



Project Number: 2021-1-RO01- KA220-HED-38B739A3

**2. De acordo com o recordatório alimentar de 24 horas, estime a ingestão calórica diária da paciente (pode-se utilizar aplicações, sites). Compare a ingestão atual com a ideal.**

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**3. Quais os alimentos que a paciente pode remover na dieta para reduzir ao menos 500 kcal/dia?**

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**4. Proponha algumas recomendações nutricionais para a paciente (de acordo com o PES proposto).**

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