|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | FORMULARIO | | | |
| **NUTRICIÓN-CINEANTROPOMETRÍA** | | | |
| Evaluación de Salud del Atleta | SCDAR-FOR-12 | Versión: 4 | Página 1/2 |

**EVALUACIÓN NUTRICIONAL**

Fecha:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **DATOS GENERALES**

Nombre: Fecha de nacimiento: Edad: Sexo: e-mail: Tel: Deporte: Categoría/disciplina: Edad deportiva: Otros deportes: Frecuencia de entrenamiento: Días/semana horas/día Trabajo/estudio Horario de entrenamiento

Motivo de consulta

# HISTORIA CLÍNICA

Diagnóstico médico: Antecedentes familiares de enfermedades: Medicamentos/suplementos: Alergias y/o Intolerancias: Fecha y/o edad de primera menstruación: Periodo Menstrual regular: Si No Duración Nombre entrenador Tel

# CICLO DE COMPETENCIAS

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FECHA** |  |  |  |  |  |  |  |
| Etapa de preparación |  |  |  |  |  |  |  |
| Inicio de próx. etapa |  |  |  |  |  |  |  |
| Próxima Competencia |  |  |  |  |  |  |  |
| Comp. Fundamental |  |  |  |  |  |  |  |
| Lugar |  |  |  |  |  |  |  |

1. **CINEANTROPOMETRÍA**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FECHA** |  |  |  |  |  |  |  |  |  |
| Edad |  |  |  |  |  |  |  |  |  |
| Peso |  |  |  |  |  |  |  |  |  |
| Talla |  |  |  |  |  |  |  |  |  |
| Proyección Talla Futura |  |  |  |  |  |  |  |  |  |
| Peso Ideal |  |  |  |  |  |  |  |  |  |
| T/E |  |  |  |  |  |  |  |  |  |
| Percentil T/E |  |  |  |  |  |  |  |  |  |
| IMC |  |  |  |  |  |  |  |  |  |
| Percentil IMC |  |  |  |  |  |  |  |  |  |
| % grasa |  |  |  |  |  |  |  |  |  |
| Peso grasa (kg) |  |  |  |  |  |  |  |  |  |
| AKS |  |  |  |  |  |  |  |  |  |
| Peso músculo (kg) |  |  |  |  |  |  |  |  |  |
| **PLIEGUES** | | | | | | | | | | |
| Bíceps |  |  |  |  |  |  |  |  |  |
| Triceps |  |  |  |  |  |  |  |  |  |
| Subescapular |  |  |  |  |  |  |  |  |  |
| Supraespinal |  |  |  |  |  |  |  |  |  |
| Abdomen |  |  |  |  |  |  |  |  |  |
| Muslo |  |  |  |  |  |  |  |  |  |
| Pantorrilla |  |  |  |  |  |  |  |  |  |
| Cresta Iliaca |  |  |  |  |  |  |  |  |  |
| **SUM. PLIEGUES** |  |  |  |  |  |  |  |  |  |
| **DIÁMETROS** | | | | | | | | | | |
| Muñeca |  |  |  |  |  |  |  |  |  |
| Húmero |  |  |  |  |  |  |  |  |  |
| Fémur |  |  |  |  |  |  |  |  |  |
| Bicrestal |  |  |  |  |  |  |  |  |  |
| Biacromial |  |  |  |  |  |  |  |  |  |
| **PERÍMETROS** | | | | | | | | | | |
| Brazo |  |  |  |  |  |  |  |  |  |
| Brazo cont. |  |  |  |  |  |  |  |  |  |
| Pantorrilla |  |  |  |  |  |  |  |  |  |
| Cintura |  |  |  |  |  |  |  |  |  |
| Umbilical |  |  |  |  |  |  |  |  |  |
| Cadera |  |  |  |  |  |  |  |  |  |
| Muslo der. |  |  |  |  |  |  |  |  |  |
| Muslo Izqui. |  |  |  |  |  |  |  |  |  |
| **CONSUMO DE LÍQUIDOS** | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |

**Diagnóstico:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | FORMULARIO | | | |
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| Evaluación de Salud del Atleta | SCDAR-FOR-12 | Versión: 4 | Página 2/2 |

# EVALUACIÓN BIOQUÍMICA

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PRUEBA/VALOR DE REFERENCIA** |  |  |  |  |
| Hematología |  |  |  |  |
| Hg (M 12-16 g/dl) (H 14-18 g/dl |  |  |  |  |
| HTC (M 36-45%) (H 34-48% |  |  |  |  |
| VCM (83-97fl) |  |  |  |  |
| HCM (27-31 Pg) |  |  |  |  |
| CHCM (33.6-34.2 g/dl) |  |  |  |  |
| Hierro sérico (50-150 mg/dl) (9-27mmol/L)\* |  |  |  |  |
| Transferrina sérica (200-400mg/dl) (35-45 mmol/L)\* |  |  |  |  |
| Ferrita sérica (15-300 ng/ml) |  |  |  |  |
| Ácido Fólico sérico (6-20 ng/ml) (9-41 mmol/L)\* |  |  |  |  |
| Vit B12 sérico (200-900 pg/ml) (148-664pmol/L\* |  |  |  |  |
| Colesterol total ( <200mg/dl) |  |  |  |  |
| Colesterol HDL (29-65mg/dl) |  |  |  |  |
| Colesterol LDL (<150 mg/dl |  |  |  |  |
| Triglicéridos (70-190 mg/dl) |  |  |  |  |
| Glucosa preprandial (74-106 mg/dl |  |  |  |  |
| Glucosa postprandial (74-106 mg/dl |  |  |  |  |
| Ácido úrico (3.5-8.5 mg/dl) |  |  |  |  |
| BUN (7-17mg/dl |  |  |  |  |
| Creatinina (0.6-1.3 mg/dl) |  |  |  |  |
| TSH (0.34-5.6 uUI/ml) |  |  |  |  |
| T3 (0.8-2.0 ng/dl) |  |  |  |  |
| T4 (57.9-150.6 nmol/L) |  |  |  |  |
| Densidad urinaria (<1.010 g/ml) |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DISTRIBUCIÓN DE PORCIONES/DÍA** | | | | |
| FECHA | No. Porc. | No. Porc. | No. Porc. | No. Porc. |
|  |  |  |  |
| LE |  |  |  |  |
| VE |  |  |  |  |
| FR |  |  |  |  |
| CE |  |  |  |  |
| CA |  |  |  |  |
| GR |  |  |  |  |
| AZ |  |  |  |  |

# EVALUACIÓN DIETÉTICA

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Alimento** | **FRECUENCIA** | | | | | | | | | |
| **Diario** | | **Semana** | | **Mensual** | | **Rara vez** | | **Nunca** | |
| Carne, pollo, cerdo |  |  |  |  |  |  |  |  |  |  |
| Pescado, mariscos |  |  |  |  |  |  |  |  |  |  |
| Queso, huevo |  |  |  |  |  |  |  |  |  |  |
| Leche/yogurt |  |  |  |  |  |  |  |  |  |  |
| Incaparina |  |  |  |  |  |  |  |  |  |  |
| Vegetales |  |  |  |  |  |  |  |  |  |  |
| Frutas |  |  |  |  |  |  |  |  |  |  |
| Granos |  |  |  |  |  |  |  |  |  |  |
| Cereales |  |  |  |  |  |  |  |  |  |  |
| Pan |  |  |  |  |  |  |  |  |  |  |
| Tortilla |  |  |  |  |  |  |  |  |  |  |
| Sal |  |  |  |  |  |  |  |  |  |  |
| Azúcar |  |  |  |  |  |  |  |  |  |  |
| Jugos |  |  |  |  |  |  |  |  |  |  |
| Frituras, grasas |  |  |  |  |  |  |  |  |  |  |
| Café/té |  |  |  |  |  |  |  |  |  |  |
| Gaseosas |  |  |  |  |  |  |  |  |  |  |
| Chucherías |  |  |  |  |  |  |  |  |  |  |
| Aguacate, semillas |  |  |  |  |  |  |  |  |  |  |
| Comida rápida |  |  |  |  |  |  |  |  |  |  |

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| **TIEMPO DE COMIDA** | **ALIMENTOS QUE CONSUMIÓ Y CANTIDAD** | |
| Desayuno Hora Lugar |  |  |
| Refacción Hora Lugar |  |  |
| Almuerzo Hora Lugar |  |  |
| Refacción Hora Lugar |  |  |
| Cena Hora Lugar |  |  |

1. **PLAN DE ALIMENTACIÓN**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FECHA** |  | | |  | | |  | | |  | | |
| **Calorías** |  | | |  | | |  | | |  | | |
| **CHO/CHON/FAT g** |  |  |  |  |  |  |  |  |  |  |  |  |
| **CHO/CHON/FAT %** |  |  |  |  |  |  |  |  |  |  |  |  |

# NOTAS