

ĒDIENKARTE gestācijas diabēta pacientiem

| Pirmdiena                   |                       |                       |       |        |       |                  |        |                                  |       |        |       |       |      |
|-----------------------------|-----------------------|-----------------------|-------|--------|-------|------------------|--------|----------------------------------|-------|--------|-------|-------|------|
| Ēdiena nosaukums            |                       |                       |       |        |       | Ēdiena nosaukums |        |                                  |       |        |       |       |      |
|                             | Gat.sv                | Olbal.                | Tauki | Oglihi | Kalor |                  | Gat.sv | Olbal.                           | Tauki | Oglihi | Kalor |       |      |
| B1                          | Miežu biežputra *     | 300                   | 8.3   | 6.9    | 32.7  | 231              | P4     | Ķīnas kāpostu salāti ar papriku* | 80    | 1.3    | 0.1   | 8.4   | 43   |
| B2                          | Vārīta ola*           | 50/45                 | 17.4  | 15.8   | 22.5  | 311              | P5     | Tumša maize ar sēklām*           | 50    | 5.4    | 1.0   | 20.6  | 166  |
| B3                          | Kliju maize ar sieru* | 1                     | 5.1   | 3.8    | 0.3   | 63               | L1     | Auzu cepumi*                     | 50    | 4.9    | 9.8   | 49.0  | 304  |
| B4                          | Tēja*                 | 200                   | 0.8   | 0.0    | 0.0   | 5                | L2     | Āboli*                           | 120   | 0.7    | 0.5   | 16.2  | 72   |
| P1                          | Frikadeļu zupa*       | 350                   | 5.9   | 5.6    | 18.0  | 154              | V1     | Kāpostu sacepums ar gaļu*        | 300   | 15.0   | 19.3  | 47.6  | 471  |
| P2                          | Sautēta cūkgaļa*      | 100                   | 13.4  | 9.2    | 14.6  | 256              | V2     | Burkānu salāti*                  | 50    | 5.8    | 0.9   | 22.5  | 130  |
| P3                          | Grūbu sautējums*      | 250                   | 6.0   | 0.3    | 44.0  | 209              | V3     | Kefīrs*                          | 200   | 5.5    | 6.3   | 8.0   | 110  |
|                             | Kopā: Brokastis(B)    | E24%                  | 31.6  | 26.5   | 55.5  | 609              |        | Kopā: Vakariņas(V)               | E28%  | 26.3   | 26.5  | 78.1  | 710  |
|                             | Kopā: Pusdienas(P)    | E33%                  | 32.0  | 16.2   | 105.6 | 828              |        |                                  |       |        |       |       |      |
|                             | Kopā: Launags(L)      | E15%                  | 5.6   | 10.3   | 65.2  | 376              |        | KOPĀ:                            |       | 95.4   | 79.6  | 304.4 | 2523 |
| PIEVIENOTAIS SĀLS 3.5 grami |                       | DĀRZENI 369.01 grami  |       |        |       |                  |        |                                  |       |        |       |       |      |
| PIEVIENOTAIS CUKURS 6 grami |                       | KARTUPEĻI 581.5 grami |       |        |       |                  |        |                                  |       |        |       |       |      |
| AUGĻI un OGAS 170 grami     |                       |                       |       |        |       |                  |        |                                  |       |        |       |       |      |

| Otrdiena                     |                                       |                     |       |       |       |                  |        |                            |        |       |       |       |      |
|------------------------------|---------------------------------------|---------------------|-------|-------|-------|------------------|--------|----------------------------|--------|-------|-------|-------|------|
| Ēdiena nosaukums             |                                       |                     |       |       |       | Ēdiena nosaukums |        |                            |        |       |       |       |      |
|                              | Gat.sv                                | Olbal.              | Tauki | Oglih | Kalor |                  | Gat.sv | Olbal.                     | Tauki  | Oglih | Kalor |       |      |
| B1                           | Auzu biežputra*                       | 300                 | 6.2   | 2.3   | 43.6  | 220              | P5     | Rudzu maize*               |        | 0.0   | 0.0   | 0.0   | 0    |
| B2                           | Kliju maize ar sieru un gaļas ruleti* | 50/45/1             | 12.9  | 19.2  | 22.6  | 367              | L1     | Kliju maize ar sieru*      | 100    | 13.8  | 13.3  | 2.2   | 132  |
| B3                           | Tēja*                                 | 200                 | 0.8   | 0.0   | 4.9   | 24               | L2     | Augļi-āboli*               | 50     | 3.5   | 7.0   | 35.0  | 217  |
| P1                           | Šampinjonu zupa*                      | 300                 | 2.0   | 0.1   | 11.3  | 57               | V1     | Dārzeņu sautējums ar gaļu* | 200/15 | 13.4  | 17.6  | 66.5  | 486  |
| P2                           | Maltās gaļas šnicele*                 | 150                 | 16.3  | 28.2  | 15.3  | 480              | V2     | Kliju maize, tēja*         | 200    | 0.8   | 0.0   | 4.9   | 24   |
| P3                           | Vārīti griķi*                         | 200                 | 7.6   | 2.0   | 38.1  | 203              |        |                            |        |       |       |       |      |
| P4                           | Biešu salāti*                         | 50                  | 4.6   | 0.5   | 8.0   | 122              |        |                            |        |       |       |       |      |
|                              | Kopā: Brokastis(B)                    | E26%                | 19.9  | 21.5  | 71.0  | 610              |        | Kopā: Vakariņas(V)         | E22%   | 14.2  | 17.6  | 71.4  | 510  |
|                              | Kopā: Pusdienas(P)                    | E37%                | 30.4  | 30.8  | 72.7  | 861              |        |                            |        |       |       |       |      |
|                              | Kopā: Launags(L)                      | E15%                | 17.3  | 20.3  | 37.2  | 349              |        | KOPĀ:                      |        | 81.8  | 90.2  | 252.4 | 2331 |
| PIEVIENOTAIS SĀLS 3 grami    |                                       | DĀRZENI 226.6 grami |       |       |       |                  |        |                            |        |       |       |       |      |
| PIEVIENOTAIS CUKURS 10 grami |                                       | KARTUPEĻI 204 grami |       |       |       |                  |        |                            |        |       |       |       |      |
| AUGĻI un OGAS 0 grami        |                                       |                     |       |       |       |                  |        |                            |        |       |       |       |      |

| Trešdiena                   |                             |                      |       |        |       |                  |        |                              |       |        |       |       |      |
|-----------------------------|-----------------------------|----------------------|-------|--------|-------|------------------|--------|------------------------------|-------|--------|-------|-------|------|
| Ēdiena nosaukums            |                             |                      |       |        |       | Ēdiena nosaukums |        |                              |       |        |       |       |      |
|                             | Gat.sv                      | Olbal.               | Tauki | Oglihi | Kalor |                  | Gat.sv | Olbal.                       | Tauki | Oglihi | Kalor |       |      |
| B1                          | Kukurūzas biežputra*        | 300                  | 6.2   | 2.3    | 43.6  | 220              | P4     | Burkānu salāti ar sēkliņām*  | 80    | 1.6    | 0.1   | 11.3  | 53   |
| B2                          | Biezpiens*                  | 50/45                | 10.0  | 7.2    | 22.5  | 229              | P5     | Rudzu maize*                 | 50    | 6.4    | 0.7   | 11.2  | 170  |
| B3                          | Kliju maize*                | 1                    | 5.1   | 3.8    | 0.3   | 63               | L1     | Kliju maize ar gaļas ruleti* | 50/45 | 17.4   | 21.0  | 31.6  | 397  |
| B4                          | Kafijas dzēriens*           | 200                  | 0.8   | 0.0    | 0.0   | 5                | V1     | Omlete*                      | 300   | 14.8   | 9.4   | 47.2  | 378  |
| P1                          | Biešu zupa*                 | 250                  | 3.5   | 2.6    | 17.8  | 106              | V2     | Apcepti dārzeņi*             | 50    | 1.1    | 0.2   | 10.2  | 45   |
| P2                          | Sautēta cūkgaļas karbonāde* | 150                  | 24.7  | 22.5   | 4.0   | 343              | V3     | Tēja*                        | 200   | 4.1    | 4.7   | 6.0   | 82   |
| P3                          | Vārīti kartupeļi*           | 250                  | 7.0   | 0.4    | 49.7  | 210              |        |                              |       |        |       |       |      |
|                             | Kopā: Brokastis(B)          | E22%                 | 22.1  | 13.3   | 66.3  | 517              |        | Kopā: Vakariņas(V)           | E22%  | 20.0   | 14.3  | 63.4  | 505  |
|                             | Kopā: Pusdienas(P)          | E38%                 | 43.2  | 26.2   | 94.1  | 882              |        |                              |       |        |       |       |      |
|                             | Kopā: Launags(L)            | E17%                 | 17.4  | 21.0   | 31.6  | 397              |        | KOPĀ:                        |       | 102.7  | 74.8  | 255.4 | 2300 |
| PIEVIENOTAIS SĀLS 4 grami   |                             | DĀRZENI 401.71 grami |       |        |       |                  |        |                              |       |        |       |       |      |
| PIEVIENOTAIS CUKURS 2 grami |                             | KARTUPEĻI 668 grami  |       |        |       |                  |        |                              |       |        |       |       |      |
| AUGĻI un OGAS 0 grami       |                             |                      |       |        |       |                  |        |                              |       |        |       |       |      |

| Ceturtdiena                 |                                |                     |       |        |       |                  |        |                    |       |        |       |       |      |
|-----------------------------|--------------------------------|---------------------|-------|--------|-------|------------------|--------|--------------------|-------|--------|-------|-------|------|
| Ēdiena nosaukums            |                                |                     |       |        |       | Ēdiena nosaukums |        |                    |       |        |       |       |      |
|                             | Gat.sv                         | Olbal.              | Tauki | Oglihi | Kalor |                  | Gat.sv | Olbal.             | Tauki | Oglihi | Kalor |       |      |
| B1                          | Septingraudu pārslu biezputra* | 300                 | 8.3   | 6.9    | 32.7  | 231              | P5     | Rudzu maize*       | 50    | 2.7    | 0.3   | 4.8   | 73   |
| B2                          | Kliju maize ar desu un sieru*  | 50/45               | 11.9  | 13.4   | 23.2  | 287              | L1     | Biezpiens*         | 50/50 | 20.8   | 13.8  | 44.9  | 404  |
| B3                          | Tēja*                          | 200                 | 0.8   | 0.0    | 0.0   | 5                | L2     | Auzu cepumi*       | 120   | 0.5    | 0.4   | 12.1  | 54   |
| P1                          | Zemnieku zupa*                 | 300                 | 8.2   | 9.2    | 24.3  | 215              | V1     | Dārzeņu plācenīši* | 200   | 24.8   | 32.6  | 54.2  | 551  |
| P2                          | Vistas gaļas veltnis *         | 100                 | 18.4  | 7.6    | 6.8   | 184              | V2     | Tēja*              | 200   | 0.8    | 0.0   | 0.0   | 5    |
| P3                          | Vārīti griķi*                  | 300                 | 7.0   | 0.8    | 49.3  | 233              |        |                    |       |        |       |       |      |
| P4                          | Ķīnas kāpostu-tomātu salāti*   | 80                  | 0.9   | 0.1    | 1.7   | 14               |        |                    |       |        |       |       |      |
|                             | Kopā: Brokastis(B)             | E23%                | 21.0  | 20.3   | 56.0  | 523              |        | Kopā: Vakariņas(V) | E25%  | 25.6   | 32.6  | 54.2  | 556  |
|                             | Kopā: Pusdienas(P)             | E32%                | 37.2  | 18.0   | 86.9  | 718              |        |                    |       |        |       |       |      |
|                             | Kopā: Launags(L)               | E20%                | 21.3  | 14.1   | 57.0  | 458              |        | KOPĀ:              |       | 105.0  | 85.1  | 254.1 | 2255 |
| PIEVIENOTAIS SĀLS 2.5 grami |                                | DĀRZENI 179.5 grami |       |        |       |                  |        |                    |       |        |       |       |      |
| PIEVIENOTAIS CUKURS 8 grami |                                | KARTUPEĻI 50 grami  |       |        |       |                  |        |                    |       |        |       |       |      |
| AUGĻI un OGAS 127.5 grami   |                                |                     |       |        |       |                  |        |                    |       |        |       |       |      |

| Piektdiena                  |                        |                      |       |       |       |                  |        |                                     |       |       |       |       |      |
|-----------------------------|------------------------|----------------------|-------|-------|-------|------------------|--------|-------------------------------------|-------|-------|-------|-------|------|
| Ēdiena nosaukums            |                        |                      |       |       |       | Ēdiena nosaukums |        |                                     |       |       |       |       |      |
|                             | Gat.sv                 | Olbal.               | Tauki | Oglhi | Kalor |                  | Gat.sv | Olbal.                              | Tauki | Oglhi | Kalor |       |      |
| B1                          | Auzu pārslu biežputra* | 300                  | 7.8   | 2.6   | 40.8  | 218              | P4     | Ķīnas kāpostu gurķu-tomātu salāti * |       | 2.5   | 0.3   | 2.1   | 21   |
| B2                          | Kliju maize ar sieru*  | 1                    | 3.7   | 2.8   | 0.2   | 46               | P5     | Saldskābā maize*                    | 50    | 1.7   | 0.3   | 15.2  | 67   |
| B3                          | Vārīta ola*            | 50/45                | 11.8  | 9.5   | 23.2  | 252              | L1     | Biezpiena sacepums*                 | 200   | 21.4  | 19.0  | 30.0  | 362  |
| B4                          | Kakao dzēriens*        | 200                  | 2.0   | 1.4   | 8.4   | 56               | V1     | Sakņu salāti ar gaļu *              | 80/10 | 12.6  | 5.7   | 100.1 | 502  |
| P1                          | Vistas zupa*           | 300                  | 3.3   | 4.9   | 10.8  | 97               | V2     | Kliju maize , tēja*                 | 200   | 0.8   | 0.0   | 0.0   | 5    |
| P2                          | Tvaicēta kotlete*      | 100                  | 12.2  | 14.1  | 20.3  | 319              |        |                                     |       |       |       |       |      |
| P3                          | Dārzenu sautējums*     | 250                  | 10.8  | 2.9   | 54.4  | 290              |        |                                     |       |       |       |       |      |
|                             | Kopā: Brokastis(B)     | E26%                 | 25.3  | 16.3  | 72.6  | 571              |        | Kopā: Vakariņas(V)                  | E23%  | 13.4  | 5.7   | 100.1 | 506  |
|                             | Kopā: Pusdienas(P)     | E36%                 | 30.4  | 22.6  | 102.7 | 794              |        |                                     |       |       |       |       |      |
|                             | Kopā: Launags(L)       | E16%                 | 21.4  | 19.0  | 30.0  | 362              |        | KOPĀ:                               |       | 90.6  | 63.6  | 305.4 | 2234 |
| PIEVIENOTAIS SĀLS 3.5 grami |                        | DĀRZENI 375.21 grami |       |       |       |                  |        |                                     |       |       |       |       |      |
| PIEVIENOTAIS CUKURS 8 grami |                        | KARTUPEĻI 200 grami  |       |       |       |                  |        |                                     |       |       |       |       |      |
| AUGĻI un OGAS 0 grami       |                        |                      |       |       |       |                  |        |                                     |       |       |       |       |      |

| Sestdiena                   |                                       |                     |       |       |       |                  |        |                          |        |       |       |       |      |
|-----------------------------|---------------------------------------|---------------------|-------|-------|-------|------------------|--------|--------------------------|--------|-------|-------|-------|------|
| Ēdiena nosaukums            |                                       |                     |       |       |       | Ēdiena nosaukums |        |                          |        |       |       |       |      |
|                             | Gat.sv                                | Olbal.              | Tauki | Oglih | Kalor |                  | Gat.sv | Olbal.                   | Tauki  | Oglih | Kalor |       |      |
| B1                          | Septingraudu pārslu biezputra*        | 300                 | 5.9   | 4.8   | 44.7  | 245              | P5     | Rudzu maize*             | 50     | 4.6   | 0.5   | 8.0   | 122  |
| B2                          | Kliju maize ar sieru un gaļas ruleti* | 50/45/1             | 8.0   | 16.6  | 9.1   | 256              | L1     | Augļi-āboli*             | 100/20 | 20.1  | 12.8  | 15.5  | 181  |
| B3                          | Tēja*                                 | 200                 | 0.8   | 0.0   | 0.0   | 5                | L2     | Auzu cepumi*             | 50     | 3.5   | 7.0   | 35.0  | 217  |
| P1                          | Dārzeņu zupa*                         | 350                 | 3.8   | 4.3   | 17.0  | 136              | V1     | Grūbu sautējums ar gaļu* | 300    | 16.7  | 8.3   | 64.6  | 403  |
| P2                          | Vistas aknas strogonovs*              | 150                 | 19.6  | 18.3  | 22.3  | 319              | V2     | Marinēts gurķis*         | 50     | 5.8   | 0.9   | 22.5  | 130  |
| P3                          | Vārīti kartupeļi*                     | 250                 | 6.0   | 0.3   | 44.0  | 209              | V3     | Kliju maize, tēja*       | 200    | 0.8   | 0.0   | 0.0   | 5    |
| P4                          | Kīnas kāpostu-burkānu salāti*         | 80                  | 4.0   | 0.4   | 12.4  | 75               |        |                          |        |       |       |       |      |
|                             | Kopā: Brokastis(B)                    | E22%                | 14.7  | 21.3  | 53.8  | 505              |        | Kopā: Vakariņas(V)       | E23%   | 23.2  | 9.2   | 87.1  | 537  |
|                             | Kopā: Pusdienas(P)                    | E37%                | 38.0  | 23.9  | 103.8 | 860              |        |                          |        |       |       |       |      |
|                             | Kopā: Launags(L)                      | E17%                | 23.6  | 19.8  | 50.5  | 398              |        | KOPĀ:                    |        | 99.5  | 74.2  | 295.3 | 2300 |
| PIEVIENOTAIS SĀLS 4 grami   |                                       | DĀRZENI 443.5 grami |       |       |       |                  |        |                          |        |       |       |       |      |
| PIEVIENOTAIS CUKURS 5 grami |                                       | KARTUPEĻI 340 grami |       |       |       |                  |        |                          |        |       |       |       |      |
| AUGĻI un OGAS 0 grami       |                                       |                     |       |       |       |                  |        |                          |        |       |       |       |      |

| Svētdiena                    |                         |                        |       |       |       |                  |        |                       |       |       |       |       |      |
|------------------------------|-------------------------|------------------------|-------|-------|-------|------------------|--------|-----------------------|-------|-------|-------|-------|------|
| Ēdiena nosaukums             |                         |                        |       |       |       | Ēdiena nosaukums |        |                       |       |       |       |       |      |
|                              | Gat.sv                  | Olbal.                 | Tauki | Oglih | Kalor |                  | Gat.sv | Olbal.                | Tauki | Oglih | Kalor |       |      |
| B1                           | Kukurūzas biezputra*    | 300                    | 7.0   | 4.9   | 43.5  | 246              | L1     | Kliju maize ar sieru* | 50/45 | 17.4  | 23.6  | 22.6  | 382  |
| B2                           | Biezpiens, kliju maize* | 50                     | 5.8   | 4.8   | 22.5  | 165              | V1     | Dārzeņu sacepums*     | 200   | 27.0  | 13.9  | 119.0 | 708  |
| B3                           | Tēja                    | 200                    | 3.4   | 2.4   | 5.8   | 60               | V2     | Tēja                  | 200   | 0.8   | 0.0   | 0.0   | 5    |
| P1                           | Mājas soļanka*          | 100                    | 8.6   | 12.1  | 4.1   | 216              |        |                       |       |       |       |       |      |
| P2                           | Tvaicēta kotlete*       | 200                    | 22.4  | 12.1  | 64.3  | 519              |        |                       |       |       |       |       |      |
| P3                           | Vārīti griķi*           | 80                     | 1.6   | 10.0  | 11.3  | 142              |        |                       |       |       |       |       |      |
| P4                           | Biešu salāti*           |                        | 0.0   | 0.0   | 10.0  | 40               |        |                       |       |       |       |       |      |
|                              | Kopā: Brokastis(B)      | E19%                   | 16.2  | 12.1  | 71.8  | 472              |        | Kopā: Vakariņas(V)    | E29%  | 27.8  | 13.9  | 119.0 | 712  |
|                              | Kopā: Pusdienas(P)      | E37%                   | 32.6  | 34.2  | 89.7  | 918              |        |                       |       |       |       |       |      |
|                              | Kopā: Launags(L)        | E15%                   | 17.4  | 23.6  | 22.6  | 382              |        | KOPĀ:                 |       | 94.0  | 83.8  | 303.1 | 2483 |
| PIEVIENOTAIS SĀLS 2.5 grami  |                         | DĀRZENI 444.21 grami   |       |       |       |                  |        |                       |       |       |       |       |      |
| PIEVIENOTAIS CUKURS 5 grami  |                         | KARTUPEĻI 0 grami      |       |       |       |                  |        |                       |       |       |       |       |      |
| AUGĻI un OGAS 0 grami        |                         |                        |       |       |       |                  |        |                       |       |       |       |       |      |
| PIEVIENOTAIS SĀLS 23 grami   |                         | DĀRZENI 2439.74 grami  |       |       |       |                  |        |                       |       |       |       |       |      |
| PIEVIENOTAIS CUKURS 44 grami |                         | KARTUPEĻI 2043.5 grami |       |       |       |                  |        |                       |       |       |       |       |      |
| AUGĻI un OGAS 297.5 grami    |                         |                        |       |       |       |                  |        |                       |       |       |       |       |      |