

# 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<sub>1</sub>, B<sub>2</sub>, niacin and C in adults, nitrogen balance, protein of animal 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 according to his/her age, gender and energetic expenditure.

Proteins	0.8 g/kg	saccharides	5 g/kg
Lipids	60–80 g	vitamina	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 <sub>1</sub> (thiamine)	1.3–1.5 mg
na <sup>+</sup>	2000 mg	vitamin B <sub>2</sub> (riboflavin)	1.5–1.7 mg
k <sup>+</sup>	800–1300 mg	niacin	15–18 mg
Ca <sup>++</sup>	1200 mg	Pyridoxine B <sub>6</sub>	1.6–1.8 mg
Phosphates	800 mg	Folic acid	160–400 µg
mg <sup>++</sup>	300–500 mg	Pantothenic acid	8 mg
Fe <sup>++</sup>	12–18 mg	vitamin B <sub>12</sub>	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.