

EXPOSICIÓN SOLAR

POR QUÉ DEBEMOS PASAR MÁS TIEMPO AL AIRE LIBRE



MEJORA DEL SUEÑO Y DESCANSO
(REGULACIÓN RITMOS CIRCADIANOS)



DISMINUCIÓN DE SÍNTOMAS DEPRESIVOS
(PRODUCCIÓN SEROTONINA)



AUMENTO SÍNTESIS DE VITAMINA D
(SALUD ÓSEA)



MENOR RIESGO DE ENFERMEDADES NEURODEGENERATIVAS
(ALZHEIMER, DEMENCIA, PARKINSON...)



MENOR RIESGO DE MIOPIA
(EXPOSICIÓN DE 80 MIN DIARIOS EN NIÑOS REDUCE HASTA UN 50% EL RIESGO)



MEJOR FUNCIÓN COGNITIVA
(MEMORIA, ATENCIÓN, VELOCIDAD DE CÁLCULO...)



MEJORA DE LA SALUD CARDIOVASCULAR
(JUNTO CON VEGETALES = PRODUCCIÓN DE ÓXIDO NÍTRICO)

CONSEJOS

EXPOSICIÓN RESPONSABLE

1. CONTINUA (TODO EL AÑO)
2. GRADUAL
3. CONTROLADA (ÉPOCAS DE MAYOR RADIACIÓN)
4. VERANO Y MONTAÑA: CREMA CON PROTECCIÓN SOLAR Y GAFAS

ALIMENTOS

PARA POTENCIAR BENEFICIOS



En colaboración con colegiosaludable.com

MENÚ (ENA)

Si hemos comido

Podemos cenar

| | |
|-------------------------------|---------------------------------------|
| Cereales, féculas o legumbres | Hortalizas crudas o legumbres cocidas |
| Verduras | Cereales o féculas |
| Carne | Pescado o huevo |
| Pescado | Carne magra o huevo |
| Huevo | Pescado o carne magra |
| Fruta | Lácteos o fruta |
| Lácteos | Fruta |

ALÉRGENOS

| | | | |
|------------|---|-----------|----|
| Gluten | 1 | Cacahuete | 8 |
| Leche | 2 | Soja | 9 |
| Huevo | 3 | Apio | 10 |
| Pescado | 4 | Mostaza | 11 |
| Moluscos | 5 | Altramuz | 12 |
| Crustáceos | 6 | Sésamo | 13 |
| F. Cáscara | 7 | Sulfitos | 14 |

Con estos números puede identificar aquellos alérgenos que cada plato contiene o puede contener.



MENÚ Mensual

ABRIL / 2024 SECUNDARIA - BACHILLERATO

- » Existen menús de celíacos, alérgicos al pescado, huevo, leche, etc.
- » Todos los días habrá un menú de dieta blanda.
- » Los pescados que utilizamos en los menús han sido congelados al menos 72 horas antes, según normativa vigente.
- » Nuestros menús incluyen pan blanco e integral y la bebida será agua.

| Semana | LUNES | Información nutricional | MARTES | Información nutricional | MIÉRCOLES | Información nutricional | JUEVES | Información nutricional | VIERNES | Información nutricional |
|--------|--------------------|---|--------------------|--|--------------------|--|--------------------|--|--------------------|---|
| 1 | 1 de abril | Cal 421,1 Kc Prot 13,1 g H.C. 38,6 g Lip. 21,1 g G. 3,0 g | 2 de abril | Cal 481,9 Kc Prot 13,4 g H.C. 57,1 g Lip. 9,7 g G. 3,7 g | 3 de abril | Cal 711,7 Kc Prot 44,2 g H.C. 37,2 g Lip. 55,7 g G. 5,6 g | 4 de abril | Cal 937,3 Kc Prot 61,5 g H.C. 29,9 g Lip. 90,9 g G. 7,3 g | 5 de abril | Cal 517,2 Kc Prot 37,5 g H.C. 28 g Lip. 45,8 g G. 2,0 g |
| 2 | 8 de abril | Cal 618,9 Kc Prot 8,8 g H.C. 60,8 g Lip. 38,3 g G. 4,1 g | 9 de abril | Cal 874,0 Kc Prot 56,5 g H.C. 60,1 g Lip. 38,6 g G. 5,1 g | 10 de abril | Cal 785,2 Kc Prot 39,4 g H.C. 71,6 g Lip. 49,7 g G. 10,9 g | 11 de abril | Cal 825,3 Kc Prot 23,8 g H.C. 138,6 g Lip. 15,8 g G. 1,6 g | 12 de abril | Cal 938,3 Kc Prot 53,0 g H.C. 86,9 g Lip. 21,3 g G. 7 g |
| 3 | 15 de abril | Cal 642,1 Kc Prot 42,7 g H.C. 40,9 g Lip. 23,3 g G. 0,3 g | 16 de abril | Cal 678,8 Kc Prot 22,4 g H.C. 50,7 g Lip. 53,0 g G. 4,0 g | 17 de abril | Cal 446,2 Kc Prot 26,5 g H.C. 28,0 g Lip. 42,8 g G. 1,3 g | 18 de abril | Cal 866,5 Kc Prot 33,7 g H.C. 70,6 g Lip. 113,5 g G. 4,1 g | 19 de abril | Cal 874 Kc Prot 56,5 g H.C. 60,1 g Lip. 38,6 g G. 5,1 g |
| 4 | 22 de abril | Cal 754,3 Kc Prot 52 g H.C. 122,1 g Lip. 191,3 g G. 0,6 g | 23 de abril | Cal 816,6 Kc Prot 32,9 g H.C. 67,4 g Lip. 55,7 g G. 11,1 g | 24 de abril | Cal 719,8 Kc Prot 25,5 g H.C. 128,8 g Lip. 9,7 g G. 2,3 g | 25 de abril | Cal 450,9 Kc Prot 15,1 g H.C. 38,5 g Lip. 47,2 g G. 1,6 g | 26 de abril | Cal 711,7 Kc Prot 44,2 g H.C. 37,2 g Lip. 55,7 g G. 5,6 g |
| 5 | 29 de abril | Cal 661,4 Kc Prot 22,1 g H.C. 47,5 g Lip. 67,6 g G. 3,7 g | 30 de abril | Cal 437,5 Kc Prot 19,3 g H.C. 50,6 g Lip. 15,6 g G. 2,8 g | 1 de mayo | | 2 de mayo | | 3 de mayo | |

NUTRITIP APRIL / 2024

EXPOSURE TO THE SUN

WHY WE SHOULD SPEND MORE TIME OUTDOORS



IMPROVED SLEEP AND REST
(REGULATION OF CIRCADIAN RHYTHMS)



REDUCTION IN SYMPTOMS ASSOCIATED WITH DEPRESSION
(PRODUCTION OF SEROTONIN)



INCREASE IN SYNTHESIS OF VITAMIN D (HEALTHY BONES)



LOWER RISK OF NEURODEGENERATIVE DISEASES (ALZHEIMER'S, DEMENTIA, PARKINSON'S, ETC.)



LOWER RISK OF MYOPIA
(80 MINS EXPOSURE A DAY IN CHILDREN REDUCES THE RISK BY UP TO 50%)



BETTER COGNITIVE FUNCTIONS
(MEMORY, ATTENTION SPAN, SPEED OF PROCESSING, ETC.)



IMPROVED CARDIOVASCULAR HEALTH
(TOGETHER WITH VEGETABLES = PRODUCTION OF NITRIC OXIDE)

TIPS RESPONSIBLE EXPOSURE TO THE SUN

1. CONTINUOUS (ALL YEAR)
2. GRADUAL
3. CONTROLLED (DURING PEAK PERIODS OF RADIATION)
4. SUMMER AND MOUNTAINS: SUNSCREEN AND GLASSES

FOODS AND NUTRIENTS TO ENHANCE BENEFITS



En colaboración con colegiosaludable.com

DINNER MENU

If for lunch, we ate...

For dinner, we can eat...

Cereals, starches or legumes

Raw green vegetables

Vegetables

Cereals or starches

Meat

Fish or egg

Fish

Lean meat or egg

Egg

Fish or lean meat

Fruit

Yogurt products or fruit

Yogurt products

Fruit

ALLERGENS

| | | | |
|-------------|---|-----------|----|
| Gluten | 1 | Peanuts | 8 |
| Milk | 2 | Soya | 9 |
| Egg | 3 | Celery | 10 |
| Fish | 4 | Mustard | 11 |
| Molluscs | 5 | Lupin | 12 |
| Crustaceans | 6 | Sesame | 13 |
| Tree nuts | 7 | Sulphites | 14 |

These numbers will help you to identify those allergens that each dish contains or might contain:



MONTHLY Menu

APRIL / 2024 SECONDARY ED. - HIGH SCHOOL

- » There are specially prepared menus for gluten intolerance, food allergies, etc.
- » We offer a bland diet daily for children who may feel unwell.
- » All fish has been frozen for a minimum of 72 hours as per food safety standards.
- » Our menus include wholemeal and white bread and the drink will be water.

| Week | MONDAY | Nutritional Information | TUESDAY | Nutritional Information | WEDNESDAY | Nutritional Information | THURSDAY | Nutritional Information | FRIDAY | Nutritional Information |
|------|---|---|---|---|---|--|--|---|---|---|
| 1 | April 1st <ul style="list-style-type: none"> » German salad (3) » Roasted vegetables » Chicken with mushrooms (9)(14) » Roast chicken » Roast potatoes » Soya with vegetables (9) » Fruit | Cal 421,1 Kc Prot 13,1 g H.C. 38,6 g Lip. 21,1 g G. 3,0 g | April 2nd <ul style="list-style-type: none"> » Tuna salad (4) » Three-colour salad (1)(3)(4) » Baked hake (1)(4)Tr(2)(3)(5)(6) » Breaded Hake (4)Tr(5)(6) » Baked potatoes » Dairy (2) | Cal 481,9Kc Prot 13,4 g H.C. 57,1 g Lip. 9,7 g G. 3,7 g | April 3rd <ul style="list-style-type: none"> » Watercress soup » Salad » Macaroni with ham sauce (1) Tr (9)(11) » Macaroni with tomato sauce and vegetables(1) Tr (9)(11) » Tofu with vegetables (9)(14) » Fruit | Cal 711,7 Kc Prot 44,2 g H.C. 37,2 g Lip. 55,7 g G. 5,6 g | April 4th <ul style="list-style-type: none"> » "Rancho" Canarian style stew (1) Tr (9)(11) » Tomato and cheese salad (2) » Hake Croquettes (1)(2)(4)Tr(5)(6) » Grilled fish (4)Tr(5)(6) » Vegetable ratatouille » Vegan Croquettes (9) » Dairy (2) | Cal 937,3 Kc Prot 61,5 g H.C. 29,9 g Lip. 90,9 g G. 7,3 g | April 5th <ul style="list-style-type: none"> » Carrot soup » House salad (3)(4) » "Ropa Vieja" Canarian stew » "Ropa Vieja" Vegan stew(9)(14) » Fruit | Cal 517,2 Kc Prot 37,5 g H.C. 28 g Lip. 45,8 g G. 2,0 g |
| 2 | April 8th <ul style="list-style-type: none"> » Lentil stew » Salad (3)(4) » Spanish omelette (3) » French omelette (3) » Vegetable tempura (1) » Fruit | Cal 618,9 Kc Prot 8,8 g H.C. 60,8 g Lip. 38,3 g G. 4,1 g | April 9th <ul style="list-style-type: none"> » Coriander soup » Canarian Salad » Breaded hake (1)(4) » Grilled fish (4)Tr(5)(6) » Parisian potatoes » Dairy (2) | Cal 874,0Kc Prot 56,5 g H.C. 60,1 g Lip. 38,6 g G. 5,1 g | April 10th <ul style="list-style-type: none"> » Vegetable soup » Pasta salad (1)(4) » Grilled Chicken with garlic » Grilled chicken » French fries » Fruit | Cal 785,2 Kc Prot 39,4 g H.C. 71,6 g Lip. 49,7 g G. 10,9 g | April 11th <ul style="list-style-type: none"> » Vegetables Soup (1) Tr (9)(11) » Tricolour salad » Spaghetti with tuna (1) Tr (9)(11) » Spaghetti with vegetables (1) Tr (9)(11) » Grilled hake » Fruit | Cal 825,3Kc Prot 23,8 g H.C. 138,6 g Lip. 15,8 g G. 1,6 g | April 12th <ul style="list-style-type: none"> » "Gazpacho" » Caprese salad (2) » Lasagne with Bolognese sauce(1) (2)(3)Tr(9)(11) » Lasagne with vegetables (1)(2) (3)Tr(9)(11) » Carrots with garlic » Dairy (2) | Cal 938,3 Kc Prot 53,0 g H.C. 86,9 g Lip. 21,3 g G. 7 g |
| 3 | April 15th <ul style="list-style-type: none"> » Vegetable stew » Tomato salad » Breaded chicken (1) » Grilled chicken » Garlic potatoes » Dairy (2) | Cal 642,1 Kc Prot 42,7 g H.C. 40,9 g Lip. 23,3 g G. 0,3 g | April 16th <ul style="list-style-type: none"> » Watercress soup » Roasted vegetables » Hake Sticks (1)(2)(4)Tr(5)(6) » Hake with paprika (4)Tr(5)(6) » Potatoes & alioli sauce » Vegan Croquettes (9) » Dairy (2) | Cal 678,8 Kc Prot 22,4 g H.C. 50,7 g Lip. 53,0 g G. 4,0 g | April 17th <ul style="list-style-type: none"> » Vegetable soup » Tropical Salad (1)(2) » Roast pork » Cus cous (1) Tr (9)(11) » Soya with vegetables (9)(14) » Fruit | Cal 446,2 Kc Prot 26,5 g H.C. 28,0 g Lip. 42,8 g G. 1,3 g | April 18th <ul style="list-style-type: none"> » Carrot soup » Tomato salad » Tuna in tomato stew(4)(5)(6) » Grilled tuna (4)(5)(6) » White rice » Soya and vegetables (9) » Fruit | Cal 866,5Kc Prot 33,7 g H.C. 70,6 g Lip. 113,5 g G. 4,1 g | April 19th <ul style="list-style-type: none"> » Vegetable soup with chickpeas (1) Tr (9)(11) » Tropical salad » Meatballs with cream sauce (9) » French fries » Vegan burger with baked soya (9) » Dairy (2) | Cal 874 Kc Prot 56,5 g H.C. 60,1 g Lip. 38,6 g G. 5,1 g |
| 4 | April 22nd <ul style="list-style-type: none"> » "Salmorejo" cold vegetable soup » Russian salad (3)(4) » Grilled chicken » Chicken croquettes (1)(2)(3) (3)(4)(5)(6)(7)(8)(9)(11) » Quinoa with vegetables » Fruit | Cal 754,3 Kc Prot 52 g H.C. 122,1 g Lip. 191,3 g G. 0,6 g | April 23rd <ul style="list-style-type: none"> » Grilled vegetables » Salad (3)(4) » Fried Squid (1)(2)(4)Tr(5)(6) » Grilled hake (4)Tr(5)(6) » Vegetables(9) » Dairy (2) | Cal 816,6Kc Prot 32,9 g H.C. 67,4 g Lip. 55,7 g G. 11,1 g | April 24th <ul style="list-style-type: none"> » Chicken soup (1) Tr (9)(11) » Tomato and cheese salad (1)(2) » Rice with 3 meats » Rice with vegetables » Vegan meatballs (9) » Fruit | Cal 719,8Kc Prot 25,5 g H.C. 128,8 g Lip. 9,7 g G. 2,3 g | April 25th <ul style="list-style-type: none"> » Coriander soup » Tuna salad (4) » Hake in green sauce (4)Tr(5)(6) » Grilled fish(4) » Cus cous (1) Tr (9)(11) » Dairy (2) | Cal 450,9Kc Prot 15,1 g H.C. 38,5 g Lip. 47,2 g G. 1,6 g | April 26th <ul style="list-style-type: none"> » Carrot soup » Cabbage and Carrot Salad » Chicken stew with potatoes » Grilled chicken » Cauliflower au gratin (2) » Vegetable stew » Fruit | Cal 711,7 Kc Prot 44,2 g H.C. 37,2 g Lip. 55,7 g G. 5,6 g |
| 5 | April 29th <ul style="list-style-type: none"> » Baked cauliflower (2) » Cabbage & carrot salad » Baked chicken wings » Rice "Cuban" style » French fries » Dairy (2) | Cal 661,4 Kc Prot 22,1 g H.C. 47,5 g Lip. 67,6 g G. 3,7 g | April 30th <ul style="list-style-type: none"> » Peas with ham (9) » Green salad » Tuna stew (4)(5)(6) » Grilled tuna (4)Tr(5)(6) » Tofu stew (9) » Dairy (2) | Cal 437,5 Kc Prot 19,3 g H.C. 50,6 g Lip. 15,6 g G. 2,8 g | May 1st | | May 2nd | | May 3rd | |