Allegato 2)

TABELLE DIETETICHE E MENU'

Le tabelle dietetiche e i menù tengono conto della revisione 1996 dei LARN (Livelli di Assunzione Raccomandati di Nutrienti per la popolazione italiana), delle "Linee guida per una sana alimentazione" dell'Istituto Nazionale della Nutrizione (revisione 2003) e delle "Linee guida regionali in materia di miglioramento della qualità nutrizionale nella ristorazione scolastica" (seconda edizione ottobre 2008).

La tabella dietetica deve essere utilizzata dagli operatori addetti alla stesura e/o alla preparazione dei menù tenendo conto che:

- la frequenza dei piatti del menù è indicata nella tabella "Frequenza degli alimenti su quattro settimane";
- le gramniature indicate si riferiscono agli ingredienti principali delle ricette, a crudo e al netto degli scarti
- gli ingredienti minori possono essere aggiunti secondo le necessità (verdure per la preparazione dei saghi, erbe aromatiche, limone, ecc...)
- il sale va usato con estrema moderazione e preferibilmente sodato.

Tabella dietetica: grammature o unità indicative per perzione

Alimenti	Inflancia	Primaria	Media
PRIMI PIATTI			
Pasta o riso (o altro cereale) asciutti	g. 50/60	g. 70/80	g. 8.0/90
Pasta o riso in brodo vegetale	g. 30	g. 30	金. 40
Gnoechi di patate	g. 120	g. 150	g. 200
Crostini di pane	g. 15	g. 20	g. 30
Pizza margherita unità (vedi il peso dei piatti unici)	10	21.5%	2
CONDIMENTI PER PRIMI			
Parmigiano R. O Grana P. grattugiato	g. 5	g. 5	g. 10
Sugo con base di pomodoro	g. 20	g. 30	g. 50
Olio extravergine di oliva	25.5	g. 5	g. 7
Burro crudo in sostituzione dell'olio extravergine	2.5	g. 5	g. 8
SECONDI PIATTI			
Came	g. 50	g. 60	g. 80
Pesce	g. 70	g. 100	g. 120
Uova (unità)	1	100	1.36
Prosciutto cotto	g. 30	g. 40	g. 60
Formaggi a pasta molle o filata	g. 40	g. 50	g. 60
Formaggi a pasta dura	g. 20	g. 30	g. 50
Mozzarella fior di latte	g. 50	g. 60	g. 100

Allegato A Tabelle Merceologiche E Dietetiche Minimali

Xiaolong Qi

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Gazzetta ufficiale della Repubblica italiana. Parte seconda, foglio delle inserzioni ,1992

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