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|  | **Mínimo** | **Mediana** | **Media** | **Máximo** | **Desviación estándar** |
| **Calorías** |  |  |  |  |  |
| Carne y Cerdo | 240 | 500 | 494 | 750 | 141.4 |
| Pollo y pescado | 190 | 480 | 553 | 1880 | 306.5 |
| Desayunos | 150 | 470 | 526.7 | 1150 | 221.7 |
| Ensaladas | 140 | 255 | 270 | 450 | 127.4 |
| Postres | 45 | 250 | 222.1 | 340 | 108.1 |
| Bebidas | 0 | 100 | 113.7 | 280 | 99.2 |
| Café y Té | 0 | 270 | 283.9 | 760 | 157.8 |
| Smothies | 210 | 540 | 531.4 | 930 | 230.8 |
| Snacks | 15 | 260 | 245.8 | 510 | 141.8 |
| **Grasa Insaturada** |  |  |  |  |  |
| Carne y Cerdo | 5 | 13 | 13.3 | 23.5 | 5.2 |
| Pollo y pescado | 7 | 16 | 20.7 | 97 | 17.4 |
| Desayunos | 2.5 | 15 | 16.9 | 40 | 8.9 |
| Ensaladas | 2.5 | 4.7 | 8 | 17.5 | 6.5 |
| Postres | 0.5 | 3 | 3.1 | 6 | 1.8 |
| Bebidas | 0 | 0 | 0.1 | 1 | 0.2 |
| Café y Té | 0 | 2.5 | 2.9 | 9.5 | 2.6 |
| Smothies | 0.5 | 5.5 | 5.2 | 16 | 3.9 |
| Snacks | 0 | 8.5 | 7.8 | 20.5 | 6.2 |
| **Grasa Saturada** |  |  |  |  |  |
| Carne y Cerdo | 3 | 10 | 10.5 | 19 | 3.8 |
| Pollo y pescado | 2 | 6 | 6.2 | 20 | 3.7 |
| Desayunos | 1.5 | 11 | 10.6 | 20 | 4.8 |
| Ensaladas | 2 | 3.7 | 3.7 | 6 | 1.4 |
| Postres | 1 | 4 | 4.3 | 7 | 2.2 |
| Bebidas | 0 | 0 | 0.1 | 1.5 | 0.3 |
| Café y Té | 0 | 4.5 | 4.9 | 20 | 4.7 |
| Smothies | 0 | 10 | 8.3 | 20 | 6.3 |
| Snacks | 0 | 3.5 | 2.7 | 5 | 1.8 |
| **Grasa Trans** |  |  |  |  |  |
| Carne y Cerdo | 0 | 1 | 1.1 | 2.5 | 0.6 |
| Pollo y pescado | 0 | 0 | 0.1 | 1 | 0.3 |
| Desayunos | 0 | 0 | 0.1 | 1.5 | 0.3 |
| Ensaladas | 0 | 0 | 0 | 0 | 0 |
| Postres | 0 | 0 | 0 | 0 | 0 |
| Bebidas | 0 | 0 | 0 | 0 | 0 |
| Café y Té | 0 | 0 | 0.1 | 1.5 | 0.3 |
| Smothies | 0 | 0.7 | 0.5 | 1 | 0.5 |
| Snacks | 0 | 0 | 0 | 0 | 0 |
| **Colesterol** |  |  |  |  |  |
| Carne y Cerdo | 30 | 85 | 87.3 | 160 | 29.8 |
| Pollo y pescado | 25 | 65 | 75.4 | 265 | 45.9 |
| Desayunos | 0 | 50 | 152.9 | 575 | 171.5 |
| Ensaladas | 10 | 60 | 51.7 | 85 | 29.1 |
| Postres | 0 | 10 | 15 | 30 | 11.5 |
| Bebidas | 0 | 0 | 0.6 | 10 | 2.1 |
| Café y Té | 0 | 25 | 27.3 | 95 | 22.5 |
| Smothies | 5 | 52.5 | 45 | 90 | 32.3 |
| Snacks | 0 | 5 | 18.5 | 45 | 20.3 |

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|  | **Mínimo** | **Mediana** | **Media** | **Máximo** | **Desviación estándar** |
| **Sodio** |  |  |  |  |  |
| Carne y Cerdo | 480 | 1030 | 1021 | 1470 | 267.7 |
| Pollo y pescado | 360 | 1260 | 1258 | 3600 | 584.3 |
| Desayunos | 115 | 1265 | 1211 | 2290 | 509.5 |
| Ensaladas | 150 | 685 | 588.3 | 860 | 295.4 |
| Postres | 20 | 135 | 117.1 | 170 | 55.1 |
| Bebidas | 0 | 30 | 41.5 | 140 | 43.4 |
| Café y Té | 0 | 140 | 136.9 | 280 | 74.1 |
| Smothies | 40 | 195 | 183.6 | 400 | 110.9 |
| Snacks | 0 | 290 | 395.8 | 810 | 333.9 |
| **Carbohidratos** |  |  |  |  |  |
| Carne y Cerdo | 32 | 41 | 40.1 | 51 | 6.4 |
| Pollo y pescado | 12 | 44 | 49.1 | 118 | 18.9 |
| Desayunos | 15 | 45 | 49.8 | 116 | 23.4 |
| Ensaladas | 8 | 21 | 21.7 | 42 | 12.5 |
| Postres | 7 | 32 | 34.9 | 60 | 19.6 |
| Bebidas | 0 | 27 | 28.8 | 76 | 26.1 |
| Café y Té | 0 | 45 | 44.5 | 111 | 23.5 |
| Smothies | 47 | 88 | 90.4 | 141 | 30.9 |
| Snacks | 4 | 30 | 29.1 | 67 | 16.4 |
| **Azúcar** |  |  |  |  |  |
| Carne y Cerdo | 6 | 9 | 8.8 | 14 | 2.4 |
| Pollo y pescado | 0 | 7 | 7.3 | 16 | 4.5 |
| Desayunos | 0 | 3 | 8.2 | 32 | 8 |
| Ensaladas | 4 | 5.5 | 6.8 | 12 | 3.4 |
| Postres | 6 | 15 | 26.1 | 48 | 18.2 |
| Bebidas | 0 | 27 | 27.8 | 76 | 25.4 |
| Café y Té | 0 | 41 | 39.6 | 99 | 22.4 |
| Smothies | 43 | 74.5 | 77.9 | 128 | 25.8 |
| Snacks | 0 | 2 | 4.1 | 23 | 6.2 |
| **Proteína** |  |  |  |  |  |
| Carne y Cerdo | 12 | 24 | 27.3 | 48 | 9.6 |
| Pollo y pescado | 9 | 27 | 29.1 | 87 | 14.8 |
| Desayunos | 1 | 19 | 19.9 | 36 | 8.8 |
| Ensaladas | 6 | 24 | 19.8 | 29 | 9.8 |
| Postres | 1 | 2 | 4 | 8 | 2.9 |
| Bebidas | 0 | 0 | 1.3 | 9 | 2.4 |
| Café y Té | 0 | 10 | 8.8 | 19 | 5.5 |
| Smothies | 2 | 12 | 10.9 | 21 | 6.1 |
| Snacks | 0 | 6 | 8.4 | 16 | 6.7 |