

TRỊ LIỆU BẰNG DINH DƯỠNG

NHU CẦU NĂNG LƯỢNG

Công thức tính nhu cầu năng lượng (Kcal)

$NHU\ CẦU = CHCB \times (HỆ\ SỐ\ HOẠT\ ĐỘNG) + T\ (TẬP\ LUYỆN) + DB\ (NHU\ CẦU\ ĐẶC\ BIỆT)$

CÔNG THỨC TÍNH CHUYỂN HÓA CƠ BẢN (CHCB):

$NĂNG\ LƯỢNG\ CHUYỂN\ HÓA\ CƠ\ BẢN\ (KCAL) = CÂN\ NẶNG \times 24\ (giờ)$

Ví dụ: Anh X, 30 tuổi, cân nặng 70kg, cao 1.7m. Tính CHCB của anh X?

$CHCB\ của\ anh\ X = 70 \times 24 = 1.680Kcal$

HỆ SỐ HOẠT ĐỘNG:

- Thụ động: 1.2 (Nhân rỗi)
- Nhẹ: 1.3 (Nhân viên văn phòng, kế toán, thu ngân...)
- Vừa: 1.5 (Phục vụ, nhân viên vệ sinh, giữ trẻ...)
- Nặng: 1.7 (Vận động viên, bốc xếp...)
- Tích cực: 1.9 (Làm việc nặng nhọc thêm vào ban đêm)

Ví dụ: Anh X, 30 tuổi, cân nặng 70kg, cao 1.7m. Làm phục vụ, Tính Hệ số hoạt động của anh X?

$CHCB\ của\ anh\ X = 70 \times 24 = 1.680Kcal$

$Hệ\ số\ hoạt\ động\ của\ anh\ X = 1.5$

T (TẬP LUYỆN):

- Nặng: Chạy bộ nhanh, bơi lội, chạy xe đạp 30-35km/h, boxing, tập võ...: **400Kcal/giờ**
- Trung bình: Cầu lông, bóng rổ, tennis, bóng chày...: **300Kcal/giờ**
- Nhẹ: Đi bộ, yoga, golf...: **200Kcal/giờ**

Ví dụ: Anh X, 30 tuổi, cân nặng 70kg, cao 1.7m. Làm phục vụ, đi bộ 1 giờ/ngày. Tính T của anh X?

$CHCB\ của\ anh\ X = 70 \times 24 = 1.680Kcal$

$Hệ\ số\ hoạt\ động\ của\ anh\ X = 1.5$

$T\ (Tập\ luyện) = 200Kcal$

NHU CẦU ĐẶC BIỆT (DB):

Mang thai:

- 3 tháng đầu: 50 kcal/ ngày
- 3 tháng giữa: 250 kcal/ ngày
- 3 tháng cuối: 450 kcal/ ngày

Sốt:

- Sốt: tăng 10% CHCB
- Tăng giảm nhiệt độ: 10-20% CHCB
- Khó thở: tăng 10% CHCB

Mắc bệnh:

- Phẫu thuật nhỏ, nhiễm trùng: 10 -30% CHCB
- Phẫu thuật lớn, đa chấn thương: 50-70%
- Bỏng nặng: 90-110%

Dinh Dng Tri Lieu

Japan. Tetsudōin



Dinh Dng Tri Lieu:

Thud Ridge Jack Broughton,1996 This is the story of a special breed of warrior the fighter bomber pilot the story of valiant men who flew the rugged F 105 Thunderchief Thud fighter bomber over the hostile skies of North Vietnam From the briefing rooms to the bombing runs Colonel Jack Broughton recounts the tragedy and heartache the high drama and flaming terror the exhilaration and thrill of life on the edge **Vietnam Veterans' Readjustment: February 21, March 4, and May 21, 1980, Washington, D.C** United States. Congress. Senate. Committee on Veterans' Affairs,1980 **Democracy, State Capacity and the Governance of COVID-19 in Asia-Oceania** Aurel Croissant,Olli Hellmann,2023-04-07 This book examines the public health responses to the COVID 19 pandemic in the Asia Oceania region and their implications for democratic backsliding in the period January 2020 to mid 2021 The contributions discuss three key questions How did political institutions in Asia Oceania create incentives for effective public health responses to the COVID 19 outbreak How did state capacities enhance governments ability to implement public health responses How have governance responses affected the democratic quality of political institutions and processes Together the analyses reveal the extent to which institutions prompted an effective public health response and highlights that a high capacity state was not a necessary condition for containing the spread of COVID 19 during the early phase of the pandemic By combining quantitative and qualitative analyses the volume also shows that the effect of the COVID 19 pandemic on the quality of democratic institutions has been uneven across Asia Oceania Guided by a comprehensive theoretical framework this will be an invaluable resource for scholars and students of political science policy studies public health and Asian studies **Thailand and the Southeast Asian Networks of The Vietnamese Revolution, 1885-1954** Christopher E. Goscha,2013-09-05 Christopher Goscha resituates the Vietnamese revolution and war against the French into its Asian context Breaking with nationalist and colonial historiographies which have largely locked Vietnam into Indochinese or Nation state straightjackets Goscha takes Thailand as his point of departure for exploring how the Vietnamese revolution was intimately linked to Asia between the birth of the Save the King Movement in 1885 and the Battle of Dien Bien Phu in 1954 But his study is more than just a political history Goscha brings geography to bear on his subject with a passion While he considers the little known political movements of such well known faces as Phan Boi Chau and Ho Chi Minh across Southeast Asia the author takes us into the complex Asian networks stretching from northeastern Thailand and the port of Bangkok to southern China and Hong Kong and beyond There we see how Ho and Chau drew upon an invisible army of Vietnamese and Chinese traders criminals prostitutes sailors and above all the thousands of emigres living in Vietnamese communities in Thailand *Việtnam* ,1982 *Civilian Casualty, Social Welfare and Refugee Problems in South Vietnam* United States. Congress. Senate. Committee on the Judiciary. Subcommittee to Investigate Problems Connected with Refugees and Escapees,1969 Reviews problems with civilian casualty care and refugee welfare in South Vietnam encountered by U S Also considers U S responsibilities to civilian

casualties and refugees **Le code annamite; nouvelle traduction complète** Annam,1876 *Annuaire générale, administratif, comercial et industriel de l'Indochine ...* ,1924 L'Avenir du Tonkin ,1887 **An Analysis of Food Demand Patterns in Hanoi** Mubarik Ali,Nguyen The Quan,Ngo Van Nam,2006 **Journal officiel de l'Indo-Chine française** ,1910 **Report** United States. Congress. House, Recueil général de la législation et de la réglementation de l'Indochine à jour an 31 décembre 1925 ... Indochina,1928 *Les Missions catholiques* ,1928 Journal officiel de l'Indo-Chine française ,1909 **Annuaire colonial. Agriculture, commerce et industrie** ,1891 **An Official Guide to Eastern Asia: East Indies** Japan. Tetsudōin,1917 Catalogue for Vietnamese Archaeology: Metal age Giang Hải Nguyễn,2002

Political and Social Change in Viet-Nam Between 1940 and 1946 Chieu Ngu Vu,1984 **El Correo sino-annamita** ,1893

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In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Dinh Dng Tri Lieu**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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