

**COMPOSIÇÃO QUÍMICA/NUTRICIONAL CRECHES DOM AQUINO-MT
2019**

DIA 01

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	40.0	146.0	2.9	32.0	0.3	11.2	1.7	0.0	0.0	0.0	0.5	2.0	0.1	0.1	0.1	0.1	0.4	3.2	10.0	0.4	46.0	6.0
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	4.0	35.4	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	0.9	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lingüiça de porco frita	25.0	95.9	4.8	0.3	8.3	7.8	0.3	0.0	0.4	20.2	0.0	314.8	1.3	3.5	2.7	0.0	0.0	0.5	4.1	0.6	87.8	4.4
Feijão	25.0	84.3	5.6	15.3	0.3	20.8	1.7	0.2	1.1	0.0	4.8	3.0	0.1	0.0	0.0	1.7	3.1	98.5	34.5	0.7	339.8	1.8
Tomate	60.0	12.6	0.5	2.8	0.2	3.0	0.3	37.4	11.5	0.0	0.6	5.4	0.1	0.0	0.0	0.2	0.5	9.0	6.6	0.1	13.2	0.2
Alface lisa	10.0	1.8	0.1	0.4	0.0	6.8	0.1	0.0	1.8	0.0	0.1	0.9	0.0	0.0	0.0	0.1	0.1	5.0	1.1	0.0	26.4	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Leite tipo C pasteur.	15.0	9.1	0.5	0.7	0.5	17.9	0.0	1.7	0.1	2.0	0.0	7.3	0.0	0.0	0.0	0.0	0.0	0.8	2.0	0.1	22.7	0.2
Açúcar cristal	20.0	77.4	0.0	20.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.1
Farinha de trigo	25.0	92.8	2.4	19.4	0.3	35.0	0.5	0.0	0.0	0.0	0.9	0.8	0.2	0.0	0.1	0.0	0.0	5.5	5.0	0.2	37.5	1.0
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fermento em pó	2.0	3.3	0.1	0.8	0.0	22.6	0.0	0.0	0.0	0.0	0.0	236.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	1.0	0.0
Amido de milho	5.0	19.1	0.0	4.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2	0.0
Ovo de galinha inteiro	5.0	7.5	0.6	0.1	0.5	2.5	0.1	9.6	0.0	21.3	0.0	6.3	0.1	0.2	0.2	0.0	0.0	2.4	0.5	0.1	6.1	1.5
Banana	140.0	128.8	1.5	32.8	0.7	8.4	0.4	11.2	12.7	0.0	2.8	1.4	0.1	0.1	0.3	0.9	1.9	26.7	40.6	0.2	554.4	1.4
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		956.5	25.3	156.7	27.2	286.1	6.1	118.1	29.6	57.1	11.2	1186.1	4.3	4.9	3.9	3.0	5.9	167.1	124.0	2.9	1318.6	25.8

DIA 02

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	35.0	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	0.1	0.3	2.8	8.8	0.4	40.3	5.3
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	2.0	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carne bovina	30.0	85.0	8.2	0.0	5.5	3.3	0.9	0.0	0.0	27.0	0.0	18.6	0.2	2.5	2.3	0.0	0.0	2.7	8.4	1.7	107.8	6.5
Feijão	25.0	84.3	5.6	15.3	0.3	20.8	1.7	0.2	1.1	0.0	4.8	3.0	0.1	0.0	0.0	1.7	3.1	98.5	34.5	0.7	339.8	1.8
Batata crua	15.0	11.9	0.3	2.7	0.0	1.1	0.1	0.0	3.0	0.0	0.2	0.9	0.0	0.0	0.0	0.1	0.2	1.9	3.2	0.1	81.5	0.0
Repolho branco	20.0	5.0	0.3	1.1	0.1	9.4	0.1	2.7	6.4	0.0	0.4	3.6	0.0	0.0	0.0	0.2	0.2	8.6	3.0	0.0	49.2	0.3
Tomate	5.0	1.1	0.0	0.2	0.0	0.3	0.0	3.1	1.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.8	0.6	0.0	1.1	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Carne moída	30.0	87.8	8.2	0.0	5.9	3.6	0.8	0.0	0.0	30.4	0.0	27.9	0.2	0.2	2.3	0.0	0.0	3.0	6.6	1.7	98.3	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	2.0	0.8	0.0	0.2	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.0	3.1	0.0
Extrato de tomate	3.0	2.2	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Macarrão espaguete	35.0	53.3	1.2	10.7	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Óleo de soja	2.0	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Polpa	30.0	9.2	0.2	2.1	0.0	3.5	0.1	216.0	240.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	24.9	0.0
Açúcar cristal	10.0	38.7	0.0	10.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		749.4	33.1	98.8	24.8	204.2	6.2	259.0	253.8	71.0	7.5	1071.0	3.0	3.7	5.3	2.1	3.9	134.2	84.6	5.2	933.4	23.3

DIA 03

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	40.0	146.0	2.9	32.0	0.3	11.2	1.7	0.0	0.0	0.0	0.5	2.0	0.1	0.1	0.1	0.1	0.4	3.2	10.0	0.4	46.0	6.0
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	4.0	35.4	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	0.9	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Frango	40.0	84.4	6.9	0.0	6.1	4.0	0.4	16.8	0.0	33.6	0.0	30.4	1.3	2.5	1.7	0.0	0.0	2.8	8.0	0.6	76.8	8.4
Feijão	15.0	50.6	3.4	9.2	0.2	12.5	1.0	0.1	0.7	0.0	2.9	1.8	0.1	0.0	0.0	1.0	1.8	59.1	20.7	0.4	203.9	1.1
Farinha de mandioca torrada	15.0	53.1	0.3	13.0	0.0	9.2	0.5	0.0	2.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Couve	10.0	5.0	0.3	1.0	0.1	13.5	0.2	89.0	12.0	0.0	0.3	4.3	0.0	0.0	0.0	0.1	0.2	2.9	3.4	0.0	44.7	0.0
Alface lisa	10.0	1.8	0.1	0.4	0.0	6.8	0.1	0.0	1.8	0.0	0.1	0.9	0.0	0.0	0.0	0.1	0.1	5.0	1.1	0.0	26.4	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Leite tipo C pasteur.	15.0	9.1	0.5	0.7	0.5	17.9	0.0	1.7	0.1	2.0	0.0	7.3	0.0	0.0	0.0	0.0	0.0	0.8	2.0	0.1	22.7	0.2
Açúcar cristal	30.0	116.1	0.0	30.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.1
Farinha de trigo	40.0	148.4	3.8	31.1	0.5	56.0	0.8	0.0	0.0	0.0	1.4	1.2	0.2	0.0	0.1	0.0	0.0	8.8	8.0	0.2	60.0	1.6
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fermento biológico	1.0	0.5	0.1	0.0	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	12.5	0.6	0.0	6.1	0.0
Óleo de soja	5.0	44.2	0.0	0.0	5.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	1.2	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Melancia	250.0	62.5	1.3	15.5	0.3	37.5	3.0	290.0	72.5	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		999.9	25.9	160.5	29.2	319.2	8.7	455.6	91.1	49.2	8.1	1043.6	7.0	4.8	3.2	1.4	2.5	110.6	73.0	2.5	670.5	26.5

DIA 04

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	35.0	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	0.1	0.3	2.8	8.8	0.4	40.3	5.3
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	2.0	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carne bovina	30.0	85.0	8.2	0.0	5.5	3.3	0.9	0.0	0.0	27.0	0.0	18.6	0.2	2.5	2.3	0.0	0.0	2.7	8.4	1.7	107.8	6.5
Feijão	25.0	84.3	5.6	15.3	0.3	20.8	1.7	0.2	1.1	0.0	4.8	3.0	0.1	0.0	0.0	1.7	3.1	98.5	34.5	0.7	339.8	1.8
Tomate	5.0	1.1	0.0	0.2	0.0	0.3	0.0	3.1	1.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.8	0.6	0.0	1.1	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Abóbora moranga		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chuchu		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	20.0	12.1	0.7	0.9	0.6	23.8	0.0	2.3	0.2	2.7	0.0	9.8	0.0	0.0	0.0	0.0	0.0	1.0	2.7	0.1	30.2	0.2
Açúcar cristal	20.0	77.4	0.0	20.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.1
Farinha de trigo	10.0	37.1	0.9	7.8	0.1	14.0	0.2	0.0	0.0	0.0	0.4	0.3	0.1	0.0	0.0	0.0	0.0	2.2	2.0	0.1	15.0	0.4
Fermento em pó	1.0	1.6	0.1	0.4	0.0	11.3	0.0	0.0	0.0	0.0	0.0	118.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.0
Óleo de soja	5.0	44.2	0.0	0.0	5.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	1.2	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Ovo de galinha inteiro	5.0	7.5	0.6	0.1	0.5	2.5	0.1	9.6	0.0	21.3	0.0	6.3	0.1	0.2	0.2	0.0	0.0	2.4	0.5	0.1	6.1	1.5
Cenoura	5.0	2.3	0.1	0.5	0.0	1.6	0.0	122.8	0.1	0.0	0.1	3.3	0.0	0.0	0.0	0.1	0.1	0.7	0.7	0.0	11.4	0.0
Abobrinha	5.0	1.0	0.0	0.2	0.0	1.4	0.0	1.4	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	1.0	1.2	0.0	9.6	0.1
Carne bovina	10.0	28.3	2.7	0.0	1.8	1.1	0.3	0.0	0.0	9.0	0.0	6.2	0.1	0.8	0.8	0.0	0.0	0.9	2.8	0.6	35.9	2.2
Tomate	5.0	1.1	0.0	0.2	0.0	0.3	0.0	3.1	1.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.8	0.6	0.0	1.1	0.0
Polpa	30.0	9.2	0.2	2.1	0.0	3.5	0.1	216.0	240.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	24.9	0.0
Açúcar cristal	10.0	38.7	0.0	10.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		781.9	28.1	113.4	24.3	243.9	5.8	395.5	245.5	73.6	7.4	1163.7	4.7	5.2	4.4	2.0	3.6	129.2	81.9	4.2	807.5	27.4

DIA 05

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	40.0	146.0	2.9	32.0	0.3	11.2	1.7	0.0	0.0	0.0	0.5	2.0	0.1	0.1	0.1	0.1	0.4	3.2	10.0	0.4	46.0	6.0
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	4.0	35.4	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	0.9	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Frango	40.0	84.4	6.9	0.0	6.1	4.0	0.4	16.8	0.0	33.6	0.0	30.4	1.3	2.5	1.7	0.0	0.0	2.8	8.0	0.6	76.8	8.4
Feijão	15.0	50.6	3.4	9.2	0.2	12.5	1.0	0.1	0.7	0.0	2.9	1.8	0.1	0.0	0.0	1.0	1.8	59.1	20.7	0.4	203.9	1.1
Farinha de mandioca torrada	25.0	88.5	0.4	21.6	0.1	15.3	0.8	0.0	3.5	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Banana frita	20.0	45.1	0.2	3.9	3.5	1.0	0.1	1.3	1.5	0.0	0.3	0.2	2.0	0.8	0.5	0.1	0.2	3.2	4.9	0.0	65.7	0.2
Cenoura	10.0	4.5	0.1	1.1	0.0	3.1	0.1	245.5	0.2	0.0	0.3	6.6	0.0	0.0	0.0	0.1	0.1	1.4	1.3	0.0	22.7	0.1
Alface lisa	10.0	1.8	0.1	0.4	0.0	6.8	0.1	0.0	1.8	0.0	0.1	0.9	0.0	0.0	0.0	0.1	0.1	5.0	1.1	0.0	26.4	0.0
Tomate	5.0	1.1	0.0	0.2	0.0	0.3	0.0	3.1	1.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.8	0.6	0.0	1.1	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Leite tipo C pasteur.	90.0	54.5	3.0	4.2	2.7	107.1	0.1	10.5	0.8	12.2	0.0	43.9	0.0	0.0	0.0	0.0	0.0	4.5	12.1	0.3	135.9	1.1
Açúcar cristal	10.0	38.7	0.0	10.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Banana	30.0	27.6	0.3	7.0	0.1	1.8	0.1	2.4	2.7	0.0	0.6	0.3	0.0	0.0	0.1	0.2	0.4	5.7	8.7	0.0	118.8	0.3
Cream cracker	20.0	94.6	1.9	13.5	3.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Biscoito maisena	30.0	133.2	2.3	22.7	3.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		1011.7	27.9	153.4	32.5	313.0	5.4	316.7	14.1	59.4	6.6	694.3	5.8	4.4	3.0	1.7	3.1	101.2	86.5	2.5	880.7	26.3

DIA 06

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	35.0	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	0.1	0.3	2.8	8.8	0.4	40.3	5.3
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	2.0	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carne bovina moida	30.0	85.0	8.2	0.0	5.5	3.3	0.9	0.0	0.0	27.0	0.0	18.6	0.2	2.5	2.3	0.0	0.0	2.7	8.4	1.7	107.8	6.5
Feijão	25.0	84.3	5.6	15.3	0.3	20.8	1.7	0.2	1.1	0.0	4.8	3.0	0.1	0.0	0.0	1.7	3.1	98.5	34.5	0.7	339.8	1.8
Banana	20.0	18.4	0.2	4.7	0.1	1.2	0.1	1.6	1.8	0.0	0.4	0.2	0.0	0.0	0.0	0.1	0.3	3.8	5.8	0.0	79.2	0.2
Repolho branco	20.0	5.0	0.3	1.1	0.1	9.4	0.1	2.7	6.4	0.0	0.4	3.6	0.0	0.0	0.0	0.2	0.2	8.6	3.0	0.0	49.2	0.3
Tomate	5.0	1.1	0.0	0.2	0.0	0.3	0.0	3.1	1.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.8	0.6	0.0	1.1	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Carne moida	20.0	58.5	5.5	0.0	3.9	2.4	0.6	0.0	0.0	20.2	0.0	18.6	0.1	0.1	1.5	0.0	0.0	2.0	4.4	1.2	65.5	0.0
Óleo de soja	2.0	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cenoura	10.0	4.3	0.1	1.0	0.0	2.7	0.1	281.3	0.9	0.0	0.3	3.5	0.0	0.0	0.0	0.1	0.3	1.4	1.5	0.0	32.3	0.1
Macarrão	25.0	92.3	3.1	18.8	0.3	6.8	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Batata crua	10.0	7.9	0.2	1.8	0.0	0.7	0.1	0.0	2.0	0.0	0.2	0.6	0.0	0.0	0.0	0.0	0.1	1.3	2.1	0.0	54.3	0.0
Abobrinha	10.0	2.0	0.1	0.4	0.0	2.0	0.0	2.0	1.5	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.1	2.6	2.3	0.0	19.5	0.3
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Maçã vermelha	50.0	29.5	0.1	7.7	0.2	3.5	0.1	2.7	2.9	0.0	1.0	0.0	0.1	0.0	0.0	0.4	0.6	1.4	2.5	0.0	57.5	0.2
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		759.2	32.5	107.2	22.8	216.1	6.4	334.8	20.4	60.9	9.1	1433.6	3.0	3.6	4.6	2.8	5.1	142.6	93.8	4.7	1038.4	24.1

DIA 07

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)	
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5	
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2	
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2	
Arroz branco	35.0	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	0.1	0.3	2.8	8.8	0.4	40.3	5.3	
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0	
Óleo de soja	1.0	8.8	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Alface lisa	10.0	1.8	0.1	0.4	0.0	6.8	0.1	0.0	1.8	0.0	0.1	0.9	0.0	0.0	0.0	0.1	0.1	5.0	1.1	0.0	26.4	0.0	
Tomate	5.0	1.1	0.0	0.2	0.0	0.3	0.0	3.1	1.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.8	0.6	0.0	1.1	0.0	
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	
Abóbora moranga	30.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Carne bovina moída	30.0	85.0	8.2	0.0	5.5	3.3	0.9	0.0	0.0	27.0	0.0	18.6	0.2	2.5	2.3	0.0	0.0	2.7	8.4	1.7	107.8	6.5	
Cenoura	10.0	4.3	0.1	1.0	0.0	2.7	0.1	281.3	0.9	0.0	0.3	3.5	0.0	0.0	0.0	0.1	0.3	1.4	1.5	0.0	32.3	0.1	
Açúcar cristal	15.0	58.1	0.0	15.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	
Arroz branco	25.0	91.3	1.8	20.0	0.2	7.0	1.1	0.0	0.0	0.0	0.3	1.3	0.0	0.1	0.0	0.1	0.2	2.0	6.3	0.3	28.8	3.8	
Coco seco ralado	2.0	10.0	0.1	1.0	0.7	0.3	0.0	0.0	0.0	0.0	0.1	5.2	0.0	0.0	1.0	0.0	0.1	0.2	1.0	0.0	6.7	0.3	
Leite tipo C pasteur.	110.0	66.7	3.7	5.1	3.3	130.9	0.2	12.8	1.0	15.0	0.0	53.7	0.0	0.0	0.0	0.0	0.0	5.5	14.7	0.4	166.1	1.4	
Biscoito maisena - São Lui	30.0	133.2	2.3	22.7	3.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
TOTAL		793.7	25.2	121.1	22.8	311.2	4.9	334.2	6.6	55.6	2.7	693.2	1.0	2.9	3.6	0.4	1.1	35.8	61.5	3.5	593.0	26.5	

DIA 08

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	35.0	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	0.1	0.3	2.8	8.8	0.4	40.3	5.3
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	2.0	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carne bovina	30.0	85.0	8.2	0.0	5.5	3.3	0.9	0.0	0.0	27.0	0.0	18.6	0.2	2.5	2.3	0.0	0.0	2.7	8.4	1.7	107.8	6.5
Batata crua	15.0	11.9	0.3	2.7	0.0	1.1	0.1	0.0	3.0	0.0	0.2	0.9	0.0	0.0	0.0	0.1	0.2	1.9	3.2	0.1	81.5	0.0
Cenoura	10.0	4.3	0.1	1.0	0.0	2.7	0.1	281.3	0.9	0.0	0.3	3.5	0.0	0.0	0.0	0.1	0.3	1.4	1.5	0.0	32.3	0.1
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Tomate	5.0	1.1	0.0	0.2	0.0	0.3	0.0	3.1	1.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.8	0.6	0.0	1.1	0.0
Beterraba	25.0	11.0	0.4	2.5	0.0	4.0	0.2	0.9	0.9	0.0	0.4	19.3	0.0	0.0	0.0	0.2	0.3	20.0	5.8	0.1	76.3	0.1
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Farinha de mandioca torrada	25.0	88.5	0.4	21.6	0.1	15.3	0.8	0.0	3.5	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Feijão	8.0	27.0	1.8	4.9	0.1	6.6	0.5	0.1	0.4	0.0	1.5	1.0	0.0	0.0	0.0	0.6	1.0	31.5	11.0	0.2	108.7	0.6
Carne moída	20.0	58.5	5.5	0.0	3.9	2.4	0.6	0.0	0.0	20.2	0.0	18.6	0.1	0.1	1.5	0.0	0.0	2.0	4.4	1.2	65.5	0.0
Óleo de soja	3.0	26.5	0.0	0.0	3.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cenoura	10.0	4.3	0.1	1.0	0.0	2.7	0.1	281.3	0.9	0.0	0.3	3.5	0.0	0.0	0.0	0.1	0.3	1.4	1.5	0.0	32.3	0.1
Ovo de galinha inteiro	20.0	29.8	2.5	0.2	2.0	9.8	0.3	38.2	0.0	85.0	0.0	25.2	0.3	0.8	0.6	0.0	0.0	9.4	2.0	0.2	24.2	6.2
Açúcar cristal	10.0	38.7	0.0	10.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Laranja	100.0	47.0	0.9	11.8	0.1	40.0	0.1	20.5	53.2	0.0	1.9	0.0	0.0	0.0	0.0	0.0	0.7	30.3	10.0	0.1	181.0	0.9
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		786.9	29.3	112.2	25.2	251.1	6.1	666.7	66.6	145.9	7.0	1088.3	3.7	4.6	5.3	1.1	3.0	121.0	77.0	4.6	943.0	29.2

DIA 09

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	35.0	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	0.1	0.3	2.8	8.8	0.4	40.3	5.3
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	3.0	26.5	0.0	0.0	3.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Frango	35.0	73.9	6.1	0.0	5.4	3.5	0.3	14.7	0.0	29.4	0.0	26.6	1.2	2.2	1.5	0.0	0.0	2.5	7.0	0.6	67.2	7.4
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	2.0	0.8	0.0	0.2	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.0	3.1	0.0
Cenoura	20.0	8.6	0.2	2.0	0.0	5.4	0.1	562.6	1.9	0.0	0.5	7.0	0.0	0.0	0.0	0.2	0.5	2.8	3.0	0.0	64.6	0.2
Tomate	10.0	2.1	0.1	0.5	0.0	0.5	0.0	6.2	1.9	0.0	0.1	0.9	0.0	0.0	0.0	0.0	0.1	1.5	1.1	0.0	2.2	0.0
Extrato de tomate	3.0	2.2	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Macarrão espaguete	35.0	53.3	1.2	10.7	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Leite tipo C pasteur.	7.0	4.2	0.2	0.3	0.2	8.3	0.0	0.8	0.1	1.0	0.0	3.4	0.0	0.0	0.0	0.0	0.0	0.4	0.9	0.0	10.6	0.1
Açúcar cristal	15.0	58.1	0.0	15.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Farinha de trigo	10.0	37.1	0.9	7.8	0.1	14.0	0.2	0.0	0.0	0.0	0.4	0.3	0.1	0.0	0.0	0.0	0.0	2.2	2.0	0.1	15.0	0.4
oleo	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fubá	8.0	29.0	0.7	6.2	0.3	0.5	0.3	3.8	0.0	0.0	0.6	2.8	0.1	0.1	0.0	0.3	0.2	2.0	10.2	0.1	23.0	0.6
Fermentoem pó	2.0	3.3	0.1	0.8	0.0	22.6	0.0	0.0	0.0	0.0	0.0	236.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	1.0	0.0
Leite tipo C pasteur.	5.0	19.1	0.0	4.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2	0.0
Ovo de galinha inteiro	8.0	11.9	1.0	0.1	0.8	3.9	0.1	15.3	0.0	34.0	0.0	10.1	0.1	0.3	0.2	0.0	0.0	3.8	0.8	0.1	9.7	2.5
Polpa	15.0	20.0	0.1	1.0	0.0	1.8	0.0	108.0	120.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.5	0.0
Açúcar cristal	10.0	38.7	0.0	10.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Biscoito maisena	30.0	133.2	2.3	22.7	3.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		893.8	21.9	138.3	26.7	222.8	3.7	769.4	126.2	78.0	3.6	916.6	3.3	3.4	2.3	0.7	1.2	33.8	53.7	2.0	437.0	25.9

DIA 10

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
Pão Francês	25.0	71.4	2.4	14.2	0.6	27.8	0.8	0.0	0.0	0.0	0.7	145.0	0.0	0.0	0.0	0.0	0.0	9.3	5.0	0.2	23.6	7.5
Margarina	5.0	37.0	0.0	0.0	4.1	0.0	0.0	21.0	0.0	0.0	0.0	26.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite tipo C pasteur.	100.0	60.6	3.3	4.6	3.0	119.0	0.1	11.6	0.9	13.6	0.0	48.8	0.0	0.0	0.0	0.0	0.0	5.0	13.4	0.4	151.0	1.2
Açúcar cristal	5.0	19.4	0.0	5.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Achocolatado em pó	5.0	15.3	0.5	3.4	0.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	35.0	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	0.1	0.3	2.8	8.8	0.4	40.3	5.3
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha verde	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	3.0	26.5	0.0	0.0	3.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	2.0	0.8	0.0	0.2	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.0	3.1	0.0
Carne bovina	30.0	85.0	8.2	0.0	5.5	3.3	0.9	0.0	0.0	27.0	0.0	18.6	0.2	2.5	2.3	0.0	0.0	2.7	8.4	1.7	107.8	6.5
Cenoura	10.0	4.3	0.1	1.0	0.0	2.7	0.1	281.3	0.9	0.0	0.3	3.5	0.0	0.0	0.0	0.1	0.3	1.4	1.5	0.0	32.3	0.1
Abóbora moranga	20.0	8.0	0.2	2.0	0.1	2.4	0.1	70.0	8.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Beterraba	10.0	4.4	0.2	1.0	0.0	1.6	0.1	0.4	0.4	0.0	0.2	7.7	0.0	0.0	0.0	0.1	0.1	8.0	2.3	0.0	30.5	0.0
Manioca	30.0	36.0	0.9	8.1	0.1	27.3	1.1	0.3	14.5	0.0	0.5	2.4	0.0	0.0	0.0	0.2	0.3	6.6	19.8	0.1	229.2	0.0
Repolho branco	20.0	5.0	0.3	1.1	0.1	9.4	0.1	2.7	6.4	0.0	0.4	3.6	0.0	0.0	0.0	0.2	0.2	8.6	3.0	0.0	49.2	0.3
Tomate	5.0	1.1	0.0	0.2	0.0	0.3	0.0	3.1	1.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.8	0.6	0.0	1.1	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Carne moída	30.0	87.8	8.2	0.0	5.9	3.6	0.8	0.0	0.0	30.4	0.0	27.9	0.2	0.2	2.3	0.0	0.0	3.0	6.6	1.7	98.3	0.0
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	2.0	0.8	0.0	0.2	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.0	3.1	0.0
Extrato de tomate	3.0	2.2	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Macarrão espaguete	35.0	53.3	1.2	10.7	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Óleo de soja	2.0	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sal refinado	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
Maçã vermelha	100.0	59.0	0.2	15.3	0.4	7.0	0.2	5.3	5.7	0.0	2.0	0.0	0.1	0.0	0.1	0.8	1.2	2.8	5.0	0.0	115.0	0.3
ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)	K (mg)	Se (mcg)
TOTAL		728.2	28.7	96.5	26.1	222.0	5.9	400.0	40.0	71.0	5.4	1080.9	3.6	3.9	5.5	1.5	2.5	53.1	76.0	4.7	901.3	22.1