# Compiling daily diet.

## Key words:

Saccharides, lipids, proteins, fiber, essential and inessential, physical and physiological energetic value of basic

nutrients, recommended daily intake of vitamins B , B , niacin and C in adults, nitrogen balance, protein of animal

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origin, principles of proper nutrition, causes and symptoms of obesity

## aim:

To learn about the basic principles of proper nutrition. To learn how to calculate the daily intake of saccharides, lipids, proteins, vitamins, ions and energy and how to determine the nutritional recommendations for a person ac- cording to his/her age, gender and energetic expenditure.

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| **Proteins** | 0.8 g/kg | **saccharides** | 5 g/kg |
| **Lipids** | 60–80 g | **vitamin a** | 0.8–1 mg |
| **essential Fa** | 10 g | **vitamin D** | 5 μg |
| **trans fatty acids** | 2 g/den | **vitamin e** | 12 mg |
| **n-6 PuFa** | 5–10 g/den | **vitamin k** | 70–140 μg |
| **n-3 PuFa** | 0.6 –1.2 g/den | **vitamin B (thiamine)**  **1** | 1.3–1.5 mg |
| **na+** | 2000 mg | **vitamin B (riboflavin)**  **2** | 1.5–1.7 mg |
| **k +** | 800–1300 mg | **niacin** | 15–18 mg |
| **Ca++** | 1200 mg | **Pyridoxine B**  **6** | 1.6–1.8 mg |
| **Phosphates** | 800 mg | **Folic acid** | 160–400 μg |
| **mg++** | 300–500 mg | **Pantothenic acid** | 8 mg |
| **Fe++** | 12–18 mg | **vitamin B**  **12** | 5 μg |
| **iodine** | 80–200 μg | **vitamin C** | 75 mg |
| **Zinc** | 15 mg | ***Pulses*** | 20–35 g |
| **selen** | 50–200 μg |  |  |

*Table : Recommended doses for adults (19–50 years) per day*

## Protocol:

Define key words and the aim of the exercise. Write down, clearly, the weight, height, age, gender and energetic expenditure of the person for who the daily diet was compiled. Choose, whether you want to create a daily diet for yesterday or daily diet according to the proper nutrition recommendations.

## Interpretation and conclusions:

Compare energetic input and output, consumed and recommended daily doses of nutrients, minerals and vitamins. Comment whether the diet of examined person is appropriate. Write down the mistakes that were done and the way how to correct them.