1 buc	BISCUITI POPULARI-35g

OBSERVATII :

Paine 300g/pacient/nr. mese

Pentru pacientii de alta convingere religioasa , carnea de porc poate fi inlocuita cu carne de pasare, la cerere.

TID= terapie intensiva diabet

Tip regim R8