ORIENTAÇÕES NUTRICIONAIS PARA ANALFABETOS

INSTITUTO DE ENSINO E PESQUISA SANTA CASA BH

GRUPO SANTA CASA DE BELO HORIZONTE

Apresentação

Este material foi desenvolvido para colaborar com os profissionais que atuam no Sistema Único de Saúde - principalmente na Atenção Primária - com pessoas com analfabetismo, para as quais a orientação alimentar e o entendimento das listas de substituições dos alimentos são uma barreira à adesão ao tratamento nos casos de obesidade, hipertensão e diabetes mellitus.

O material contém orientações úteis aos profissionais para a educação em diabetes. As imagens são acompanhadas por textos como auxílio adicional às famílias e profissionais de saúde.

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HORÁRIOS IDENTIFICADOS POR FIGURAS

CAFÉ DA MANHÃ

COLAÇÃO

ALMOÇO

LANCHE DA TARDE

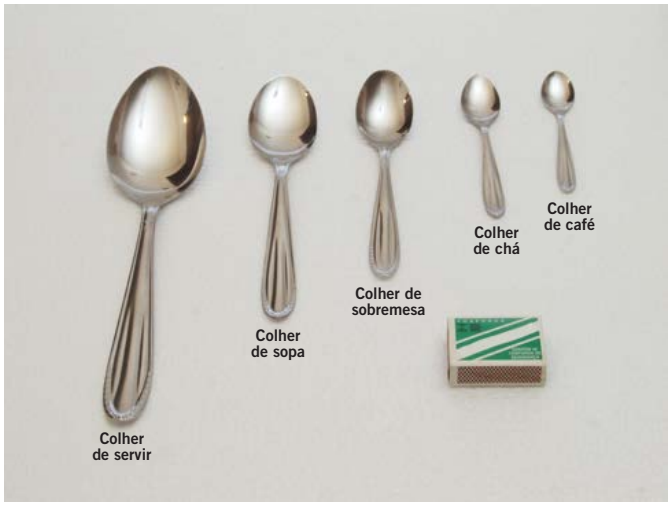
JANTAR

CEIA

Sugestão: nos cardápios os relógios devem ser preenchidos em acordo com o paciente sobre os horários das refeições, respeitando-se a rotina diária e as necessidades nutricionais.

LISTA DE SUBSTITUIÇÃO DOS ALIMENTOS

AS MEDIDAS UTILIZADAS SÃO EM COLHERES DE SOPA OU SOBREMESA. É RECOMENDADO QUE SE DEMONSTRE AS MEDIDAS CASEIRAS AO PACIENTE E À FAMILIA DURANTE AS ORIENTAÇÕES.



TAMANHOS DE PORÇÕES

Para facilitar o entendimento das porções dos alimentos, utilize as mãos como referência para os tamanhos:

Porção de carne:

Bife médio = 1 palma da mão

Porção de frutas:

1 porção de fruta média = 1 mão fechada

Porção do grupo da margarina:

1 ponta de faca = 1 colher de chá

As 2 medidas podem ser representadas
pela metade do dedão.

SINAL VERDE
(podem ser consumidos à vontade)

Abóbora verde (d'agua)

Abobrinha

Agrião

Alface

Alho

Almeirão

Berinjela

Brócolis

Canela

Cebola

Cebolinha

Couve

Couve-flor

Espinafre

Jiló

Orégano

Palmito

Pepino

Pimenta

Pimentão

Rabanete

Repolho

Rúcula

Salsinha

Tomate

SINAL AMARELO
(devem ser consumidos com moderação = 4 colheres de sopa)

Abóbora moranga

Beterraba

Cenoura

Chuchu

Quiabo

Vagem

FRUTAS GRUPO A

2 rodelas de abacaxi

1 laranja

1 goiaba

1 maracujá

1 fatia de melancia

1 fatia de melão

8 morangos

FRUTAS GRUPO B

1 banana

1 maçã

1 fatia de mamão

1 manga pequena

1 pêra pequena

11 uvas

BIFE DE BOI

BOI

	Bife de boi		Palma da mão
	Carne de boi cozida		3 colheres de sopa
	Carne moída		3 colheres de sopa

FRANGO

	Coxa de frango assada		Palma da mão
	Filé de frango		Palma da mão
	1 ovo frito		
	2 ovos cozidos		
	Frango desfiado		4 colheres de sopa

PEIXE

Filé de peixe

Palma da mão

PORCO

1 fatia de lombo

Palma da mão

1 linguiça

4 fatias de presunto

ARROZ

Arroz

3 colheres de sopa

Farofa

1 colher de sopa

Mandioca

2 colheres de sopa

Macarronada

3 colheres de sopa

Batata cozida

3 colheres de sopa

Batata frita

3 colheres de sopa

Angu

4 colheres de sopa

FEIJÃO

Feijão

5 colheres de sopa

Grão de Bico

3 colheres de sopa

Lentilha

4 colheres de sopa

Soja

7 colheres de sopa

LEITE

1 copo de leite

Coalhada

1 copo americano

Leite em pó

2 colheres de sopa

1 pote de iogurte diet

PÃO

1 pão de sal

2 fatias de pão de forma

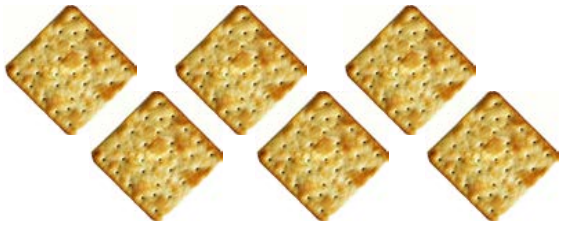
1 pão de batata

2 bisnaguinhas

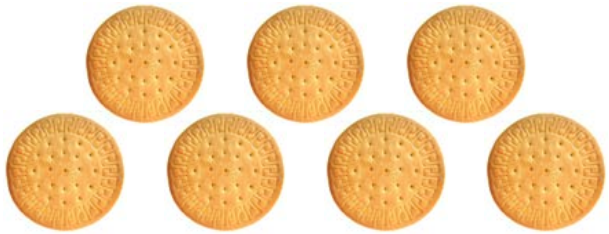
6 pães de queijo pequenos

1 fatia de bolo

1 fatia de bolo de chocolate



6 bolachas Água e sal

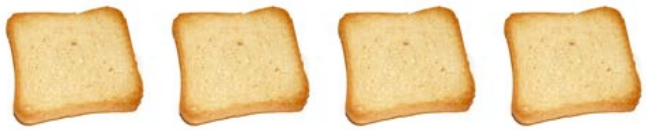


7 bolachas Maria ou Maisena

2 biscoitos recheados

6 biscoitos Wafer

10 biscoitos de polvilho



4 torradas industrializadas

MARGARINA

Manteiga

Margarina

1 ponta de faca

Margarina light

2 pontas de faca

Azeite

1 colher de sobremesa

Maionese

1 colher de sopa

Creme de leite

1 colher de sopa

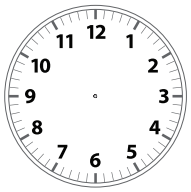
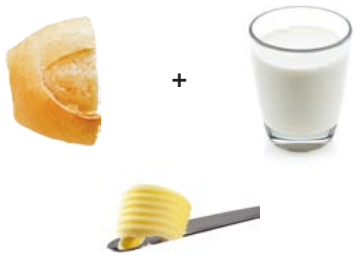
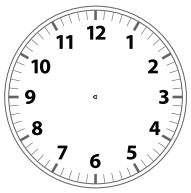
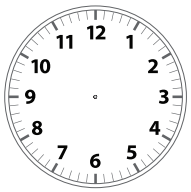
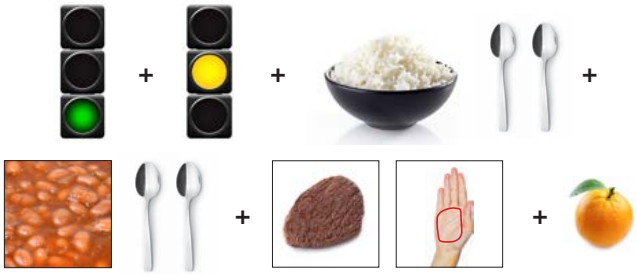
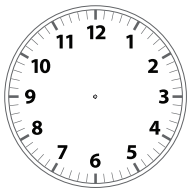
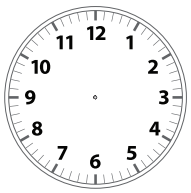
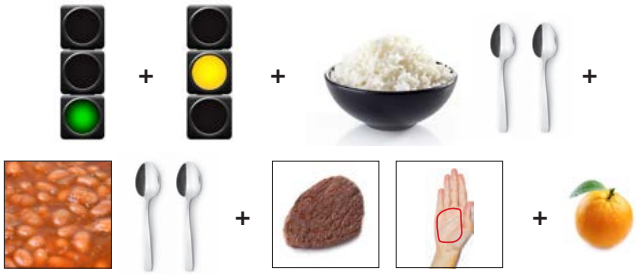
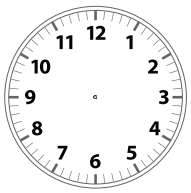
Requeijão

1 colher de sobremesa

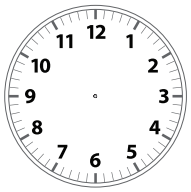
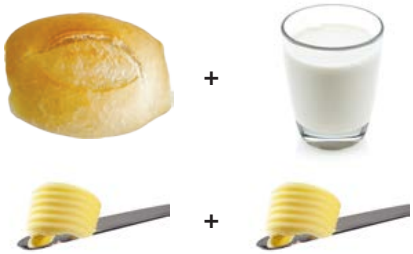
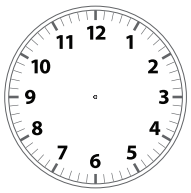
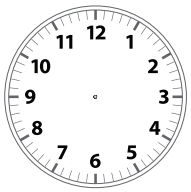
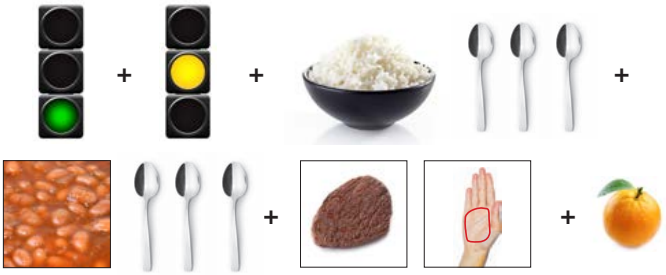
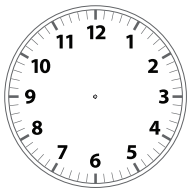
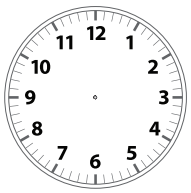
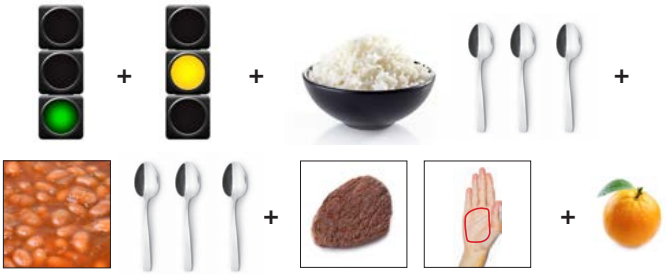
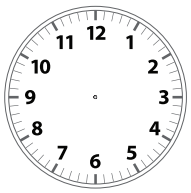
Queijo Minas

1 fatia

PLANO ALIMENTAR – 1.200 Kcal

PLANO ALIMENTAR – 1.500 Kcal

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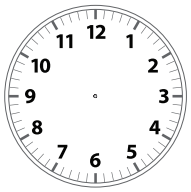
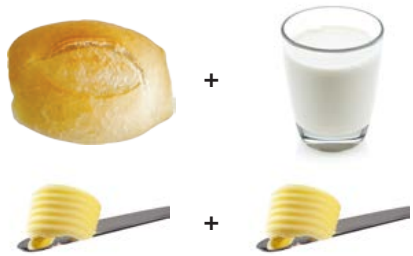
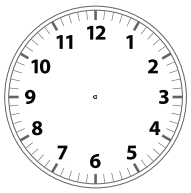
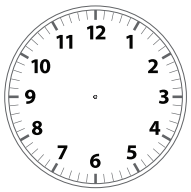
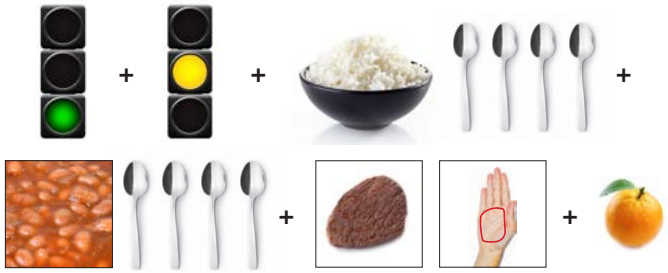
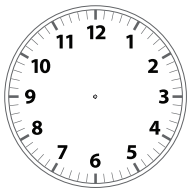
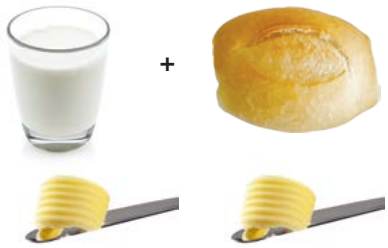
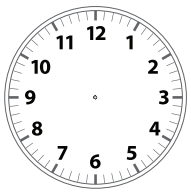
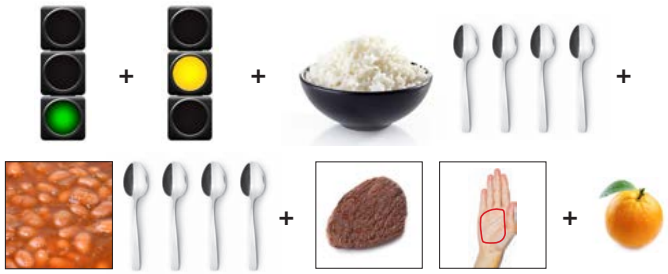
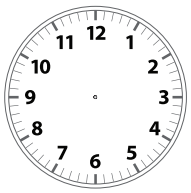
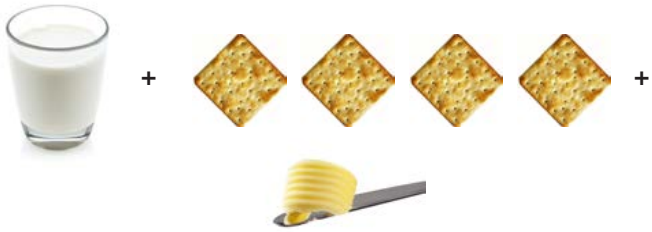
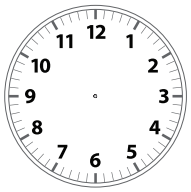
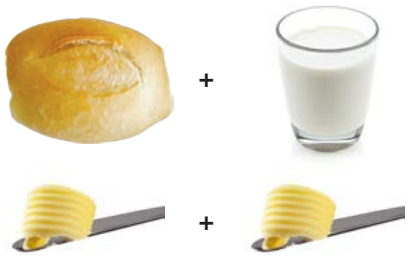
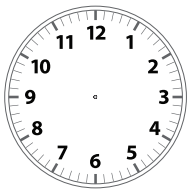
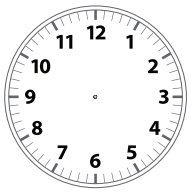
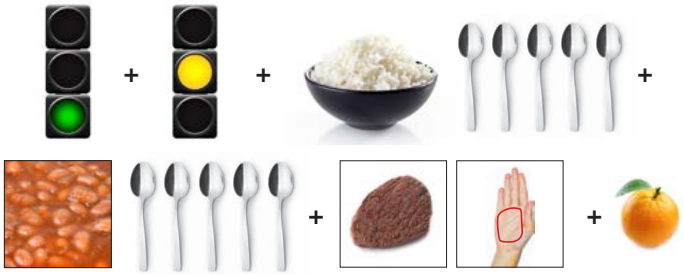
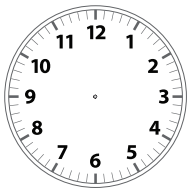
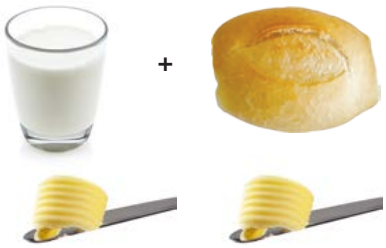
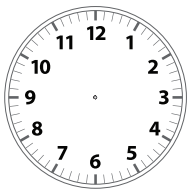
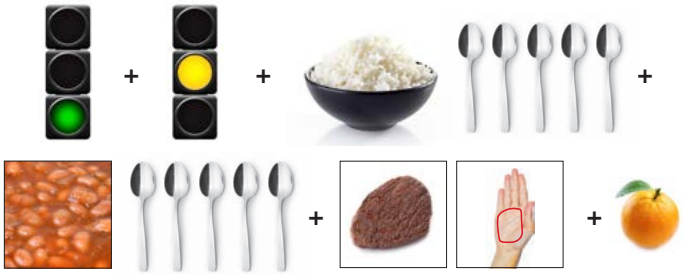
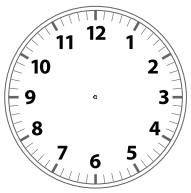
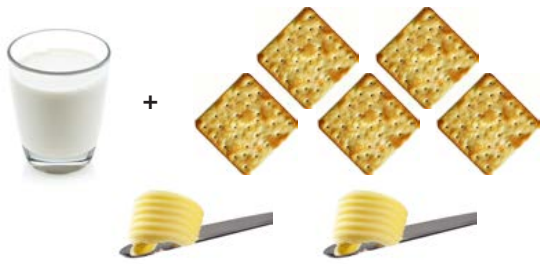
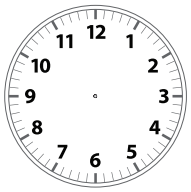
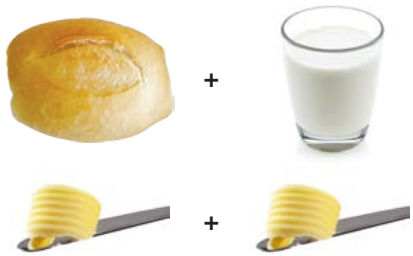
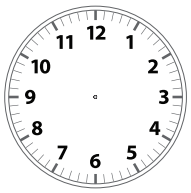
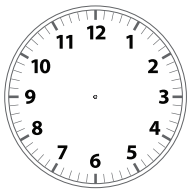
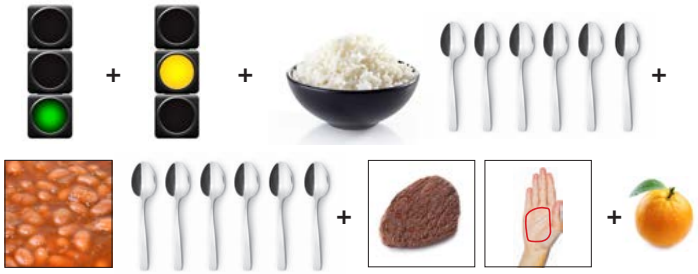
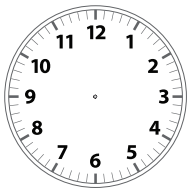
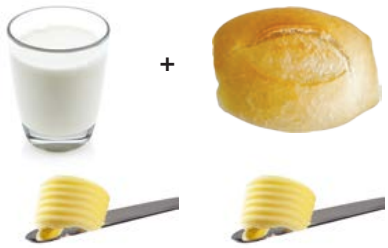
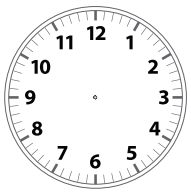
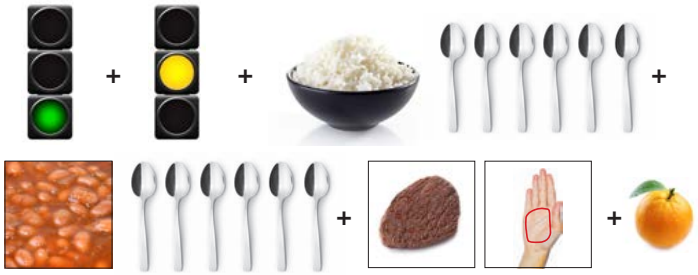
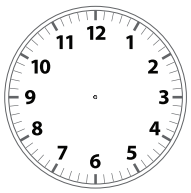
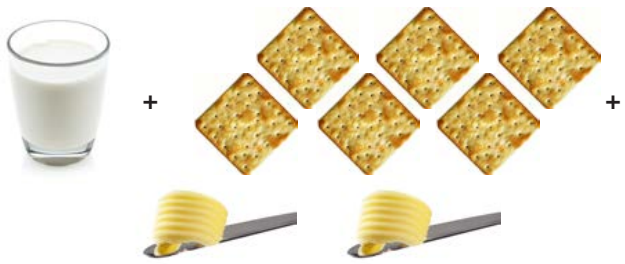
		
		
		
		
		
		

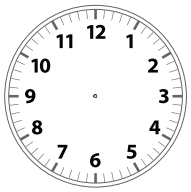
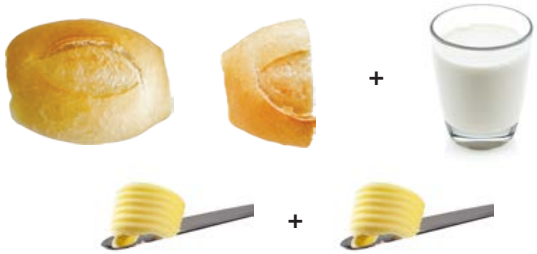
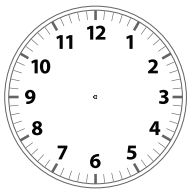
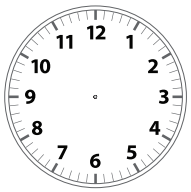
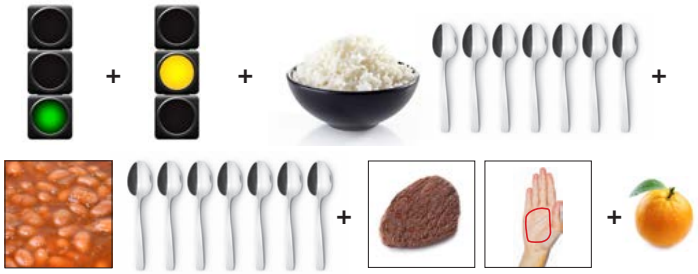
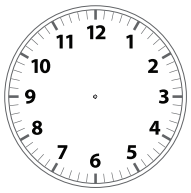
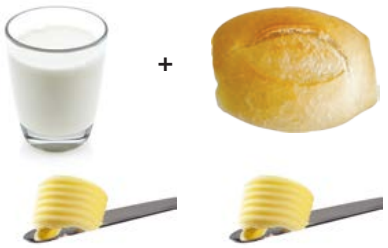
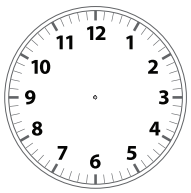
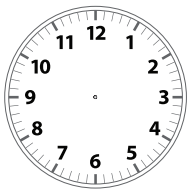
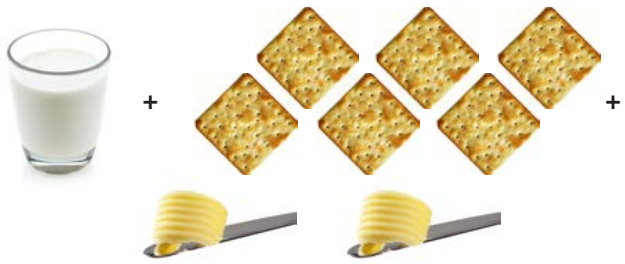
PLANO ALIMENTAR – 2.000 Kcal

PLANO ALIMENTAR – 2.200 Kcal

PLANO ALIMENTAR – 2.500 Kcal

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