

| Dzień         | Dieta podstawowa    |            |             |                 |                   |                     |             |         | Dieta łatwostrawna  |            |             |                 |                   |                     |             |         | Dieta cukrzycowa    |            |             |                 |                   |                     |             |         |
|---------------|---------------------|------------|-------------|-----------------|-------------------|---------------------|-------------|---------|---------------------|------------|-------------|-----------------|-------------------|---------------------|-------------|---------|---------------------|------------|-------------|-----------------|-------------------|---------------------|-------------|---------|
|               | Wart. energ. (kcal) | Białko (g) | Tłuszcz (g) | Nasycone KT (g) | Węglowod. any (g) | W. przyswajalne (g) | Błonnik (g) | Sól (g) | Wart. energ. (kcal) | Białko (g) | Tłuszcz (g) | Nasycone KT (g) | Węglowod. any (g) | W. przyswajalne (g) | Błonnik (g) | Sól (g) | Wart. energ. (kcal) | Białko (g) | Tłuszcz (g) | Nasycone KT (g) | Węglowod. any (g) | W. przyswajalne (g) | Błonnik (g) | Sól (g) |
| <b>6.12.</b>  | 2436                | 76.96      | 94.13       | 40.82           | 330.93            | 209.07              | 27.84       | 4.71    | 2159                | 86.62      | 60.49       | 31.78           | 327.29            | 206.77              | 27.1        | 3.66    | 2143                | 96.16      | 69.02       | 36.72           | 304.16            | 165.21              | 45.21       | 4.08    |
| <b>7.12.</b>  | 2179                | 81.04      | 77.59       | 30.3            | 302.17            | 215.54              | 28.68       | 4.55    | 2159                | 82.6       | 71.85       | 33.24           | 305.38            | 258.52              | 21.23       | 4.03    | 1922                | 84.67      | 52.15       | 28.7            | 300.15            | 212.28              | 44.75       | 6.92    |
| <b>8.12.</b>  | 2525                | 105.01     | 79.99       | 35.73           | 358.97            | 334.99              | 23.99       | 3.93    | 2489                | 106.51     | 71.96       | 36.18           | 367.12            | 341.77              | 25.36       | 3.98    | 2224                | 102.49     | 64.13       | 28.29           | 330.83            | 260.87              | 44.48       | 4.64    |
| <b>9.12.</b>  | 2187                | 77.45      | 69.15       | 29.75           | 326.19            | 270.19              | 26.28       | 10.95   | 2163                | 89.02      | 61.34       | 28.77           | 327.32            | 274.57              | 28.12       | 4.06    | 1954                | 77.87      | 55.92       | 25.96           | 304.99            | 208.88              | 41.76       | 13.29   |
| <b>10.12.</b> | 1983                | 81.07      | 62.48       | 29.91           | 283.83            | 197.16              | 23.56       | 4.19    | 2016                | 82.32      | 62.68       | 30.89           | 290.47            | 203.56              | 23.81       | 4.3     | 1870                | 91.1       | 60.2        | 28.36           | 258.71            | 130.48              | 40.46       | 4.48    |
| <b>11.12.</b> | 2360                | 100.2      | 79.32       | 34.51           | 325.09            | 270.47              | 29.28       | 3.65    | 2180                | 94.03      | 67.08       | 30.19           | 309.52            | 263.42              | 20.76       | 3.02    | 2041                | 93.19      | 61.49       | 26.03           | 298.04            | 206.08              | 41.98       | 5.52    |
| <b>12.12.</b> | 2366                | 79.24      | 86.06       | 35.38           | 327.96            | 231.56              | 25.72       | 3.31    | 2139                | 79.28      | 63.88       | 32.19           | 320.29            | 225.33              | 24.46       | 3.2     | 1971                | 91.1       | 53.69       | 26.4            | 299.39            | 194.67              | 41.26       | 5.09    |
| <b>13.12.</b> | 2164                | 100.08     | 69.94       | 33.45           | 294.98            | 230.96              | 25.52       | 4.53    | 2284                | 103.47     | 66.8        | 36.48           | 328.79            | 305.77              | 23.02       | 4.21    | 1978                | 92.81      | 52.32       | 26.96           | 303.99            | 237.71              | 41.63       | 5.73    |
| <b>14.12.</b> | 2414                | 99.27      | 77.54       | 35.89           | 343.45            | 258.57              | 29.93       | 5.63    | 2215                | 91.55      | 65.72       | 37.45           | 323.77            | 246.7               | 22.12       | 5.48    | 2024                | 87.52      | 55.94       | 31.85           | 311.41            | 222.31              | 39.83       | 5.72    |