smae SISTEMA MEXICANO DE ALIMENTOS EQUIVALENTES

5ª EDICIÓN

MCS Ana Bertha Pérez Lizaur NC
Dra. Berenice Palacios González

FOMENTO DE NUTRICIÓN Y SALUD, A.C.

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Ogali

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prólogo

Para el profesional de la nutriología existen diversas estrategias para diseñar planes de alimentación o para evaluar su calidad. Dependiendo del caso particular puede requerirse, en un extremo, hacer una recomendación cualitativa y sencilla que no requiera de mayores estimaciones y, en el otro, hacer cálculos muy precisos de tal o cual nutrimento, incluso en microgramos. Sin embargo, lo más frecuente son los escenarios intermedios en los que no es suficiente una recomendación general y cualitativa pero tampoco se requieren cálculos estrictos de cada uno de los nutrimentos contenidos en la dieta. El **Sistema Mexicano de Alimentos Equivalentes** (SMAE) es la herramienta idónea para este escenario intermedio.

La utilidad de este Sistema, que se ha ido transformando para responder cada vez mejor a las necesidades de los tiempos cambiantes, radica en su capacidad de intermediación entre el nutriólogo y el usuario final. Es decir, se trata de una herramienta que facilita al profesional de la salud, particularmente de la nutriología, la comunicación con su paciente, con el comensal, con el encargado de cocina en un comedor de empleados o con el tomador de decisiones en el terreno de las políticas de alimentación.

Digno de destacar es que en esta quinta edición se ha incrementado notablemente la base de datos de alimentos y productos, de tal suerte que se han adicionado más de 400 entradas de alimentos, platillos o productos, que han salido al mercado o que simplemente no se habían considerado en ediciones anteriores, a las 2200 entradas incluidas en las ediciones anteriores. Esta edición mantiene el formato anterior en donde se utilizan tamaños de porciones razonables para rescatar la moderación en el comer, sobre el índice glucémico de los alimentos y el conteo de hidratos de carbono. Es de destacar la riqueza de alimentos, productos y platillos propios de México que incluye el SMAE. Es importante mencionar que esta 5ª edición se encuentra también en versión digital para permitir consultas rápidas y prácticas de alimentos específicos o para apoyar a los pacientes en el seguimiento de su plan de alimentación.

En adición a la solidez probada del documento, la amplia experiencia y trayectoria profesional de las editoras, las constantes revisiones a la herramienta y el respaldo de las instituciones que originalmente participaron en el Consenso Nacional sobre el **Sistema Mexicano de Alimentos Equivalentes** garantizan la calidad y la utilidad de la obra.

Esta nueva edición del **Sistema Mexicano de Alimentos Equivalentes** es material obligado de consulta que debe ocupar un sitio especial en el librero de nutriólogos o nutricionistas, tecnólogos o químicos en alimentos, dietistas, médicos, agrónomos, economistas, encargados de la planeación e implementación de políticas públicas e incluso profesionales de otros campos encargados de divulgar el conocimiento en materia de alimentación y de promover una dieta correcta y sostenible en el contexto del sistema alimentario.

El **Sistema Mexicano de Alimentos Equivalentes**, ahora en su 5ª edición es muestra de tradición y de innovación. Tradición porque aporta desde sus primeras ediciones, información probada y valiosa para la conformación de planes de alimentación para personas sanas o con necesidades particulares y, aunque puede usarse en otros contextos, responde a las necesidades de México, nuestro país. Innovación, porque incorpora nuevos alimentos, platillos y productos, así como apoyos tecnológicos modernos que facilitan su consulta, particularmente en el caso de profesionales jóvenes y pacientes u otros usuarios tan habituados a las herramientas tecnológicas. Es difícil pensar en un profesional de la nutriología que no conozca el SMAE y que no se beneficie de tenerlo en su biblioteca personal.

Martha Kaufer Horwitz

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introducción

"El conocimiento no es suficiente; debemos aplicarlo. El deseo no es suficiente, debemos actuar."

GOETHE

El Sistema de Equivalentes *(American Dietetic Association food exchange lists)* surge de la necesidad de ofrecer una herramienta didáctica sencilla, para dar variedad a la dieta de la persona que vive con Diabetes Mellitus en los Estados Unidos de América. El primer Sistema de Equivalentes lo publicó la Asociación de Dietistas Americanas en 1950. En México se empezó a utilizar en los años 70, por la licenciada en nutrición Ruth Simonson de Orellana, como una traducción del sistema norteamericano.

La historia del intercambio de alimentos en México inicia en 1988, cuando un grupo de nutriólogas del Instituto Nacional de Nutrición (Ana Bertha Pérez Lizaur, Ma Eugenia Chapa, Guadalupe Herrera Hernández, Teresa Espinosa Zepeda, Marcela Palma, Claudia Ascencio Peralta y Adriana Barrón Rivera) adaptaron el sistema norteamericano para la población mexicana e incluyeron alimentos utilizados en el país.

En el año 2000, el **Sistema Mexicano de Alimentos Equivalentes®** fue revisado por las licenciadas en nutrición Ana Bertha Pérez Lizaur y Leticia Marván Laborde y consensado por un grupo de expertos de varias instituciones.

En esta 5ª edición, recordamos con afecto a Leticia Marván Laborde, una de las fundadoras de Ogali, como muestra de respeto y admiración por su trabajo en la nutriología mexicana.

En esta edición se han incluido más de 400 alimentos nuevos, ya sea porque la globalización de alimentos los ha incorporado a la dieta de la población o porque su consumo se ha incrementado. Cabe la pena señalar que esta edición también se encuentra en su versión digital (https://midietasmae.com.mx/).

El Sistema Mexicano de Alimentos Equivalentes es un método útil para el diseño de planes de alimentación normales, modificados (ejemplos dieta DASH, dieta Keto, dieta controlada en hidratos de carbono, etc.) y personalizados (vegetariana, vegana, etc.); en especial para las personas que necesitan controlar la ingestión energética, de hidratos de carbono y equilibrar su ingestión de nutrimentos para mantener u obtener un estilo de alimentación saludable.

Se basa en el concepto "Alimento Equivalente" (intercambio de alimentos en España), es decir, aquella porción (o ración) de alimento cuyo aporte nutrimental es similar a los de su mismo grupo en energía y macronutrimentos; lo que permite que puedan ser intercambiables entre sí.
Los alimentos equivalentes están calculados con base en:

- El peso neto de los alimentos, es decir, sin cáscara, semillas, ni huesos y espinas.
- El peso de los alimentos cocidos.
- En el caso de los alimentos preparados, en su preparación lista para consumirse.

Dado que la variedad de alimentos y de presentaciones disponibles en el mercado para el consumidor aumenta día a día, es una exigencia para el nutriólogo obtener una versión actualizada del Sistema que le brinde información clara, concisa, pertinente y que le permita tener una práctica profesional más veraz y eficiente.

Los alimentos pueden servirse a los comensales en cantidades (raciones) muy diferentes de una casa a otra o de una región a otra, o bien podemos considerar que las raciones han sido distorsionadas en su volumen por la industria de alimentos o restaurantera, para estimular en el comensal mayor consumo en la cantidad de alimentos. Cabe hacer mención, por ejemplo, de la "tlayuda" oaxaqueña que, comparada con la tortilla de maíz, y que mide 25 cm de diámetro, es muy delgada y pesa 35 g, la tortilla de Michoacán generalmente mide 14 cm, es gruesa y pesa 37 g, o la actual tortilla industrializada que se vende empacada que mide 10 cm de diámetro, es delgada y pesa 30 g. Estas observaciones nos permiten concebir la dificultad que tienen tanto los comensales como los nutriólogos y personal de salud cuando se solicita información sobre la historia dietética y se pide el tamaño de las raciones, o bien cuando se recomienda a la persona un número de raciones y éste último decide el tamaño de estas.

De ahí la utilidad de estandarizar el tamaño de las raciones y poder ofrecer a la población que lo requiera, planes de alimentación sencillos de llevar a cabo y definir el tamaño de las raciones en equivalentes, con el objetivo de ofrecer orientación alimentaria a la persona para que logre retomar cantidades adecuadas en las porciones que se sirve.

Actualmente la utilización del Sistema de Equivalentes se ha extendido, aunque su mayor utilidad es en el control de la glucemia en los pacientes con diabetes y la educación de personas con sobrepeso y obesidad; con frecuencia se usa también para el manejo nutricio de varios padecimientos, para el diseño de regímenes especializados para deportistas o para la planeación de menús institucionales.

Como se comentó, la presentación actual se ha publicado también en una versión digital, https://midietasmae.com.mx/, lo que permite:

1. Seguir innovando, además de informar sobre la composición nutrimental de los alimentos.
2. Obtener la lista de alimentos por grupos de equivalentes y por subgrupos de equivalentes.
3. Ordenar los alimentos de acuerdo a la composición nutrimental de mayor a menor cantidad de nutrimentos; lo que nos permite encontrar por subgrupo, los alimentos con mayor contenido de alguno de los nutrimentos para la dieta saludable. En la tabla 3 se enuncian algunas recomendaciones, para considerar a un nutrimento riesgoso, o buena fuente de algún nutrimento.
4. Contar con el SMAE actualizado periódicamente, es decir cada vez que se sube un nuevo alimento, se obtiene en digital la base de datos actualizada.
5. Disponer de la composición nutrimental en el teléfono o en cualquier dispositivo (IOS o Android).
6. Aclarar dudas a clientes y pacientes en cualquier momento.

Con el Sistema Mexicano de Alimentos Equivalentes, se facilita:

1. El diseño de guías alimentarias de poblaciones o de individuos sanos en diferentes contextos (como comedores institucionales, guarderías, etc.).
2. El manejo de las porciones de alimento en medidas caseras.
3. El reconocimiento en la población del tamaño de las raciones.
4. La evaluación de las dietas de recordatorio.
5. El cálculo de las cantidades de alimento (en peso bruto, peso neto, crudo y cocido) para estimar compras y rendimiento en servicios de alimentación.
6. El conteo de los hidratos de carbono para los planes de alimentación de las personas con diabetes.
7. El cuidado de los planes de alimentación a través del índice y carga glicémica.
8. Permite, además, calcular la densidad energética de los alimentos de manera sencilla.
9. El conteo de hidratos de carbono y equivalentes de alimentos preparados listos para consumirse.
10. El desarrollo de productos tecnológicos como Apps, ya que la base de datos es amplia y pueden incluirse un mayor número de alimentos de acuerdo con la región.

Como toda herramienta didáctica o de trabajo, el Sistema tiene ventajas y desventajas. Entre las primeras se pueden mencionar:

- Funciona como un instrumento de trabajo muy útil para el personal de nutriología, al facilitar el cálculo de planes de alimentación y disminuir el tiempo empleado en ello.
- Permite planificar la alimentación dando mayor variedad a la dieta.
- Ofrece las bases operativas para cambiar unos alimentos por otros dentro de cada grupo, con lo que se pueden diseñar dietas individualizadas y adaptadas a diferentes contextos culturales y socioeconómicos.
- Simplifica la orientación alimentaria para los clientes, pacientes o sus familiares.
- Su aplicación sólo requiere de medidas sencillas utilizadas comúnmente en la cocina.
- Cuando la persona hace suyo al Sistema, disminuye la dependencia del nutriólogo para el mantenimiento de una alimentación correcta.
- Los platillos equivalentes permiten el cálculo aproximado y simplificado de menús e historia dietética.
- Puede ser útil a la industria alimentaria para unificar el tamaño de las raciones que aparecen en las etiquetas de los alimentos.
- Puede representar un instrumento útil para otros profesionales que trabajan con los alimentos, pero los estudian con otra visión (v gr agrónomos, economistas, planeadores, e inclusive publicistas y divulgadores de la ciencia).

Algunos obstáculos o desventajas para su utilización pueden ser:

- El sujeto que recibe la información debe tener un nivel educativo suficiente para manejar el SMAE.
- Las listas de alimentos equivalentes cada vez son más extensas, es recomendable hacer las adaptaciones pertinentes, ya que de otra manera pueden resultar inadecuadas para algunas regiones (por limitación en la disponibilidad de alimentos debido al clima o la estación del año) o para algunos individuos (por limitaciones socioeconómicas).
- Se requiere tiempo y material didáctico suficientes para que el orientador pueda ofrecer la enseñanza de manera eficiente.
- En algunos casos puede dar la falsa impresión de que es necesario "controlar" la cantidad de alimentos que un sujeto ingiere para tener una dieta correcta.

Metodología

La metodología utilizada en esta última revisión del Sistema Mexicano de Alimentos Equivalentes se describe a continuación:

1. Formación de una base de datos de la composición de alimentos obtenida de las siguientes publicaciones:
- Tablas de Uso Práctico del Valor Nutritivo de los alimentos de mayor consumo en México. Comisión Nacional de Alimentación. INNSZ, 1992
- Tablas de composición de alimentos y productos alimenticios (versión condensada 2015). Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán Dirección de Nutrición Departamento de Ciencia y Tecnología de los Alimentos Ciudad de México, 2016. https://www.incmnsz.mx/2019 TABLAS_ALIMENTOS.pdf
- Composition of Foods. Agriculture Handbook no 8. United States Department of Agriculture.
- USDA. Agricultural Research Service. The USDA Nutrient Database for Standard Reference, 2012 y 2019. http://www.nal.usda.gov https://data.nal.usda.gov/dataset/usda-nationalnutrient-database-standard-reference-legacyrelease#:~:text=The%20USDA%20National%2Nutrient%Database, database%20in%2its%20current%20format.

2. Cálculo de las raciones comúnmente utilizadas en la cocina urbana casera en medidas caseras estandarizadas (taza de 240 mL, cucharada (cda) de 15 mL, cucharadita (cdita) de 5 mL, taza de 16 cucharadas, cucharada de 3 cucharaditas). Cuando los alimentos se consideren en piezas (pza), se refiere siempre a las de tamaño mediano, y cuando se habla de rebanadas (reb), éstas son de un peso dado.

3. Clasificación de los alimentos en grupos a partir del esquema de Grupos de Alimentos propuesto por la NOM-043-SSA2-2012 Servicios básicos de salud. Promoción para la salud en materia alimentaria. Criterios para brindar información, y en subgrupos, ya que la composición nutrimental no es la misma en un mismo grupo (ej. galletas Marías (Cereal) y galleta sándwich (cereal con grasa).

4. Definición del componente nutricio clave y de la cantidad de este para cada subgrupo, con base en un alimento típico del mismo, en la Tabla 1 se muestran algunos ejemplos.

5. Cálculo de las porciones de los alimentos que pertenecen a cada sub-grupo, en peso (g) y en medida casera (taza, etc) de manera que la cantidad de alimento:
- Sea la adecuada para obtener el valor del componente nutricio clave (en promedio +/- 2 desviaciones estándar).
- Sea razonable para utilizarse como medida culinaria casera: redondeando el peso en gramos al 5 o al 0 más cercanos en el caso de alimentos con humedad alta como las frutas, las verduras, los alimentos de origen animal, los cereales y las leguminosas cocidas. Para alimentos secos o crudos como cereales y leguminosas el peso se indica en gramos sin redondear. Ver tabla 2

6. Clasificación de los alimentos en otros subgrupos de acuerdo con el contenido de los otros componentes nutricios.

7. Determinación de subgrupos para una cuantificación más certera de la historia dietética:
- Cereales con diferente contenido de grasa.
- Alimentos de origen animal con diferente contenido de grasa.
- Leches con diferente contenido de grasa.
- Leches con alto contenido de azúcar.
- Aceites y Grasas con diferente contenido de proteínas.
- Azúcares con diferente contenido de grasa.
- Bebidas alcohólicas.

8. Cálculo del concepto de "Conteo de hidratos de carbono" (ver tabla 2). A solicitud de los Educadores en Diabetes, el método de conteo de hidratos de carbono es similar al método de la lista de equivalentes ya que ambos utilizan los grupos de alimentos. Sin embargo, cuando se utiliza el conteo de hidratos de carbono se cuentan porciones iguales a 15 gramos o 1 unidad de hidratos de carbono. Los grupos de alimentos que contienen hidratos de carbono y que se cuentan son:
- Frutas
- Cereales con y sin grasa
- Leche y leches con azúcar
- Leguminosas
- Azúcares
- Bebidas alcohólicas

Una porción de cualquiera de estos grupos cuenta como una unidad de hidratos de carbono. El conteo de carbohidratos difiere de la lista de equivalentes ya que la cantidad de proteínas y lípidos de los alimentos no se considera.

9. Se agregaron los conceptos de índice glicémico (IG) y carga glicémica (CG). El primero cuantifica el aumento de la glicemia que se produce posterior a la ingestión de un alimento en relación con la cantidad de glucosa. La determinación se realiza por la ingestión de 50 g de hidratos de carbono de un alimento, midiendo la glicemia postprandial durante un lapso de 2 horas. El área bajo la curva glicemia/tiempo de cada alimento se compara con la curva de referencia posterior a la ingesta de 50 g de glucosa y que tiene un valor de 100. Si el IG es igual o mayor a 70 se considera que el alimento tiene un IG alto; si se encuentra entre 56 y 69 el IG es moderado y si el valor es de 55 o menor se dice que el alimento tiene un IG bajo. La carga glicémica es un concepto matemático derivado del IG y de la cantidad de hidratos de carbono y se creó para representar el efecto glicémico global de una dieta donde se toma en cuenta el tamaño habitual de la ración. Así los alimentos con una carga glicémica igual o menor a 10 se consideran alimentos con CG baja, y aquellos alimentos con una CG igual o mayor a 20 son considerados con una CG alta. Cuando no se tiene el dato del nutrimento o del valor de IG o CG se anota la abreviatura ND, refiriéndose a que no está disponible el dato. En el caso del IG o la CG se usa el valor cero en alimentos que no pueden ser consumidos crudos (por ejemplo, en el grupo de leguminosas, sólo se tienen los datos de IG y CG de las leguminosas cocidas).

10. En la tabla 3, se ofrece información sobre lo que puede ser un nutrimento que en un alimento sea buena fuente de este; o bien, cuando el aporte de un nutrimento es riesgoso en dicho alimento. Tanto en la versión digital como en la impresa, se pueden consultar la composición nutrimental de algunos nutrimentos clave de los alimentos.

Tabla 1

Determinación del tamaño del Equivalente con base en los Alimentos de referencia

Grupo propuesto por la Norma de Orientación Alimentaria	Sub-Grupo en el Sistema de Equivalentes	Alimento de referencia	Porción y tamaño	Aporte nutrimental promedio		
				Proteína (g)	Lípidos (g)	Hidratos de Carbono (g)
Verduras y frutas	Verduras	Zanahoria	½ taza			**4**
	Frutas	Manzana	1 pieza			**15**
Cereales	Cereales y tubérculos sin grasa	Tortilla	1 pieza de 30 g			**15**
Leguminosas y alimentos de origen animal	Leguminosas	Frijol cocido	½ tazas	**8**		
	Alimento de origen animal	Huevo	1 pieza	**7**		
	Leche	Leche	1 taza	**9**		**12**
Grasas y azúcares con moderación	Aceites y grasas	Aceite	1 cdita		**5**	
	Azúcares	Azúcar	2 cditas			**10**

Tabla 2

Aporte nutrimental promedio de los Grupos en el Sistema de Equivalentes

Grupo en el Sistema de Equivalentes	Subgrupos	APORTE NUTRIMENTAL PROMEDIO				
		Energía	Proteína (g)	Lípidos (g)	Hidratos de Carbono (g)	Conteo de Hidratos de carbono
Verduras		25	2	0	4	0.3
Frutas		60	0	0	15	1
Cereales y tubérculos	a.Sin grasa	70	2	0	15	1
	b.Con grasa	115	2	5	15	1
Leguminosas		120	8	1	20	1.3
Alimentos de origen animal	a.Muy bajo aporte de grasa	40	7	1	0	0
	b.Bajo aporte de grasa	55	7	3	0	0
	c.Moderado aporte de grasa	75	7	5	0	0
	d.Alto aporte de grasa	100	7	8	0	0
Leche	a.Descremada	95	9	2	12	0.8
	b.Semidescremada	110	9	4	12	0.8
	c.Entera	150	9	8	12	0.8
	d.Con azúcar	200	8	5	30	2
Aceites y Grasas	a. Sin proteína	45	0	5	0	0
	b. Con proteína	70	3	5	3	0.2
Azúcares	a. Sin grasa	40	0	0	10	0.7
	b. Con grasa	85	0	5	10	0.7
Alimentos libres en energía		0	0	0	0	0
Bebidas alcohólicas		140	0	0	20 alcohol	1.3

Componente nutricio (nutrimento) clave

Componente nutricio que fundamenta la subdivisión para cada grupo

Esta publicación pretende ser una herramienta eficaz para los profesionistas de la salud que dedican su trabajo a la nutrición, en especial a la dietética, con el fin de ofrecer un mejor servicio al paciente, al cliente o al comensal, así como impulsar la investigación en esta área del conocimiento que puede ser muy útil en nuestro país.

Le toca al profesionista adaptar la extensa lista de alimentos para la población usuaria, según las características geográficas, socios culturales y económicos de la misma.

El Sistema Mexicano de Alimentos Equivalentes es sólo una herramienta de trabajo para el personal especializado en nutrición, y una herramienta de organización de la alimentación para el paciente, ya que se sabe que las personas necesitan varios estímulos para modificar su conducta.

Tabla 3

Cantidad mínima de nutrimento en alimentos considerados "Buena fuente de..."

A. Vitaminas y Nutrimentos Inorganicos

Nutrimento	Recomendación	Buena fuente	Equivalentes
Vitamina A	730 µg ER	146 µg ER / equivalente	Verduras Frutas Alimentos de origen animal Leches y productos lácteos
Ácido Ascórbico	84 mg	16.8 mg / equivalente	Verduras Frutas
Ácido Fólico	200 mg	40 mg / equivalente	Verduras Frutas
Calcio	900 mg	180 mg / equivalente	Alimentos de origen animal Leche y productos lácteos
Hierro	13 mg	2.6 mg / equivalente	Cereales Leguminosas Alimentos de origen animal
Potasio	1250 mg	250 mg / equivalente	Verduras Frutas
Selenio	70 mg	14 mg / equivalente	Alimentos de origen animal
Fósforo	560 mg	112 mg/ Eq equivalente	Leguminosas

B. Fibra

Fibra (2.5 g / equivalente)	Verduras Frutas Cereales Leguminosas

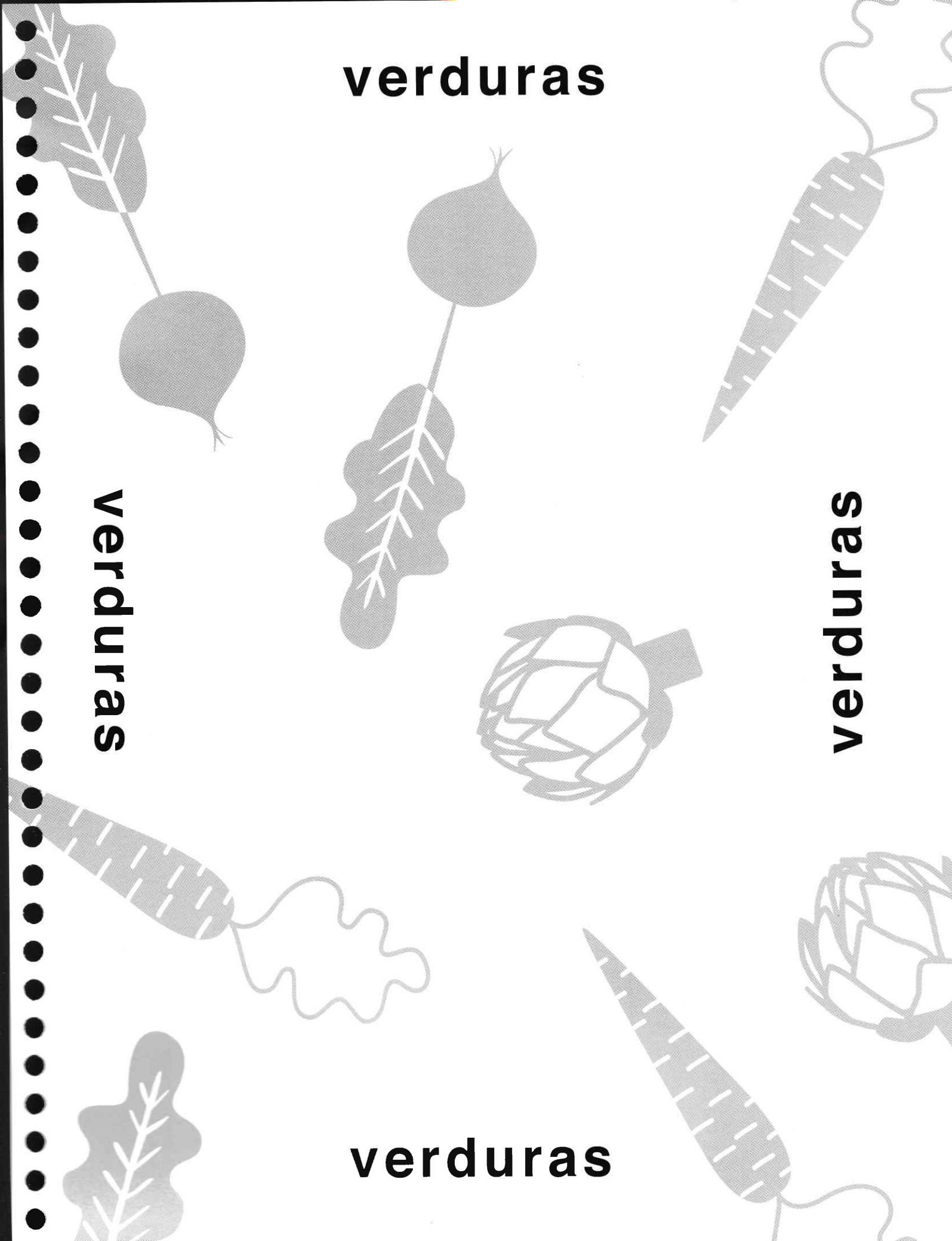
C. Aporte Riesgoso de algunos nutrimentos

Sodio (250 mg / equivalente)	Cereales Alimentos de origen animal Leche y productos lácteos Aceites y grasas Azúcares Alimentos libres (condimentos)
Colesterol (100 mg / equivalente), ya que generalmente el tamaño de la ración en estos alimentos puede ser de 2 o hasta 3 equivalentes	Cereales con grasa Alimentos de origen animal Leche y productos lácteos Aceites y grasas

D. Aporte Riesgoso de azúcar

Azúcar (10g/equivalente)	Azúcares Cereales Cereales con grasa Leche con azúcar Bebidas alcohólicas

verduras



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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Acelga cocida	1/2	taza	72	72	19	1.9	0.1	3.9	0.0	0.0	0.0	0.0	64.0	2.1	275.8	17.9	10.1	82.1	1.4	654.5	173.5	29.5	0.0	3	ND
Acelga cruda	2	taza	120	98	22	2.2	0.1	4.3	0.0	0.0	0.0	0.0	64.0	3.6	310.9	29.5	14.8	115.1	2.5	749.8	222.4	40.3	0.0	3	ND
Alcachofa mediana cocida	1	pieza	120	48	25	1.4	0.2	5.7	0.0	0.0	0.0	0.0	ND	4.1	0.5	3.6	42.7	10.1	0.3	137.3	28.8	35.0	0.0	ND	ND
Alfalfa	3 1/2	taza	116	116	27	4.6	0.8	2.4	0.1	0.1	0.5	0.0	0.2	0.2	9.2	9.5	ND	37.0	1.1	ND	6.9	ND	0.0	ND	ND
Alga Nori	10	gramos	10	10	20	4.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	4.0	0.0	12.0	ND	40.0	0.7	ND	12.0	ND	0.0	ND	ND
Alga para sushi	10	gramos	10	10	20	4.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	4.0	0.0	12.0	ND	40.0	0.7	ND	12.0	ND	0.0	ND	ND
Apio cocido	1/2	taza	75	75	14	0.6	0.1	3.0	0.0	0.0	0.1	0.0	ND	1.2	19.5	4.6	16.5	31.5	0.3	213.0	68.3	18.8	0.0	ND	ND
Apio crudo	1	taza	101	90	14	0.6	0.2	2.7	0.0	0.0	0.1	0.0	ND	2.5	19.8	2.8	32.4	36.0	0.2	233.7	71.9	21.6	0.0	ND	ND
Arúgula, cruda	4	taza	80	80	20	2.1	0.5	2.9	0.0	0.0	0.0	0.0	ND	3.5	95.2	12.0	77.6	129.6	1.2	295.2	21.6	41.6	0.0	ND	ND
Berenjena cocida	1	taza	99	99	35	0.8	0.2	8.6	0.0	0.0	0.0	0.0	ND	2.5	2.0	1.3	13.9	6.2	0.4	245.4	2.1	22.7	0.0	ND	ND
Berro crudo	2	taza	68	56	34	1.3	0.1	0.7	0.0	0.0	0.0	0.0	ND	0.3	46.3	6.7	35.7	32.9	1.2	100.4	11.2	19.5	0.0	ND	ND
Betabel crudo	1/4	pieza	43	39	19	0.8	0.1	4.3	0.0	0.0	0.0	0.0	ND	0.3	0.8	7.8	36.4	8.2	0.6	131.0	23.5	7.4	0.0	ND	ND
Betabel crudo rallado	1/4	taza	38	38	18	0.8	0.1	4.1	0.0	0.0	0.0	0.0	ND	0.3	0.8	7.5	34.9	7.9	0.6	125.6	22.5	7.1	0.0	ND	ND
Bledos crudos	150	gramos	150	95	27	2.4	0.3	3.8	0.1	0.1	0.1	0.0	ND	0.9	189.5	40.6	80.3	203.2	4.1	577.4	18.9	47.3	0.0	ND	ND
Brócoli cocido	1/2	taza	92	92	26	2.7	0.4	4.6	0.0	0.0	0.1	0.0	ND	2.7	127.4	68.4	46.0	42.5	0.8	268.9	23.6	54.3	0.0	ND	ND
Brócoli crudo	1	taza	88	71	19	2.1	0.3	3.7	0.0	0.0	0.2	0.0	ND	2.1	110.2	66.4	50.2	34.0	0.6	231.7	19.4	47.0	0.0	ND	ND
Calabacita alargada cruda	1	pieza	111	91	21	1.6	0.1	3.4	0.0	0.0	0.0	0.0	ND	1.4	12.3	11.8	23.7	22.8	0.5	183.9	0.9	ND	0.0	ND	ND
Calabacita redonda cruda	1	pieza	100	79	18	1.4	0.1	2.9	0.0	0.0	0.0	0.0	ND	1.2	10.7	10.3	20.5	19.8	0.4	159.6	0.8	ND	0.0	ND	ND

verduras

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Calabaza de Castilla cocida	1/2	taza	110	110	22	0.8	0.1	5.4	0.1	0.0	0.0	0.0	ND	1.2	275.0	5.2	9.9	16.5	0.6	253.0	1.1	33.0	0.0	ND	ND
Calabaza zapallo cocida	1/4	pieza	55	55	22	0.5	0.0	5.8	0.0	0.0	0.0	0.0	1.1	1.8	306.9	8.3	ND	22.6	0.3	ND	2.2	ND	0.0	ND	ND
Cebolla blanca rebanada	1/2	taza	58	58	23	0.6	0.1	5.4	0.0	0.0	0.0	0.0	ND	1.0	0.0	4.3	10.9	13.2	0.1	84.0	2.3	16.7	0.0	ND	ND
Cebolla cocida	1/4	taza	53	53	23	0.7	0.1	5.3	0.0	0.0	0.0	0.0	ND	0.7	0.0	2.7	7.9	11.5	0.1	87.0	1.5	18.5	0.0	ND	ND
Cebolla morada rebanada	1/2	taza	58	58	20	0.5	0.1	4.4	0.0	0.0	0.0	0.0	ND	0.7	0.0	6.3	ND	19.0	0.8	90.3	5.8	23.0	0.0	ND	ND
Cebollita de cambray sin raíz	3	pieza	75	72	23	1.3	0.1	5.3	0.0	0.0	0.1	0.0	ND	1.9	36.0	13.5	46.1	51.8	1.1	198.7	11.5	26.6	0.0	ND	ND
Cebollitas en salmuera	1/2	taza	95	95	24	0.9	0.2	6.7	0.0	0.0	0.0	0.0	ND	1.6	0.0	0.0	0.0	44.5	0.0	0.0	191.6	0.0	0.0	ND	ND
Champiñón cocido entero	1/2	taza	78	78	20	2.8	0.3	3.2	0.0	0.0	0.1	0.0	ND	1.4	0.0	0.0	15.6	3.1	0.2	308.9	9.4	81.9	0.0	ND	ND
Champiñón cocido rebanado	1/2	taza	70	70	18	2.5	0.2	2.8	0.0	0.0	0.1	0.0	ND	1.3	0.0	0.0	14.0	2.8	0.2	277.2	8.4	73.5	0.0	ND	ND
Champiñón crudo entero	1	taza	96	93	20	2.9	0.3	3.1	0.1	0.0	0.2	0.0	ND	0.9	0.0	2.0	14.9	2.8	0.5	296.1	4.7	80.1	0.0	ND	ND
Champiñón crudo rebanado	1 1/2	taza	105	105	23	3.2	0.4	3.4	0.1	0.0	0.2	0.0	ND	1.1	0.0	2.2	16.8	3.2	0.5	333.9	5.3	90.3	0.0	ND	ND
Chaya	3	taza	147	147	47	4.4	1.5	7.4	0.0	0.0	0.0	0.0	0.0	0.0	693.8	142.6	0.0	172.0	1.5	ND	ND	ND	0.0	ND	ND
Chayote cocido picado	1/2	taza	80	80	19	0.5	0.4	4.1	0.1	0.0	0.0	0.0	ND	2.2	1.6	6.4	14.4	10.4	0.2	138.4	0.8	23.2	0.0	ND	ND
Chayote crudo	1/2	pieza	102	100	19	0.8	0.1	4.5	0.0	0.0	0.1	0.0	ND	1.7	0.0	7.7	93.5	17.1	0.3	125.6	2.0	18.1	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chepil crudo	2	taza	68	39	25	2.7	0.2	3.0	0.0	0.0	0.0	0.0	ND	0.9	131.5	19.7	ND	145.1	1.9	ND	ND	28.4	0.0	ND	ND
Chícharo cocido	1/4	taza	40	40	34	2.1	0.1	6.1	0.0	0.0	0.0	0.0	48.0	2.2	16.0	5.7	25.2	10.8	0.6	108.4	1.2	46.8	0.0	3	ND
Chícharo crudo con vaina	1/2	taza	73	28	22	1.5	0.1	4.0	0.0	0.0	0.0	0.0	48.0	1.4	10.5	11.0	17.9	6.9	0.4	67.2	1.4	29.8	0.0	2	ND
Chícharo en vaina cocido	1/3	taza	53	53	21	1.7	0.1	3.4	0.0	0.0	0.1	0.0	48.0	1.5	27.7	25.5	15.5	22.4	1.1	128.0	2.1	29.3	0.0	2	ND
Chícharos y zanahorias congelados	1/4	taza	48	48	25	1.6	0.2	5.3	0.0	0.0	0.1	0.0	0.0	1.6	225.6	5.3	ND	12.8	0.5	ND	37.5	ND	0.0	ND	ND
Chicoria cruda	3	taza	141	121	24	1.5	0.2	4.1	0.1	0.0	0.1	0.0	ND	1.1	124.3	8.5	172.2	63.1	1.0	380.8	26.7	34.0	0.0	ND	ND
Chilacas crudas	3	pieza	90	76	24	1.1	0.2	5.5	0.0	0.0	0.1	0.0	ND	0.7	6.8	134.6	17.4	30.2	3.0	257.0	5.3	ND	0.0	ND	ND
Chilacayote crudo	1 1/2	pieza	150	135	19	1.6	0.3	3.6	0.0	0.0	0.0	0.0	ND	0.4	8.1	9.5	ND	23.0	0.8	ND	ND	ND	0.0	ND	ND
Chile ancho	6	gramos	6	6	20	0.7	0.6	3.8	0.0	0.0	0.0	0.0	0.0	0.0	123.7	4.6	ND	5.6	0.3	ND	0.0	ND	0.0	ND	ND
Chile chilaca	2	pieza	60	50	20	0.8	0.2	3.7	0.0	0.0	0.1	0.0	ND	0.5	48.9	89.7	11.6	20.2	2.0	171.4	3.5	ND	0.0	ND	ND
Chile chipotle seco	2	pieza	10	8	29	1.2	0.5	4.8	0.0	0.0	0.0	0.0	ND	0.6	19.3	0.0	ND	21.4	0.5	ND	ND	ND	0.0	ND	ND
Chile costeño	4	pieza	64	54	17	0.9	0.1	3.9	0.0	0.0	0.1	0.0	ND	1.1	7.0	135.5	12.4	11.3	1.8	182.8	3.8	ND	0.0	ND	ND
Chile cristalino	4	pieza	64	54	20	0.9	0.1	3.9	0.0	0.0	0.1	0.0	ND	1.1	3.5	135.5	12.4	11.3	1.8	182.8	3.8	ND	0.0	ND	ND
Chile cuaresmeño	2	pieza	60	50	16	0.8	0.2	3.7	0.0	0.0	0.1	0.0	ND	0.5	4.5	89.7	11.6	20.2	2.0	171.4	3.5	ND	0.0	ND	ND
Chile de árbol seco	4	pieza	8	7	21	0.9	0.4	4.3	0.0	0.0	0.0	0.0	ND	2.1	70.9	3.7	0.0	9.5	0.3	0.0	0.0	ND	0.0	ND	ND
Chile en escabeche	150	gramos	150	150	23	0.5	1.0	6.5	0.0	0.0	0.0	0.0	0.0	3.5	0.0	0.0	ND	0.0	0.0	ND	1434.9	ND	0.0	ND	ND
Chile guajillo	7	gramos	7	7	21	0.8	0.6	4.0	0.0	0.0	0.0	0.0	0.0	0.6	230.1	7.0	ND	9.8	0.7	ND	0.0	ND	0.0	ND	ND
Chile habanero	5	pieza	80	67	25	1.5	0.5	3.6	0.1	0.0	0.3	0.0	ND	1.1	19.8	63.2	15.5	12.1	1.6	228.5	4.7	ND	0.0	ND	ND

verduras

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chile jalapeño	6	pieza	90	78	23	1.1	0.5	4.6	0.0	0.0	0.2	0.0	ND	2.2	31.3	34.7	36.8	7.8	0.5	168.3	0.8	24.3	0.0	ND	ND
Chile morita	7	gramos	7	7	24	0.9	0.4	4.0	0.0	0.0	0.0	0.0	0.0	0.7	29.3	5.5	ND	10.5	0.5	ND	0.0	ND	0.0	ND	ND
Chile mulato	8	gramos	8	8	24	0.8	0.4	5.2	0.0	0.0	0.0	0.0	0.0	0.8	227.5	8.6	ND	7.4	1.0	ND	0.0	ND	0.0	ND	ND
Chile nacho (lata)	92	gramos	92	92	19	0.3	0.9	4.0	0.0	0.0	0.0	0.0	0.0	1.5	0.0	0.0	ND	0.0	0.0	ND	975.2	ND	0.0	ND	ND
Chile pasilla	7	gramos	7	7	27	0.9	0.7	4.1	0.0	0.0	0.0	0.0	0.0	0.6	157.6	4.8	ND	10.8	0.4	ND	0.0	ND	0.0	ND	ND
Chile poblano	1/2	pieza	40	32	15	0.8	0.2	3.3	0.0	0.0	0.1	0.0	ND	0.1	5.1	116.5	7.4	9.6	1.1	108.8	2.2	ND	0.0	ND	ND
Chile serrano	56	gramos	56	56	22	0.9	0.3	4.0	0.0	0.0	0.1	0.0	0.0	0.8	17.1	36.4	ND	6.7	0.2	ND	3.9	ND	0.0	ND	ND
Chiles en vinagre	150	gramos	150	150	23	0.5	1.0	6.5	0.0	0.0	0.0	0.0	0.0	3.5	0.0	0.0	ND	0.0	0.0	ND	1434.9	ND	0.0	ND	ND
Chiles secos	1	pieza	10	7	23	0.8	0.7	4.3	0.0	0.0	0.0	0.0	ND	0.0	124.6	5.2	0.0	6.4	0.4	0.0	0.0	ND	0.0	ND	ND
Cilantro picado crudo	2	taza	120	120	28	2.6	0.6	4.4	0.0	0.3	0.0	0.0	ND	3.4	404.4	32.4	74.4	80.4	2.1	625.2	55.2	57.6	0.0	ND	ND
Clavito (hongo) crudo	1	taza	75	71	28	4.3	0.4	3.8	0.0	0.0	0.0	0.0	ND	1.1	0.0	3.8	0.0	7.8	1.5	0.0	0.0	45.6	0.0	ND	ND
Col cocida picada	1/2	taza	75	75	17	1.0	0.0	4.1	0.0	0.0	0.1	0.0	ND	1.4	3.0	28.1	22.5	36.0	0.1	147.0	6.0	24.8	0.0	ND	ND
Col cruda picada	2	taza	140	112	27	1.4	0.2	6.0	0.0	0.0	0.2	0.0	ND	2.6	6.7	47.0	63.8	52.6	0.6	275.2	20.2	25.6	0.0	ND	ND
Col morada cruda picada	1	taza	70	56	17	0.8	0.1	4.1	0.0	0.0	0.0	0.0	ND	1.2	31.4	31.9	10.1	25.2	0.4	136.1	15.1	16.8	0.0	ND	ND
Colecita de Bruselas cocida	3	pieza	63	63	23	1.6	0.3	4.5	0.1	0.0	0.2	0.0	ND	1.6	24.6	39.1	37.8	22.6	0.8	199.5	13.2	35.3	0.0	ND	ND
Coliflor cocida	1	taza	125	125	28	2.3	0.6	5.1	0.0	0.0	0.2	0.0	ND	2.9	1.3	55.4	55.0	20.2	0.4	177.4	18.8	40.0	0.0	ND	ND
Coliflor cruda	2	taza	200	80	20	1.6	0.1	4.2	0.0	0.0	0.0	0.0	ND	2.0	0.8	37.1	45.6	17.6	0.4	242.4	24.0	35.2	0.0	ND	ND
Coliflor verde cocida	1/2	taza	68	68	22	2.1	0.2	4.2	0.0	0.0	0.1	0.0	ND	2.2	4.7	49.0	27.7	21.8	0.5	187.7	15.2	38.5	0.0	ND	ND

verduras

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Coliflor verde cruda	2	taza	128	78	24	2.3	0.2	4.8	0.0	0.0	0.1	0.0	ND	2.5	6.2	68.8	44.5	25.8	0.6	234.2	18.0	48.4	0.0	ND	ND
Colinabo crudo	1/2	pieza	85	62	20	1.1	0.1	3.8	0.0	0.0	0.0	0.0	ND	1.3	0.3	38.5	ND	14.9	0.2	217.2	12.4	ND	0.0	ND	ND
Corazón de alcachofa crudo	1	pieza	25	25	16	0.6	0.0	4.1	0.0	0.0	0.0	0.0	ND	0.3	3.0	1.5	18.5	8.0	0.2	84.8	20.0	0.0	0.0	ND	ND
Corazón de lechuga crudo	1	pieza	130	124	12	1.2	0.0	4.4	0.0	0.0	0.0	0.0	ND	1.9	43.2	6.2	67.9	24.7	0.6	197.6	12.4	24.7	0.0	ND	ND
Corazón de palmito crudo	3	pieza	99	99	27	2.4	0.6	4.5	0.0	0.0	0.3	0.0	ND	2.4	0.0	9.0	39.0	57.0	3.1	174.0	423.0	63.0	0.0	ND	ND
Cresón cocido	1	taza	135	135	31	2.6	0.8	5.2	0.0	0.2	0.2	0.0	ND	1.0	313.2	31.1	50.0	82.4	1.1	476.6	10.8	64.8	0.0	ND	ND
Cresón limpio crudo	2	taza	100	100	32	2.8	0.8	5.6	0.0	0.4	0.4	0.0	ND	1.2	346.0	69.0	80.0	81.0	1.3	606.0	14.0	76.0	0.0	ND	ND
Crucetas crudas	1	taza	149	116	21	1.3	0.2	4.3	0.0	0.0	0.0	0.0	ND	0.8	25.6	27.9	0.0	90.7	6.7	0.0	0.0	0.0	0.0	ND	ND
Cuitlacoche cocido	1/3	taza	66	66	20	0.8	0.1	4.1	0.0	0.0	0.0	0.0	ND	1.2	0.0	2.6	ND	0.1	0.3	ND	0.0	2.4	0.0	ND	ND
Echalot	1	pieza	40	34	25	0.9	0.0	5.8	0.0	0.0	0.0	0.0	ND	ND	20.6	2.8	11.7	12.7	0.4	114.9	4.1	20.6	0.0	ND	ND
Edamame	1/7	taza	27	27	29	3.0	1.3	2.1	0.0	0.0	0.0	0.0	0.7	1.3	0.0	2.6	ND	16.2	0.6	ND	1.6	ND	0.0	ND	ND
Ejotes cocidos picados	1/2	taza	63	63	22	1.2	0.2	4.9	0.0	0.0	0.1	0.0	ND	2.0	21.9	6.1	20.6	27.5	0.4	91.3	0.6	18.1	0.0	ND	ND
Elotitos de cambray	8	pieza	64	64	26	2.1	0.0	4.3	0.0	0.0	0.0	0.0	ND	1.8	14.0	3.9	29.7	1.6	0.4	159.2	138.2	65.6	0.0	ND	ND
Endivia cruda	3	taza	150	129	22	1.6	0.3	4.3	0.1	0.0	0.1	0.0	ND	4.0	139.3	8.4	183.2	67.1	1.1	405.1	28.4	36.1	0.0	ND	ND
Espárragos	6	pieza	90	90	22	2.3	0.3	3.8	0.1	0.0	0.1	0.0	ND	2.8	49.0	10.0	131.0	18.0	0.7	144.0	10.0	49.0	0.0	ND	ND
Espinaca cocida	1/2	taza	90	90	21	2.7	0.2	3.4	0.0	0.0	0.1	0.0	ND	3.2	471.6	8.8	131.0	122.0	3.2	419.0	63.0	50.0	0.0	ND	ND
Espinaca cruda	2	taza	120	120	28	3.4	0.4	4.4	0.1	0.0	0.2	0.0	ND	2.6	562.8	33.7	232.8	118.8	3.3	669.6	94.3	58.8	0.0	ND	ND
Flor de calabaza cocida	1	taza	134	134	20	1.4	0.2	4.4	0.0	0.0	0.0	0.0	ND	1.2	116.6	6.0	54.0	50.0	1.2	142.0	8.0	46.0	0.0	ND	ND

verduras

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Flor de calabaza cruda	4	taza	132	132	20	1.2	0.0	4.4	0.0	0.0	0.0	0.0	ND	ND	128.0	36.0	76.0	52.0	0.9	228.0	6.6	64.7	0.0	ND	ND
Flor de colorín cocida	1/2	taza	40	40	24	1.8	0.1	4.0	0.0	0.0	0.0	0.0	ND	1.0	2.6	14.8	ND	43.2	1.0	ND	ND	ND	0.0	ND	ND
Flor de colorín cruda	1	taza	40	40	24	1.8	0.1	4.0	0.0	0.0	0.0	0.0	ND	1.0	2.6	14.8	ND	43.2	1.0	ND	ND	ND	0.0	ND	ND
Flor de garambullo cruda	1 1/2	taza	60	60	23	0.5	0.1	4.9	0.0	0.0	0.0	0.0	ND	0.5	12.6	24.0	ND	55.2	2.6	ND	ND	ND	0.0	ND	ND
Flor de maguey cruda	1 1/2	taza	60	60	21	0.5	0.1	4.4	0.0	0.0	0.0	0.0	ND	0.4	14.4	35.4	ND	68.4	0.5	ND	ND	ND	0.0	ND	ND
Flor de yuca cruda	1 1/2	taza	50	50	19	1.3	0.2	3.0	0.0	0.0	0.0	0.0	ND	0.3	0.5	135.1	ND	47.0	0.3	ND	ND	0.4	0.0	ND	ND
Germen de alfalfa crudo	3	taza	99	99	23	4.0	0.7	2.1	0.1	0.1	0.4	0.0	ND	1.9	7.9	8.1	35.6	31.7	1.0	78.0	6.0	69.0	0.0	ND	ND
Germen de lenteja crudo	1/4	taza	19	19	20	1.7	0.1	4.3	0.0	0.0	0.0	0.0	ND	ND	0.4	3.2	19.3	4.8	0.6	62.0	2.1	33.3	0.0	ND	ND
Germen de soya cocido	1/3	taza	31	31	25	2.7	1.4	2.1	0.2	0.3	0.8	0.0	ND	0.3	0.6	2.6	25.1	18.5	0.4	111.3	3.1	42.3	0.0	ND	ND
Germinado de lenteja	1/2	taza	17	17	17	1.5	0.1	3.7	0.0	0.0	0.0	0.0	0.0	0.0	0.3	2.7	ND	4.1	0.5	ND	1.8	ND	0.0	ND	ND
Haba verde	4	pieza	32	32	23	1.8	0.2	3.7	0.0	0.0	0.0	0.0	55.0	1.3	5.8	10.6	30.7	7.0	0.6	80.0	16.0	30.4	0.0	2	ND
Hoja de Nori (alga)	10	gramos	10	10	20	4.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	4.0	0.0	12.0	ND	40.0	0.7	ND	12.0	ND	0.0	ND	ND
Hojas de amaranto cocidas	1/2	taza	90	90	19	1.9	0.2	3.7	0.0	0.0	0.0	0.0	ND	ND	125.1	37.0	51.3	188.1	2.0	576.9	18.9	64.8	0.0	ND	ND
Hojas de amaranto crudas	1 1/2	taza	90	90	21	2.2	0.3	3.6	0.0	0.0	0.0	0.0	ND	ND	131.4	39.0	76.5	193.5	2.1	549.9	18.0	45.0	0.0	ND	ND
Hojas de chicoria crudas	2 1/2	taza	118	118	24	1.4	0.2	4.0	0.1	0.0	0.1	0.0	ND	1.1	120.4	8.2	166.9	61.1	0.9	369.0	25.9	32.9	0.0	ND	ND
Hojas de diente de león	2	taza	40	36	19	1.0	0.3	3.3	0.0	0.0	0.0	0.0	ND	0.6	39.2	12.6	ND	67.3	1.1	142.9	27.4	23.8	0.0	ND	ND

verduras

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Hojas de parra	23	gramos	23	23	21	1.3	0.5	4.0	0.0	0.0	0.0	0.0	1.4	2.5	316.5	2.6	ND	83.5	0.6	ND	2.1	ND	0.0	ND	ND
Hojas de pata de paloma	1/4	taza	25	21	17	0.7	0.3	3.5	0.0	0.0	0.0	0.0	ND	0.4	18.2	9.2	ND	12.9	1.3	ND	ND	ND	0.0	ND	ND
Hojas de remolacha, crudas	2	hojas	64	64	14	1.4	0.1	2.8	0.0	0.0	0.0	0.0	ND	2.4	202.2	19.2	9.6	74.9	1.6	487.7	144.6	26.2	0.0	ND	ND
Hojas de remolacha, hervidas	1/2	taza	72	72	19	1.9	0.1	3.9	0.0	0.0	0.0	0.0	ND	2.1	603.4	17.9	10.1	82.1	1.4	654.5	173.5	29.5	0.0	ND	ND
Hongo portobello crudo	1	pieza	84	81	21	2.0	0.2	4.1	0.0	0.0	0.1	0.0	ND	1.2	0.0	0.0	17.9	6.5	0.5	394.4	4.9	105.9	0.0	ND	ND
Hongo shiitake deshidratado	1	pieza	4	4	11	0.3	0.0	2.7	0.0	0.0	0.0	0.0	ND	0.4	0.0	0.1	5.9	0.4	0.1	55.2	0.5	10.6	0.0	ND	ND
Hongos crudos	1	taza	70	63	17	2.0	0.3	2.8	0.0	0.0	0.1	0.0	ND	1.6	0.0	1.9	13.2	12.0	2.7	233.1	2.5	0.0	0.0	ND	ND
Huauzontle	1/2	taza	40	40	24	1.8	0.3	4.8	0.0	0.0	0.0	0.0	ND	1.1	50.4	18.0	ND	65.2	2.4	ND	ND	3.5	0.0	ND	ND
Huitlacoche cocido	1/3	taza	66	66	20	0.8	0.1	4.1	0.0	0.0	0.0	0.0	ND	1.2	0.0	2.6	ND	0.1	0.3	107.5	0.0	2.4	0.0	ND	ND
Ibes frescos	1/4	taza	31	17	23	1.8	0.1	3.8	0.0	0.0	0.0	0.0	ND	0.5	7.5	2.8	ND	7.6	0.3	111.7	0.3	4.1	0.0	ND	ND
Jícama picada	1/2	taza	60	60	23	0.4	0.1	5.3	0.0	0.0	0.0	0.0	ND	2.9	0.6	12.1	7.2	7.2	0.4	90.0	2.4	10.8	0.0	ND	ND
Jitomate	1	pieza	123	116	21	1.0	0.2	4.5	0.1	0.1	0.2	0.0	ND	1.4	48.6	14.7	17.3	11.6	0.3	274.0	5.8	28.2	0.0	ND	ND
Jitomate bola	1	pieza	123	108	19	1.0	0.2	4.2	0.1	0.1	0.2	0.0	ND	1.3	45.5	13.7	16.2	10.8	0.3	256.5	5.4	26.4	0.0	ND	ND
Jitomate cereza	4	pieza	100	95	17	0.8	0.2	3.7	0.1	0.1	0.2	0.0	ND	1.1	39.9	12.1	14.3	9.5	0.3	225.2	4.8	23.2	0.0	ND	ND
Jitomate deshidratado	5	pieza	10	10	23	1.5	0.5	4.3	0.0	0.0	0.0	0.0	ND	2.0	5.0	5.0	0.0	12.5	0.5	0.0	12.5	0.0	0.0	ND	ND
Jitomate guaje o saladet	2	pieza	130	124	22	1.1	0.2	4.8	0.1	0.1	0.2	0.0	ND	1.5	51.9	15.7	18.5	12.4	0.3	292.7	6.2	30.1	0.0	ND	ND
Jitomate verde	1	pieza	123	123	28	1.5	0.2	6.3	0.0	0.0	0.1	0.0	ND	1.4	39.4	29.0	11.0	16.0	0.6	251.0	16.0	34.0	0.0	ND	ND

verduras

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Jitomatillo (miltomate)	3	pieza	75	65	23	1.0	0.1	4.6	0.0	0.0	0.0	0.0	ND	1.0	161.3	54.8	5.8	38.1	3.9	133.5	5.2	25.2	0.0	ND	ND
Jugo de tomate	1/2	taza	122	122	21	0.9	0.1	5.1	0.0	0.0	0.0	0.0	ND	0.5	27.9	22.2	24.3	12.2	0.5	278.2	326.8	21.9	0.0	ND	ND
Jugo de verduras	1/2	taza	121	121	23	0.8	0.1	5.5	0.0	0.0	0.0	0.0	ND	1.0	94.4	33.5	25.4	13.3	0.5	233.5	326.7	20.6	0.0	ND	ND
Jugo de zanahoria	1/4	taza	59	59	24	0.6	0.1	5.5	0.0	0.0	0.0	0.0	ND	0.5	564.0	5.0	2.4	14.1	0.3	172.2	17.0	24.7	0.0	ND	ND
Kale	2/3	taza	46	46	22	2.0	0.4	4.0	0.0	0.4	0.2	0.0	1.0	1.6	228.6	54.9	ND	68.6	0.7	ND	17.4	ND	0.0	ND	ND
Lechuga	3	taza	141	135	23	1.7	0.4	4.5	0.0	0.0	0.0	0.0	ND	2.8	392.5	32.5	184.1	44.7	1.3	334.3	10.8	40.6	0.0	ND	ND
Lechuga francesa	2	taza	140	140	24	1.7	0.4	4.6	0.0	0.0	0.0	0.0	0.0	2.9	406.0	33.6	ND	46.2	1.4	ND	11.2	ND	0.0	ND	ND
Lechuga italiana	2	taza	140	140	24	1.7	0.4	4.6	0.0	0.0	0.0	0.0	0.0	2.9	406.0	33.6	ND	46.2	1.4	ND	11.2	ND	0.0	ND	ND
Lechuga larga	2	taza	140	140	24	1.7	0.4	4.6	0.0	0.0	0.0	0.0	0.0	2.9	406.0	33.6	ND	46.2	1.4	ND	11.2	ND	0.0	ND	ND
Lechuga orejona	1 1/2	taza	105	105	26	1.5	0.3	4.3	0.0	0.0	0.0	0.0	1.1	2.1	23.1	6.3	ND	26.3	0.6	ND	9.5	ND	0.0	ND	ND
Lechuga romana	2	taza	140	140	20	1.3	0.2	4.2	0.0	0.0	0.0	0.0	1.4	2.8	35.0	3.9	ND	22.4	0.6	ND	15.4	ND	0.0	ND	ND
Lechuga sangría	2	taza	140	140	24	1.7	0.4	4.6	0.0	0.0	0.0	0.0	0.0	2.9	406.0	33.6	ND	46.2	1.4	ND	11.2	ND	0.0	ND	ND
Lengua de vaca	110	gramos	110	99	27	2.0	0.7	3.2	0.0	0.0	0.0	0.0	ND	0.8	198.0	47.5	ND	43.6	2.4	386.1	4.0	68.3	0.0	ND	ND
Lenteja germinada cocida	1/4	taza	19	19	19	1.7	0.1	4.1	0.0	0.0	0.0	0.0	ND	ND	0.4	2.4	12.9	2.7	0.6	54.7	1.9	29.5	0.0	ND	ND
Malva	70	gramos	70	60	24	2.9	0.4	2.3	0.0	0.0	0.0	0.0	ND	0.5	178.5	20.8	ND	147.0	1.2	ND	ND	11.9	0.0	ND	ND
Mezcla de verdura congelada, cocidas sin sal	1/2	taza	46	46	30	1.3	0.1	4.6	0.0	0.0	0.0	0.0	ND	2.0	97.4	1.5	8.6	11.4	0.4	76.9	15.9	23.2	0.0	ND	ND
Morillas deshidratadas	10	gramos	10	10	27	3.2	0.4	4.4	0.0	0.0	0.0	0.0	ND	2.5	0.0	3.0	21.0	1.9	4.3	370.0	0.4	ND	0.0	ND	ND
Morillas frescas	100	gramos	100	85	23	2.7	0.3	3.7	0.1	0.0	0.1	0.0	ND	2.1	0.0	2.6	17.9	16.2	3.7	314.5	3.4	ND	0.0	ND	ND

verduras

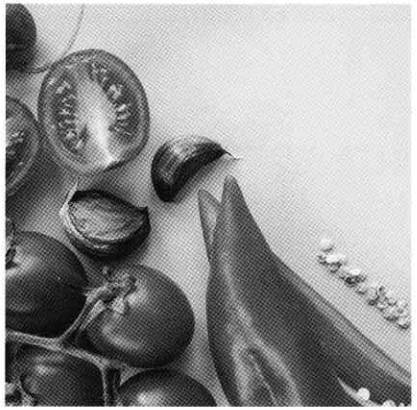
ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Nabo cocido	150	gramos	150	99	22	0.7	0.1	5.0	0.0	0.0	0.0	0.0	ND	2.0	0.0	11.5	8.9	32.7	0.2	175.2	15.8	25.7	0.0	ND	ND
Nopal cocido	1	taza	149	149	22	2.0	0.1	4.9	0.0	0.0	0.0	0.0	ND	3.0	32.8	7.9	4.5	244.0	0.7	291.0	30.0	24.0	0.0	ND	ND
Nopal crudo	2	pieza	140	134	22	1.8	0.1	4.5	0.0	0.0	0.1	0.0	ND	3.2	30.9	12.5	4.0	220.4	0.8	345.4	28.2	21.5	0.0	ND	ND
Nopal crudo de cambray	4	pieza	100	100	27	1.7	0.3	2.9	0.0	0.0	0.0	0.0	ND	3.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Palmito, enlatado	1	pieza	33	33	30	0.8	0.2	1.5	0.0	0.0	0.0	0.0	ND	0.8	0.0	2.6	12.9	19.1	1.0	58.4	140.6	21.5	0.0	ND	ND
Papaloquelite crudo	2	taza	120	108	24	1.9	0.3	3.1	0.0	0.0	0.0	0.0	ND	1.0	69.7	20.5	ND	389.9	2.6	ND	ND	18.4	0.0	ND	ND
Papilla de verduras mixtas	1/3	frasco	43	43	19	0.5	0.0	4.1	0.0	0.0	0.0	0.0	ND	0.6	58.3	1.3	3.4	9.4	0.1	51.9	3.4	ND	0.0	ND	ND
Pasta de tomate	2	cda	30	30	25	1.3	0.1	5.7	0.0	0.0	0.0	0.0	3.7	1.2	22.8	6.6	ND	10.8	0.9	ND	17.7	ND	0.0	ND	ND
Pepinillos crudos	1/3	taza	80	80	23	1.1	1.0	3.3	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.0	25.3	2.1	0.0	1070.0	42.0	0.0	ND	ND
Pepinillos dulces	1	cda	15	15	20	0.1	0.1	5.3	0.0	0.0	0.0	0.0	ND	0.2	2.0	0.0	0.0	0.0	0.1	4.0	122.0	2.0	0.0	ND	ND
Pepino con cáscara rebanado	1	taza	104	104	16	0.7	0.1	3.8	0.0	0.0	0.0	0.0	ND	0.5	5.2	2.9	7.3	16.6	0.3	152.9	2.0	25.0	0.0	ND	ND
Perejil crudo picado	1	taza	60	60	22	1.8	0.5	3.8	0.0	0.2	0.0	0.0	ND	2.0	252.6	80.0	91.2	82.8	3.7	332.4	33.6	34.8	0.0	ND	ND
Pimiento amarillo crudo chico	1	pieza	75	64	17	0.7	0.1	4.0	0.0	0.0	0.1	0.0	ND	0.6	6.4	116.9	16.6	6.9	0.3	135.0	1.4	15.4	0.0	ND	ND
Pimiento cocido	1/2	taza	68	68	19	0.6	0.1	4.6	0.0	0.0	0.1	0.0	ND	0.8	9.5	51.0	11.0	6.0	0.3	113.0	1.0	12.0	0.0	ND	ND
Pimiento fresco	1	taza	60	60	17	0.5	0.1	3.8	0.0	0.0	0.1	0.0	ND	1.1	10.8	54.0	13.2	6.0	0.3	106.8	1.2	12.0	0.0	ND	ND
Pimiento morrón (lata drenada)	1	lata	150	150	27	1.2	0.5	5.9	0.1	0.0	0.2	0.0	0.0	1.8	39.0	69.8	ND	61.5	1.2	ND	2053.5	ND	0.0	ND	ND
Pimiento rojo crudo chico	1	pieza	75	64	17	0.7	0.1	4.0	0.0	0.0	0.0	0.0	ND	0.6	10.0	81.4	29.3	4.5	0.3	134.5	2.6	16.6	0.0	ND	ND

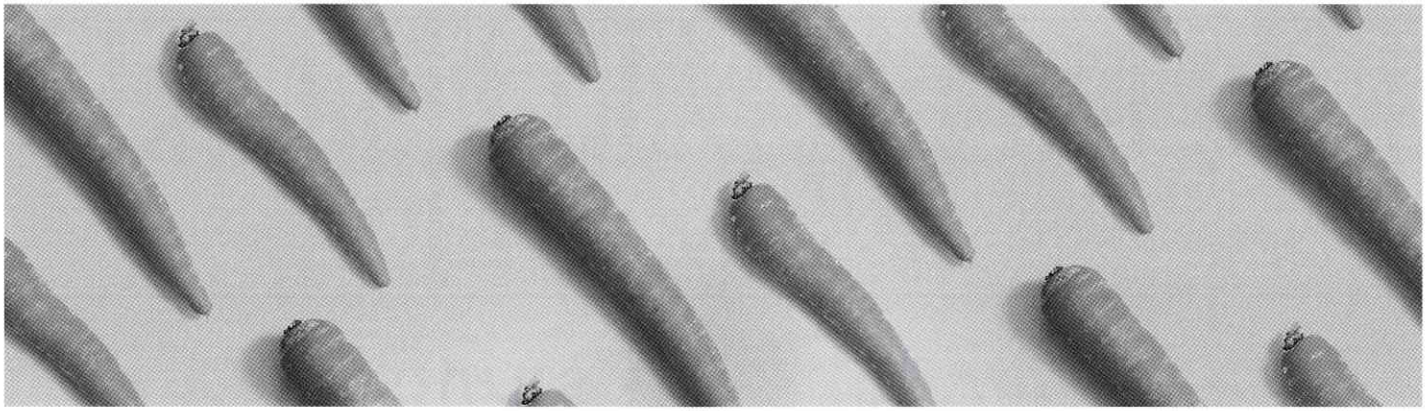
verduras

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pimiento verde crudo chico	1	pieza	75	64	17	0.7	0.1	4.0	0.0	0.0	0.0	0.0	ND	0.6	11.5	51.3	6.4	6.4	0.2	111.6	1.9	12.8	0.0	ND	ND
Poro crudo	1/4	taza	40	32	21	0.5	0.1	4.5	0.0	0.0	0.0	0.0	ND	1.2	26.6	3.5	20.5	18.9	0.7	57.6	6.4	ND	0.0	ND	ND
Puerro crudo	1/4	pieza	22	22	14	0.3	0.1	3.2	0.0	0.0	0.0	0.0	ND	0.9	18.5	2.7	14.2	13.1	0.5	40.1	4.5	ND	0.0	ND	ND
Puerro hervido sin sal	1/2	pieza	62	62	19	0.5	0.1	4.7	0.0	0.0	0.0	0.0	ND	0.6	25.4	2.6	14.9	18.6	0.7	53.9	6.2	ND	0.0	ND	ND
Puré de jitomate	1/3	taza	73	73	23	1.2	0.2	5.3	0.0	0.0	0.1	0.0	3.2	1.4	8.0	6.7	ND	24.7	0.9	ND	135.0	ND	0.0	ND	ND
Puré de tomate enlatado	1/4	taza	63	63	24	1.0	0.1	5.6	0.0	0.0	0.1	0.0	ND	1.5	16.3	6.6	6.9	11.3	1.1	274.4	17.5	25.0	0.0	ND	ND
Quelite crudo	80	gramos	80	66	26	3.1	0.3	2.6	0.0	0.0	0.1	0.0	ND	0.8	213.2	26.2	ND	98.4	2.4	400.8	13.1	ND	0.0	ND	ND
Rábano crudo rebanado	1	taza	116	104	17	0.7	0.1	3.5	0.0	0.0	0.0	0.0	ND	1.7	0.0	15.5	26.1	26.1	0.4	243.3	40.7	20.9	0.0	ND	ND
Romeritos crudos	120	gramos	120	72	26	2.6	0.1	3.5	0.0	0.0	0.0	0.0	ND	0.7	112.0	2.9	ND	29.5	1.8	ND	ND	ND	0.0	ND	ND
Salsa de chile	1/2	taza	115	115	28	1.2	0.2	5.2	0.0	0.0	0.1	0.0	ND	2.8	4.6	2.3	0.0	20.7	0.6	234.6	15.0	0.0	0.0	ND	ND
Salsifí	35	gramos	35	23	18	0.3	0.0	4.0	0.0	0.0	0.0	0.0	ND	0.4	0.0	1.8	ND	12.5	0.2	86.5	4.6	11.4	0.0	ND	ND
Semilla de guaje verde	65	gramos	65	29	28	2.5	0.2	4.0	0.0	0.0	0.0	0.0	ND	0.5	2.3	11.7	ND	46.2	1.1	ND	ND	ND	0.0	ND	ND
Setas cocidas	1/2	taza	78	78	21	2.5	0.3	3.4	0.0	0.0	0.0	0.0	ND	2.0	0.0	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Setas crudas	100	gramos	100	85	23	2.7	0.3	3.7	0.1	0.0	0.1	0.0	ND	2.1	0.0	2.6	17.9	16.2	3.7	314.5	3.4	ND	0.0	ND	ND
Tomate verde	5	pieza	100	86	21	0.9	0.2	3.9	0.0	0.0	0.1	0.0	ND	2.1	1.7	1.7	ND	15.5	0.4	175.4	11.2	ND	0.0	ND	ND
Tomatitos (tomiles)	75	gramos	75	65	26	2.3	0.1	4.1	0.0	0.0	0.0	0.0	ND	0.8	112.6	29.7	ND	249.0	4.5	131.6	8.4	20.6	0.0	ND	ND
Trigo germinado	1/7	taza	10	10	19	0.7	0.1	4.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.3	ND	2.7	0.2	ND	1.6	ND	0.0	ND	ND
Verdolaga cocida	1	taza	115	115	21	1.7	0.2	4.1	0.0	0.0	0.0	0.0	ND	0.9	107.0	12.1	10.4	89.2	0.9	561.1	51.6	41.6	0.0	ND	ND
Verdolaga cruda limpia	2	taza	192	192	31	2.5	0.2	6.6	0.0	0.0	0.0	0.0	ND	1.5	126.7	40.3	23.0	124.8	3.8	948.5	86.4	84.5	0.0	ND	ND

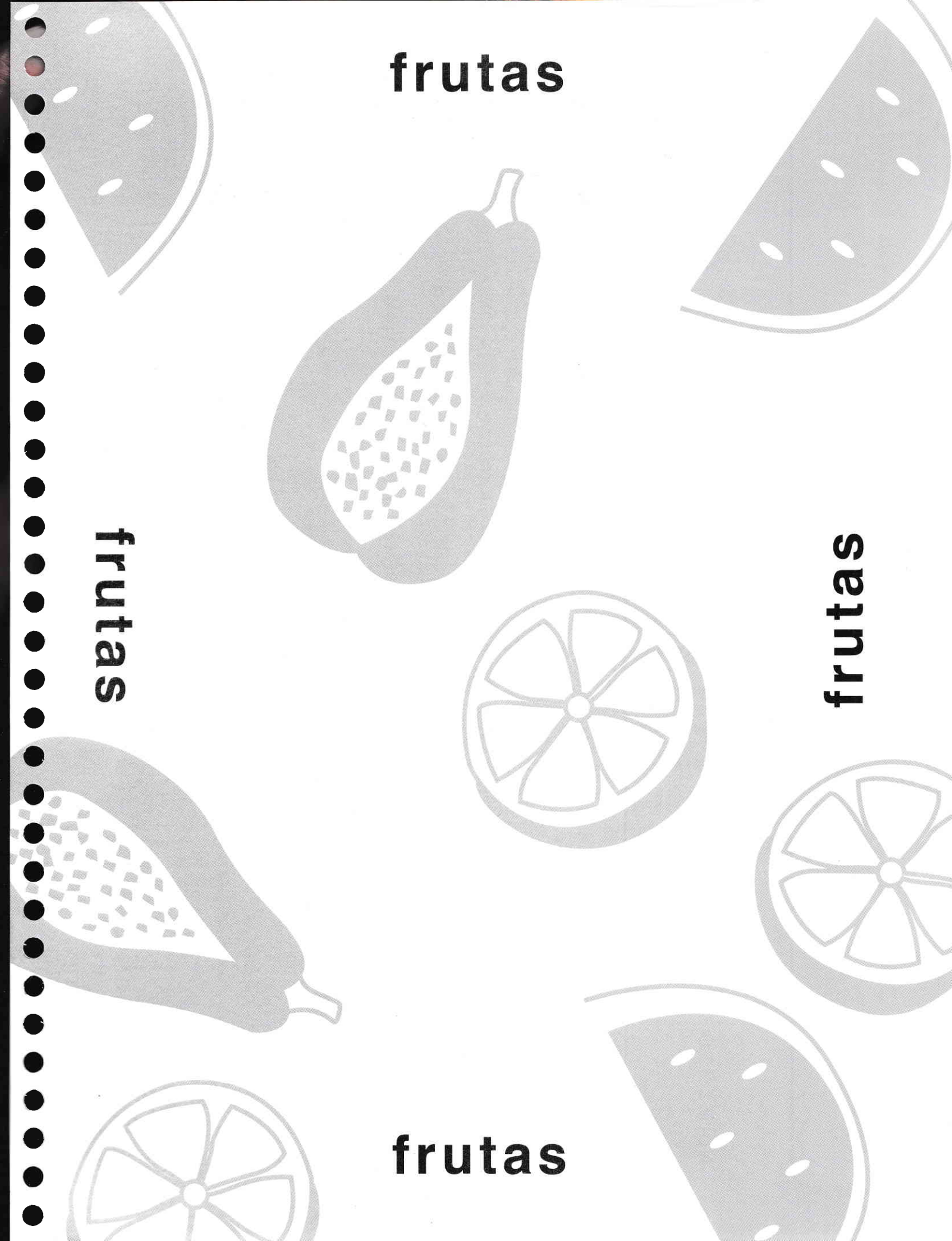
verduras

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Verdura (mezcla) congelada, cocida sin sal	1/2	taza	46	46	30	1.3	0.1	4.6	0.0	0.0	0.0	0.0	ND	2.0	97.4	1.5	8.6	11.4	0.4	76.9	15.9	23.2	0.0	ND	ND
Verduras de lata	2/7	taza	56	56	20	0.8	0.0	4.0	0.0	0.0	0.1	0.0	0.0	2.1	0.0	2.1	ND	11.8	0.4	ND	125.8	ND	0.0	ND	ND
Xoconostle	3	pieza	102	71	18	0.1	0.3	3.7	0.0	0.0	0.0	0.0	ND	1.6	1.4	15.7	ND	90.0	0.2	ND	ND	29.3	0.0	ND	ND
Yemitas (hongo) crudas	2	taza	160	160	27	4.8	1.7	6.4	0.0	0.0	0.0	0.0	ND	3.6	0.0	6.1	ND	28.8	6.0	ND	ND	76.8	0.0	ND	ND
Yerbamora cruda	50	gramos	50	41	21	2.0	0.3	3.6	0.0	0.0	0.0	0.0	ND	0.6	13.9	49.2	ND	113.2	3.7	ND	ND	ND	0.0	ND	ND
Zanahoria baby (miniatura) cruda	4	pieza	60	60	21	0.4	0.1	4.9	0.0	0.0	0.0	0.0	47.0	1.7	414.0	1.6	16.2	19.2	0.5	142.2	46.8	16.8	0.0	2	ND
Zanahoria picada cruda	1/2	taza	64	64	26	0.6	0.2	4.3	0.0	0.0	0.0	0.0	47.0	1.8	534.4	3.8	12.2	21.1	0.2	204.8	44.2	22.4	0.0	2	ND
Zanahoria rallada cruda	1/2	taza	55	55	23	0.5	0.1	4.1	0.0	0.0	0.0	0.0	47.0	1.5	459.3	3.2	10.5	18.2	0.2	176.0	38.0	19.3	0.0	2	ND





frutas



frutas

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Açaí	4	cda	24	24	74	1.2	5.5	14.6	1.2	0.0	0.0	0.0	0.1	9.4	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Agua de coco	1 1/2	taza	360	360	65	1.1	0.7	16.9	0.0	0.0	0.0	0.0	ND	0.0	ND	7.2	ND	64.8	4.3	529.2	90.0	ND	0.0	ND	ND
Albaricoque en almíbar	1/4	taza	65	65	54	0.4	0.1	13.8	0.0	0.0	0.0	0.0	12.0	1.8	94.3	2.0	1.3	ND	0.2	92.3	2.5	ND	0.0	ND	ND
Albaricoque en mitades enlatados en jugo	1/2	taza	122	122	59	0.8	0.1	15.1	0.0	0.0	0.0	0.0	13.1	2.0	103.5	6.0	2.5	ND	0.4	201.5	5.0	ND	0.0	ND	ND
Albaricoque en mitades enlatados en agua	1	taza	227	227	61	1.6	0.4	14.5	0.0	0.2	0.1	0.0	10.9	3.6	167.0	7.0	5.1	ND	0.7	349.0	7.0	ND	0.0	ND	ND
Anona	130	gramos	130	59	59	1.0	0.4	14.7	0.0	0.0	0.0	0.0	ND	2.0	ND	5.3	ND	17.6	0.4	223.5	2.3	ND	0.0	ND	ND
Arándano fresco	1 1/2	taza	150	147	68	0.6	0.2	17.9	0.0	0.0	0.0	0.0	5.9	6.8	7.4	25.0	8.8	17.6	0.7	129.4	4.4	20.6	0.0	ND	ND
Arándano seco con azúcar	1/2	taza	5	5	51	0.0	0.3	13.6	0.0	0.1	0.1	0.0	10.7	1.0	ND	ND	ND	ND	0.1	6.5	0.5	ND	0.0	ND	ND
Blueberries	3/4	taza	109	107	61	0.7	0.4	15.4	0.0	0.1	0.2	0.0	10.6	2.6	ND	13.9	6.4	6.4	0.2	94.9	6.4	10.7	0.0	ND	ND
Blueberries congeladas	3/4	taza	116	116	59	0.5	0.8	14.2	0.1	0.1	0.3	0.0	9.8	3.2	1.5	9.0	8.1	ND	0.2	63.0	1.5	ND	0.0	ND	ND
Blueberries congeladas con azúcar	1/4	taza	58	58	47	0.2	0.1	12.6	0.0	0.0	0.0	0.0	11.4	1.3	0.5	3.5	4.0	ND	0.2	34.5	0.5	ND	0.0	ND	ND
Blueberries en almíbar	1/4	taza	64	64	56	0.4	0.2	14.1	0.0	0.0	0.1	0.0	13.1	1.0	1.3	0.8	1.3	ND	0.2	25.5	2.0	ND	0.0	ND	ND
Breba	5	pieza	200	192	63	1.0	0.2	16.1	0.0	0.0	0.1	0.0	ND	3.3	71.0	1.9	ND	119.0	4.4	372.5	3.8	ND	0.0	ND	ND
Caimito blanco o morado	1	pieza	200	130	68	1.7	2.2	12.2	0.0	0.0	0.0	0.0	ND	3.8	ND	15.6	ND	42.9	5.7	ND	ND	ND	0.0	ND	ND
Calabaza melón	130	gramos	130	98	58	2.8	0.9	11.2	0.0	0.0	0.0	0.0	ND	1.3	36.1	23.4	ND	40.0	2.6	ND	ND	ND	0.0	ND	ND
Caña de azúcar	250	gramos	250	100	64	0.5	0.5	17.2	0.0	0.0	0.0	0.0	ND	1.9	ND	8.0	ND	18.0	0.7	ND	ND	ND	0.0	ND	ND
Capulín	3	taza	480	96	63	1.4	0.0	16.1	0.0	0.0	0.0	0.0	ND	0.6	25.0	12.5	ND	43.2	1.3	ND	ND	ND	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Carambolo o carambola	1 1/2	pieza	191	171	53	1.8	0.6	11.5	0.0	0.0	0.3	0.0	6.8	4.8	83.7	36.5	24.3	6.8	0.4	279.5	4.1	27.0	0.0	ND	ND
Cereza	20	pieza	136	88	56	0.9	0.2	14.7	0.1	0.3	0.3	0.0	11.3	2.1	18.2	6.5	3.9	13.0	0.4	197.6	ND	16.9	0.0	22.0	3.2
Cereza congeladas	1	taza	155	155	71	1.4	0.7	17.1	0.2	0.2	0.2	0.0	14.0	2.5	68.0	3.0	7.8	ND	0.8	192.0	2.0	ND	0.0	ND	ND
Cerezas en almíbar	1/4	taza	64	64	58	0.5	0.1	14.9	0.0	0.0	0.0	0.0	14.2	0.7	22.8	1.3	5.1	ND	0.8	59.8	4.5	ND	0.0	ND	ND
Cerezas Maraschino enlataladas	4	pieza	20	20	64	0.0	0.0	16.8	0.0	0.0	0.0	0.0	15.6	1.2	ND	ND	ND	ND	0.2	8.0	ND	ND	0.0	ND	ND
Chabacano	4	pieza	140	126	61	1.8	0.5	14.0	0.0	0.2	0.1	0.0	11.6	2.5	329.3	13.1	10.7	17.8	0.7	373.2	1.2	23.8	0.0	57.0	8.0
Chagua	150	gramos	150	150	114	15.8	1.3	14.0	0.0	0.0	0.0	0.0	ND	4.7	0.2	6.8	ND	ND	4.6	ND	ND	36.0	0.0	ND	ND
Cherimoya picada	1/2	taza	78	78	58	1.3	0.5	13.8	0.0	0.0	0.0	0.0	ND	1.8	3.0	6.0	14.1	ND	0.2	210.0	3.0	ND	0.0	ND	ND
Chicozapote	1/2	pieza	85	75	62	0.3	0.8	14.9	0.1	0.4	0.0	0.0	ND	4.0	4.4	11.0	10.6	15.8	0.6	144.3	8.8	8.8	0.0	40.0	6.0
Chirimoya	1/3	pieza	112	56	53	0.7	0.2	13.4	0.0	0.0	0.0	0.0	ND	1.2	0.6	5.0	ND	12.9	0.3	ND	ND	ND	0.0	ND	ND
Ciricote	300	gramos	300	90	59	1.1	0.1	15.0	0.0	0.0	0.0	0.0	ND	1.4	25.2	9.9	ND	34.2	1.7	ND	ND	ND	0.0	ND	ND
Ciruela Criolla roja o amarilla	3	pieza	198	158	73	1.1	0.4	18.1	0.0	0.7	0.2	0.0	ND	2.2	50.4	14.4	2.4	7.2	0.2	273.6	ND	16.8	0.0	39.0	7.1
Ciruela negra	1/2	pieza	83	66	50	0.7	0.0	12.5	0.0	0.0	0.0	0.0	10.6	1.3	ND	4.1	ND	ND	ND	68.4	ND	ND	0.0	ND	ND
Ciruela pasa deshuesada	7	pieza	56	56	60	0.5	0.1	15.7	0.0	0.0	0.0	0.0	14.0	1.7	140.0	ND	ND	33.6	0.4	ND	7.0	ND	0.0	29.0	4.6
Cocktail de frutas en almíbar	1/4	taza	62	62	44	0.3	0.1	11.7	0.0	0.0	0.0	0.0	10.6	1.1	8.8	1.3	1.9	ND	0.2	55.8	3.8	ND	0.0	ND	ND
Cocktail de frutas enlatado con agua	1/2	taza	119	119	38	0.5	0.1	10.1	0.0	0.0	0.0	0.0	8.9	1.2	15.5	2.5	3.6	ND	0.3	111.5	4.5	ND	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Cocktail de frutas enlatado con jugo de fruta	1/2	taza	119	119	55	0.6	0.0	14.1	0.0	0.0	0.0	0.0	12.9	1.2	18.0	3.0	3.6	ND	0.3	112.5	4.5	ND	0.0	ND	ND
Cocoyol	170	gramos	170	43	74	2.5	3.8	9.5	0.0	0.0	0.0	0.0	ND	2.1	9.8	49.3	ND	84.6	1.9	ND	ND	ND	0.0	ND	ND
Coloc	60	gramos	60	60	61	1.1	0.3	15.4	0.0	0.0	0.0	0.0	ND	0.3	0.4	14.8	ND	16.8	3.2	ND	ND	22.8	0.0	ND	ND
Cundeamor	450	gramos	450	450	32	3.9	0.7	15.9	0.0	0.0	0.0	0.0	ND	5.6	0.3	230.0	ND	117.0	7.7	ND	ND	153.0	0.0	ND	ND
Dátil seco	2	pieza	17	17	46	0.3	0.0	12.4	0.0	0.0	0.0	0.0	11.0	1.1	0.8	ND	2.0	5.4	0.2	108.2	0.4	6.6	0.0	103.0	12.8
Durazno amarillo	2	pieza	174	153	60	1.4	0.2	14.6	0.0	0.0	0.0	0.0	12.8	2.3	82.7	10.6	5.3	7.0	0.2	301.0	ND	17.6	0.0	42.0	6.1
Durazno con azúcar congelado	1/4	taza	63	63	59	0.4	0.1	15.0	0.0	0.0	0.1	0.0	13.9	1.1	8.8	59.0	1.9	ND	0.2	81.3	3.8	ND	0.0	ND	ND
Durazno en almíbar	1/2	taza	126	126	68	0.6	0.1	18.3	0.0	0.0	0.0	0.0	16.7	1.7	22.5	3.0	3.8	ND	0.5	121.5	6.5	ND	0.0	ND	ND
Durazno enlatado en agua	1	taza	244	244	59	1.1	0.1	14.9	0.0	0.4	0.1	0.0	11.7	3.2	66.0	7.0	7.3	ND	0.8	242.0	7.0	ND	0.0	ND	ND
Durazno enlatado en jugo	1/2	taza	125	125	55	0.8	0.1	14.5	0.0	0.0	0.0	0.0	12.9	1.6	24.0	4.5	3.8	ND	0.3	160.0	5.0	ND	0.0	ND	ND
Durazno Prisco	3	pieza	150	132	51	1.2	0.1	12.5	0.0	0.1	0.1	0.0	11.1	2.0	46.2	13.2	ND	27.7	0.4	266.6	1.3	ND	0.0	ND	ND
Frambuesa	1	taza	123	123	64	1.5	0.8	14.7	0.0	0.1	0.4	0.0	5.4	8.0	6.0	31.0	32.0	27.0	0.7	187.0	ND	15.0	0.0	ND	ND
Fresa entera	17	pza med	204	204	65	1.4	0.6	15.7	0.0	0.1	0.4	0.0	10.0	4.1	55.1	120.0	49.0	28.6	0.8	312.1	2.0	38.8	0.0	40.0	6.3
Fresa rebanada	1	taza	166	166	53	1.1	0.5	12.7	0.0	0.1	0.3	0.0	8.1	3.3	44.8	97.6	39.8	23.2	0.7	254.0	1.7	31.5	0.0	ND	ND
Fresas congeladas con azúcar	1/4	taza	64	64	50	0.3	0.1	13.4	0.0	0.0	0.1	0.0	11.9	1.2	0.8	25.3	2.6	ND	0.3	62.5	0.8	ND	0.0	ND	ND
Fresas congeladas sin azúcar	1/2	taza	111	111	39	0.5	0.1	10.1	0.0	0.0	0.1	0.0	5.1	2.3	2.0	45.5	18.8	ND	0.8	163.5	2.0	ND	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Fruta de la pasión	3	pieza	165	58	56	1.3	0.4	13.5	0.0	0.0	0.3	0.0	6.5	6.0	41.7	16.0	9.6	6.4	0.9	202.1	16.0	38.5	0.0	ND	ND
Fruta picada	1	taza	140	140	59	0.7	0.3	14.7	0.0	0.0	0.1	0.0	7.7	1.4	30.3	37.4	13.1	14.2	0.2	213.2	2.5	10.1	0.0	ND	ND
Fruto del pan	85	gramos	85	74	60	1.0	0.4	14.9	0.0	0.0	0.0	0.0	ND	1.3	3.0	21.4	ND	20.0	0.4	362.4	1.5	ND	0.0	38.0	5.6
Gajos de mandarina	1	taza	105	105	56	0.9	0.3	14.0	0.0	0.0	0.0	0.0	11.1	1.9	113.4	75.6	8.4	18.9	0.3	186.9	1.1	ND	0.0	ND	ND
Gajos de naranja	1	taza	150	150	71	1.4	0.2	17.7	0.0	0.0	0.0	0.0	14.0	3.6	18.0	79.5	45.0	60.0	0.2	271.5	ND	ND	0.0	ND	ND
Gajos de toronja	1	taza	150	150	50	0.8	0.2	12.6	0.0	0.0	0.0	0.0	11.0	1.7	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Giotilla	200	gramos	200	130	66	2.3	1.0	13.9	0.0	0.0	0.0	0.0	ND	2.0	ND	22.1	ND	97.5	4.3	ND	ND	ND	0.0	ND	ND
Goji berries deshidratadas	3	cda	18	18	64	2.6	0.0	13.5	0.0	0.0	0.0	0.0	8.4	1.9	ND	ND	ND	ND	ND	ND	48.2	ND	0.0	ND	ND
Granada China	2	pieza	120	67	65	1.5	0.5	15.7	0.0	0.0	0.0	0.0	ND	7.3	18.8	20.2	13.4	8.1	1.1	233.9	18.8	ND	0.0	ND	ND
Granada roja	1	pieza	190	87	44	0.9	0.3	15.5	0.0	0.0	0.0	0.0	ND	2.4	ND	5.2	ND	2.6	0.3	226.4	2.6	ND	0.0	ND	ND
Grosellas	1	taza	150	150	66	1.3	0.9	15.3	0.1	0.1	0.5	0.0	ND	6.4	22.0	42.0	9.0	ND	0.5	297.0	2.0	ND	0.0	ND	ND
Grosellas en almíbar	1/4	taza	63	63	46	0.4	0.1	11.8	0.0	0.0	0.1	0.0	ND	1.5	4.5	6.3	1.9	ND	0.2	48.5	1.3	ND	0.0	ND	ND
Grosellas negras	1	taza	112	112	71	1.6	0.5	17.2	0.0	0.1	0.2	0.0	ND	0.0	13.0	203.0	ND	ND	1.7	361.0	2.0	ND	0.0	ND	ND
Grosellas rojas o blancas	1	taza	112	112	63	1.6	0.2	15.5	0.0	0.0	0.1	0.0	8.3	4.8	2.0	46.0	9.0	ND	1.1	308.0	1.0	ND	0.0	ND	ND
Guamuchil	60	gramos	60	60	47	1.8	0.2	10.9	ND	ND	ND	0.0	ND	0.2	9.0	79.8	ND	7.8	ND	133.2	11.4	25.2	0.0	ND	ND
Guanábana	1	pza chica	350	238	90	1.0	3.8	15.5	0.0	0.0	0.0	0.0	ND	9.0	92.8	50.0	ND	123.8	5.5	ND	ND	ND	0.0	ND	ND
Guanábana Cimarrona	1	pieza	350	238	90	1.0	3.8	15.5	0.0	0.0	0.0	0.0	ND	9.0	92.8	50.0	ND	123.8	5.5	ND	ND	ND	0.0	ND	ND
Guayaba	3	pieza	135	124	63	1.0	0.7	14.8	0.2	0.1	0.2	0.0	ND	7.0	39.7	227.3	ND	24.8	0.4	352.7	3.7	ND	0.0	ND	ND
Guayaba rosa	1	pieza	90	77	52	2.0	0.7	11.0	0.1	0.0	0.2	0.0	6.8	4.1	6.9	28.2	ND	16.0	0.2	223.2	28.2	20.7	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Guayabas en almíbar	1	pieza	45	45	40	0.0	0.0	12.6	0.0	0.0	0.0	0.0	8.1	2.7	ND	ND	ND	ND	ND	ND	18.9	ND	0.0	ND	ND
Higo	2	pieza	80	72	53	0.6	0.1	13.8	0.0	0.0	0.1	0.0	11.7	2.1	10.1	1.4	4.3	25.9	0.3	167.0	1.4	10.1	0.0	ND	ND
Higo deshidratado	1	pieza	19	19	47	0.6	0.2	11.9	0.0	0.1	0.1	0.0	9.0	1.8	2.4	0.1	1.4	26.9	0.4	133.1	2.1	12.7	0.0	61.0	7.3
Jinicuil	250	gramos	250	50	73	6.0	0.5	13.5	0.0	0.0	0.0	0.0	ND	0.5	10.0	14.0	ND	23.0	1.0	ND	ND	ND	0.0	ND	ND
Jugo de arándano natural sin azúcar añadida	1/2	taza	123	123	57	0.5	0.2	15.0	0.0	0.0	0.1	0.0	14.9	0.1	2.5	11.4	ND	9.8	0.3	ND	2.5	ND	0.0	ND	ND
Jugo de fresa natural	3/4	taza	192	192	73	0.6	1.2	15.0	0.0	0.0	0.7	0.0	14.8	0.2	11.5	21.7	ND	23.1	0.9	ND	1.9	ND	0.0	ND	ND
Jugo de guayaba natural	1/3	taza	92	92	58	0.1	0.1	15.0	0.0	0.0	0.0	0.0	12.0	0.9	ND	19.5	ND	7.4	0.4	ND	5.5	ND	0.0	ND	ND
Jugo de limón	3/4	taza	180	180	45	0.7	0.0	15.6	0.0	0.0	0.0	0.0	4.3	0.7	3.7	82.6	22.9	12.5	0.1	223.5	1.5	11.1	0.0	ND	ND
Jugo de mamey	1/3	taza	80	80	52	0.6	0.1	12.5	0.0	0.0	0.0	0.0	ND	0.2	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Jugo de mandarina natural	1/2	taza	120	120	46	0.8	0.0	11.3	0.0	0.0	0.0	0.0	9.9	1.4	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Jugo de mango	1/2	taza	120	120	61	0.1	0.1	15.7	0.0	0.0	0.0	0.0	14.9	0.4	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Jugo de manzana natural sin azúcar	1/2	taza	129	129	59	0.0	0.0	15.0	0.0	0.0	0.0	0.0	12.9	0.0	ND	1.3	ND	10.3	0.2	ND	5.1	ND	0.0	ND	ND
Jugo de naranja natural	1/2	taza	120	120	54	0.8	0.2	12.5	0.0	0.0	0.0	0.0	10.1	0.2	24.2	60.0	36.3	13.1	0.2	240.0	1.0	20.3	0.0	46.0	5.7
Jugo de papaya	1/3	taza	79	79	45	0.1	0.1	11.5	0.0	0.0	0.0	0.0	11.0	0.5	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Jugo de piña natural	4/9	taza	117	117	62	0.4	0.1	15.0	0.0	0.0	0.0	0.0	11.6	1.2	ND	11.7	ND	15.2	0.4	ND	2.3	ND	0.0	ND	ND
Jugo de toronja natural	1/2	taza	120	120	47	0.6	0.1	11.0	0.0	0.0	0.0	0.0	10.1	0.1	1.0	45.7	12.1	10.7	0.2	194.3	1.0	18.0	0.0	48.0	5.3
Kiwi	1 1/2	pieza	132	114	69	1.2	0.6	16.6	0.0	0.0	0.3	0.0	10.2	3.4	20.9	110.5	43.3	29.9	0.5	376.4	6.0	44.8	0.0	53.0	8.8
Lichis	12	pieza	180	90	59	0.7	0.3	14.9	0.0	0.0	0.0	0.0	13.7	1.2	ND	ND	ND	ND	ND	ND	0.5	ND	0.0	79.0	11.8

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Lima	3	pieza	234	147	44	1.0	0.3	15.5	0.0	0.0	0.3	0.0	2.5	4.1	5.1	78.8	15.3	38.1	0.9	203.3	2.5	22.9	0.0	ND	ND
Limón Real	4	pieza	232	153	31	1.8	0.5	16.4	0.0	0.0	0.0	0.0	ND	7.2	ND	45.9	ND	47.5	2.4	ND	ND	ND	0.0	ND	ND
Mamey	1/3	pieza	137	85	58	1.4	0.5	13.7	0.0	0.0	0.0	0.0	ND	3.8	51.7	19.5	ND	39.0	2.0	ND	ND	ND	0.0	ND	ND
Mandarina	2	pieza	180	128	68	1.0	0.4	17.0	0.0	0.0	0.0	0.0	13.5	2.3	138.0	92.0	10.2	23.0	0.4	227.5	1.3	ND	0.0	ND	ND
Mandarina Reyna	1	pieza	200	142	75	1.2	0.4	18.9	0.0	0.0	0.0	0.0	15.0	2.6	153.4	102.2	11.4	25.6	0.4	252.8	1.4	ND	0.0	ND	ND
Mango Ataúlfo	1/2	pieza	95	62	40	0.3	0.2	10.5	0.0	0.0	0.0	0.0	ND	1.1	84.6	17.3	ND	6.2	0.1	96.3	1.2	ND	0.0	ND	ND
Mango Criollo	1 1/2	pieza	300	162	57	1.3	0.0	14.6	0.0	0.0	0.0	0.0	ND	1.8	388.8	129.6	ND	22.7	2.1	306.2	11.3	ND	0.0	ND	ND
Mango deshidratado	19	gramos	19	19	61	0.5	0.2	14.9	0.1	0.1	0.0	0.0	12.6	0.5	12.7	8.0	ND	ND	ND	ND	30.8	ND	0.0	ND	ND
Mango en almíbar enlatado	1	pieza	61	61	56	0.3	0.1	15.0	0.0	0.0	0.0	0.0	ND	0.1	31.7	19.5	ND	9.8	0.5	ND	ND	ND	0.0	ND	ND
Mango enchilado	17	gramos	17	17	68	0.0	0.0	14.9	0.0	0.0	0.0	0.0	12.8	0.0	ND	ND	ND	ND	ND	ND	9.0	ND	0.0	ND	ND
Mango Manila	1	pieza	207	145	62	1.2	0.0	16.1	0.0	0.0	0.0	0.0	ND	1.6	486.9	110.1	ND	17.4	1.2	273.9	10.1	ND	0.0	20.0	3.5
Mango Petacón	1/2	pieza	200	110	72	0.6	0.3	12.9	0.1	0.1	0.0	0.0	ND	1.2	150.7	30.8	ND	11.0	0.1	171.6	2.2	ND	0.0	ND	ND
Mango picado	1	taza	165	165	58	1.3	0.0	14.9	0.0	0.0	0.0	0.0	ND	1.8	226.1	46.2	ND	16.5	0.2	257.4	3.3	ND	0.0	ND	ND
Mangosteno enlatado en jarabe	1/2	taza	98	98	72	0.4	0.6	17.6	0.0	0.0	0.0	0.0	ND	1.8	2.0	3.0	30.4	ND	0.3	47.0	7.0	ND	0.0	ND	ND
Manzana	1	pieza	138	106	55	0.3	0.2	14.7	0.1	0.0	0.1	0.0	11.0	2.6	5.4	6.2	3.1	7.7	0.2	122.4	ND	7.7	0.0	38.0	5.6
Manzana al vapor	1/2	taza	86	86	44	0.2	0.1	11.7	0.1	0.0	0.1	0.0	8.9	2.1	3.5	ND	0.5	4.5	0.2	75.0	1.0	7.0	0.0	ND	ND
Manzana amarilla	1	pieza	130	100	65	0.3	0.3	16.5	0.1	0.0	0.1	0.0	10.4	2.1	10.0	11.0	0.4	7.0	0.7	113.1	ND	ND	0.0	ND	ND
Manzana cocida	1/2	taza	86	86	44	0.2	0.1	11.7	0.1	0.0	0.1	0.0	8.9	2.1	3.5	ND	0.5	4.5	0.2	75.0	1.0	7.0	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Manzana deshidratada	9	orejones	23	23	55	0.2	0.1	15.0	0.0	0.0	0.0	0.0	13.0	2.0	ND	0.7	ND	3.2	0.3	102.4	19.9	8.5	0.0	ND	ND
Manzana en almíbar	1	pieza	24	24	54	0.0	0.0	15.7	0.0	0.0	0.0	0.0	13.6	2.1	1.2	0.5	0.1	1.0	ND	16.2	0.7	ND	0.0	ND	ND
Manzana en almíbar enlatada	1	pieza	24	24	54	0.0	0.0	15.7	0.0	0.0	0.0	0.0	13.6	2.1	1.2	0.5	0.1	1.0	ND	16.2	0.7	ND	0.0	ND	ND
Manzana Golden	1	pieza	130	100	65	0.3	0.3	16.5	0.1	0.0	0.1	0.0	13.3	2.1	10.0	11.0	0.4	7.0	0.7	113.1	ND	ND	0.0	ND	ND
Manzana Granny	1/2	pieza	93	71	42	0.2	0.3	10.8	0.1	0.0	0.1	0.0	9.5	1.9	3.6	4.1	2.1	5.2	0.1	82.1	ND	5.2	0.0	ND	ND
Manzana picada	1/2	taza	75	75	44	0.2	0.3	11.4	0.1	0.0	0.1	0.0	10.0	2.0	3.8	4.3	2.2	5.4	0.1	86.4	ND	5.4	0.0	ND	ND
Manzana roja	1	pieza	185	142	84	0.3	0.5	21.7	0.1	0.0	0.1	0.0	19.0	3.8	7.2	8.3	4.1	10.3	0.3	164.1	ND	10.3	0.0	ND	ND
Manzana sin cáscara	1	pieza	128	128	73	0.2	0.4	19.0	0.1	0.0	0.1	0.0	12.9	1.7	5.0	5.0	1.0	5.0	0.1	145.0	ND	9.0	0.0	ND	ND
Manzana verde	1/2	pieza	93	71	42	0.2	0.3	10.8	0.1	0.0	0.1	0.0	9.5	1.9	3.6	4.1	2.1	5.2	0.1	82.1	ND	5.2	0.0	ND	ND
Manzana Washington	1/2	pieza	93	71	42	0.2	0.3	10.8	0.1	0.0	0.1	0.0	9.5	1.9	3.6	4.1	2.1	5.2	0.1	82.1	ND	5.2	0.0	ND	ND
Maracuyá	3	pieza	150	53	51	1.2	0.4	12.3	0.0	0.0	0.3	0.0	5.9	5.5	37.9	14.6	8.8	5.8	0.8	183.8	14.6	35.0	0.0	ND	ND
Maracuyá rebanado	1/2	taza	69	69	66	1.5	0.5	16.0	0.0	0.0	0.4	0.0	7.7	7.1	49.5	19.0	11.4	7.6	1.1	239.8	19.0	45.7	0.0	ND	ND
Marañón fresco	190	gramos	190	171	62	1.5	0.5	14.4	0.0	0.0	0.0	0.0	ND	4.6	136.8	285.6	ND	22.2	4.1	ND	ND	ND	0.0	ND	ND
Melón	1/3	pieza	271	179	61	1.5	0.3	14.6	0.0	0.0	0.0	0.0	14.1	1.6	225.6	64.5	30.4	30.4	0.4	553.4	16.1	ND	0.0	65.0	9.5
Melón Cantaloupe	1/3	pieza	271	179	61	1.5	0.3	14.6	0.0	0.0	0.0	0.0	14.1	1.6	225.6	64.5	30.4	30.4	0.4	553.4	16.1	ND	0.0	ND	ND
Melón Chino	1/4	pieza	219	144	52	0.8	0.2	13.1	0.0	0.0	0.0	0.0	11.7	1.2	181.9	52.0	24.5	24.5	0.3	446.1	13.0	ND	0.0	ND	ND
Melón picado	1	taza	160	160	54	1.3	0.3	13.1	0.0	0.0	0.0	0.0	12.6	1.4	201.6	57.6	27.2	27.2	0.3	494.4	14.4	ND	0.0	ND	ND
Melón Valenciano	1/3	pieza	271	179	61	1.5	0.3	14.6	0.0	0.0	0.0	0.0	14.1	1.6	5.4	75.2	30.4	19.7	0.4	553.4	16.1	ND	0.0	ND	ND
Melón Valenciano picado	1	taza	160	160	54	1.3	0.3	13.1	0.0	0.0	0.0	0.0	12.6	1.4	4.8	67.2	27.2	17.6	0.3	494.4	14.4	ND	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Melón verde picado	1	taza	160	160	58	0.9	0.2	14.5	0.0	0.0	0.0	0.0	13.0	1.3	515.0	68.0	27.0	18.0	0.3	494.0	14.0	27.0	0.0	ND	ND
Membrillo	1	pieza	163	98	56	0.4	0.1	15.0	0.0	0.0	0.0	0.0	ND	1.7	3.9	14.7	ND	10.8	0.7	192.7	3.9	ND	0.0	ND	ND
Moras	3/4	taza	108	108	67	2.2	0.6	14.9	0.0	0.1	0.2	0.0	7.6	8.2	42.1	22.7	27.0	34.6	0.7	175.0	ND	ND	0.0	ND	ND
Nanche agrio	45	pieza	225	122	66	1.3	1.6	13.9	0.0	0.0	0.0	0.0	ND	2.4	4.9	86.3	ND	35.2	1.2	ND	ND	ND	0.0	ND	ND
Naranja	2	pieza	242	152	72	1.4	0.2	18.0	0.0	0.0	0.0	0.0	14.3	3.7	18.3	80.8	45.7	61.0	0.2	276.0	ND	ND	0.0	42.0	7.6
Naranja agria	2	pieza	200	126	73	1.9	0.8	14.9	0.0	0.0	0.0	0.0	11.8	3.0	12.6	39.1	ND	81.9	1.0	252.0	1.3	ND	0.0	ND	ND
Naranja Cajera	2	pieza	220	139	69	1.4	1.0	16.4	0.0	0.0	0.0	0.0	13.0	3.3	15.2	70.7	ND	63.8	3.5	277.2	1.4	ND	0.0	ND	ND
Naranja China	4	pieza	140	129	48	2.1	0.4	15.2	0.0	0.0	0.0	0.0	12.0	3.1	36.1	56.7	ND	87.6	1.2	ND	ND	ND	0.0	ND	ND
Naranja sin semilla	1	pieza	201	155	72	1.1	0.6	18.3	0.0	0.0	0.0	0.0	14.5	3.7	ND	ND	ND	ND	ND	ND	1.5	ND	0.0	ND	ND
Naranja Valenciana	2	pieza	242	162	79	1.7	0.5	19.1	0.0	0.1	0.1	0.0	15.2	3.9	37.5	79.1	63.0	64.3	0.1	290.8	ND	28.1	0.0	ND	ND
Naranjada concentrada	1/2	taza	130	130	57	1.0	0.2	13.2	0.0	0.0	0.0	0.0	ND	0.3	ND	ND	ND	ND	ND	7.6	ND	ND	0.0	ND	ND
Nectarina	1	pieza	136	124	54	1.3	0.4	13.1	0.1	0.2	0.3	0.0	9.8	2.1	91.9	6.4	4.6	6.4	0.2	262.1	ND	20.0	0.0	ND	ND
Níspero	25	pieza	350	140	59	0.1	1.2	13.3	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Níspero del Japón	2	pieza	180	108	52	0.4	0.2	13.4	0.0	0.0	0.1	0.0	ND	1.3	56.2	1.1	8.6	17.3	0.3	287.3	1.1	ND	0.0	ND	ND
Orejones de chabacano	7	pieza	25	25	59	0.8	0.1	15.3	0.0	0.1	0.0	0.0	13.1	1.8	177.1	0.7	2.8	11.2	1.2	337.4	2.8	28.7	0.0	30.0	4.6
Orejones de durazno	2	pieza	26	26	62	0.9	0.2	15.9	0.0	0.1	0.1	0.0	10.9	2.1	56.2	1.2	ND	7.2	1.1	259.0	1.8	31.0	0.0	ND	ND
Orejones de manzana	9	pieza	23	23	55	0.2	0.1	14.8	0.0	0.0	0.0	0.0	12.9	2.0	ND	0.7	ND	3.2	0.3	101.3	19.7	8.4	0.0	29.0	4.3
Orejones de pera	1	pieza	18	18	47	0.3	0.1	12.5	0.0	0.0	0.0	0.0	11.2	1.3	ND	1.2	ND	6.2	0.4	96.0	1.1	10.6	0.0	ND	ND
Papaya Hawaiana	1/2	pza chica	152	114	45	0.7	0.2	11.2	0.0	0.0	0.0	0.0	ND	2.1	23.9	70.5	43.3	27.4	0.1	292.9	3.4	5.6	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Papaya picada	1	taza	140	140	55	0.8	0.1	13.7	0.1	0.0	0.0	0.0	ND	2.5	29.4	86.5	53.2	33.6	0.1	359.8	4.2	ND	0.0	59.0	8.1
Papilla de chabacano con tapioca	3/4	frasco	98	98	61	0.3	0.0	16.9	0.0	0.0	0.0	0.0	1.4	1.5	70.2	2.0	1.5	8.8	0.3	118.0	7.8	ND	0.0	ND	ND
Papilla de ciruela pasa con tapioca	3/4	frasco	98	98	68	0.6	0.1	18.2	0.0	0.0	0.0	0.0	10.7	2.6	43.9	1.0	0.2	14.6	0.4	172.6	4.9	ND	0.0	ND	ND
Papilla de durazno	3/4	frasco	98	98	63	0.9	0.3	14.1	0.0	0.0	0.0	0.0	11.2	1.3	15.6	2.9	3.8	5.9	0.2	158.0	5.9	ND	0.0	ND	ND
Papilla de frutas mixtas	3/4	frasco	98	98	59	0.2	0.0	16.0	0.0	0.0	0.0	0.0	ND	ND	ND	30.2	ND	3.9	0.2	81.9	7.8	ND	0.0	ND	ND
Papilla de guayaba y papaya con tapioca	3/4	frasco	98	98	61	0.2	0.1	16.6	0.0	0.0	0.0	0.0	ND	ND	ND	100.6	ND	2.9	0.1	146.3	8.8	ND	0.0	ND	ND
Papilla de mango con tapioca	2/3	frasco	85	85	59	0.3	0.2	16.1	0.0	0.0	0.0	0.0	11.0	0.9	56.6	1.7	ND	3.4	0.1	49.9	3.4	ND	0.0	ND	ND
Papilla de manzana	2/3	frasco	85	85	61	0.3	0.0	16.6	0.0	0.0	0.0	0.0	ND	ND	1.7	ND	0.3	16.1	0.2	42.3	8.5	ND	0.0	ND	ND
Papilla de manzana y chabacano	1	frasco	130	130	61	0.3	0.3	16.1	0.0	0.0	0.0	0.0	11.3	2.3	50.7	2.6	1.7	7.8	0.4	156.0	3.9	ND	0.0	ND	ND
Papilla de pera	3/4	frasco	98	98	56	0.3	0.1	13.3	0.0	0.0	0.0	0.0	8.4	1.2	2.9	2.0	3.5	7.8	0.2	126.8	2.0	ND	0.0	ND	ND
Papilla de pera y piña	1	frasco	130	130	57	0.4	0.3	14.8	0.0	0.0	0.0	0.0	9.6	3.4	3.9	2.6	3.6	13.0	0.3	150.8	5.2	ND	0.0	ND	ND
Papilla de plátano y piña con tapioca	3/4	frasco	98	98	66	0.2	0.1	17.9	0.0	0.0	0.0	0.0	8.2	1.6	3.9	2.0	5.4	6.8	0.1	76.1	7.8	ND	0.0	ND	ND
Pasas	10	pieza	20	20	59	0.5	0.1	15.7	0.0	0.0	0.0	0.0	ND	1.4	ND	1.0	0.6	5.6	0.5	165.0	5.6	15.0	0.0	64.0	10.0
Pasitas	10	pieza	20	20	59	0.5	0.1	15.7	0.0	0.0	0.0	0.0	ND	1.4	ND	1.0	0.6	5.6	0.5	165.0	5.6	15.0	0.0	ND	ND
Pasitas sin semilla	10	pieza	20	20	60	0.6	0.1	15.8	0.0	0.0	0.0	0.0	11.8	0.7	0.2	0.6	0.6	9.8	0.4	150.2	2.4	19.4	0.0	ND	ND
Pera	1/2	pieza	95	81	47	0.3	0.1	12.5	0.0	0.0	0.1	0.0	7.9	2.5	1.5	3.4	5.8	8.8	0.2	101.2	ND	8.8	0.0	38.0	4.7

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pera Asiática	1/2	pieza	138	117	49	0.6	0.3	12.4	0.0	0.1	0.1	0.0	8.2	4.2	ND	4.4	ND	4.8	ND	141.8	ND	12.5	0.0	ND	ND
Pera Bartlett	1/2	pieza	91	77	45	0.3	0.1	12.0	0.0	0.0	0.1	0.0	7.6	2.4	1.4	3.3	5.6	8.4	0.2	96.9	ND	8.4	0.0	ND	ND
Pera D'anjou	1/2	pieza	95	81	47	0.3	0.1	12.5	0.0	0.0	0.1	0.0	7.9	2.5	1.5	3.4	5.8	8.8	0.2	101.2	ND	8.8	0.0	ND	ND
Pera de agua	1/2	pieza	91	74	43	0.3	0.1	11.4	0.0	0.0	0.1	0.0	7.2	2.3	1.3	3.1	5.3	8.0	0.2	92.4	ND	8.0	0.0	ND	ND
Pera de San Juan	2	pieza	130	105	61	0.4	0.1	16.3	0.0	0.1	0.1	0.0	10.3	3.3	1.9	4.4	7.6	11.4	0.3	131.9	ND	11.4	0.0	ND	ND
Pera deshidratada	1	orejón	18	18	46	0.3	0.1	12.2	0.0	0.0	0.0	0.0	ND	1.3	ND	1.2	ND	6.0	0.4	93.3	1.1	10.3	0.0	ND	ND
Pera en almíbar	1/2	pieza	76	76	44	0.3	0.1	11.7	0.0	0.0	0.1	0.0	7.4	2.4	ND	0.6	0.9	3.9	0.2	50.3	3.9	5.5	0.0	ND	ND
Pera Mantequilla	1/2	pieza	83	70	41	0.3	0.1	10.8	0.0	0.0	0.1	0.0	6.9	2.2	1.3	3.0	5.1	7.6	0.2	87.9	ND	7.6	0.0	ND	ND
Pera picada	1	taza	150	150	63	0.8	0.3	16.0	0.0	0.1	0.2	0.0	10.6	5.4	2.7	6.3	10.8	16.3	0.4	188.0	ND	16.3	0.0	ND	ND
Pera Piña	1/2	pieza	100	80	46	0.3	0.1	12.4	0.0	0.0	0.1	0.0	7.8	2.5	1.4	3.4	5.8	8.7	0.2	100.2	ND	8.7	0.0	ND	ND
Pera rebanada	2/3	taza	98	98	41	0.5	0.2	10.4	0.0	0.1	0.1	0.0	6.9	3.5	1.8	4.1	7.0	10.6	0.2	122.2	ND	10.6	0.0	ND	ND
Pera roja	1/2	pieza	90	81	47	0.3	0.1	12.5	0.0	0.0	0.1	0.0	7.9	2.5	ND	0.6	1.0	4.2	0.2	53.6	4.2	5.8	0.0	ND	ND
Pera roja rebanada	1/2	taza	80	80	46	0.3	0.1	12.4	0.0	0.0	0.1	0.0	7.8	2.5	ND	0.6	1.0	4.1	0.2	52.9	4.1	5.7	0.0	ND	ND
Perón	1	pieza	150	105	65	0.4	0.4	16.7	0.0	0.0	0.0	0.0	ND	2.2	1.1	5.3	ND	10.5	0.8	ND	ND	ND	0.0	ND	ND
Perón picado	1	taza	125	125	78	0.5	0.5	19.9	0.0	0.0	0.0	0.0	ND	2.6	1.3	6.3	ND	12.5	1.0	ND	ND	ND	0.0	ND	ND
Pérsimo	2	pieza	50	50	64	0.4	0.2	16.8	0.0	0.0	0.0	0.0	ND	ND	ND	34.0	ND	14.0	1.3	156.0	ND	14.0	0.0	ND	ND
Pérsimo Japonés	1/2	pieza	84	84	59	0.5	0.2	15.6	0.0	0.1	0.1	0.0	10.5	3.0	182.5	6.5	6.5	6.5	0.1	135.0	1.0	14.5	0.0	ND	ND
Piña deshidratada enchilada	17	gramos	17	17	60	0.2	0.0	15.0	0.0	0.0	0.0	0.0	10.7	0.5	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Piña en almíbar	1	reb	50	50	42	0.2	0.1	10.8	0.0	0.0	0.0	0.0	ND	0.4	0.5	2.0	2.3	13.6	0.7	51.3	0.5	ND	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Piña en almíbar	1/3	taza	63	63	53	0.2	0.1	13.6	0.0	0.0	0.0	0.0	ND	0.5	0.7	4.7	3.0	8.9	0.2	65.8	0.7	4.5	0.0	ND	ND
Piña picada	3/4	taza	124	124	62	0.7	0.1	16.2	0.0	0.1	0.2	0.0	12.2	1.7	2.4	19.2	12.8	8.8	0.5	139.7	1.6	8.8	0.0	59.0	9.6
Piña rebanada	1	reb	84	84	42	0.5	0.1	11.0	0.0	0.1	0.1	0.0	8.3	1.2	1.6	13.0	8.7	6.0	0.3	94.8	1.1	6.0	0.0	ND	ND
Pitahaya	2	pieza	240	108	52	1.7	0.6	11.2	0.0	0.0	0.0	0.0	ND	2.2	ND	17.3	ND	11.9	2.1	ND	ND	ND	0.0	ND	ND
Plátano	1/2	pieza	80	54	48	0.6	0.2	12.4	0.1	0.0	0.0	0.0	6.7	1.4	4.3	4.8	10.5	3.3	0.2	215.2	0.5	11.0	0.0	52.0	6.5
Plátano deshidratado	1/4	taza	20	20	69	0.8	0.4	17.7	0.0	0.0	0.0	0.0	9.5	2.0	ND	ND	ND	ND	ND	ND	1.3	ND	0.0	ND	ND
Plátano Dominico	3	pieza	105	57	54	1.0	0.1	14.0	0.0	0.0	0.0	0.0	7.4	1.2	20.4	13.0	12.5	4.5	0.7	209.8	1.7	ND	0.0	ND	ND
Plátano machacado	1/4	taza	56	56	50	0.6	0.2	12.8	0.1	0.0	0.0	0.0	6.9	1.5	34.9	7.3	12.4	7.3	0.4	208.1	0.6	ND	0.0	ND	ND
Plátano Macho	1/4	pieza	95	49	95	0.5	0.2	11.6	0.1	0.0	0.0	0.0	6.0	1.0	38.0	4.4	9.4	3.0	0.1	195.6	0.5	ND	0.0	ND	ND
Plátano Macho rebanado	1/3	taza	51	51	99	0.5	0.3	12.0	0.1	0.0	0.0	0.0	6.3	1.1	39.5	4.6	9.8	3.1	0.2	203.3	0.5	ND	0.0	ND	ND
Plátano Manzano	1/2	pieza	90	49	47	0.5	0.3	11.8	0.0	0.0	0.0	0.0	5.9	1.0	6.8	6.3	10.7	3.9	0.6	179.8	0.5	ND	0.0	ND	ND
Plátano morado	1/2	pieza	90	49	41	0.9	0.1	10.3	0.0	0.0	0.0	0.0	5.9	1.0	20.4	3.9	10.7	6.8	0.7	179.8	0.5	ND	0.0	ND	ND
Pomarosa	140	gramos	140	95	60	0.6	0.2	15.6	0.0	0.0	0.0	0.0	ND	1.3	32.4	20.9	ND	34.3	0.4	117.1	ND	ND	0.0	ND	ND
Pomelo	260	gramos	260	153	58	0.9	0.2	14.7	0.0	0.0	0.0	0.0	ND	0.3	ND	93.6	18.4	6.1	0.2	331.3	1.5	ND	0.0	25.0	3.7
Prisco	3 1/2	pieza	175	154	59	0.9	0.2	14.9	0.0	0.1	0.1	0.0	ND	2.2	53.9	15.4	ND	32.3	0.5	311.1	1.5	ND	0.0	ND	ND
Pulpa de fresa	2	cda	25	25	44	0.1	0.1	11.9	0.0	0.0	0.0	0.0	ND	0.2	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Pulpa de guanábana	2	cda	25	25	45	0.1	0.1	12.3	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Pulpa de mamey	6	cda	75	75	52	1.3	0.5	12.2	0.0	0.0	0.0	0.0	ND	3.4	45.8	17.3	ND	34.5	1.8	ND	ND	ND	0.0	ND	ND
Pulpa de tamarindo	8	cda	100	100	57	0.1	0.1	14.7	0.0	0.0	0.0	0.0	12.7	0.5	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND

frutas

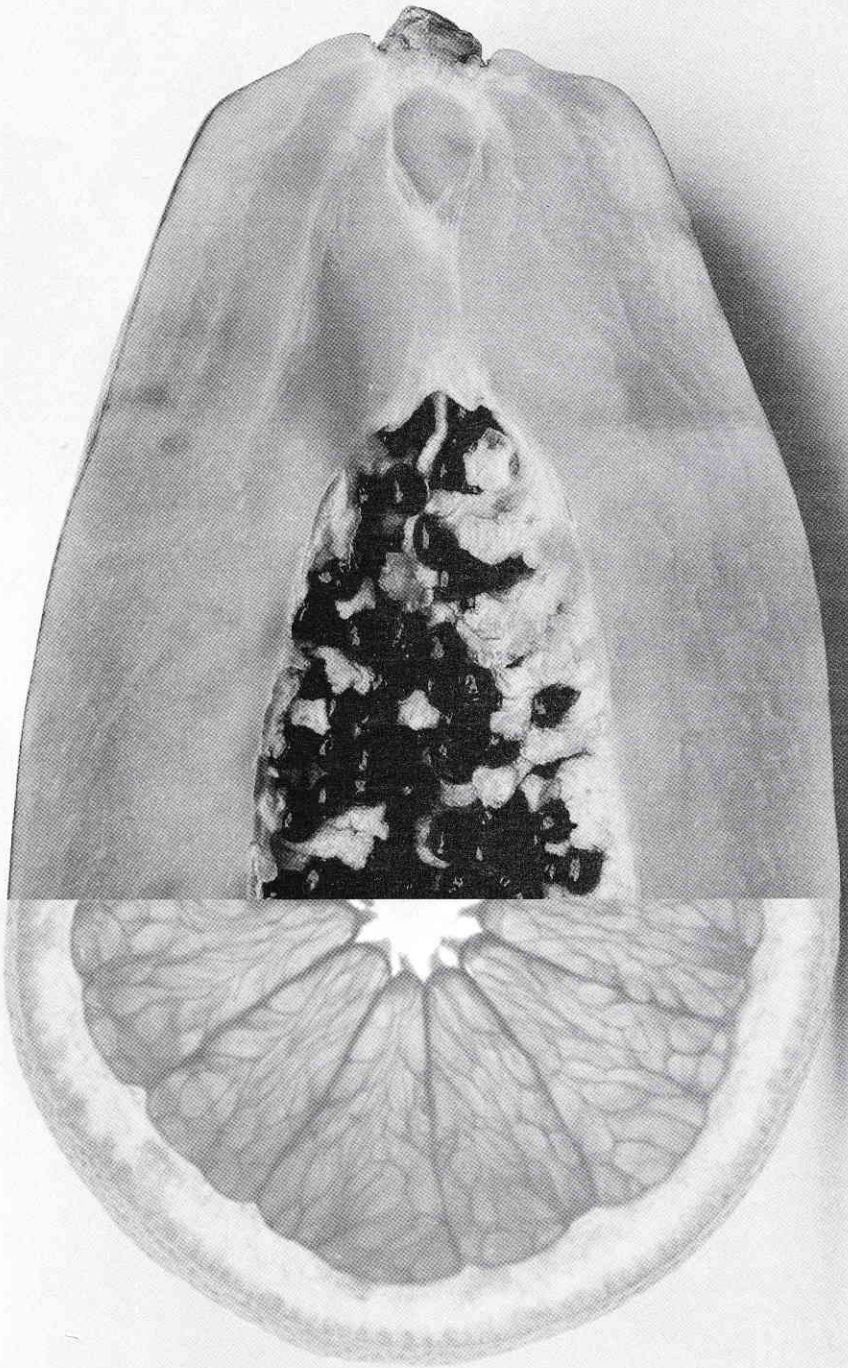
ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pulpa de zapote negro	1/2	taza	105	105	59	0.8	0.1	15.2	0.0	0.0	0.0	0.0	ND	1.3	10.5	87.2	ND	49.4	1.7	ND	ND	ND	0.0	ND	ND
Puré de ciruela pasa	3	cda	41	41	51	0.5	0.1	13.6	0.0	0.1	0.0	0.0	ND	0.2	12.0	0.8	ND	8.7	0.4	128.7	0.8	ND	0.0	ND	ND
Puré de guayaba	1/2	frasco	65	65	49	0.1	0.1	12.0	0.0	0.0	0.0	0.0	ND	1.7	ND	67.0	ND	2.0	0.1	97.5	5.9	ND	0.0	ND	ND
Puré de Guayaba Gerber 2A Etapa	1/2	frasco	65	65	49	0.1	0.1	12.0	0.0	0.0	0.0	0.0	ND	1.7	ND	67.0	ND	2.0	0.1	97.5	5.9	ND	0.0	ND	ND
Puré de manzana	6	cda	83	83	63	0.1	0.1	16.4	0.0	0.0	0.0	0.0	13.6	1.0	ND	1.3	ND	ND	ND	60.4	ND	ND	0.0	ND	ND
Puré de manzana sin azúcar	1/2	taza	122	122	52	0.2	0.1	13.8	0.0	0.0	0.0	0.0	ND	1.5	4.0	1.0	1.0	4.0	0.2	92.0	2.0	9.0	0.0	ND	ND
Puré de plátano	1/4	taza	56	56	50	0.6	0.2	12.8	0.1	0.0	0.0	0.0	6.9	1.5	34.9	7.3	12.4	7.3	0.4	208.1	0.6	ND	0.0	ND	ND
Rambután	7	pieza	175	88	55	0.6	0.3	15.0	0.1	0.0	0.1	0.0	14.4	0.9	8.6	3.8	3.8	12.4	0.3	167.4	1.9	8.6	0.0	ND	ND
Rambután en almíbar	1/4	taza	54	54	44	0.4	0.1	11.2	0.0	0.0	0.0	0.0	ND	0.5	ND	2.5	4.3	ND	0.2	22.5	6.0	ND	0.0	33.0	3.7
Rollo de frutas	1	pieza	21	21	78	0.0	0.6	18.0	0.0	0.3	0.1	0.0	10.3	0.0	3.0	1.0	2.0	7.0	0.2	62.0	13.0	7.0	0.0	ND	ND
Salsa de arándano en gelatina enlatada	1/2	reb	29	29	43	0.1	0.1	11.1	0.0	0.0	0.0	0.0	10.8	0.3	0.5	0.5	0.3	ND	0.1	7.5	8.5	ND	0.0	ND	ND
Sandía picada	1	taza	160	160	48	1.0	0.2	12.1	0.1	0.2	0.2	0.0	9.9	0.6	59.0	15.0	4.0	13.0	0.3	186.0	3.0	14.0	0.0	72.0	8.7
Sandía rebanada	1	reb	200	200	60	1.3	0.3	15.1	0.1	0.3	0.3	0.0	12.4	0.8	73.8	18.8	5.0	16.3	0.3	232.5	3.8	17.5	0.0	ND	ND
Saramuyo	130	gramos	130	85	63	1.8	0.8	13.8	0.0	0.0	0.0	0.0	ND	0.0	7.6	27.0	ND	37.2	ND	ND	ND	ND	0.0	ND	ND
Semilla de jinicuil	200	gramos	200	40	58	4.8	0.4	10.8	0.0	0.0	0.0	0.0	ND	0.4	8.0	11.2	ND	18.4	0.8	ND	ND	ND	0.0	ND	ND
Tamarindo	50	gramos	50	25	60	0.7	0.1	15.6	0.1	0.0	0.0	0.0	14.4	1.3	0.8	0.8	3.5	18.5	0.7	157.1	7.1	28.3	0.0	ND	ND
Tamarindo (pulpa sin azúcar)	8	cda	100	100	57	0.1	0.1	14.7	0.0	0.0	0.0	0.0	12.7	0.5	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Tamarindo pelado	1/4	taza	30	30	72	0.9	0.2	18.8	0.1	0.1	0.0	0.0	17.2	1.5	1.0	1.0	4.3	22.3	0.8	188.5	8.5	34.0	0.0	ND	ND
Tangerina	2	pieza	180	128	56	0.6	0.3	15.3	0.0	0.0	0.0	0.0	ND	0.4	138.0	92.0	10.2	23.0	0.4	227.5	1.3	ND	0.0	ND	ND
Tejocote	2	pieza	70	60	52	0.5	0.4	13.1	0.0	0.0	0.0	0.0	ND	1.6	251.1	27.4	ND	55.9	1.0	ND	ND	ND	0.0	ND	ND
Toronja	1	pieza	246	162	54	0.9	0.2	13.7	0.0	0.0	0.0	0.0	11.9	1.8	4.9	86.1	16.2	47.1	0.2	225.7	ND	ND	0.0	25.0	3.4
Toronja en gajos	1	taza	150	150	50	0.8	0.2	12.6	0.0	0.0	0.0	0.0	11.0	1.7	18.3	51.2	15.9	18.3	0.1	208.5	ND	12.2	0.0	ND	ND
Toronja enlatada con jugo	1/2	taza	125	125	46	0.9	0.1	11.5	0.0	0.0	0.1	0.0	11.0	0.5	ND	42.0	11.2	ND	0.3	213.5	8.5	ND	0.0	ND	ND
Toronjas en almíbar	1/2	taza	127	127	76	0.7	0.2	19.6	0.0	0.0	0.1	0.0	19.1	0.5	ND	27.0	11.5	ND	0.5	164.0	2.5	ND	0.0	ND	ND
Tuna	2	pieza	250	138	56	1.0	0.7	13.2	0.0	0.0	0.0	0.0	ND	5.0	6.9	19.3	ND	77.0	0.4	302.5	6.9	ND	0.0	ND	ND
Tuna Cardona	2	pieza	250	138	56	1.0	0.7	13.2	0.0	0.0	0.0	0.0	ND	5.0	6.9	30.3	ND	67.4	3.6	302.5	6.9	ND	0.0	ND	ND
Tuna picada	1	taza	150	150	62	1.1	0.8	14.4	0.0	0.0	0.0	0.0	ND	5.4	7.5	21.0	ND	84.0	0.5	330.0	7.5	ND	0.0	ND	ND
Tuna roja	2	pieza	250	138	56	1.0	0.7	13.2	0.0	0.0	0.0	0.0	ND	5.0	6.9	30.3	ND	67.4	3.6	302.5	6.9	ND	0.0	ND	ND
Uva	18	pieza	126	86	61	0.6	0.5	15.3	0.2	0.0	0.1	0.0	ND	1.1	1.7	9.4	3.4	9.4	0.2	158.5	1.7	ND	0.0	43.0	6.6
Uva blanca	1	taza	92	87	59	0.6	0.3	15.0	0.1	0.0	0.1	0.0	14.3	0.8	8.6	3.8	3.8	12.4	0.3	167.2	1.9	8.6	0.0	ND	ND
Uva con semilla	1	taza	120	114	76	0.7	0.4	19.6	0.1	0.0	0.1	0.0	18.7	1.0	7.8	12.1	4.3	12.8	0.3	210.9	2.1	15.0	0.0	ND	ND
Uva roja	1	taza	120	114	76	0.7	0.4	19.6	0.1	0.0	0.1	0.0	18.7	1.0	7.8	12.1	4.3	12.8	0.3	210.9	2.1	15.0	0.0	ND	ND
Uva sin semilla	1	taza	92	87	55	0.6	0.3	15.0	0.1	0.0	0.1	0.0	14.3	0.9	8.6	3.8	3.8	12.4	0.3	167.2	1.9	8.6	0.0	ND	ND
Uva verde	1	taza	92	87	55	0.6	0.3	15.0	0.1	0.0	0.1	0.0	14.3	0.9	8.6	3.8	3.8	12.4	0.3	167.2	1.9	8.6	0.0	ND	ND
Uva verde sin semilla	1	taza	92	87	55	0.6	0.3	15.0	0.1	0.0	0.1	0.0	14.3	0.9	8.6	3.8	3.8	12.4	0.3	167.2	1.9	8.6	0.0	ND	ND
Uvas enlatadas en agua	1/2	taza	123	123	49	0.6	0.2	12.6	0.1	0.0	0.1	0.0	11.9	0.8	2.5	1.0	3.7	ND	1.2	131.0	7.5	ND	0.0	28.0	3.5

frutas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Xocoyol	900	gramos	900	225	56	0.5	0.2	14.9	0.0	0.0	0.0	0.0	ND	2.9	873.0	58.5	ND	292.5	9.7	ND	ND	ND	0.0	ND	ND
Zapote	1/4	pieza	56	51	68	1.1	0.3	17.1	0.0	0.0	0.0	0.0	ND	1.3	20.7	10.1	ND	19.8	0.5	174.2	5.2	14.2	0.0	ND	ND
Zapote amarillo	1/2	pieza	152	94	74	1.1	0.5	18.8	0.0	0.0	0.0	0.0	ND	1.0	16.9	55.4	ND	31.9	2.0	44.1	14.1	ND	0.0	ND	ND
Zapote blanco	1/2	pieza	152	115	81	2.0	0.8	18.5	0.0	0.0	0.0	0.0	ND	1.4	8.1	41.5	ND	9.2	0.2	ND	ND	ND	0.0	ND	ND
Zapote borracho	1/4	pieza	75	45	63	0.6	0.4	16.3	0.0	0.0	0.0	0.0	ND	0.5	11.3	18.0	ND	16.2	0.3	ND	ND	ND	0.0	ND	ND
Zapote negro	1/2	pieza	150	93	52	0.7	0.1	13.5	0.0	0.0	0.0	0.0	ND	1.1	9.3	77.2	ND	43.7	1.5	ND	ND	ND	0.0	ND	ND
Zapote negro limpio	1/2	taza	115	115	64	0.9	0.1	16.7	0.0	0.0	0.0	0.0	ND	1.4	11.5	95.5	ND	54.1	1.8	ND	ND	ND	0.0	ND	ND
Zarzamora	1	taza	150	144	75	1.0	0.9	18.4	0.0	0.1	0.3	0.0	ND	5.9	56.2	30.2	ND	46.1	0.7	282.2	ND	ND	0.0	ND	ND
Zarzamora congelada sin azúcar	1/2	taza	76	76	49	0.9	0.3	11.9	0.0	0.1	0.2	0.0	8.1	3.8	4.5	2.5	25.7	ND	0.6	105.5	1.0	ND	0.0	ND	ND
Zarzamora en almíbar	1/4	taza	64	64	59	0.9	0.1	14.8	0.0	0.0	0.1	0.0	12.6	2.2	7.0	1.8	17.3	ND	0.4	63.3	2.0	ND	0.0	ND	ND



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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Alegría natural	5	cdita	21	21	74	2.7	1.5	13.5	0.0	0.0	0.0	0.0	ND	1.4	ND	ND	ND	0.5	0.7	ND	ND	ND	0.0	ND	ND
Alegría tostada	4	cdita	16	16	63	2.2	1.3	11.7	0.0	0.0	0.0	0.0	ND	1.6	ND	ND	ND	47.9	0.3	ND	ND	ND	0.0	ND	ND
Alegrías	1 1/2	pieza	21	21	74	1.7	0.6	15.5	0.2	0.0	0.0	0.0	11.3	1.5	ND	ND	ND	ND	ND	ND	1.1	ND	0.0	ND	ND
Amaranto cocido	2 1/2	taza	330	330	70	7.0	0.5	13.5	0.0	0.0	0.5	0.0	ND	0.0	915.0	135.0	185.0	690.0	7.5	2115.0	70.0	240.0	0.0	ND	ND
Amaranto tostado	1/4	taza	16	16	63	2.2	1.3	11.6	0.0	0.0	0.0	0.0	ND	1.6	ND	ND	ND	47.5	0.3	ND	ND	ND	0.0	ND	ND
Anillos de trigo azucarados de colores	1/2	taza	16	16	63	1.0	0.6	13.4	0.2	0.1	0.1	0.0	8.0	0.2	49.2	7.5	ND	1.5	2.3	ND	53.5	ND	0.0	ND	ND
Animalitos	9	pieza	20	20	73	1.4	0.7	15.4	0.3	0.2	0.2	0.0	5.6	0.5	ND	ND	44.0	ND	1.7	ND	109.3	ND	0.0	ND	ND
Arroz cocido	1/4	taza	47	47	60	1.1	0.1	13.3	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	26.0	1.4	0.7	13.5	ND	20.0	0.0	64	30
Arroz crudo	20	gramos	20	20	72	1.3	0.1	15.9	0.0	0.0	0.0	0.0	ND	ND	ND	ND	1.8	1.8	0.2	17.2	0.2	ND	0.0	ND	ND
Arroz inflado con cocoa	1/2	taza	17	17	64	0.9	0.2	14.7	0.0	0.0	0.0	0.0	ND	0.1	218.5	ND	58.2	3.0	1.0	24.4	126.2	ND	0.0	82	14
Arroz inflado natural	1/2	taza	17	17	65	1.1	0.1	14.6	0.0	0.0	0.0	0.0	ND	0.5	ND	ND	58.2	3.0	1.0	24.4	126.2	ND	0.0	ND	ND
Arroz integral cocido	1/3	taza	65	65	73	1.5	0.5	15.3	0.1	0.2	0.2	0.0	ND	1.2	ND	ND	2.6	6.7	0.3	51.4	0.7	54.0	0.0	66	43
Arroz integral crudo	20	gramos	20	20	72	1.5	0.5	15.2	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	4.0	6.6	0.4	53.6	0.8	0.0	0.0	0	0
Arroz para sushi	1/7	taza	25	25	89	1.5	0.0	19.7	0.0	0.0	0.0	0.0	ND	0.5	ND	ND	ND	ND	0.2	ND	ND	ND	0.0	ND	ND
Arroz precocido cocido	1/3	taza	52	52	64	1.5	0.2	13.6	0.0	0.0	0.0	0.0	0.1	0.5	ND	ND	1.6	9.9	0.1	29.2	1.0	ND	0.0	48	25
Arroz precocido crudo	20	gramos	20	20	75	1.6	0.2	16.1	0.0	0.0	0.0	0.0	0.1	0.4	ND	ND	1.6	11.0	0.1	37.4	0.6	ND	0.0	ND	ND
Arroz pulido crudo	20	gramos	20	20	72	1.3	0.1	15.9	0.0	0.0	0.0	0.0	ND	ND	ND	ND	1.8	1.8	0.2	17.2	0.2	ND	0.0	ND	ND
Arroz salvaje cocido	1/3	taza	54	54	55	2.1	0.2	11.6	0.0	0.0	0.1	0.0	0.4	1.0	ND	ND	14.1	1.7	0.3	54.8	1.7	44.2	0.0	54	29
Arroz salvaje crudo	20	gramos	20	20	71	2.9	0.2	15.0	0.0	0.0	0.0	0.0	0.5	1.2	ND	ND	19.0	4.2	0.4	85.4	1.4	ND	0.0	ND	ND

cereales
SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Atole en polvo	7	cdita	18	18	68	0.0	0.0	16.4	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	74	13
Atole en sobre	1/3	sobre	16	16	58	0.0	0.0	14.0	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	51	8
Atole sabor cajeta	2	cda	18	18	70	0.0	0.0	16.0	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	100.0	ND	0.0	ND	ND
Atole sabor chocolate	2	cda	18	18	67	0.2	0.7	15.0	0.4	0.1	0.2	0.0	0.1	0.3	ND	ND	ND	ND	ND	ND	33.5	ND	0.0	ND	ND
Atole sabor fresa	2	cda	118	18	68	0.1	0.8	15.1	0.6	0.1	0.2	0.0	0.1	0.1	ND	ND	ND	ND	ND	ND	33.1	ND	0.0	ND	ND
Atole sabor nuez	2	cda	18	18	68	0.1	0.8	15.1	0.6	0.1	0.2	0.0	0.1	0.1	ND	ND	ND	ND	ND	ND	33.1	ND	0.0	ND	ND
Atole sabor vainilla	2	cda	18	18	68	0.1	0.8	15.1	0.6	0.1	0.2	0.0	0.1	0.1	ND	ND	ND	ND	ND	ND	33.1	ND	0.0	ND	ND
Atole vitaminado	1/3	sobre	16	16	59	0.0	0.0	14.1	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	51	8
Avena cocida	3/4	taza	164	164	66	5.2	1.3	18.8	0.3	0.4	0.6	0.0	ND	4.3	ND	ND	10.5	16.4	1.4	150.8	1.5	195.6	0.0	50	82
Avena con canela y especias	1/3	sobre	15	15	56	1.3	0.7	11.7	0.0	0.1	0.1	0.0	5.1	1.0	44.6	ND	29.0	36.3	1.3	38.1	81.2	13.7	0.0	65	10
Avena con manzana y canela	1/3	sobre	14	14	53	1.2	0.7	10.9	0.0	0.1	0.1	0.0	4.8	0.9	41.7	ND	27.1	33.9	1.2	35.6	75.9	12.8	0.0	65	9
Avena con pasitas y especias	1/3	sobre	14	14	53	1.2	0.7	10.9	0.0	0.1	0.1	0.0	4.8	0.9	41.7	ND	27.1	33.9	1.2	35.6	75.9	12.8	0.0	65	9
Avena en hojuelas	1/2	taza	20	20	73	3.2	1.3	13.4	0.2	0.4	0.5	0.0	0.2	2.0	ND	ND	ND	10.4	0.8	70.0	0.8	94.8	0.0	65	13
Avena Instantánea 0% Quaker Sabor Manzana Canela	1/2	sobre	18	18	60	1.5	0.7	11.8	0.2	0.3	0.3	0.0	2.1	1.8	9.9	ND	7.3	42.5	0.4	ND	85.0	27.9	0.0	ND	ND
Avena Instantánea PLUS Varios Sabores	1/3	sobre	14	14	53	1.3	1.0	9.8	ND	ND	ND	ND	3.0	1.2	ND	ND	ND	ND	ND	ND	38.7	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Avena instantánea preparada	1/3	taza	77	77	53	1.8	1.1	9.0	0.2	0.3	0.3	0.0	0.4	1.3	ND	ND	54.8	61.8	4.6	435.9	37.8	567.9	0.0	65	50
Avena Instantánea Quaker Sabor Fresas con Crema	1/2	sobre	18	18	66	2.9	1.3	12.2	0.2	0.4	0.6	0.0	5.6	1.1	9.9	ND	7.3	18.9	0.4	ND	ND	13.9	0.0	ND	ND
Avena Instantánea Varios Sabores	1/3	sobre	14	14	51	1.0	1.0	9.4	ND	ND	ND	ND	4.3	0.8	ND	ND	ND	ND	ND	ND	88.9	ND	0.0	ND	ND
Avena integral	1/3	taza	26	26	65	4.6	1.9	17.5	0.3	0.6	0.8	0.0	ND	4.1	ND	ND	13.6	15.3	1.4	149.0	0.9	194.2	0.0	ND	ND
Avena integral con pasitas, instantánea preparada	1/2	sobre	22	22	77	1.7	0.9	16.4	0.0	0.1	0.1	0.0	7.8	1.3	60.0	ND	44.1	55.0	2.0	77.6	120.8	18.1	0.0	ND	ND
Avena Quaker 3 Minutos	1/2	taza	20	20	67	3.3	0.9	11.6	0.2	0.3	0.3	0.0	ND	1.7	44.3	ND	ND	16.2	0.3	ND	ND	27.9	0.0	ND	ND
Avena Quaker Old Fashion	1/2	taza	20	20	68	2.8	1.1	11.8	ND	ND	ND	ND	0.3	1.9	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Avena Quaker Old Fashioned	1/2	taza	20	20	71	2.7	1.5	11.7	0.3	0.5	0.4	0.0	0.3	1.9	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Bagel	1/3	pieza	24	24	65	2.5	0.4	12.6	0.1	0.0	0.2	0.0	ND	0.5	ND	ND	5.3	17.7	0.8	24.0	126.3	22.7	0.0	72	17
Bagel de ajo	1/3	pieza	24	24	67	2.5	0.4	12.9	0.0	0.0	0.0	0.0	ND	0.6	ND	ND	5.5	18.1	0.9	24.6	129.4	23.2	0.0	ND	ND
Bagel de ajonjolí	1/3	pieza	24	24	74	2.7	0.7	12.9	0.0	0.0	0.0	0.0	ND	0.6	ND	ND	5.3	ND	ND	ND	145.6	ND	0.0	ND	ND
Bagel de avena	1/3	pieza	24	24	60	2.5	0.3	12.6	0.0	0.1	0.1	0.0	ND	0.9	ND	ND	11.0	3.0	0.7	48.3	120.0	39.0	0.0	ND	ND
Bagel de canela y pasas	1/3	pieza	24	24	65	2.3	0.4	13.1	0.1	0.0	0.2	0.0	ND	0.5	2.0	ND	5.0	4.3	0.9	36.0	76.3	18.3	0.0	ND	ND
Bagel de cebolla	1/3	pieza	24	24	74	2.7	0.7	12.9	0.0	0.0	0.0	0.0	ND	0.6	ND	ND	11.0	ND	ND	ND	145.6	ND	0.0	ND	ND
Bagel integral	1/3	pieza	24	24	60	2.5	0.3	12.6	0.0	0.0	0.0	0.0	ND	0.9	ND	ND	5.3	ND	ND	ND	120.0	ND	0.0	ND	ND
Baguette	1/7	pieza	27	27	72	2.2	1.0	13.4	0.2	0.4	0.2	0.0	1.0	0.6	ND	ND	9.7	29.2	0.8	32.4	145.8	25.9	0.0	95	26

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Barquillo	1 1/2	pieza	15	15	64	1.1	1.1	12.0	0.0	0.4	0.4	0.0	ND	0.4	ND	ND	ND	3.8	0.5	15.0	22.5	15.0	0.0	ND	ND
Barra de amaranto	1 1/2	pieza	21	21	74	1.7	0.6	15.5	0.2	0.0	0.0	0.0	11.3	1.5	ND	ND	ND	ND	ND	ND	1.1	ND	0.0	ND	ND
Barra de cereal con fruta	1 1/2	pieza	21	21	72	1.2	0.2	16.3	0.0	0.1	0.1	0.0	9.5	1.6	0.2	0.4	ND	0.6	0.8	ND	3.4	ND	0.0	ND	ND
Barra Kellogg's® Special K® Chocolate semiamargo	1	barra	21	21	80	1.1	1.6	15.4	0.7	ND	ND	ND	5.8	0.9	ND	ND	100.0	ND	3.5	ND	45.8	ND	ND	ND	ND
Barra Kellogg's® Special K® Cosecha roja	1	barra	21	21	80	1.0	1.4	15.9	0.6	ND	ND	ND	6.4	0.7	ND	ND	100.0	ND	3.5	ND	40.7	ND	ND	ND	ND
Barra Kellogg's® Special K® Sabor Vainilla y Frambuesa	1	barra	21	21	81	1.1	1.5	15.7	0.8	ND	ND	ND	5.8	0.7	ND	ND	100.0	ND	3.5	ND	42.2	ND	ND	ND	ND
Barra Special K Varios Sabores	1	pieza	24	24	90	2.0	1.0	19.0	0.3	0.3	0.4	0.0	2.6	0.5	ND	ND	ND	ND	ND	ND	104.9	ND	0.0	ND	ND
Barra Stila Quaker Sabor Manzana Canela	3/4	pieza	19	19	66	1.5	1.3	12.2	0.5	0.5	0.4	0.0	5.2	1.5	ND	ND	ND	ND	ND	ND	71.3	ND	0.0	ND	ND
Barra Stila Varios Sabores	3/4	pieza	19	19	68	1.6	1.3	12.4	ND	ND	ND	ND	5.3	1.5	ND	ND	ND	ND	ND	ND	71.3	ND	0.0	ND	ND
Barrita de avena	1/2	pieza	14	14	56	0.8	1.1	11.1	0.3	0.5	0.2	0.0	4.8	0.5	ND	ND	2.0	4.5	0.3	31.0	52.5	21.5	0.0	ND	ND
Barrita de granola sabor manzana	1/2	pieza	14	14	55	0.8	1.0	11.3	0.3	0.5	0.2	0.0	5.1	0.7	ND	ND	2.0	4.5	0.3	30.5	39.5	24.5	0.0	ND	ND
Bebida vegetal Silk® Avena sin azúcar y sin endulzar	1	taza	240	240	75	1.0	3.4	10.3	0.5	2.4	0.5	0.0	3.4	0.2	95.5	ND	ND	421.2	ND	ND	141.4	ND	ND	ND	ND
Birote	1/3	pieza	22	22	67	2.1	0.0	14.1	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	9.1	0.3	24.3	123.3	27.5	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Bolillo	1/3	pieza	20	20	73	2.2	0.3	15.2	0.0	0.0	0.0	0.0	ND	0.7	ND	ND	ND	8.3	0.2	22.2	112.7	25.1	0.0	ND	ND
Bolillo integral	1/3	pieza	20	20	64	2.1	0.1	13.4	0.0	0.0	0.0	0.0	ND	0.2	ND	ND	ND	12.3	0.6	ND	68.5	24.4	0.0	ND	ND
Bolillo integral sin migajón	1/2	pieza	27	27	73	2.6	1.0	13.8	0.3	0.2	0.3	0.1	ND	0.3	ND	ND	ND	16.9	0.8	ND	94.5	33.6	0.0	ND	ND
Bolillo sin migajón	1/2	pieza	30	30	79	2.5	0.9	15.2	0.3	0.2	0.2	0.1	ND	0.2	ND	ND	ND	12.6	0.4	33.6	170.7	38.1	0.0	ND	ND
Bollo de hamburguesa	1/3	pieza	9	9	23	0.9	0.4	4.5	0.0	0.0	0.0	0.0	0.6	0.2	ND	ND	ND	9.3	0.3	ND	39.0	ND	0.0	ND	ND
Bollos para hamburguesa	1/3	pieza	25	25	65	2.4	1.1	12.5	0.1	0.0	0.0	0.0	1.8	0.6	ND	ND	ND	25.7	0.7	ND	108.2	ND	0.0	ND	ND
Burbujas de maíz azucaradas	1/2	taza	16	16	59	0.7	0.1	14.0	0.0	0.1	0.1	0.0	7.0	0.2	ND	7.5	50.0	2.0	0.9	13.5	59.5	4.0	0.0	80	12
Camote al horno	1/3	taza	70	70	70	1.2	0.1	16.4	0.0	0.0	0.0	0.0	ND	1.3	1148.6	6.4	15.9	24.7	0.4	264.1	5.6	31.0	0.0	ND	ND
Camote amarillo	1/3	taza	69	54	68	0.8	0.4	15.3	0.1	0.0	0.2	0.0	ND	1.6	162.2	14.6	7.6	23.2	1.3	131.4	5.4	ND	0.0	ND	ND
Camote cocido	1/3	taza	69	69	73	1.1	0.2	16.8	0.0	0.0	0.1	0.0	ND	1.3	1181.5	11.8	7.6	14.4	0.4	127.6	8.9	18.6	0.0	ND	ND
Camote con miel	1/3	taza	59	59	59	0.3	0.0	14.4	0.0	0.0	0.0	0.0	ND	1.2	ND	0.9	ND	4.3	0.2	55.9	7.6	7.1	0.0	ND	ND
Camote con naranja	1/5	taza	40	40	61	0.2	0.0	15.2	0.0	0.0	0.0	0.0	ND	0.0	ND	1.4	ND	3.3	0.1	33.7	4.2	3.9	0.0	ND	ND
Camote en dulce	1/5	taza	52	52	71	0.4	1.7	14.5	0.7	0.3	0.1	4.0	ND	1.2	217.9	3.5	5.9	13.4	0.6	98.1	36.6	13.4	0.0	ND	ND
Camote largo	1/4	pieza	75	59	73	0.8	0.5	16.6	0.1	0.0	0.2	0.0	ND	1.7	175.5	15.8	8.2	25.2	1.4	142.2	5.9	ND	0.0	ND	ND
Camote poblano (dulce)	3/4	pieza	45	45	62	0.4	1.5	12.6	0.6	0.3	0.1	3.4	ND	1.1	188.6	3.0	5.1	11.6	0.5	84.9	31.7	11.6	0.0	ND	ND
Canelones	4	pieza	20	20	68	1.9	0.1	14.6	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	5.0	5.2	0.4	39.4	0.4	ND	0.0	ND	ND
Cáscara de papa cruda	2 1/2	taza	125	125	73	3.2	0.1	15.6	0.0	0.0	0.0	0.0	ND	3.1	ND	24.6	21.3	37.5	4.1	516.3	12.5	58.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Cebada	20	gramos	20	20	69	2.2	0.5	15.3	0.1	0.0	0.2	0.0	0.1	2.1	ND	ND	4.6	5.4	0.4	52.1	1.3	42.1	0.0	ND	ND
Cebada perla cocida	1/3	taza	52	52	64	1.2	0.2	14.8	0.0	0.0	0.1	0.0	ND	2.0	0.7	ND	8.3	5.7	0.7	48.7	1.7	28.3	0.0	25	13
Centeno	5	cdita	22	22	72	2.6	0.4	15.9	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	ND	8.2	0.8	ND	ND	ND	0.0	41	9
Cereal Avena Flakes	3/4	taza	19	19	68	1.9	1.1	12.6	ND	ND	ND	ND	2.8	1.9	ND	ND	ND	ND	ND	ND	53.1	ND	0.0	ND	ND
Cereal Chewy para Niños Varios Sabores	1/2	pieza	14	14	52	0.9	0.7	10.5	ND	ND	ND	ND	3.3	1.2	ND	ND	ND	ND	ND	ND	46.7	ND	0.0	ND	ND
Cereal con almendras y pasas	1/3	taza	19	19	70	1.5	0.7	16.5	0.0	0.0	0.0	0.0	4.0	1.6	ND	ND	33.3	9.3	2.1	60.0	100.0	50.0	0.0	ND	ND
Cereal de arroz	1/2	taza	17	17	67	1.4	0.5	14.1	0.0	0.0	0.0	0.0	0.2	1.1	ND	7.5	2.5	9.1	7.9	63.7	2.0	20.0	0.0	ND	ND
Cereal de arroz inflado con chocolate	1/2	taza	16	16	62	1.1	0.6	13.8	0.3	0.1	0.1	0.0	1.5	1.2	ND	7.7	3.0	4.5	0.2	38.1	1.9	10.3	0.0	82	13
Cereal de avena con maple	1/3	taza	27	27	65	4.6	1.9	17.6	0.3	0.6	0.8	0.0	ND	4.1	ND	ND	13.8	15.5	1.4	150.5	0.9	196.1	0.0	ND	ND
Cereal de avena integral, seco	1/3	taza	19	19	71	2.9	1.0	13.8	0.2	0.3	0.4	0.0	3.1	2.2	ND	2.0	34.7	10.3	5.4	86.0	68.3	100.7	0.0	ND	ND
Cereal de galletas de chispa de chocolate	1/2	taza	15	15	60	0.5	0.8	13.0	0.0	0.3	0.0	0.0	6.5	0.6	ND	3.0	ND	50.0	2.3	ND	85.0	ND	0.0	ND	ND
Cereal de maíz reventado con azúcar	1/2	taza	16	16	59	0.5	0.5	13.6	0.1	0.2	0.1	0.0	6.7	0.6	ND	3.1	ND	25.8	9.9	ND	620.0	ND	0.0	ND	ND
Cereal de maíz reventado sabor chocolate y crema de cacahuate	1/3	taza	14	14	61	0.9	1.6	10.6	0.2	0.7	0.5	0.0	5.6	0.6	ND	2.8	ND	46.7	2.3	ND	93.3	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Cereal de salvado de trigo	1/3	taza	21	21	54	2.6	0.7	15.3	0.1	0.1	0.5	0.0	4.0	6.7	ND	10.0	66.7	66.7	3.0	206.7	189.3	200.0	0.0	42	9
Cereal de trigo con canela	1/3	taza	13	13	58	0.4	1.6	10.7	0.2	0.4	0.0	0.0	4.4	0.4	ND	6.7	44.4	17.8	2.0	20.0	93.3	26.7	0.0	ND	ND
Cereal de trigo sabor frutas	1/2	taza	15	15	60	0.5	0.8	13.0	0.0	0.5	0.0	0.0	6.5	0.0	ND	7.5	50.0	10.0	2.1	10.0	100.0	10.0	0.0	69	10
Cereal integral con pasitas	1/3	taza	20	20	66	2.0	0.5	15.7	0.0	0.2	0.3	0.0	6.0	2.7	ND	ND	33.3	11.7	1.5	116.7	130.0	66.7	0.0	42	9
Cereal Kellogg's® All-Bran® Flakes Cosecha Frutal	2/3	taza	26	26	78	2.6	0.4	15.8	0.1	ND	ND	ND	3.8	3.4	ND	ND	66.0	ND	2.3	ND	57.6	ND	ND	ND	ND
Cereal Kellogg's® All-Bran® Flakes Manzana Crunch	2/3	taza	26	26	87	3.3	1.4	15.3	0.1	ND	ND	ND	4.2	4.6	ND	ND	66.0	ND	2.3	ND	61.2	ND	ND	ND	ND
Cereal Kellogg's® All-Bran® Flakes Natural	2/3	taza	26	26	85	3.2	0.4	17.2	0.0	ND	ND	ND	2.1	4.0	ND	ND	66.0	ND	2.3	ND	68.6	ND	ND	ND	ND
Cereal Kellogg's® All-Bran® Flakes Pasas	2/3	taza	26	26	79	2.5	0.4	16.4	0.1	ND	ND	ND	4.2	3.4	ND	ND	66.0	ND	2.3	ND	51.7	ND	ND	ND	ND
Cereal Kellogg's® All-Bran® Original	3/4	taza	30	30	82	3.0	1.1	15.0	0.0	ND	ND	ND	4.5	8.7	ND	ND	75.0	ND	2.6	ND	67.5	ND	ND	ND	ND
Cereal Kellogg's® Choco Krispis® Krunchers®	3/4	taza	26	26	69	1.8	0.8	13.7	0.3	0.3	0.3	0.0	1.3	6.0	175.1	13.1	42.0	131.3	3.1	ND	91.6	ND	ND	ND	ND
Cereal Kellogg's® Corn Flakes	2/3	taza	20	20	73	1.2	0.2	16.6	0.0	ND	ND	ND	1.8	0.7	ND	ND	65.9	ND	2.3	ND	69.1	ND	ND	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Cereal Kellogg's® Froot Loops® Krunchers®	1	taza	30	30	82	1.8	1.2	15.9	0.8	0.2	0.3	0.0	2.1	6.6	ND	ND	99.9	ND	3.5	ND	104.7	ND	ND	ND	ND
Cereal Kellogg's® Rice Krispies®	1/2	taza	18	18	67	1.4	0.2	15.0	0.1	ND	ND	ND	0.1	0.2	ND	ND	59.5	ND	2.1	ND	57.5	ND	ND	ND	ND
Cereal Kellogg's® Special K ® Antioxidantes	1/2	taza	19	19	69	1.5	0.3	15.0	0.0	ND	ND	ND	1.2	0.9	125.1	9.4	30.0	93.8	2.2	ND	65.4	ND	ND	ND	ND
Cereal Kellogg's® Special K ® Energía	1/2	taza	19	19	74	1.3	0.9	15.0	0.8	ND	ND	ND	3.9	0.6	125.1	9.4	30.0	93.8	2.2	ND	65.4	ND	ND	ND	ND
Cereal Kellogg's® Special K ® Equilibrio	1/2	taza	19	19	75	1.6	1.0	15.0	0.1	ND	ND	ND	1.0	0.8	129.9	9.7	31.2	97.4	2.3	ND	68.0	ND	ND	ND	ND
Cereal Kellogg's® Special K® Original	2/3	taza	20	20	72	1.6	0.3	15.6	0.1	0.0	0.2	0.0	1.0	1.0	132.1	9.9	31.7	99.0	2.3	ND	69.1	ND	ND	ND	ND
Cereal Kellogg's® Zucaritas® Krunchers®	1	taza	36	36	98	2.2	1.4	19.1	0.7	0.4	0.4	0.0	2.5	7.9	ND	ND	119.9	ND	4.2	ND	125.6	ND	ND	ND	ND
Cereal Multibran Flakes	3/4	taza	19	19	65	2.4	1.3	11.1	ND	ND	ND	ND	0.4	2.6	ND	ND	ND	ND	ND	ND	90.6	ND	0.0	ND	ND
Cereal Multibran Pasas	3/4	taza	19	19	66	2.0	1.0	12.1	ND	ND	ND	ND	3.9	2.3	ND	ND	ND	ND	ND	ND	71.9	ND	0.0	ND	ND
Cereal multigrano	1/4	taza	20	20	67	2.3	0.5	14.7	0.1	0.1	0.3	0.0	0.1	2.4	ND	ND	5.5	7.0	0.6	82.5	0.5	69.0	0.0	ND	ND
Cereal Quaker Avena Oh's	2/3	taza	20	20	70	1.4	0.7	14.5	0.1	0.2	0.2	0.0	4.7	1.9	26.3	2.4	8.4	ND	0.5	ND	46.9	ND	0.0	ND	ND
Cereal Quaker Chewy Sabor Frutas	2/3	taza	20	20	73	1.3	0.9	14.8	0.4	0.2	0.2	0.0	5.0	1.7	25.1	2.3	4.6	ND	0.3	ND	100.5	ND	0.0	ND	ND
Cereal Quaker Multibran Pasas	2/3	taza	20	20	70	2.1	1.1	13.0	0.2	0.3	0.5	0.0	4.2	2.4	19.4	1.7	6.1	ND	0.6	ND	77.1	8.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Cereal Quaker Stila Sabor Manzana Canela	2/3	taza	20	20	74	1.7	1.0	14.4	0.2	0.4	0.3	0.0	3.7	1.8	ND	ND	ND	ND	ND	ND	90.5	ND	0.0	ND	ND
Cereal sin azúcar	1/2	taza	14	14	51	1.2	0.1	12.0	0.1	0.0	0.1	0.0	1.0	0.6	ND	7.5	50.0	0.5	4.1	12.5	152.0	5.5	0.0	ND	ND
Chapata	1/3	pieza	23	23	58	2.1	0.0	12.0	0.0	0.0	0.0	0.0	0.4	0.4	ND	ND	ND	24.7	0.7	ND	144.4	ND	0.0	ND	ND
Codito crudo	20	gramos	20	20	74	2.5	0.2	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	5.0	5.4	0.3	39.4	0.4	ND	0.0	ND	ND
Coditos con crema deshidratados	1 1/2	cda	15	15	61	1.9	1.5	9.6	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	0.2	ND	122.9	ND	0.0	ND	ND
Couscous	1/3	taza	52	52	58	2.0	0.1	12.0	0.0	0.0	0.0	0.0	0.1	0.7	ND	ND		4.3	0.2	ND	2.6	ND	0.0	ND	ND
Crepas	2	pieza	30	30	69	1.6	1.0	13.1	0.0	0.0	0.0	0.5	ND	0.5	ND	ND	0.2	0.3	0.3	ND	147.5	ND	0.0	ND	ND
Crepas para rellenar	2	pieza	30	30	69	2.3	1.4	11.6	0.0	0.0	0.0	22.5	ND	0.3	ND	ND	0.2	0.3	0.3	ND	116.4	ND	0.0	ND	ND
Crepas saladas	2	pieza	30	30	69	1.6	1.0	13.1	0.0	0.0	0.0	0.5	ND	0.5	ND	ND	0.2	0.3	0.3	ND	147.5	ND	0.0	ND	ND
Croutones	1/2	taza	15	15	61	1.8	1.0	11.1	0.3	0.5	0.2	0.0	ND	0.8	ND	ND	3.5	11.5	0.6	18.5	104.5	17.5	0.0	ND	ND
Cuadritos de avena	1/3	taza	19	19	71	2.9	1.0	13.8	0.2	0.3	0.4	0.0	3.1	2.2	ND	2.0	34.7	10.3	5.4	86.0	68.3	100.7	0.0	ND	ND
Cuadritos de avena con salvado	1/3	taza	19	19	71	2.9	1.0	13.8	0.2	0.3	0.4	0.0	3.1	2.2	ND	2.0	34.7	10.3	5.4	86.0	68.3	100.7	0.0	ND	ND
Cúrcuma	160	gramos	160	138	73	5.6	0.0	13.2	0.0	0.0	0.0	0.0	ND	1.7	ND	6.9	ND	70.2	16.8	ND	ND	ND	0.0	ND	ND
Discos de amaranto	1/7	pieza	4	4	23	2.3	0.4	15.0	0.1	0.0	0.2	0.0	ND	0.3	ND	ND	ND	ND	ND	ND	30.0	ND	0.0	ND	ND
Elote amarillo cocido	1 1/2	pieza	174	66	71	2.2	0.8	16.6	0.2	0.2	0.4	0.0	2.7	1.9	14.5	4.0	30.4	1.6	0.3	140.2	ND	67.7	0.0	53	35
Elote amarillo congelado	1 1/2	pieza	188	71	70	2.3	0.6	16.7	0.1	0.0	0.3	0.0	ND	2.0	ND	4.6	27.9	2.9	0.5	215.5	2.3	64.4	0.0	47	33
Elote amarillo crudo	1 1/3	pieza	186	71	61	2.3	0.9	17.7	0.1	0.3	0.4	0.0	ND	2.0	15.5	4.3	32.7	1.7	0.4	175.7	12.1	62.9	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Elote amarillo desgranado cocido	1/2	taza	83	83	66	2.3	0.4	16.2	0.2	0.3	0.5	0.0	2.6	2.0	18.2	5.1	38.5	3.3	0.3	122.0	4.2	85.0	0.0	ND	ND
Elote amarillo desgranado crudo	1/2	taza	83	83	66	2.3	0.4	16.2	0.2	0.3	0.5	0.0	2.6	2.0	18.2	5.1	38.5	3.3	0.3	122.0	4.2	85.0	0.0	ND	ND
Elote amarillo enlatado	1/2	taza	82	82	66	2.1	0.8	15.2	0.1	0.2	0.4	0.0	2.3	1.6	13.0	7.0	40.0	4.0	0.7	160.0	175.0	53.0	0.0	ND	ND
Elote blanco cocido	1 1/2	pieza	215	82	70	2.6	1.0	15.5	0.1	0.3	0.4	0.0	2.6	2.2	ND	6.5	37.5	1.6	0.4	220.1	12.2	ND	0.0	59	48
Elote blanco desgranado	1/2	taza	83	83	66	2.3	0.4	16.2	0.2	0.3	0.5	0.0	2.6	2.0	18.2	5.1	38.5	3.3	0.3	122.0	4.2	85.0	0.0	ND	ND
Elote crudo	1 1/2	pieza	215	82	70	2.6	1.0	15.5	0.1	0.3	0.4	0.0	2.6	2.2	ND	6.5	37.5	1.6	0.4	220.1	12.2	ND	0.0	ND	ND
Elote desgranado	1/2	taza	83	83	66	2.3	0.4	16.2	0.2	0.3	0.5	0.0	2.6	2.0	18.2	5.1	38.5	3.3	0.3	122.0	4.2	85.0	0.0	ND	ND
Elote enlatado	1/2	taza	82	82	66	2.1	0.8	15.2	0.1	0.2	0.4	0.0	2.3	1.6	13.0	7.0	40.0	4.0	0.7	160.0	175.0	53.0	0.0	46	38
English Muffin	1/2	pieza	29	29	67	2.2	0.5	13.1	0.1	0.1	0.3	0.0	ND	0.8	ND	ND	10.5	49.5	0.7	37.5	132.0	38.0	0.0	77	22
Espagueti cocido	1/3	taza	46	46	57	2.5	0.2	12.3	0.0	0.0	0.1	0.0	0.4	2.1	ND	ND	2.3	6.9	0.5	20.3	1.4	25.1	0.0	44	20
Espagueti con espinaca cocido	1/3	taza	47	47	61	2.1	0.3	12.2	0.0	0.0	0.1	0.0	ND	0.0	7.0	ND	5.7	14.0	0.5	27.0	6.7	50.3	0.0	ND	ND
Espagueti crudo	20	gramos	20	20	70	2.9	0.3	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	11.4	8.0	0.7	43.0	1.6	ND	0.0	ND	ND
Espagueti integral cocido	1/3	taza	46	46	57	2.5	0.3	12.3	0.0	0.0	0.1	0.0	ND	2.1	ND	ND	2.3	6.9	0.5	20.5	1.3	41.3	0.0	ND	ND
Espaguetti integral crudo	20	gramos	20	20	70	2.9	0.3	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	11.4	8.0	0.7	43.0	1.6	ND	0.0	ND	ND
Espaguetti cocido	1/3	taza	47	47	58	2.5	0.3	12.4	0.0	0.0	0.1	0.0	0.4	2.1	ND	ND	2.3	7.0	0.5	20.5	1.4	25.3	0.0	44	21
Espaguetti con espinaca cocido	1/3	taza	47	47	61	2.1	0.3	12.2	0.0	0.0	0.1	0.0	ND	0.0	7.0	ND	5.7	14.0	0.5	27.0	6.7	50.3	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Espaguetti crudo	20	gramos	20	20	70	2.9	0.3	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	11.4	8.0	0.7	43.0	1.6	ND	0.0	ND	ND
Espaguetti integral cocido	1/3	taza	47	47	58	2.5	0.3	12.4	0.0	0.0	0.1	0.0	0.4	2.1	ND	ND	2.3	7.0	0.5	20.5	1.4	25.3	0.0	ND	ND
Fécula de maíz	2	cda	16	16	60	0.0	0.0	14.4	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Fécula de maíz de sabor	2	cda	16	16	60	0.0	0.0	14.4	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Fetuccini crudo	20	gramos	20	20	70	2.7	0.5	14.1	0.1	0.1	0.3	0.0	0.6	0.6	ND	ND	3.9	4.3	0.6	38.2	3.2	31.4	0.0	ND	ND
Fibra Uno	1/2	taza	30	30	60	2.0	1.0	25.0	0.1	0.1	0.4	0.0	ND	14.2	49.1	6.0	ND	100.0	4.5	ND	105.0	ND	0.0	ND	ND
Fideo cocido	1/2	taza	20	20	74	2.5	0.2	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	5.0	5.4	0.3	39.4	0.4	ND	0.0	ND	ND
Fideo con tomate deshidratado	2	cda	20	20	72	2.6	1.0	13.3	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	0.3	ND	399.4	ND	0.0	ND	ND
Fideo crudo	20	gramos	20	20	72	2.7	0.5	14.5	0.1	0.1	0.3	0.0	0.7	0.7	ND	ND	4.2	4.2	0.6	37.5	1.1	32.3	0.0	ND	ND
Fideo seco deshidratado	2	cda	20	20	72	2.6	1.0	13.3	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	0.3	ND	399.4	ND	0.0	ND	ND
Fideos de arroz	1/2	taza	20	20	73	1.2	0.1	16.0	0.0	0.4	0.0	0.0	ND	0.3	ND	ND	ND	3.6	0.1	ND	36.4	ND	0.0	ND	ND
Fruitcake	1/2	reb	20	20	65	0.6	1.8	12.3	0.2	0.8	0.7	0.9	8.6	0.7	3.7	ND	0.5	6.5	0.4	30.7	54.0	10.2	0.0	ND	ND
Fusili cocido	1/3	taza	46	46	57	2.5	0.2	12.3	0.0	0.0	0.1	0.0	0.4	2.1	ND	ND	2.3	6.9	0.5	20.3	1.4	25.1	0.0	ND	ND
Fusili crudo	20	gramos	20	20	70	2.9	0.3	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	11.4	8.0	0.7	43.0	1.6	ND	0.0	ND	ND
Galleta barras de higo	1	pieza	16	16	56	0.6	1.2	11.3	0.2	0.6	0.2	0.0	ND	0.7	1.0	ND	2.0	10.0	0.5	33.0	56.0	10.0	0.0	ND	ND
Galleta de animalitos	6	pieza	15	15	68	1.1	2.1	11.3	0.5	1.2	0.3	0.0	3.4	0.2	ND	ND	2.1	6.4	0.4	15.0	59.5	17.1	0.0	ND	ND
Galleta de manzana	1	pieza	15	15	50	0.5	0.0	12.0	0.0	0.0	0.0	0.0	7.0	0.5	ND	ND	ND	ND	ND	ND	30.0	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Galleta dulce	2	pieza	16	16	64	1.5	1.7	10.7	0.0	0.0	0.0	0.0	ND	0.7	ND	ND	1.1	3.5	0.3	15.2	48.5	ND	0.0	ND	ND
Galleta dulce sin relleno	2	pieza	16	16	64	1.5	1.7	10.7	0.0	0.0	0.0	0.0	ND	0.7	ND	ND	1.1	3.5	0.3	15.2	48.5	ND	0.0	ND	ND
Galleta María	5	pieza	19	19	69	1.3	1.3	13.8	0.0	0.0	0.0	0.0	11.3	0.1	31.3	ND	6.3	ND	0.5	ND	110.6	ND	0.0	ND	ND
Galleta para sopa	14	pieza	18	18	70	1.2	1.8	12.8	0.0	0.6	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	268.3	ND	0.0	ND	ND
Galleta salada	4	pieza	16	16	69	1.4	2.1	11.2	1.3	0.8	0.1	20.8	ND	0.0	ND	ND	1.1	7.8	0.3	19.2	176.0	ND	0.0	ND	ND
Galleta salada integral	4	pieza	16	16	70	1.6	1.9	11.2	0.5	0.0	0.0	0.0	0.6	0.4	ND	1.0	ND	4.3	0.1	ND	108.8	ND	0.0	ND	ND
Galleta salada molida	2 1/2	cda	15	15	65	1.3	2.0	10.5	1.2	0.8	0.1	19.5	ND	0.0	ND	ND	1.1	7.4	0.2	18.0	165.0	ND	0.0	ND	ND
Galletas de avena pasas	1 1/2	pieza	15	15	61	1.3	2.0	9.5	ND	ND	ND	ND	4.7	1.3	ND	ND	ND	ND	ND	ND	57.0	ND	0.0	ND	ND
Galletas de maíz horneadas sin grasa (Salmas)	3	pieza	18	18	64	1.4	0.6	13.0	0.1	0.1	0.4	0.0	ND	1.4	ND	ND	ND	ND	ND	ND	67.9	ND	0.0	ND	ND
Galletas Marías	5	pieza	19	19	69	1.3	1.3	13.8	0.0	0.0	0.0	0.0	11.3	0.1	31.3	ND	6.3	ND	0.5	ND	110.6	ND	0.0	ND	ND
Galletas Marías azucaradas	4	pieza	16	16	63	1.0	1.5	11.5	0.0	0.0	0.0	0.0	3.5	0.1	250.0	ND	32.8	ND	2.2	ND	98.0	ND	0.0	ND	ND
Gluten de trigo	3	cda	18	18	68	7.5	0.3	8.5	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	7.2	ND	10.8	0.4	25.2	0.0	ND	ND
Granola baja en grasa	3	cda	18	18	70	1.5	1.1	14.4	0.2	0.2	0.7	0.0	4.4	1.1	ND	0.7	36.7	7.0	0.7	44.8	44.1	36.7	0.0	ND	ND
Granola con fruta seca, baja en grasas	3	cda	18	18	69	1.3	0.8	14.4	0.0	0.3	0.2	0.0	6.2	1.0	ND	ND	ND	6.5	0.5	49.1	68.7	49.1	0.0	ND	ND
Granola Quaker Sabor Pasas y Miel	2/3	taza	20	20	76	1.9	2.0	12.4	0.2	1.1	0.5	0.0	4.9	1.9	ND	ND	ND	ND	ND	ND	3.4	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Habaneras arándano ciruela	2	pieza	18	18	71	1.3	2.2	11.5	1.1	0.8	0.3	0.0	2.2	1.5	ND	ND	ND	ND	ND	ND	83.3	ND	0.0	ND	ND
Habaneras Bran Trigo Entero	2	pieza	18	18	72	1.7	2.4	11.0	ND	ND	ND	ND	0.8	1.6	ND	ND	ND	ND	ND	ND	90.0	ND	0.0	ND	ND
Habaneras Bran Trigo Entero	4	galletas	18	18	72	1.7	2.4	11.0	ND	ND	ND	ND	0.8	1.6	ND	ND	ND	ND	ND	ND	90.0	ND	0.0	ND	ND
Habaneras clásicas	4	galletas	18	18	74	1.6	1.4	13.8	0.7	0.4	0.3	0.0	0.1	0.7	ND	ND	39.8	ND	1.7	ND	129.2	ND	0.0	ND	ND
Habaneras clásicas	4	pieza	18	18	74	1.6	1.4	13.8	0.7	0.4	0.3	0.0	0.1	0.7	ND	ND	39.8	ND	1.7	ND	129.2	ND	0.0	ND	ND
Habaneras integrales	4	galletas	18	18	69	1.9	1.6	11.9	ND	ND	ND	ND	0.3	1.5	ND	ND	ND	ND	1.7	ND	83.7	ND	0.0	ND	ND
Habaneras integrales	4	pieza	18	18	69	1.9	1.6	11.9	ND	ND	ND	ND	0.3	1.5	ND	ND	ND	ND	1.7	ND	83.7	ND	0.0	ND	ND
Harina	2 1/2	cda	20	20	73	2.1	0.2	15.3	0.0	0.0	0.1	0.0	0.3	0.5	ND	ND	5.3	3.0	0.9	21.4	0.5	21.6	0.0	ND	ND
Harina blanca	2 1/2	cda	20	20	73	2.1	0.2	15.3	0.0	0.0	0.1	0.0	0.3	0.5	ND	ND	5.3	3.0	0.9	21.4	0.5	21.6	0.0	ND	ND
Harina blanca refinada	20	gramos	20	20	73	2.1	0.2	15.3	0.0	0.0	0.1	0.0	0.3	0.5	ND	ND	5.3	3.0	0.9	21.4	0.5	21.6	0.0	ND	ND
Harina de alforfón	2 1/2	cda	20	20	67	2.5	0.6	14.1	0.1	0.2	0.2	0.0	0.5	2.0	ND	ND	ND	ND	ND	ND	7.0	ND	0.0	ND	ND
Harina de amaranto	2	cda	19	19	68	2.7	1.0	11.9	0.0	0.0	0.0	0.0	ND	1.3	ND	ND	ND	ND	ND	ND	0.2	ND	0.0	66	13
Harina de arroz	2	cda	20	20	72	1.4	0.6	15.1	0.1	0.2	0.2	0.0	0.2	0.9	ND	ND	3.1	2.1	0.4	57.1	1.6	66.5	0.0	ND	ND
Harina de arroz refinada	2	cda	20	20	75	1.2	0.3	16.3	0.1	0.1	0.1	0.0	ND	0.5	ND	ND	0.9	2.0	0.1	15.5	ND	20.0	0.0	ND	ND
Harina de avena	2	cda	16	16	65	2.3	1.5	10.5	0.3	0.5	0.5	0.0	0.1	1.0	ND	ND	ND	8.8	0.6	ND	3.0	ND	0.0	ND	ND
Harina de cebada	2	cda	18	18	62	2.2	0.3	10.9	0.0	0.0	0.0	0.0	ND	2.2	ND	ND	ND	ND	ND	ND	0.4	ND	0.0	ND	ND
Harina de cebada	2 1/2	cda	20	20	69	2.1	0.3	14.9	0.1	0.0	0.1	0.0	0.2	2.0	ND	ND	ND	ND	ND	ND	2.2	ND	0.0	ND	ND
Harina de centeno	2	cda	18	18	63	2.1	0.3	13.6	0.0	0.0	0.0	0.0	ND	0.2	ND	ND	ND	4.9	0.5	36.8	0.2	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Harina de centeno integral	2 1/2	cda	20	20	65	2.8	0.5	13.8	0.1	0.1	0.2	0.0	ND	4.5	ND	ND	12.0	11.3	1.3	145.9	0.2	126.4	0.0	ND	ND
Harina de maíz	2 1/2	cda	18	18	65	1.7	0.7	13.6	0.1	0.2	0.3	0.0	ND	1.7	ND	ND	4.2	25.2	1.3	53.1	0.9	39.7	0.0	ND	ND
Harina de maíz nixtamalizada	2 1/2	cda	18	18	65	1.7	0.7	13.6	0.1	0.2	0.3	0.0	ND	1.7	ND	ND	4.2	25.2	1.3	53.1	0.9	39.7	0.0	ND	ND
Harina de maíz para atole	2	cda	15	15	60	1.2	0.8	11.8	0.1	0.2	0.4	0.0	ND	0.2	0.2	ND	ND	5.3	0.4	ND	ND	ND	0.0	ND	ND
Harina de maíz para tamales	2	cda	14	14	62	1.4	0.7	12.7	0.1	0.2	0.3	0.0	ND	0.1	ND	ND	ND	19.4	0.5	ND	0.1	ND	0.0	ND	ND
Harina de malta	2	cda	18	18	65	1.9	0.3	14.1	0.1	0.0	0.2	0.0	0.1	1.3	0.2	0.1	ND	6.7	0.8	ND	2.0	ND	0.0	ND	ND
Harina de papa	2	cda	19	19	66	1.5	0.1	15.0	0.0	0.0	0.1	0.0	ND	1.1	ND	3.5	9.6	6.3	3.2	297.7	6.5	33.3	0.0	ND	ND
Harina de quinoa	3	cda	24	24	86	3.4	0.9	16.3	0.0	0.0	0.0	0.0	0.9	2.6	ND	ND	ND	7.7	0.9	ND	ND	ND	0.0	ND	ND
Harina de tapioca	2 1/2	cda	20	20	73	0.0	0.0	18.0	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	4.7	ND	ND	ND	ND	0.0	ND	ND
Harina de trigo	2 1/2	cda	20	20	71	2.0	0.2	14.9	0.0	0.0	0.1	0.0	0.3	0.5	ND	ND	5.2	3.0	0.9	20.9	0.5	21.1	0.0	41	8
Harina de trigo integral	2 1/2	cda	19	19	64	2.6	0.3	13.6	0.1	0.0	0.1	0.0	0.4	2.3	ND	ND	8.3	6.4	0.7	75.9	0.9	64.8	0.0	30	6
Harina de trigo para panificación	2	cda	17	17	62	2.1	0.3	12.4	0.0	0.0	0.1	0.0	ND	0.4	ND	ND	5.0	2.6	0.8	17.1	0.4	16.6	0.0	ND	ND
Harina de trigo para pastelería	2 1/2	cda	17	17	62	1.4	0.1	13.3	0.0	0.0	0.1	0.0	ND	0.3	ND	ND	3.3	2.3	1.2	17.8	0.3	14.5	0.0	ND	ND
Harina integral	2 1/2	cda	19	19	64	2.6	0.3	13.6	0.1	0.0	0.1	0.0	0.4	2.3	ND	ND	8.3	6.4	0.7	75.9	0.9	64.8	0.0	ND	ND
Harina integral de centeno	2 1/2	cda	20	20	65	2.8	0.5	13.8	0.1	0.1	0.2	0.0	ND	4.5	ND	ND	12.0	11.3	1.3	145.9	0.2	126.4	0.0	ND	ND
Harina integral de trigo	2 1/2	cda	19	19	64	2.6	0.3	13.6	0.1	0.0	0.1	0.0	0.4	2.3	ND	ND	8.3	6.4	0.7	75.9	0.9	64.8	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Harina Kamut	2	cda	18	18	68	2.7	0.5	13.1	0.0	0.0	0.0	0.0	ND	1.8	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Harina nixtamalizada	2 1/2	cda	18	18	67	1.3	0.8	13.8	0.0	0.2	0.2	0.0	ND	1.7	0.2	ND	ND	24.9	0.7	ND	0.2	ND	0.0	ND	ND
Harina para brownies	1 1/2	cda	13	13	60	0.7	2.3	9.0	0.5	0.7	1.2	6.7	6.3	0.0	ND	ND	ND	ND	0.2	36.6	36.6	ND	0.0	ND	ND
Harina para brownies baja en grasas	2	cda	18	18	61	0.9	1.2	12.6	0.2	0.2	0.2	0.0	8.4	0.5	ND	ND	ND	ND	0.5	51.4	56.1	ND	0.0	ND	ND
Harina para hot cakes	2	cda	18	18	61	1.7	0.2	13.3	0.0	0.0	0.1	0.0	1.9	0.5	ND	ND	1.5	6.0	0.8	18.5	243.6	122.4	0.0	ND	ND
Harina para repostería	2	cda	16	16	60	1.7	0.2	12.6	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	5.0	ND	14.8	0.3	ND	0.0	ND	ND
Harina para tamales	2	cda	14	14	62	1.4	0.7	12.7	0.1	0.2	0.3	0.0	ND	0.1	ND	ND	ND	19.4	0.5	ND	0.1	ND	0.0	ND	ND
Hilos de trigo entrelazados con miel maple y azúcar	9	pieza	20	20	69	1.6	0.3	16.0	0.1	0.0	0.2	0.0	4.7	1.9	94.3	ND	ND	6.4	6.1	ND	0.4	ND	0.0	ND	ND
Hojuelas de 7 fibras	1/3	taza	20	20	70	2.8	0.3	15.4	0.1	0.1	0.1	0.0	0.4	2.8	ND	0.7	ND	13.9	0.5	ND	10.6	ND	0.0	ND	ND
Hojuelas de arroz	1/2	taza	16	16	55	3.2	0.2	11.2	0.0	0.0	0.1	0.0	1.5	0.5	ND	7.5	50.0	2.5	4.1	27.0	125.0	30.0	0.0	ND	ND
Hojuelas de avena	1/3	taza	26	26	65	4.6	1.9	17.5	0.3	0.6	0.8	0.0	ND	4.1	ND	ND	13.6	15.3	1.4	149.0	0.9	194.2	0.0	ND	ND
Hojuelas de avena con maple	1/3	taza	26	26	65	4.6	1.9	17.5	0.3	0.6	0.8	0.0	ND	4.1	ND	ND	13.6	15.3	1.4	149.0	0.9	194.2	0.0	ND	ND
Hojuelas de avena endulzadas con miel y almendras	1/3	taza	14	14	59	1.1	1.2	11.3	0.1	ND	ND	0.0	3.0	0.7	64.0	ND	ND	5.1	3.8	ND	87.3	ND	0.0	ND	ND
Hojuelas de avena instantaneas con pasas, dátiles y nueces. Preparado	1/4	taza	61	61	71	1.7	1.1	14.3	0.2	0.3	0.4	0.0	ND	1.3	303.8	ND	ND	56.6	2.1	ND	125.7	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Hojuelas de avena instantaneas con pasas y especias. Preparado	1/4	taza	62	62	62	1.3	0.7	12.5	0.1	0.2	0.2	0.0	6.0	1.0	ND	ND	ND	42.9	1.5	ND	93.0	ND	0.0	ND	ND
Hojuelas de avena instanteaneas con miel maple y azúcar morena. Preparado	1/4	taza	59	59	60	1.4	0.8	11.8	0.1	0.3	0.2	0.0	4.8	1.1	4700.0	ND	ND	40.9	1.4	ND	95.9	ND	0.0	ND	ND
Hojuelas de avena, fruta seca y nueces	1/4	taza	21	21	72	2.1	1.1	16.5	0.2	0.5	0.3	0.0	6.6	1.6	157.7	ND	ND	ND	1.9	ND	49.0	ND	0.0	ND	ND
Hojuelas de cereales con fruta seca	1/3	taza	18	18	70	1.3	1.0	14.0	0.0	0.3	0.3	0.0	ND	1.0	ND	5.0	33.3	83.3	1.5	56.7	110.0	83.3	0.0	ND	ND
Hojuelas de cereales con frutas secas	1/3	taza	18	18	70	1.3	1.0	14.0	0.0	0.3	0.3	0.0	ND	1.0	ND	5.0	33.3	83.3	1.5	56.7	110.0	83.3	0.0	ND	ND
Hojuelas de maíz	3/4	taza	19	19	67	1.4	0.1	15.8	0.0	0.0	0.0	0.0	1.8	0.6	334.9	3.9	109.3	1.3	5.4	31.5	136.7	19.1	0.0	81	15
Hojuelas de maíz azucaradas	1/3	taza	13	13	52	0.7	0.1	12.0	0.0	0.0	0.0	0.0	4.9	0.3	156.6	8.1	106.5	ND	1.9	8.7	75.6	4.5	0.0	ND	ND
Hojuelas de maíz y trigo con fruta y nueces	1/3	taza	18	18	70	1.3	1.0	14.0	0.0	0.3	0.3	0.0	ND	1.0	ND	5.0	33.3	83.3	1.5	56.7	110.0	83.3	0.0	ND	ND
Hojuelas de papa para puré	20	gramos	20	20	71	1.7	0.1	16.2	0.0	0.0	0.0	0.0	0.7	1.3	ND	ND	9.2	5.4	0.2	219.6	20.8	ND	0.0	ND	ND
Hojuelas de salvado	1/3	taza	21	21	67	1.8	0.5	16.0	0.1	0.1	0.1	0.0	6.2	2.3	149.9	ND	ND	9.8	2.6	ND	119.7	ND	0.0	ND	ND
Hojuelas de salvado con pasas	1/3	taza	19	19	66	1.1	0.4	15.8	0.1	0.1	0.1	0.0	7.0	1.4	87.0	0.4	ND	6.7	1.6	ND	73.2	ND	0.0	ND	ND
Hojuelas de trigo	1/2	taza	18	18	59	1.8	0.3	14.1	0.0	0.0	0.0	0.0	ND	0.3	ND	ND	ND	7.2	0.8	ND	180.6	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Hojuelas de trigo con miel	1/2	taza	18	18	62	1.6	0.4	14.3	0.1	0.1	0.1	0.0	ND	1.9	231.9	9.4	11.9	8.1	2.8	75.0	101.3	66.3	0.0	ND	ND
Hojuelas de trigo integral	1/2	taza	16	16	59	3.5	0.3	11.0	0.1	0.2	0.1	0.0	2.0	0.4	ND	10.5	ND	4.5	4.2	ND	112.0	ND	0.0	ND	ND
Hojuelas de trigo integral con frutos rojos	1/2	taza	16	16	57	1.9	0.2	12.5	0.1	0.1	0.1	0.0	5.0	0.5	ND	10.5	ND	9.5	4.1	ND	110.0	ND	0.0	ND	ND
Hojuelas de trigo integral con chispas de yoghurt	1/2	taza	19	19	64	2.1	1.0	14.7	0.6	0.1	0.3	0.0	2.4	3.4	19.9	2.0	ND	12.0	1.5	ND	78.3	ND	0.0	ND	ND
Hojuelas de trigo integral con fibra extra	1/2	taza	26	26	50	3.8	1.2	26.0	0.3	0.3	0.8	0.0	1.3	16.9	123.9	7.8	ND	1404.0	60.8	ND	1612.0	ND	0.0	ND	ND
Hojuelas de trigo integral con frutas y yoghurt	1/3	taza	15	15	57	1.0	0.4	11.6	0.2	0.0	0.2	0.0	6.0	0.4	ND	7.0	ND	3.3	2.1	ND	63.9	ND	0.0	ND	ND
Hojuelas de trigo negro	1/3	taza	59	59	54	2.0	0.4	11.7	0.1	0.1	0.1	0.0	0.5	1.6	ND	ND	ND	4.2	0.5	ND	2.5	ND	0.0	ND	ND
Hojuelas fortificadas de trigo entero, almendras, nueces y miel	1/4	taza	15	15	58	1.5	1.3	11.4	0.4	0.5	0.3	0.0	3.3	1.3	ND	ND	24.9	39.9	1.7	ND	75.5	50.0	0.0	ND	ND
Hojuelasde avena instantáneas con manzana y canela	1/3	taza	79	79	69	1.4	0.8	14.0	0.1	0.3	0.2	0.0	6.4	1.4	414.1	ND	ND	58.1	2.0	ND	87.2	ND	0.0	ND	ND
Hot cake	3/4	pieza	38	38	69	2.5	2.3	9.7	0.7	0.7	0.8	21.7	ND	0.0	20.7	ND	4.9	81.9	0.7	49.3	164.8	59.2	0.0	67	25
Kamut (trigo de Jorasán) cocido	1/3	taza	54	54	72	3.1	0.5	15.0	0.0	0.0	0.1	0.0	1.7	2.3	2.2	ND	ND	4.9	1.0	ND	4.3	ND	0.0	ND	ND
Lasagna cruda	20	gramos	20	20	68	1.9	0.1	14.6	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	5.0	5.2	0.4	39.4	0.4	ND	0.0	ND	ND
Lasaña cruda	20	gramos	20	20	68	1.9	0.1	14.6	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	5.0	5.2	0.4	39.4	0.4	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Linaza	4	cda	48	48	256	8.8	20.2	13.9	1.8	3.6	13.8	0.0	0.7	13.1	ND	0.3	ND	122.4	2.8	ND	14.4	ND	0.0	ND	ND
Maca	2	cda	18	18	64	2.3	0.2	13.2	0.0	0.0	0.0	0.0	ND	1.2	ND	0.5	ND	85.5	2.0	ND	1.4	ND	0.0	ND	ND
Macarrón cocido	1/3	taza	47	47	58	2.5	0.3	12.4	0.0	0.0	0.1	0.0	ND	1.3	ND	ND	2.3	7.0	0.5	20.7	1.3	41.7	0.0	ND	ND
Macarrón crudo	20	gramos	20	20	68	1.9	0.1	14.6	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	5.0	5.2	0.4	39.4	0.4	ND	0.0	ND	ND
Macarrón integral cocido	1/3	taza	47	47	58	2.5	0.3	12.4	0.0	0.0	0.1	0.0	ND	1.3	ND	ND	2.3	7.0	0.5	20.7	1.3	41.7	0.0	ND	ND
Maicena	2	cda	16	16	60	0.0	0.0	14.4	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Maicena de sabor	2	cda	16	16	60	0.0	0.0	14.4	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Maíz	20	gramos	20	18	67	2.2	0.9	13.0	0.1	0.2	0.5	0.0	ND	2.2	ND	ND	ND	1.5	0.4	52.3	0.2	ND	0.0	ND	ND
Maíz amarillo	20	gramos	20	18	67	2.2	0.9	13.0	0.1	0.2	0.5	0.0	ND	2.2	ND	ND	ND	1.5	0.4	52.3	0.2	ND	0.0	53	10
Maíz amarillo cocido	20	gramos	20	18	67	2.2	0.9	13.0	0.1	0.2	0.5	0.0	ND	2.2	ND	ND	ND	1.5	0.4	52.3	0.2	ND	0.0	ND	ND
Maíz azul	20	gramos	20	18	67	1.5	0.8	13.7	0.1	0.2	0.4	0.0	ND	2.2	0.9	ND	ND	29.3	0.5	52.3	0.2	ND	0.0	ND	ND
Maíz blanco	20	gramos	20	18	67	2.2	0.9	13.0	0.1	0.2	0.5	0.0	ND	2.2	ND	ND	ND	1.5	0.4	52.3	0.2	ND	0.0	ND	ND
Maíz blanco cocido	25	gramos	25	19	68	2.2	0.9	13.3	0.1	0.2	0.5	0.0	ND	2.3	ND	ND	ND	1.5	0.4	53.3	0.2	ND	0.0	59	11
Maíz cacahuacintle	20	gramos	20	18	67	2.2	0.9	13.0	0.1	0.2	0.5	0.0	ND	2.2	ND	ND	ND	1.5	0.4	52.3	0.2	ND	0.0	ND	ND
Maíz cacahuazintle	20	gramos	20	18	67	2.2	0.9	13.0	0.1	0.2	0.5	0.0	ND	2.2	ND	ND	ND	1.5	0.4	52.3	0.2	ND	0.0	ND	ND
Maíz palomero	20	gramos	20	20	73	2.4	0.9	14.2	0.1	0.3	0.5	0.0	ND	2.4	1.8	ND	ND	3.4	0.4	56.8	0.2	ND	0.0	ND	ND
Maíz pozolero	1/3	taza	54	54	58	1.8	0.7	13.6	0.1	0.2	0.3	0.0	ND	1.5	ND	3.4	ND	1.1	0.3	134.8	9.2	55.7	0.0	ND	ND
Maizena	2	cda	16	16	60	0.0	0.0	14.4	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Maízena	2	cda	16	16	60	0.0	0.0	14.4	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Malanga	70	gramos	70	60	67	0.9	0.1	15.9	0.0	0.0	0.0	0.0	ND	2.5	ND	2.7	13.2	25.9	0.3	355.8	6.6	50.6	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Marías	5	pieza	19	19	75	1.4	1.4	14.3	0.7	0.4	0.3	0.0	4.8	0.4	63.9	ND	26.1	33.8	1.1	ND	112.5	ND	0.0	ND	ND
Marías Cerealé fresa	1 1/2	pieza	15	15	66	1.1	2.1	10.7	0.7	1.1	0.3	0.0	3.5	1.4	ND	ND	ND	ND	ND	ND	63.8	ND	0.0	ND	ND
Marinela Sponch	1	pieza	20	20	80	1.3	1.3	14.7	0.7	0.7	0.0	0.0	8.0	0.0	ND	ND	ND	ND	ND	ND	26.7	ND	0.0	ND	ND
Masa de maíz	45	gramos	45	45	69	1.6	0.9	14.3	0.1	0.2	0.5	0.0	ND	1.5	ND	ND	ND	31.5	0.7	ND	ND	ND	0.0	ND	ND
Masa de maíz amarillo	35	gramos	35	35	66	1.5	0.8	13.5	0.1	0.2	0.4	0.0	ND	1.2	2.1	ND	ND	30.8	0.6	ND	ND	ND	0.0	ND	ND
Masa de maíz blanco	45	gramos	45	45	69	1.6	0.9	14.3	0.1	0.2	0.5	0.0	ND	1.5	ND	ND	ND	31.5	0.7	ND	ND	ND	0.0	ND	ND
Masa para pizza	3	cda	27	27	70	2.7	0.8	13.5	0.0	0.0	0.0	0.0	1.1	0.5	ND	ND	ND	ND	1.0	ND	156.6	ND	0.0	ND	ND
Masa para tortillas	45	gramos	45	45	69	1.6	0.9	14.3	0.1	0.2	0.5	0.0	ND	1.5	ND	ND	ND	31.5	0.7	ND	ND	ND	0.0	ND	ND
Masa Yucatán	40	gramos	40	40	69	1.8	0.5	14.6	0.1	0.2	0.3	0.0	ND	1.4	ND	ND	ND	36.0	0.8	ND	ND	ND	0.0	ND	ND
Media Noche	1/2	pieza	22	22	55	2.0	1.0	10.5	0.0	0.0	0.0	0.0	1.5	0.5	ND	ND	ND	10.0	0.5	ND	105.0	ND	0.0	ND	ND
Media Noche con ajonjolí	1/2	pieza	22	22	55	2.0	1.0	10.5	0.0	0.0	0.0	0.0	1.5	0.5	ND	ND	ND	10.0	0.5	ND	105.0	ND	0.0	ND	ND
Mijo cocido	1/3	taza	57	57	68	2.0	0.6	13.6	0.1	0.1	0.3	0.0	0.1	0.8	ND	ND	ND	1.6	0.4	ND	1.0	ND	0.0	ND	ND
Mijo crudo	15	gramos	15	15	57	1.7	0.6	10.9	0.1	0.1	0.3	0.0	ND	1.3	ND	ND	ND	1.2	0.5	ND	0.8	ND	0.0	ND	ND
Mini chapata	1	pieza	35	35	88	3.1	0.0	18.1	0.0	0.0	0.0	0.0	0.6	0.6	ND	ND	ND	37.5	1.1	ND	218.8	ND	0.0	ND	ND
Mueslix con manzana y almendra	1/4	taza	18	18	68	1.7	1.6	13.2	0.0	0.0	0.0	0.0	3.0	1.5	ND	ND	ND	11.1	1.5	67.3	87.1	50.2	0.0	ND	ND
Nixtamal	45	gramos	45	45	69	1.6	0.9	14.3	0.1	0.2	0.5	0.0	ND	1.5	ND	ND	ND	31.5	0.7	ND	ND	ND	0.0	ND	ND
Nutrigrain de fresa	1/2	pieza	19	19	69	1.0	1.5	13.0	0.7	0.0	0.0	0.0	6.5	0.5	ND	ND	ND	ND	ND	ND	30.0	ND	0.0	ND	ND
Nutrigrain sabor fresa	1/2	pieza	19	19	69	1.0	1.5	13.0	0.7	0.0	0.0	0.0	6.5	0.5	ND	ND	ND	ND	ND	ND	30.0	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Nutritas variedad de sabores	1/2	bolsita	17	17	67	1.4	1.4	12.3	ND	ND	ND	ND	0.5	0.5	ND	ND	ND	ND	ND	ND	99.0	ND	0.0	ND	ND
Ñame	100	gramos	100	86	66	1.9	0.1	15.1	0.0	0.0	0.0	0.0	ND	0.4	ND	7.7	19.8	11.2	0.4	701.8	7.7	ND	0.0	ND	ND
Oblea	4	pieza	16	16	68	1.7	0.1	13.5	0.0	0.0	0.0	0.0	2.0	0.7	ND	ND	ND	ND	ND	ND	46.2	ND	0.0	ND	ND
Obleas con pepita	3	pieza	21	21	84	2.1	1.2	16.4	0.0	0.0	0.0	0.0	ND	0.2	ND	ND	ND	8.5	1.1	ND	17.1	ND	0.0	ND	ND
Palanqueta de amaranto	1/2	pieza	20	20	72	3.2	1.7	16.6	ND	ND	ND	ND	11.2	0.6	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Palanqueta de amaranto con pasas	1/3	pieza	13	13	52	1.0		11.2	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Palitos de pan	3	pieza	18	18	74	2.2	1.7	12.3	0.3	0.6	0.6	0.0	ND	0.5	ND	ND	5.4	3.6	0.8	22.5	117.9	21.6	0.0	ND	ND
Palomitas	2 1/2	taza	18	18	70	3.5	0.0	14.0	0.0	0.0	0.0	0.0	ND	3.5	ND	ND	ND	ND	ND	35.0	140.0	ND	0.0	55	10
Palomitas acarameladas	1/2	taza	18	18	76	0.7	2.3	13.9	0.7	0.5	0.8	1.0	6.9	0.9	2.0	ND	0.5	7.5	0.3	19.0	36.0	14.5	0.0	ND	ND
Palomitas acarameladas sin grasa	3/4	taza	19	19	69	1.7	0.0	10.0	0.0	0.0	0.0	0.0	0.6	0.0	ND	ND	ND	ND	ND	ND	131.3	ND	0.0	ND	ND
Palomitas fat free	2 1/2	taza	18	18	70	3.5	0.0	14.0	0.0	0.0	0.0	0.0	ND	3.5	ND	ND	ND	ND	ND	35.0	140.0	ND	0.0	ND	ND
Palomitas naturales	2 1/2	taza	18	18	70	3.5	0.0	14.0	0.0	0.0	0.0	0.0	ND	3.5	ND	ND	ND	ND	ND	35.0	140.0	ND	0.0	ND	ND
Palomitas sin grasa	2 1/2	taza	18	18	70	3.5	0.0	14.0	0.0	0.0	0.0	0.0	ND	3.5	ND	ND	ND	ND	ND	35.0	140.0	ND	0.0	ND	ND
Pambazo	1/2	pieza	25	25	67	2.5	1.0	12.5	0.2	0.0	0.0	0.0	1.0	1.5	ND	ND	ND	10.5	0.3	28.0	142.3	31.8	0.0	ND	ND
Pan 5 granos	1	reb	25	25	62	2.4	2.1	9.6	0.0	0.0	0.0	0.0	ND	1.6	ND	ND	ND	ND	ND	ND	83.0	ND	0.0	ND	ND
Pan 7 granos	1	reb	26	26	65	2.6	1.0	12.1	0.2	0.4	0.2	0.0	ND	1.7	ND	ND	12.0	24.0	0.9	53.0	127.0	46.0	0.0	55	14
Pan ácimo	1/3	pieza	20	20	57	1.3	1.0	11.1	0.2	0.4	0.3	3.6	ND	0.5	9.9	ND	2.0	16.2	0.5	52.8	78.9	22.4	0.0	ND	ND
Pan árabe	1/3	pieza	20	20	54	1.8	0.2	11.0	0.0	0.0	0.1	0.0	0.3	0.4	ND	ND	ND	17.0	0.5	23.8	106.1	19.2	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pan árabe integral	1/3	pieza	21	21	56	2.1	0.6	11.6	0.1	0.1	0.2	0.0	ND	1.6	ND	ND	7.3	3.3	0.6	36.0	112.2	38.0	0.0	ND	ND
Pan bagel dulce	1/3	pieza	23	23	64	2.3	0.4	12.9	0.1	0.0	0.2	0.0	ND	0.5	2.0	ND	5.0	4.3	0.9	35.6	75.6	18.2	0.0	ND	ND
Pan bagel integral	1/3	pieza	23	23	60	2.5	0.3	12.5	0.0	0.0	0.0	0.0	ND	0.8	ND	ND	ND	ND	ND	ND	118.8	ND	0.0	ND	ND
Pan bagel salado	1/3	pieza	23	23	64	2.5	0.4	12.5	0.1	0.0	0.2	0.0	ND	0.5	ND	ND	5.3	17.5	0.8	23.8	125.1	22.4	0.0	ND	ND
Pan baguette	1/7	pieza	27	27	72	2.2	1.0	13.4	0.2	0.4	0.2	0.0	1.0	0.6	ND	ND	9.7	29.2	0.8	32.4	145.8	25.9	0.0	ND	ND
Pan birote	1/3	pieza	22	22	67	2.1	0.0	14.1	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	9.1	0.3	24.3	123.3	27.5	0.0	ND	ND
Pan blanco	1	reb	27	27	71	2.2	0.8	13.6	0.2	0.1	0.2	0.1	ND	0.5	ND	ND	27.8	101.3	1.1	32.4	149.9	25.9	0.0	70	19
Pan cemita	1/3	pieza	23	23	66	2.0	0.5	12.7	0.1	0.2	0.1	0.6	2.1	0.4	ND	ND	ND	16.4	0.6	ND	100.7	ND	0.0	ND	ND
Pan centeno	3/4	reb	24	24	62	2.0	0.8	11.6	0.2	0.3	0.2	0.0	ND	1.4	ND	ND	12.0	17.3	0.7	39.8	158.3	30.0	0.0	41	10
Pan con salvado	3/4	reb	27	27	67	2.4	0.9	12.9	0.2	0.5	0.2	0.0	ND	1.1	ND	ND	6.8	20.3	0.8	61.5	131.3	50.3	0.0	ND	ND
Pan de 5 granos	1	reb	25	25	62	2.4	2.1	9.6	0.0	0.0	0.0	0.0	ND	1.6	ND	ND	ND	ND	ND	ND	83.0	ND	0.0	ND	ND
Pan de 7 granos	1	reb	26	26	65	2.6	1.0	12.1	0.2	0.4	0.2	0.0	ND	1.7	ND	ND	12.0	24.0	0.9	53.0	127.0	46.0	0.0	55	14
Pan de avena	1	reb	30	30	71	3.1	1.3	11.9	0.2	0.5	0.5	0.0	ND	1.3	ND	ND	8.0	20.0	0.9	34.0	122.0	32.0	0.0	47	14
Pan de caja	1	reb	27	27	71	2.2	0.8	13.6	0.2	0.1	0.2	0.1	ND	0.5	ND	ND	27.8	101.3	1.1	32.4	149.9	25.9	0.0	70	19
Pan de caja integral	1	reb	25	25	67	2.4	1.0	12.6	0.3	0.2	0.3	0.1	ND	1.1	ND	ND	29.0	78.0	1.0	63.4	145.8	57.1	0.0	54	14
Pan de centeno y comino	1	reb	20	20	55	1.7	0.5	11.0	0.0	0.0	0.0	0.0	ND	0.3	ND	ND	ND	ND	ND	ND	140.0	ND	0.0	41	8
Pan de centeno y trigo	1	reb	28	28	73	2.6	0.2	15.0	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	10.6	0.8	40.6	156.0	ND	0.0	41	11
Pan de girasol integral	1	pieza	25	25	57	2.1	1.4	9.7	0.2	0.3	0.9	0.0	ND	1.1	ND	ND	ND	ND	ND	ND	90.5	ND	0.0	57	14
Pan de hamburguesa chico	1/2	pieza	26	26	67	2.5	1.1	12.9	0.1	0.0	0.0	0.0	1.9	0.7	ND	ND	ND	26.5	0.7	ND	111.5	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG pollinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pan de hot dog	1/2	pieza	22	22	55	2.0	1.0	10.5	0.0	0.0	0.0	0.0	1.5	0.5	ND	ND	ND	10.0	0.5	ND	105.0	ND	0.0	ND	ND
Pan de hot dog con ajonjolí	1/2	pieza	22	22	55	2.0	1.0	10.5	0.0	0.0	0.0	0.0	1.5	0.5	ND	ND	ND	10.0	0.5	ND	105.0	ND	0.0	ND	ND
Pan de jengibre	1	reb	25	25	72	0.9	2.2	11.9	0.6	0.8	0.2	7.8	6.3	0.0	ND	ND	ND	18.8	0.5	46.9	115.6	ND	0.0	ND	ND
Pan de miel y avena	1	reb	28	28	71	3.0	1.1	12.7	0.0	0.0	0.0	0.0	ND	0.9	ND	ND	ND	19.0	1.0	ND	140.0	ND	0.0	ND	ND
Pan de plátano	3/4	reb	21	21	68	0.9	2.2	11.5	0.0	0.0	0.0	3.2	ND	0.2	ND	ND	ND	4.4	0.3	28.1	63.4	12.2	0.0	ND	ND
Pan de trigo con arroz	3/4	reb	21	21	59	1.4	1.5	10.2	0.0	0.0	0.0	3.2	ND	0.0	ND	ND	ND	14.7	0.4	ND	85.5	ND	0.0	ND	ND
Pan integral	1	reb	25	25	67	2.4	1.0	12.6	0.3	0.2	0.3	0.1	ND	1.1	ND	ND	29.0	78.0	1.0	63.4	145.8	57.1	0.0	54	14
Pan italiano	1/3	pieza	23	23	63	2.0	0.8	11.6	0.0	0.2	0.3	0.0	0.7	0.7	ND	ND	ND	18.0	0.7	ND	127.1	ND	0.0	ND	ND
Pan matza	1/2	pieza	14	14	56	1.4	0.2	11.9	0.1	0.0	0.1	0.0	ND	0.5	ND	ND	2.0	2.0	0.5	16.0	0.5	12.5	0.0	ND	ND
Pan Melba	3	pieza	15	15	60	1.8	0.6	11.4	0.0	0.0	0.3	0.0	ND	0.9	ND	ND	3.0	15.0	0.6	30.0	123.0	30.0	0.0	70	11
Pan molido	8	cdita	16	16	66	2.1	1.0	11.8	0.0	0.0	0.0	0.0	ND	0.3	ND	ND	ND	6.2	0.2	12.8	95.8	15.2	0.0	ND	ND
Pan negro	1	reb	26	26	69	2.1	0.5	15.2	0.0	0.0	0.0	0.0	ND	0.3	ND	ND	ND	12.7	2.4	37.7	144.8	ND	0.0	47	12
Pan negro con trigo	1	reb	25	25	65	2.0	0.5	14.6	0.0	0.0	0.0	0.0	ND	0.3	ND	ND	ND	ND	ND	ND	ND	ND	0.0	47	12
Pan panini	1/2	pieza	23	23	61	1.9	0.5	11.7	0.0	0.0	0.0	0.0	0.5	0.5	ND	ND	ND	28.1	0.7	ND	89.1	ND	0.0	ND	ND
Pan para hamburguesa chico	1/2	pieza	26	26	67	2.5	1.1	12.9	0.1	0.0	0.0	0.0	1.9	0.7	ND	ND	ND	26.5	0.7	ND	111.5	ND	0.0	ND	ND
Pan para hamburguesa grande	1/3	pieza	25	25	65	2.4	1.1	12.5	0.1	0.0	0.0	0.0	1.8	0.6	ND	ND	ND	25.7	0.7	ND	108.2	ND	0.0	ND	ND
Pan para pambazo	1/2	pieza	25	25	67	2.5	1.0	12.5	0.2	0.0	0.0	0.0	1.0	1.5	ND	ND	ND	10.5	0.3	28.0	142.3	31.8	0.0	ND	ND
Pan pita	1/3	pieza	23	23	64	2.1	0.3	12.9	0.0	0.0	0.1	0.0	ND	0.5	ND	ND	ND	19.9	0.3	ND	123.8	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pan Thin	1 1/2	pieza	42	42	77	3.9	1.0	13.3	0.3	0.2	0.4	0.0	1.1	4.5	ND	ND	ND	ND	ND	ND	144.5	ND	0.0	ND	ND
Pan tipo "English Muffin"	1/2	pieza	29	29	67	2.2	0.5	13.1	0.1	0.1	0.3	0.0	ND	0.8	ND	ND	10.5	49.5	0.7	37.5	132.0	38.0	0.0	77	22
Pan tipo Media Noche	1/2	pieza	22	22	55	2.0	1.0	10.5	0.0	0.0	0.0	0.0	1.5	0.5	ND	ND	ND	10.0	0.5	ND	105.0	ND	0.0	ND	ND
Pan tostado	1	reb	15	15	64	1.6	1.2	11.8	0.3	0.4	0.5	0.0	2.2	0.1	ND	ND	ND	13.5	0.9	15.6	88.1	21.8	0.0	ND	ND
Panqué fat-free	1/2	reb	25	25	71	1.4	0.3	15.3	0.1	0.1	0.1	0.0	8.6	0.3	7.3	ND	17.5	10.8	0.5	27.5	85.3	27.5	0.0	ND	ND
Papa al horno con cáscara	1/2	pieza	78	78	73	1.5	0.1	16.8	0.0	0.0	0.0	0.0	1.3	1.2	ND	10.0	7.0	3.9	0.3	305.0	3.9	44.4	0.0	60	47
Papa al horno sin cáscara	1/2	pieza	78	78	73	1.6	0.1	16.8	0.0	0.0	0.1	0.0	1.4	1.2	ND	10.0	7.0	4.0	0.3	305.0	4.0	39.0	0.0	ND	ND
Papa cocida	1/2	pieza	68	68	59	1.3	0.1	13.7	0.0	0.0	0.1	0.0	0.6	1.2	ND	9.1	7.1	3.5	0.2	257.9	2.5	29.7	0.0	54	37
Papa cocida sin cáscara	1/2	pieza	68	68	58	1.2	0.1	13.7	0.0	0.0	0.0	0.0	0.6	1.2	ND	13.4	6.1	5.4	0.2	223.0	3.4	31.6	0.0	ND	ND
Papa de agua	1	pieza	95	78	71	2.6	0.2	15.5	0.0	0.0	0.0	0.0	ND	0.4	ND	3.9	ND	14.8	1.6	ND	ND	ND	0.0	ND	ND
Papa de cambray	5	pieza	115	94	72	1.5	0.1	16.5	0.0	0.0	0.0	0.0	ND	0.5	ND	14.1	12.3	12.3	2.5	512.0	5.7	ND	0.0	ND	ND
Papa hervida con piel	1/2	pieza	68	68	59	1.3	0.1	13.7	0.0	0.0	0.1	0.0	0.6	1.2	ND	9.1	7.1	3.5	0.2	257.9	2.5	29.7	0.0	65	44
Papa hervida pelada	1/2	pieza	68	68	58	1.2	0.1	13.7	0.0	0.0	0.0	0.0	0.6	1.2	ND	13.4	6.1	5.4	0.2	223.0	3.4	31.6	0.0	ND	ND
Papa picada	3/4	taza	128	105	72	1.8	0.1	16.4	0.0	0.0	0.0	0.0	1.2	2.5	ND	17.8	18.8	9.4	0.5	425.5	6.3	ND	0.0	ND	ND
Papa roja cruda	1/2	pieza	85	85	60	1.6	0.1	13.5	0.0	0.0	0.0	0.0	0.9	1.4	ND	16.7	15.3	8.5	0.6	386.8	5.1	39.5	0.0	ND	ND
Papas hojuelas para puré	20	gramos	20	20	71	1.7	0.1	16.2	0.0	0.0	0.0	0.0	0.7	1.3	ND	ND	9.2	5.4	0.2	219.6	20.8	ND	0.0	ND	ND
Papel de arroz	5	pieza	20	20	63	0.0	0.0	15.5	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	7.0	0.4	ND	100.8	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Papilla de arroz	1/2	taza	17	17	67	1.4	0.5	14.1	0.0	0.0	0.0	0.0	0.2	1.1	ND	7.5	2.5	9.1	7.9	63.7	2.0	20.0	0.0	ND	ND
Papilla de arroz deshidratada	15	gramos	15	15	59	1.1	0.7	11.6	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	3.6	127.5	7.1	57.8	4.8	ND	0.0	ND	ND
Papilla de avena deshidratada	15	gramos	15	15	56	1.0	0.2	12.0	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	128.7	7.5	31.2	41.0	ND	0.0	ND	ND
Papilla de maíz deshidratada	3/4	sobre	21	21	72	1.8	0.2	16.6	0.0	0.0	0.1	0.0	0.1	1.1	ND	ND	1.5	4.5	6.6	30.8	228.8	23.3	0.0	ND	ND
Pasta cocida	1/2	taza	60	60	78	3.2	1.1	14.0	0.2	0.3	0.3	24.2	ND	0.0	10.5	ND	11.6	6.3	0.7	12.6	49.5	30.5	0.0	44	26
Pasta con huevo	1/3	taza	15	15	57	1.9	0.6	11.0	0.1	0.3	0.0	0.0	ND	0.0	9.8	ND	ND	5.2	0.4	ND	0.7	ND	0.0	ND	ND
Pasta cruda para sopa	20	gramos	20	20	68	1.9	0.1	14.6	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	5.0	5.2	0.4	39.4	0.4	ND	0.0	ND	ND
Pasta de codito	1/2	taza	20	20	74	2.5	0.2	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	5.0	5.4	0.3	39.4	0.4	ND	0.0	ND	ND
Pasta de estrellitas	1/4	taza	19	19	69	2.3	0.2	14.1	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	4.7	5.1	0.2	36.9	0.4	ND	0.0	ND	ND
Pasta de lagrimitas	1/4	taza	19	19	69	2.3	0.2	14.1	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	4.7	5.1	0.2	36.9	0.4	ND	0.0	ND	ND
Pasta de letras	1/4	taza	19	19	69	2.3	0.2	14.1	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	4.7	5.1	0.2	36.9	0.4	ND	0.0	ND	ND
Pasta de moño	1/2	taza	20	20	74	2.5	0.2	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	5.0	5.4	0.3	39.4	0.4	ND	0.0	ND	ND
Pasta de municiones	1/4	taza	19	19	69	2.3	0.2	14.1	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	4.7	5.1	0.2	36.9	0.4	ND	0.0	ND	ND
Pasta de trigo cocida	1/2	taza	60	60	78	3.2	1.1	14.0	0.2	0.3	0.3	24.2	ND	0.0	10.5	ND	11.6	6.3	0.7	12.6	49.5	30.5	0.0	ND	ND
Pasta de trigo fresca	25	gramos	25	25	72	2.8	0.6	13.7	0.1	0.1	0.2	18.3	ND	0.0	ND	ND	44.0	3.8	0.8	44.8	6.5	40.8	0.0	ND	ND
Pasta fresca	25	gramos	25	25	72	2.8	0.6	13.7	0.1	0.1	0.2	18.3	ND	0.0	ND	ND	44.0	3.8	0.8	44.8	6.5	40.8	0.0	ND	ND
Pasta integral cocida	1/3	taza	46	46	57	2.5	0.3	12.3	0.0	0.0	0.1	0.0	ND	2.1	ND	ND	2.3	6.9	0.5	20.5	1.3	41.3	0.0	ND	ND
Pasta para sopa cruda	20	gramos	20	20	65	2.7	0.1	14.5	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	ND	10.4	0.5	62.4	1.6	45.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pasta tornillo cocida	1/3	taza	15	15	57	1.9	0.6	11.0	0.1	0.3	0.0	0.0	ND	0.0	9.8	ND	ND	5.2	0.4	ND	0.7	ND	0.0	ND	ND
Pastel ángel	1	reb	28	28	73	1.7	0.2	16.4	0.0	0.0	0.1	0.0	ND	0.4	ND	ND	1.0	40.0	0.2	26.0	212.0	66.0	0.0	67	19
Peneques	2	pieza	26	26	58	1.5	0.4	12.3	0.0	0.1	0.2	0.0	ND	1.2	0.5	ND	ND	28.1	0.7	ND	ND	ND	0.0	ND	ND
Pinole	15	gramos	15	15	58	1.6	0.9	11.3	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	11.9	1.2	ND	ND	37.5	0.0	ND	ND
Populares	2	pieza	17	17	62	1.2	0.5	13.1	0.2	0.2	0.2	0.0	4.7	0.4	ND	ND	36.1	ND	1.3	ND	97.5	ND	0.0	ND	ND
Pretzels	6	pieza	18	18	69	1.7	0.6	14.5	0.1	0.3	0.2	0.0	ND	0.6	ND	ND	15.4	6.4	0.8	26.4	312.4	20.6	0.0	83	15
Puré de camote	1/4	taza	60	60	60	1.2	0.1	13.8	0.0	0.0	0.0	0.0	ND	1.0	900.2	3.0	0.1	18.0	0.8	125.1	44.6	31.0	0.0	ND	ND
Puré de camote con naranja	1/4	taza	50	50	77	0.2	0.0	19.0	0.0	0.0	0.0	0.0	ND	0.0	ND	1.7	ND	4.2	0.1	42.2	5.2	4.9	0.0	ND	ND
Puré de papa hojuelas	1/3	taza	20	20	70	1.7	0.1	16.1	0.0	0.0	0.0	0.0	0.7	1.3	ND	ND	9.1	5.3	0.2	217.4	20.6	ND	0.0	ND	ND
Quaker Instant 0% Azúcar	1/2	sobre	18	18	60	1.5	0.7	11.8	0.2	0.3	0.2	0.0	2.0	1.8	ND	ND	ND	ND	ND	ND	85.1	ND	0.0	ND	ND
Quinoa cruda	20	gramos	20	20	74	2.8	1.2	12.8	0.1	0.3	0.7	0.0	ND	1.4	0.2	ND	ND	9.4	0.9	ND	0.9	ND	0.0	ND	ND
Quinoa inflada	1/2	taza	17	17	60	0.6	0.1	14.1	0.0	0.0	0.0	0.0	ND	0.6	ND	ND	ND	ND	ND	ND	1.8	ND	0.0	ND	ND
Raíz de chayote	100	gramos	100	80	63	1.6	0.2	14.2	0.0	0.0	0.0	0.0	ND	0.3	ND	15.2	ND	5.6	0.6	ND	ND	ND	0.0	ND	ND
Sagú	55	gramos	55	44	70	1.1	0.0	16.3	0.0	0.0	0.0	0.0	ND	0.8	ND	4.0	ND	8.8	1.4	ND	ND	ND	0.0	ND	ND
Saladitas	5	pieza	16	16	68	1.5	1.8	11.4	0.9	0.6	0.3	0.0	0.5	0.5	ND	ND	38.0	ND	1.3	ND	231.3	ND	0.0	ND	ND
Saladitas integrales	9	pieza	18	18	70	1.6	1.9	11.5	0.9	0.7	0.3	0.0	0.5	1.5	ND	ND	38.8	ND	1.6	ND	252.0	ND	0.0	ND	ND
Salvado de avena	3	cda	27	27	62	4.4	1.8	16.8	0.3	0.6	0.7	0.0	0.4	3.9	ND	ND	ND	14.9	1.4	ND	1.1	ND	0.0	ND	ND
Salvado de maíz	6	cda	29	29	64	2.4	0.2	24.4	0.0	0.1	0.1	0.0	ND	24.4	2.3	ND	1.1	12.5	0.8	12.5	2.3	20.5	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG pollinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Salvado de trigo	8	cda	31	31	66	4.8	1.3	19.8	0.2	0.2	0.7	0.0	0.7	13.1	ND	ND	24.5	22.5	3.2	362.6	1.0	310.5	0.0	ND	ND
Semola de maíz preparada	1/2	taza	121	121	72	1.7	0.3	15.6	0.1	0.1	0.1	0.0	0.1	0.4	ND	ND	ND	3.5	0.2	ND	2.5	ND	0.0	ND	ND
Semolina	20	gramos	20	20	72	2.5	0.2	14.6	0.0	0.0	0.1	0.0	ND	0.8	ND	ND	14.3	3.3	0.9	37.1	0.2	27.1	0.0	ND	ND
Sopa Instant Ramen sin preparar	50	gramos	50	50	67	2.0	1.0	11.3	0.3	0.0	0.0	0.0	1.3	0.7	ND	ND	ND	ND	1.4	ND	493.5	ND	0.0	ND	ND
Sorgo	1 1/2	cda	18	18	61	2.0	0.6	13.4	0.1	0.2	0.2	0.0	ND	0.0	ND	ND	ND	5.1	0.8	63.0	1.1	51.8	0.0	ND	ND
Tallarín cocido	1/3	taza	16	16	60	2.0	0.3	12.1	0.0	0.0	0.0	0.0	ND	0.1	62.2	ND	ND	10.2	0.5	ND	ND	ND	0.0	ND	ND
Tallarín crudo	20	gramos	20	20	74	2.5	0.2	15.0	0.0	0.0	0.1	0.0	ND	0.1	ND	ND	5.0	5.4	0.3	39.4	0.4	ND	0.0	ND	ND
Tallarines estilo japonés	1/2	taza	20	20	69	2.9	0.2	15.0	0.0	0.0	0.0	0.0	0.4	0.7	ND	ND	ND	14.7	0.3	ND	20.1	ND	0.0	ND	ND
Tapioca	2	cda	19	19	65	0.0	0.0	16.2	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	70	14
Telera	1/3	pieza	23	23	62	1.8	0.8	11.5	0.2	0.4	0.2	0.0	0.8	0.6	ND	ND	8.3	24.9	0.7	27.7	124.7	22.2	0.0	ND	ND
Tortilla	1	pieza	30	30	64	1.4	0.5	13.6	0.1	0.2	0.3	0.0	ND	0.6	6.0	ND	ND	58.8	0.8	ND	ND	ND	0.0	52	16
Tortilla burrera	1	pieza	30	30	76	2.3	0.4	16.0	0.1	0.0	0.0	0.0	ND	0.8	ND	ND	ND	ND	ND	ND	95.8	ND	0.0	ND	ND
Tortilla de maíz	1	pieza	30	30	64	1.4	0.5	13.6	0.1	0.2	0.3	0.0	ND	0.6	6.0	ND	ND	58.8	0.8	ND	ND	ND	0.0	52	16
Tortilla de maíz amarillo	1	pieza	32	32	68	1.5	0.6	14.5	0.1	0.2	0.3	0.0	ND	0.7	6.4	ND	ND	62.7	0.8	ND	ND	ND	0.0	ND	ND
Tortilla de maíz azul o negro	1	pieza	32	32	70	1.6	0.9	14.1	0.1	0.3	0.4	0.0	ND	0.3	1.0	ND	ND	40.0	0.8	48.3	0.2	26.2	0.0	ND	ND
Tortilla de maíz blanco	1	pieza	30	30	67	1.8	0.5	14.2	0.0	0.1	0.2	0.0	ND	1.3	0.6	ND	ND	32.4	0.8	ND	ND	ND	0.0	52	16
Tortilla de maíz y soya	1	pieza	33	33	75	2.2	1.4	13.8	0.1	0.4	0.7	0.0	ND	0.7	ND	ND	ND	42.2	1.6	ND	ND	ND	0.0	ND	ND
Tortilla de maíz y trigo	1	pieza	32	32	73	3.2	0.5	14.9	0.1	0.1	0.3	0.0	ND	1.4	ND	ND	ND	32.6	0.7	ND	ND	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Tortilla de nopal	3	pieza	69	69	60	3.2	1.2	13.1	0.1	0.3	0.6	0.0	ND	9.0	13.8	ND	ND	135.2	1.8	ND	ND	ND	0.0	ND	ND
Tostada de maíz horneada	2	pieza	20	20	73	2.0	1.3	16.0	0.0	0.3	0.7	0.0	ND	2.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Tostada de nopal horneada	2	pieza	20	20	67	1.3	1.3	15.3	0.0	0.3	0.7	0.0	ND	2.7	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Trigo	1 1/2	cda	21	21	71	2.2	0.5	15.4	0.0	0.0	0.0	0.0	ND	0.7	ND	ND	ND	12.2	0.2	77.7	0.6	ND	0.0	ND	ND
Trigo cocido	1 1/2	cda	21	21	70	2.2	0.5	15.1	0.0	0.0	0.0	0.0	ND	0.7	ND	ND	ND	12.0	0.2	76.3	0.6	ND	0.0	ND	ND
Trigo entero	2	cda	19	19	63	2.0	0.5	13.8	0.0	0.0	0.0	0.0	ND	0.6	ND	ND	ND	10.9	0.2	69.4	0.6	ND	0.0	ND	ND
Trigo negro	20	gramos	20	20	69	2.3	0.5	13.8	0.1	0.2	0.2	0.0	ND	2.1	ND	ND	ND	63.8	ND	ND	64.0	ND	0.0	ND	ND
Trigo triturado	1 1/2	cda	20	20	66	2.1	0.5	14.3	0.0	0.0	0.0	0.0	ND	0.6	ND	ND	ND	11.3	0.2	72.2	0.6	ND	0.0	ND	ND
Uchepos	1/4	pieza	44	44	74	1.0	0.4	17.3	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	ND	28.3	0.2	ND	ND	ND	0.0	ND	ND
Wonton	26	gramos	26	26	76	2.5	0.4	15.1	0.1	0.1	0.2	2.3	ND	0.5	1.0	ND	ND	12.2	0.9	ND	148.7	ND	0.0	ND	ND
Yuca	1/4	pieza	88	60	72	0.6	0.4	16.8	0.1	0.1	0.0	0.0	ND	0.7	0.6	11.3	ND	30.9	1.4	454.6	4.8	ND	0.0	ND	ND
Yuquilla	150	gramos	150	129	68	5.3	0.0	12.4	0.0	0.0	0.0	0.0	ND	1.5	ND	6.5	ND	65.8	15.7	ND	ND	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Amaranto acaramelado	1/2	taza	32	32	122	1.6	3.2	21.6	0.0	0.0	0.0	0.0	13.6	1.6	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Aros de cebolla	2 1/2	pieza	38	38	104	1.6	5.4	12.7	0.8	1.1	2.9	0.0	1.9	0.8	ND	0.6	ND	11.6	0.5	ND	138.8	ND	0.0	ND	ND
Banderillas	1/2	pieza	38	38	108	3.0	5.4	11.8	1.2	2.0	1.7	14.6	4.4	0.5	ND	ND	ND	19.9	0.7	ND	301.1	ND	0.0	ND	ND
Barcel churritos chile y limón	1/3	bolsa	17	17	95	1.0	6.3	8.6	2.0	2.0	2.3	0.0	ND	0.7	ND	ND	ND	ND	ND	ND	141.9	ND	0.0	ND	ND
Barra All Bran	3/4	pieza	30	30	116	2.3	5.3	15.0	2.5	2.0	0.8	7.5	6.8	5.3	ND	ND	ND	ND	ND	ND	48.8	ND	0.0	ND	ND
Barra de amaranto sabor chocolate	2	pieza	28	28	99	1.6	3.6	15.2	0.8	0.0	0.0	0.0	8.8	3.6	ND	ND	ND	ND	ND	ND	2.1	ND	0.0	ND	ND
Barra de chocolate amaranto	2	pieza	28	28	99	1.6	3.6	15.2	0.8	0.0	0.0	0.0	8.8	3.6	ND	ND	ND	ND	ND	ND	2.1	ND	0.0	ND	ND
Barra de fruta con avena fresa	30	gramos	30	30	120	1.6	4.8	17.7	ND	ND	ND	ND	9.3	1.9	ND	ND	ND	ND	ND	ND	54.9	ND	0.0	ND	ND
Barra de fruta Quaker Sabor Fresa	3/4	pieza	23	23	90	1.2	3.6	13.3	1.1	2.0	0.5	3.8	7.0	1.4	ND	ND	ND	ND	ND	ND	41.3	ND	0.0	ND	ND
Barra de granola	3/4	pieza	21	21	101	2.2	4.2	13.7	0.5	0.9	2.6	0.0	ND	1.1	3.0	ND	5.3	12.8	0.6	71.3	62.3	59.3	0.0	ND	ND
Barra Kellogg's® Special K® Nut Bar Arándanos	1	barra	33	33	142	4.2	6.7	16.3	1.1	ND	ND	ND	9.0	2.4	200.0	15.0	47.9	150.2	ND	ND	46.9	ND	ND	ND	ND
Barra Kellogg's® Special K® Nut Bar Caramelo-Canela	1	barra	30	30	146	4.9	9.0	11.4	2.5	ND	ND	ND	5.8	2.4	200.1	15.0	48.0	150.0	ND	ND	39.0	ND	ND	ND	ND
Barra Kellogg's® Special K® Nut Bar Sabor a chocolate oscuro	1	barra	33	33	162	4.2	9.4	15.1	3.4	ND	ND	ND	8.4	1.9	200.0	15.0	47.9	150.2	ND	ND	55.1	ND	ND	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Barra Kellogg's® Special K® Proteína	1	barra	40	40	169	10.0	8.8	12.5	3.0	ND	ND	ND	8.7	3.7	200.0	15.0	48.0	150.0	ND	ND	100.4	ND	ND	ND	ND
Barra multigrano linaza	20	gramos	20	20	99	1.9	4.8	12.0	2.1	1.8	0.9	8.1	3.4	1.4	ND	ND	ND	ND	ND	ND	36.9	ND	0.0	ND	ND
Barras Chewy para Niños Varios Sabores	1	paquete	23	23	95	1.6	2.3	17.0	ND	ND	ND	ND	6.2	1.5	ND	ND	ND	ND	ND	ND	69.9	ND	0.0	ND	ND
Barrita de granola con cacahuate	1/3	pieza	19	19	87	1.4	5.0	11.0	1.2	0.0	0.0	0.0	5.9	0.7	ND	ND	ND	9.6	0.2	ND	31.7	ND	0.0	ND	ND
Barrita de granola con choco chip	1	pieza	28	28	119	2.1	4.7	19.6	2.9	1.0	0.6	0.0	ND	1.4	1.0	ND	6.0	26.0	0.7	96.0	77.0	65.0	0.0	ND	ND
Barrita de granola con pasitas y nuez	3/4	pieza	21	21	97	1.7	4.4	13.5	2.0	0.9	1.2	0.0	ND	1.2	0.8	ND	6.8	18.0	0.5	83.3	54.0	51.0	0.0	ND	ND
Barrita de granola cubierta con chocolate	3/4	pieza	21	21	98	1.2	5.3	13.4	3.0	1.7	0.4	0.8	ND	0.8	1.5	ND	5.3	21.8	0.5	66.0	42.0	42.0	0.0	ND	ND
Barritas de fresa	1/3	pieza	21	21	97	1.1	3.9	14.4	1.0	2.4	0.5	0.0	ND	0.3	79.2	7.9	26.4	ND	1.0	ND	36.6	ND	0.0	50	11
Barritas Marinela	20	gramos	20	20	91	0.7	3.8	13.4	2.1	1.4	0.3	0.0	5.9	0.2	ND	ND	ND	ND	ND	ND	32.5	ND	0.0	ND	ND
Barritas Marinela Fresa	3/4	pieza	25	25	116	1.5	4.9	16.5	3.0	1.5	0.4	0.0	6.7	0.0	ND	ND	ND	ND	ND	ND	37.5	ND	0.0	ND	ND
Barritas Marinela Piña	3/4	pieza	25	25	116	1.5	4.9	16.5	3.0	1.5	0.4	0.0	6.7	0.0	ND	ND	ND	ND	ND	ND	37.5	ND	0.0	ND	ND
Base para pay	20	gramos	20	20	110	1.0	8.0	9.0	2.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	ND	0.4	ND	150.0	ND	0.0	ND	ND
Bigote relleno de chocolate	1/3	pieza	21	21	93	1.5	4.6	11.3	1.9	1.4	1.3	7.4	4.8	0.4	ND	ND	ND	ND	ND	ND	55.2	ND	0.0	ND	ND
Bigotes de cajeta	1/3	pieza	22	22	103	2.4	5.0	9.0	1.0	1.2	0.5	14.5	ND	0.0	ND	ND	23.1	39.6	0.4	0.1	131.5	ND	0.0	ND	ND
Bigotes de chocolate	1/3	pieza	22	22	103	2.4	5.0	9.0	1.0	1.2	0.5	14.5	ND	0.0	ND	ND	23.1	39.6	0.4	0.1	131.5	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Bigotes miniatura de cajeta	2	pieza	26	26	119	2.8	5.8	10.5	1.2	1.3	0.6	16.8	ND	0.0	ND	ND	26.8	45.9	0.5	0.1	152.4	ND	0.0	ND	ND
Bimbo Bran Frut Fresa	3/4	pieza	30	30	113	1.5	4.5	17.3	2.3	1.5	0.8	0.0	7.5	2.3	ND	ND	ND	ND	ND	ND	97.5	ND	0.0	ND	ND
Bimbo Bran Frut Piña	3/4	pieza	30	30	122	1.5	4.5	18.8	2.3	1.5	0.8	0.0	6.0	1.5	ND	ND	ND	ND	ND	ND	86.3	ND	0.0	ND	ND
Bimbo donas azucaradas	1	pieza	26	26	110	1.0	6.0	13.0	3.0	2.0	1.0	10.0	6.0	0.0	ND	ND	ND	ND	ND	ND	119.8	ND	0.0	ND	ND
Bimbo Doraditas	1/2	pieza	18	18	95	1.0	4.9	11.8	2.5	1.7	0.7	0.0	4.4	0.0	ND	ND	ND	ND	ND	ND	53.9	ND	0.0	ND	ND
Bimbo Mantecadas	3/4	pieza	23	23	102	1.5	5.6	11.3	1.9	1.5	2.3	26.3	6.0	0.0	ND	ND	ND	ND	ND	ND	78.8	ND	0.0	ND	ND
Bimbo Multigrano Chía	3/4	pieza	24	24	115	2.2	6.4	12.0	1.9	3.0	1.5	11.2	4.0	1.5	ND	ND	ND	ND	ND	ND	45.0	ND	0.0	ND	ND
Bimbo Multigrano Linaza	3/4	pieza	24	24	107	3.0	5.2	12.0	1.5	2.3	1.5	11.3	3.0	2.3	ND	ND	ND	ND	ND	ND	48.8	ND	0.0	ND	ND
Bimbo Multigrano Nuez	1/2	pieza	17	17	89	1.5	5.0	9.5	1.5	2.2	1.2	5.0	3.0	1.0	ND	ND	ND	ND	ND	ND	32.5	ND	0.0	ND	ND
Bimbo Nito	1/2	pieza	31	31	123	1.5	5.0	18.0	2.2	1.2	1.5	0.0	10.0	0.5	ND	ND	ND	ND	ND	ND	80.0	ND	0.0	ND	ND
Bimbo panquecito gotas de chocolate	1/3	pieza	23	23	91	1.6	4.3	11.9	2.0	1.0	1.3	24.7	5.6	0.0	ND	ND	ND	ND	ND	ND	69.3	ND	0.0	ND	ND
Bimbo rol de canela glaseado	1/2	pieza	30	30	97	1.8	2.2	17.4	1.1	0.7	0.4	8.9	8.5	0.4	ND	ND	ND	ND	ND	ND	55.7	ND	0.0	ND	ND
Bimbo Tartinas fresa	1 1/2	pieza	25	25	103	1.9	2.9	17.2	1.0	1.9	0.0	0.0	9.6	0.0	ND	ND	ND	ND	ND	ND	28.7	ND	0.0	ND	ND
Bimbo Tartinas piña	1 1/2	pieza	25	25	103	1.9	2.9	17.2	1.0	1.9	0.0	0.0	7.6	0.0	ND	ND	ND	ND	ND	ND	28.7	ND	0.0	ND	ND
Bimbo Tartinas zarzamora	1 1/2	pieza	25	25	103	1.9	2.9	17.2	1.0	1.9	0.0	0.0	9.6	0.0	ND	ND	ND	ND	ND	ND	28.7	ND	0.0	ND	ND
Bimbuñuelos	2	pieza	30	30	120	0.9	5.8	16.0	1.8	1.3	2.7	9.1	7.3	0.0	ND	ND	ND	ND	ND	ND	103.6	ND	0.0	ND	ND
Bísquet	1/2	pieza	33	33	118	2.0	5.4	15.8	0.8	2.2	2.0	0.0	ND	0.5	ND	ND	1.9	15.8	1.1	72.4	341.7	140.2	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Bocadín	2	pieza	21	21	102	0.0	6.0	12.0	4.0	1.0	1.0	0.0	8.0	0.0	ND	ND	ND	ND	ND	ND	10.0	ND	0.0	ND	ND
Botana con proteína de amaranto	1/2	bolsa	20	20	101	1.5	5.8	10.1	0.0	0.0	0.0	0.0	ND	0.5	ND	ND	ND	ND	ND	ND	100.4	ND	0.0	ND	ND
Brownie casero	1	pieza	24	24	112	1.5	7.0	12.0	1.8	2.6	2.3	18.0	ND	0.0	48.0	ND	4.0	14.0	0.4	42.0	82.0	32.0	0.0	ND	ND
Brownie comercial	1/2	pieza	28	28	114	1.4	4.6	17.9	1.2	2.4	0.7	5.0	ND	0.6	5.5	ND	3.5	8.0	0.6	41.5	87.5	28.5	0.0	ND	ND
Buñuelos	1 1/2	pieza	25	25	103	0.8	4.6	14.8	1.2	2.6	0.6	2.7	8.7	0.3	0.5	ND	ND	3.5	0.2	ND	15.4	ND	0.0	ND	ND
Campechanas	1 1/2	pieza	23	23	107	2.2	5.2	14.0	2.1	2.3	0.8	0.0	0.9	1.2	ND	ND	ND	ND	ND	ND	16.4	ND	0.0	ND	ND
Cazares	1	bolsa ch	26	26	120	2.2	5.5	15.3	1.0	1.5	3.0	0.0	ND	2.3	ND	ND	ND	ND	ND	ND	52.0	ND	0.0	ND	ND
Centro de dona	2	pieza	30	30	113	1.1	4.5	16.4	2.0	0.0	0.0	8.4	9.6	0.6	5.1	ND	ND	33.9	0.4	ND	124.5	ND	0.0	ND	ND
Chalupa	1 1/2	pieza	71	71	121	4.1	6.1	12.5	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	ND	80.3	1.0	ND	47.8	ND	0.0	ND	ND
Charritos de amaranto	1/2	bolsa	20	20	101	1.5	5.8	10.1	0.0	0.0	0.0	0.0	ND	0.5	ND	ND	ND	ND	ND	ND	100.4	ND	0.0	ND	ND
Cheescake	1	reb	30	30	96	1.7	6.8	7.7	3.0	2.6	0.5	16.5	ND	0.1	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Cheetos	20	gramos	20	20	110	0.8	7.2	10.4	2.4	3.6	0.8	0.0	0.8	0.0	ND	ND	ND	ND	ND	ND	128.0	ND	0.0	ND	ND
Cheetos Poffs	20	gramos	20	20	109	1.3	6.7	10.7	2.4	3.0	1.0	0.0	0.7	0.7	ND	ND	ND	ND	ND	ND	161.2	ND	0.0	ND	ND
Cheetos Poffs	2/3	bolsita	20	20	109	1.3	6.7	10.7	2.4	3.0	1.0	0.0	0.7	0.7	ND	ND	ND	ND	ND	ND	161.2	ND	0.0	ND	ND
Cheetos Torciditos	20	gramos	22	22	119	1.5	7.3	11.7	2.6	3.7	1.1	0.0	0.7	0.7	ND	ND	ND	ND	ND	ND	132.0	ND	0.0	ND	ND
Cheetos Torciditos	1/2	bolsita	22	22	119	1.5	7.3	11.7	2.6	3.7	1.1	0.0	0.7	0.7	ND	ND	ND	ND	ND	ND	132.0	ND	0.0	ND	ND
Chicharrón de harina enchilado	1/2	bolsa	23	23	106	2.1	5.6	12.5	0.0	0.0	0.0	0.0	ND	0.9	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Chips Ahoy	2	pieza	19	19	91	1.0	4.0	12.6	2.5	1.0	0.4	0.0	6.8	0.3	ND	ND	ND	ND	ND	ND	65.9	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chips de plátano	3/4	bolsa ch	21	21	109	0.5	7.1	12.3	6.1	0.4	0.2	0.0	7.4	1.7	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Choco chispas	4	pieza	18	18	93	1.0	4.2	12.7	2.7	1.2	0.4	0.0	5.0	0.2	ND	ND	ND	ND	ND	ND	49.2	ND	0.0	ND	ND
Chocorroles	1	pieza	34	34	117	1.7	5.0	19.3	2.9	0.8	0.4	12.6	13.4	0.8	ND	ND	ND	ND	ND	ND	75.4	ND	0.0	ND	ND
Chocotorro	1/2	pieza	25	25	102	1.0	4.5	14.5	3.0	1.0	0.5	5.0	10.5	0.5	ND	ND	ND	ND	ND	ND	52.5	ND	0.0	ND	ND
Chokis	2 1/2	pieza	25	25	115	1.7	5.0	15.8	3.3	1.3	0.4	0.0	9.2	0.8	ND	ND	15.8	ND	0.6	ND	108.3	ND	0.0	ND	ND
Chokis sin azúcar	2 1/2	pieza	26	26	119	1.3	6.0	14.9	3.3	2.2	0.5	0.0	0.8	1.9	ND	ND	38.0	ND	1.7	ND	95.8	ND	0.0	ND	ND
Churrito con chile	1/4	bolsa ch	23	23	109	1.5	6.8	10.5	3.7	0.0	0.0	0.0	ND	2.3	ND	ND	ND	ND	ND	ND	335.3	ND	0.0	ND	ND
Churritos Barcel	1/4	paquete	15	15	83	0.8	5.5	7.7	1.7	1.9	1.7	0.0	ND	0.7	ND	ND	ND	ND	ND	ND	191.7	ND	0.0	ND	ND
Churritos de nopal	1/3	bolsa ch	20	20	90	1.3	3.3	13.9	0.7	0.7	2.0	0.0	ND	2.6	ND	ND	ND	ND	ND	ND	66.0	ND	0.0	ND	ND
Churros	1/2	pieza	25	25	105	1.5	5.6	12.2	2.3	1.8	0.9	7.3	5.8	0.7	1.3	0.3	ND	27.5	0.6	ND	77.3	ND	0.0	ND	ND
Cocoles	1/3	pieza	23	23	103	2.2	5.0	12.8	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	ND	ND	ND	0.0	ND	0.0	ND	ND
Concha de chocolate	1/3	pieza	21	21	88	2.1	3.2	12.5	1.8	1.1	0.3	0.0	3.6	0.0	ND	ND	ND	ND	ND	ND	60.8	ND	0.0	ND	ND
Concha de vainilla	1/3	pieza	21	21	88	2.1	3.2	12.5	1.8	1.1	0.3	0.0	3.6	0.0	ND	ND	ND	ND	ND	ND	60.8	ND	0.0	ND	ND
Concha, pan dulce	1/3	pieza	21	21	87	2.3	3.7	11.1	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	7.9	1.0	28.5	82.4	ND	0.0	ND	ND
Costra para pay casera	90	gramos	90	90	109	1.4	7.2	9.8	1.8	3.2	1.9	0.0	ND	0.4	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Costra para pay congelada	125	gramos	125	125	101	1.3	5.8	11.3	1.9	2.8	0.8	0.0	0.9	0.6	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Cremax sin azúcar	2	pieza	23	23	116	1.1	5.8	14.9	4.1	1.2	0.5	0.0	0.6	0.5	ND	ND	25.3	ND	1.2	ND	30.0	ND	0.0	ND	ND
Croissant	1/2	pza med	29	29	116	2.3	6.0	13.1	3.3	1.6	0.3	19.1	3.2	0.7	58.7	0.1	37.1	10.5	0.6	33.6	133.1	29.9	0.0	ND	ND
Croissant de manzana	3/4	pza med	43	43	109	3.2	3.7	15.9	2.1	1.0	0.3	13.3	ND	1.1	40.2	0.2	37.6	12.8	0.5	38.5	117.1	24.8	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Croissant de queso	1/2	pza med	29	29	118	2.6	6.0	13.4	3.0	1.9	0.7	16.2	3.2	0.7	58.1	0.1	29.4	15.1	0.6	37.6	102.9	37.1	0.0	ND	ND
Croutones sazonados	3/4	taza	23	23	105	2.4	4.1	14.3	1.1	2.1	0.6	0.6	ND	1.1	1.1	ND	9.0	21.4	0.6	40.5	278.4	31.5	0.0	ND	ND
Crujitos	1/2	bolsa ch	20	20	93	1.3	4.7	11.3	2.0	1.3	1.3	0.0	0.7	1.3	ND	ND	ND	ND	ND	ND	186.7	ND	0.0	ND	ND
Cuernito	1/2	pza med	29	29	116	2.3	6.0	13.1	3.3	1.6	0.3	19.1	3.2	0.7	58.7	0.1	37.1	10.5	0.6	33.6	133.1	29.9	0.0	ND	ND
Cuernito de manzana	3/4	pza med	43	43	109	3.2	3.7	15.9	2.1	1.0	0.3	13.3	ND	1.1	40.2	0.2	37.6	12.8	0.5	38.5	117.1	24.8	0.0	ND	ND
Cuernito de queso	1/2	pza med	29	29	118	2.6	6.0	13.4	3.0	1.9	0.7	16.2	3.2	0.7	58.1	0.1	29.4	15.1	0.6	37.6	102.9	37.1	0.0	ND	ND
Cuerno	1/2	pza med	29	29	116	2.3	6.0	13.1	3.3	1.6	0.3	19.1	3.2	0.7	58.7	0.1	37.1	10.5	0.6	33.6	133.1	29.9	0.0	ND	ND
Cupcake de chocolate	1/2	pieza	30	30	105	1.0	3.5	18.0	1.0	ND	ND	2.5	13.0	1.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Dálmata	1/3	pieza	19	19	83	0.8	4.0	10.9	2.7	0.9	0.4	7.3	7.2	0.2	ND	ND	ND	ND	ND	ND	47.9	ND	0.0	ND	ND
Dona	1/3	pieza	21	21	90	1.0	4.9	10.7	0.8	2.1	1.7	7.8	3.6	0.3	3.7	ND	1.8	9.6	0.4	27.4	117.3	57.5	0.0	76	16
Dona azucarada	1/3	pieza	21	21	90	1.0	4.9	10.7	0.8	2.1	1.7	7.8	3.6	0.3	3.7	ND	1.8	9.6	0.4	27.4	117.3	57.5	0.0	76	16
Dona con coco	1/2	pieza	25	25	102	1.2	4.8	13.4	1.7	1.0	2.1	18.8	8.0	0.5	ND	ND	ND	ND	ND	ND	60.0	ND	0.0	ND	ND
Dona glaseada de chocolate	1/3	pieza	21	21	102	1.0	6.6	10.3	1.8	3.7	0.8	12.5	ND	0.4	6.5	ND	3.5	7.5	0.5	24.4	91.8	43.4	0.0	ND	ND
Dona glaseada sabor chocolate	1/3	pieza	21	21	102	1.0	6.6	10.3	1.8	3.7	0.8	12.5	ND	0.4	6.5	ND	3.5	7.5	0.5	24.4	91.8	43.4	0.0	ND	ND
Dona glaseasa	1/3	pieza	21	21	90	1.0	4.9	10.7	0.8	2.1	1.7	7.8	3.6	0.3	3.7	ND	1.8	9.6	0.4	27.4	117.3	57.5	0.0	76	16
Dona rellena de crema	1/3	pieza	26	26	95	1.7	6.5	7.9	1.4	3.2	0.8	6.3	3.8	0.2	2.9	0.0	ND	6.6	0.5	ND	81.6	ND	0.0	ND	ND
Dona rellena de mermelada	1/3	pieza	26	26	90	1.6	4.9	10.3	1.3	2.7	0.6	6.9	5.6	0.2	4.5	ND	ND	6.6	0.5	ND	120.1	ND	0.0	ND	ND
Donas con azúcar	1/3	pieza	21	21	87	0.8	4.7	10.3	2.4	1.6	0.8	7.9	4.7	0.0	ND	ND	ND	ND	ND	ND	94.9	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Donas con chocolate	1/3	pieza	25	25	112	1.2	6.2	12.7	3.3	2.1	0.5	4.7	6.6	0.5	1.0	0.3	ND	5.9	1.0	ND	80.7	ND	0.0	ND	ND
Doraditas	1/2	pieza	18	18	98	0.9	5.0	12.3	2.7	1.8	0.4	0.0	4.3	0.0	ND	ND	ND	ND	ND	ND	139.3	ND	0.0	ND	ND
Doritos Diablo	1/3	bosla ch	20	20	91	1.3	4.7	10.7	2.0	2.0	0.7	0.0	ND	2.0	ND	ND	ND	ND	ND	ND	234.8	ND	0.0	ND	ND
Doritos Incognita	1/3	paquete	19	19	90	15.4	4.5	10.8	2.1	1.6	0.7	0.0	ND	1.0	ND	ND	ND	ND	ND	ND	196.0	ND	0.0	ND	ND
Doritos Nacho	1/3	bosla ch	20	20	91	1.3	4.7	10.7	2.0	2.0	0.7	0.0	0.7	1.3	ND	ND	ND	ND	ND	ND	114.1	ND	0.0	ND	ND
Doritos Nachos	20	gramos	20	20	95	1.6	5.0	11.0	ND	ND	ND	ND	0.4	1.0	ND	ND	ND	ND	ND	ND	152.0	ND	0.0	ND	ND
Doritos Nachos	1/3	bolsita	20	20	94	1.4	4.7	11.5	2.0	2.0	0.7	0.0	0.7	0.7	ND	ND	ND	ND	ND	ND	108.3	ND	0.0	ND	ND
Doritos Pizzerolas	1/3	bosla ch	20	20	91	1.3	4.7	10.7	2.0	2.0	0.7	0.0	0.7	2.0	ND	ND	ND	ND	ND	ND	147.6	ND	0.0	ND	ND
Doritos Pizzerolas	1/3	paquete	19	19	93	1.4	4.9	10.8	2.1	1.7	0.7	0.0	0.7	1.0	ND	ND	ND	ND	ND	ND	213.5	ND	0.0	ND	ND
Eclair de chocolate	1/2	pieza	29	29	98	1.3	4.6	12.8	0.0	0.0	0.0	12.5	ND	0.0	ND	ND	ND	5.5	0.4	17.5	32.5	20.5	0.0	ND	ND
Emperador chocolate	2 1/2	pieza	25	25	111	1.4	4.5	16.3	2.3	1.7	0.5	0.0	8.1	0.8	ND	ND	28.5	ND	1.8	ND	104.2	ND	0.0	ND	ND
Emperador sin azúcar	2 1/3	pieza	24	24	111	1.3	5.0	15.0	2.6	1.9	0.5	0.0	0.2	0.7	ND	ND	32.5	ND	1.6	ND	93.2	ND	0.0	ND	ND
Fiber One Sabor Chocolate	1 1/4	pieza	31	31	103	1.2	3.7	16.2	1.9	0.0	0.0	0.0	8.7	6.2	ND	ND	ND	ND	ND	ND	99.8	ND	0.0	ND	ND
Fiber One Sabor Canela	1 1/4	pieza	31	31	101	1.2	3.7	16.2	1.9	0.0	0.0	0.0	10.0	6.2	ND	ND	ND	ND	ND	ND	106.1	ND	0.0	ND	ND
Fritos	20	gramos	20	20	110	1.6	7.2	9.6	3.2	2.8	0.8	0.0	ND	1.6	ND	ND	ND	ND	ND	ND	144.0	ND	0.0	ND	ND
Fritos chile y limón	1/2	bosla ch	20	20	103	1.3	6.7	9.3	3.0	2.7	1.0	0.0	4.0	1.3	ND	ND	ND	ND	ND	ND	120.0	ND	0.0	ND	ND
Fritos chorizo y chipotle	1/2	bosla ch	20	20	103	1.3	6.7	9.3	3.3	2.3	1.0	0.0	ND	1.3	ND	ND	ND	ND	ND	ND	146.7	ND	0.0	ND	ND
Fritos sal y limón	1/2	bosla ch	20	20	111	1.3	7.3	10.0	3.3	2.7	1.3	0.0	ND	1.3	ND	ND	ND	ND	ND	ND	100.0	ND	0.0	ND	ND
Frituras de maíz con chile y limón	1/3	bolsa	19	19	84	0.8	5.3	8.3	0.0	0.0	0.0	0.0	ND	0.0	75.2	3.9	ND	ND	1.4	ND	218.2	ND	0.0	64	12

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Frituras de maíz con limón y sal	1/3	bolsa	19	19	84	0.8	5.3	8.3	0.0	0.0	0.0	0.0	ND	0.0	75.2	3.9	ND	ND	1.4	ND	218.2	ND	0.0	64	12
Fruitcake	3/4	reb	32	32	104	0.9	2.9	19.9	0.4	1.4	1.1	1.5	9.6	1.2	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Galleta con chispas de chocolate	3	pieza	21	21	105	1.3	5.3	13.8	1.6	0.0	0.0	0.0	6.6	0.7	ND	ND	ND	ND	ND	ND	72.2	ND	0.0	ND	ND
Galleta cubierta de chocolate	1 1/2	pieza	21	21	103	1.2	5.0	14.2	2.3	2.0	0.3	0.0	ND	0.7	0.8	ND	2.3	12.0	0.8	44.3	61.5	28.5	0.0	ND	ND
Galleta de avena	1	pieza	18	18	81	1.1	3.3	12.4	0.6	1.9	0.5	0.0	ND	0.5	ND	ND	1.0	7.0	0.5	26.0	69.0	25.0	0.0	ND	ND
Galleta de avena Quaker con Pasas	2 1/2	pieza	25	25	107	1.8	4.3	15.4	1.3	2.3	0.8	0.0	6.8	2.1	ND	ND	ND	ND	ND	ND	70.8	ND	0.0	ND	ND
Galleta de avena con pasas	2	pieza	25	25	110	1.0	5.0	15.0	1.0	3.0	1.0	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	75.0	ND	0.0	ND	ND
Galleta de avena Quake sin azúcar con Almendras	3	pieza	30	30	117	2.6	4.5	16.4	1.1	2.5	0.7	0.0	0.8	4.5	ND	ND	ND	ND	ND	ND	120.0	ND	0.0	ND	ND
Galleta de avena y manzana	1	pieza	24	24	108	0.9	3.5	17.6	1.0	1.4	1.0	2.5	ND	0.0	ND	ND	ND	23.0	0.3	14.0	106.5	ND	0.0	ND	ND
Galleta de chocolate con relleno cremoso	2 1/2	pieza	23	23	106	1.3	4.6	16.5	1.3	ND	ND	0.0	9.3	0.7	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Galleta de chocolate con relleno cremoso baja en grasa	3	pieza	27	27	119	1.6	3.6	20.6	0.8	ND	ND	0.0	11.1	0.8	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Galleta de crema de cacahuate	1 1/2	pieza	23	23	108	2.1	5.3	13.2	1.2	2.0	1.8	0.0	ND	0.5	1.5	ND	7.5	7.5	0.6	37.5	93.0	19.5	0.0	ND	ND
Galleta de malvavisco con chocolate	2	pieza	26	26	110	1.0	4.4	17.6	1.2	2.4	0.6	0.0	ND	0.6	ND	ND	2.0	12.0	0.7	48.0	44.0	26.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Galleta de nuez	1 1/2	pieza	23	23	110	1.5	4.5	15.8	1.9	2.3	0.4	0.0	5.2	1.9	ND	ND	ND	ND	ND	ND	131.2	ND	0.0	ND	ND
Galleta de salvado	3/4	pieza	30	30	116	2.4	6.0	13.2	0.6	3.6	1.8	6.0	6.9	4.2	ND	ND	ND	ND	ND	ND	60.9	ND	0.0	ND	ND
Galleta integral	4	pieza	20	20	95	1.7	3.6	13.9	0.6	1.5	0.3	0.0	0.5	1.1	ND	ND	ND	ND	ND	ND	180.0	ND	0.0	ND	ND
Galleta integral con miel	4	pieza	24	24	110	1.9	3.2	18.2	1.0	0.5	1.7	0.0	5.2	0.6	ND	ND	ND	ND	ND	ND	90.8	ND	0.0	ND	ND
Galleta integral de miel	4	pieza	24	24	110	1.9	3.2	18.2	1.0	0.5	1.7	0.0	5.2	0.6	ND	ND	ND	ND	ND	ND	90.8	ND	0.0	ND	ND
Galleta integral de trigo	4	pieza	28	28	113	2.4	3.9	19.1	0.0	0.0	0.0	0.0	ND	1.6	ND	ND	ND	6.4	0.1	ND	153.2	ND	0.0	ND	ND
Galleta integral molida	4	cda	24	24	114	2.1	4.3	16.6	0.7	1.8	0.3	0.0	0.6	1.4	ND	ND	ND	ND	ND	ND	216.0	ND	0.0	ND	ND
Galleta Oreo	2	pieza	18	18	86	0.9	3.8	12.2	1.8	1.2	0.6	0.0	6.8	0.4	ND	ND	ND	ND	ND	ND	84.8	ND	0.0	ND	ND
Galleta salada cremosa	7	pieza	22	22	112	1.4	5.6	14.0	0.7	2.1	0.0	0.0	1.4	0.0	ND	ND	ND	ND	ND	ND	189.0	ND	0.0	ND	ND
Galleta sándwich	2	pieza	21	21	91	0.8	2.1	16.5	0.4	0.8	0.0	0.0	9.1	0.8	ND	ND	ND	ND	ND	41.2	181.1	ND	0.0	ND	ND
Galleta sándwich de chocolate	2	pieza	21	21	91	0.8	2.1	16.5	0.4	0.8	0.0	0.0	9.1	0.8	ND	ND	ND	ND	ND	41.2	181.1	ND	0.0	ND	ND
Galleta sándwich de vainilla	2	pieza	21	21	91	0.8	2.1	16.5	0.4	0.8	0.0	0.0	9.1	0.8	ND	ND	ND	ND	ND	41.2	181.1	ND	0.0	ND	ND
Galleta wafers	6	pieza	21	21	105	0.8	4.5	15.8	1.1	1.9	0.0	0.0	9.8	0.8	ND	ND	ND	ND	ND	ND	30.0	ND	0.0	ND	ND
Galletas Canelitas	1 1/2	pieza	23	23	113	0.0	3.4	18.0	0.0	2.3	1.1	0.0	6.8	0.0	ND	ND	ND	ND	ND	ND	56.3	ND	0.0	ND	ND
Galletas con almendras	1 1/2	pieza	21	21	113	0.8	7.4	12.8	3.4	ND	ND	ND	9.8	ND	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Galletas con chispas de chocolate	1/2	pieza	16	16	80	1.0	4.0	10.5	1.3	ND	ND	0.0	5.0	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Galletas con chispas de chocolate bajas en grasa	2	pieza	20	20	90	1.2	3.0	14.6	0.8	1.2	1.0	0.0	ND	0.8	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Galletas con chispas de chocolate con mantequilla caseras	1 1/2	pieza	24	24	117	1.4	6.8	14.0	3.5	2.0	0.1	16.5	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Galletas con mermelada	1 1/2	pieza	25	25	103	1.9	2.9	17.2	1.0	1.9	0.0	0.0	9.6	0.0	ND	ND	ND	ND	ND	ND	28.7	ND	0.0	ND	ND
Galletas de canela	1 1/2	pieza	23	23	104	1.5	4.5	14.2	2.3	1.5	0.7	11.3	5.2	0.7	ND	ND	ND	ND	ND	ND	70.5	ND	0.0	ND	ND
Galletas de manzana con pasas	1	pieza	26	26	113	1.3	4.3	17.2	0.9	1.7	0.6	2.0	8.8	0.6	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Galletas de nuez con azúcar glass	3/4	pieza	20	20	103	1.3	5.3	10.6	3.3	1.6	0.4	0.0	6.0	0.1	ND	ND	ND	ND	ND	ND	6.6	ND	0.0	ND	ND
Galletas globitos	28	pieza	22	22	101	2.1	3.6	15.2	1.6	1.6	0.4	0.0	1.9	0.4	ND	ND	30.2	ND	0.6	ND	283.8	ND	0.0	ND	ND
Galletas Marías Doradas	2 1/2	pieza	25	25	110	1.7	3.3	18.3	1.7	0.8	0.8	4.0	5.8	0.8	ND	ND	ND	ND	ND	ND	161.7	ND	0.0	ND	ND
Gansito	25	gramos	25	25	99	1.1	3.9	14.9	2.8	0.9	0.3	7.5	10.5	0.6	ND	ND	ND	ND	ND	ND	55.5	ND	0.0	ND	ND
Germen de trigo	1	cda	30	30	115	8.7	3.2	14.9	0.5	0.5	2.0	0.0	2.3	4.5	1.5	1.8	ND	13.5	2.7	ND	1.2	ND	0.0	ND	ND
Gordita de maíz	3/4	pieza	35	35	107	1.5	5.7	12.9	1.0	2.3	2.1	0.0	0.2	1.0	ND	ND	ND	39.1	0.9	ND	116.3	ND	0.0	ND	ND
Granola con almendras	3	cda	21	21	98	2.5	3.5	14.1	0.5	1.2	0.7	0.0	4.3	1.1	ND	ND	7.0	18.1	0.9	81.4	7.0	61.9	0.0	ND	ND
Granola con avena y miel	3	cda	21	21	96	2.3	4.0	13.7	1.7	1.8	0.5	0.4	5.7	1.4	ND	ND	6.6	26.7	0.5	98.4	8.8	69.1	0.0	ND	ND
Granola con pasitas y dátiles	3	cda	21	21	92	2.1	2.9	15.2	0.4	1.0	0.6	0.0	6.1	1.3	ND	ND	6.7	16.1	0.9	90.0	5.3	62.3	0.0	ND	ND
Granola estándar	3	cda	21	21	97	2.3	4.0	14.1	0.0	0.0	0.0	0.0	ND	1.1	ND	ND	ND	ND	ND	ND	8.2	ND	0.0	ND	ND
Granola Thins Nature Valley	1	pieza	17	17	80	1.0	4.0	11.0	1.5	ND	ND	0.0	6.0	1.0	ND	ND	ND	ND	ND	ND	75.0	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Habaneras Bran Arándanos Ciruela	35	gramos	35	35	113	2.7	4.3	16.0	ND	ND	ND	ND	4.5	3.0	ND	ND	ND	ND	ND	ND	171.5	ND	0.0	ND	ND
Harina de algodón baja en grasa	4	cda	32	32	106	15.9	0.4	11.5	0.1	0.1	0.2	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	57.6	ND	0.0	ND	ND
Harina de cacahuate	4	cda	32	32	105	16.7	0.2	11.1	0.0	0.1	0.1	0.0	2.6	5.1	ND	ND	ND	ND	ND	ND	13.2	ND	0.0	ND	ND
Harina de girasol parcialmente desgrasada	4	cda	32	32	105	15.4	0.5	11.5	0.1	0.1	0.3	0.0	ND	1.7	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Harina de sésamo baja en grasa	4	cda	32	32	107	16.0	0.6	11.4	0.1	0.2	0.2	0.0	ND	0.0	ND	ND	ND	ND	ND	ND	6.4	ND	0.0	ND	ND
Harina de soya baja en grasa	4	cda	32	32	120	14.5	2.8	11.2	0.4	0.5	1.3	0.0	3.4	5.1	ND	ND	ND	ND	ND	ND	1.0	ND	0.0	ND	ND
Harina de soya desgrasada	4	cda	32	32	106	15.0	0.4	12.3	0.0	0.1	0.2	0.0	6.0	5.6	ND	ND	ND	ND	ND	ND	4.2	ND	0.0	ND	ND
Harina de soya full fat	3	cda	24	24	105	8.3	4.9	8.5	0.7	1.1	2.8	0.0	1.8	2.3	ND	ND	ND	ND	ND	ND	2.2	ND	0.0	ND	ND
Harina para churros	3	cda	24	24	87	2.6	2.0	14.6	0.6	0.5	0.9	0.0	0.9	1.5	ND	ND	ND	ND	1.0	ND	208.7	ND	0.0	ND	ND
Hojaldra	1/3	pieza	28	28	115	2.3	6.0	13.0	3.3	1.6	0.3	21.4	ND	0.7	38.8	ND	8.0	10.4	0.6	33.3	210.8	29.8	0.0	ND	ND
Hot cake con mantequilla congelado	1	pieza	38	38	89	2.0	2.6	14.3	0.4	0.6	1.4	6.8	3.2	0.4	172.1	0.1	ND	29.6	2.1	ND	175.2	ND	0.0	ND	ND
Hot cake congelado	1	pieza	38	38	89	2.0	2.6	14.3	0.4	0.6	1.4	6.8	3.2	0.4	172.1	0.1	ND	29.6	2.1	ND	175.2	ND	0.0	ND	ND
Kelloggs Nutri Grain Manzana	3/4	pieza	28	28	104	1.5	2.2	19.5	1.0	0.0	0.0	0.0	9.7	0.7	ND	ND	ND	ND	ND	ND	45.0	ND	0.0	ND	ND
Kelloggs Nutri Grain Mora Azul	3/4	pieza	28	28	108	1.5	2.6	19.5	1.3	0.0	0.0	0.0	10.5	0.7	ND	ND	ND	ND	ND	ND	41.2	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Kelloggs Nutri Grain Piña	3/4	pieza	28	28	105	0.7	2.6	19.5	1.3	0.0	0.0	0.0	10.5	0.7	ND	ND	ND	ND	ND	ND	41.2	ND	0.0	ND	ND
Kinder Delice	1/2	paquete	21	21	95	1.0	5.9	9.0	3.4	ND	ND	ND	7.4	0.5	ND	ND	ND	ND	ND	ND	20.0	ND	0.0	ND	ND
Macarrón con queso	1/4	taza	50	50	108	4.2	5.6	10.1	3.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	90.5	0.5	60.0	271.5	80.5	0.0	ND	ND
Macarrón de coco	2	pieza	24	24	110	0.7	5.4	14.7	4.8	0.4	0.2	0.0	10.8	1.2	ND	ND	ND	1.2	0.2	ND	57.8	ND	0.0	ND	ND
Madalena	3/4	pieza	20	20	92	1.6	4.2	8.9	2.7	1.5	1.0	32.7	ND	0.0	ND	ND	ND	ND	ND	ND	85.0	ND	0.0	ND	ND
Maíz palomero con mantequilla horno de microondas	2 1/2	taza	38	38	115	3.5	2.6	25.4	0.5	0.0	0.0	0.0	ND	6.1	ND	ND	ND	20.0	0.2	ND	383.8	ND	0.0	ND	ND
Mamut	1/2	pieza	22	22	100	1.0	4.0	15.0	3.0	0.5	0.5	0.0	9.0	0.5	ND	ND	ND	ND	ND	ND	53.0	ND	0.0	ND	ND
Mantecada	3/4	pieza	23	23	102	1.5	5.6	11.3	1.9	1.5	2.3	26.3	6.0	0.0	ND	ND	ND	ND	ND	ND	78.8	ND	0.0	ND	ND
Marías Gamesa Cereale Chocoplátano	20	gramos	20	20	120	1.4	2.7	12.6	ND	ND	ND	ND	4.8	1.7	ND	ND	ND	ND	ND	ND	84.0	ND	0.0	ND	ND
Marías Gamesa Cereale Fresa	30	gramos	20	20	120	1.4	2.7	12.6	ND	ND	ND	ND	4.8	1.7	ND	ND	ND	ND	ND	ND	84.0	ND	0.0	ND	ND
Marinela barritas de fresa	3/4	pieza	25	25	116	1.5	4.9	16.5	3.0	1.5	0.4	0.0	6.7	0.0	ND	ND	ND	ND	ND	ND	37.5	ND	0.0	ND	ND
Marinela barritas de piña	3/4	pieza	25	25	116	1.5	4.9	16.5	3.0	1.5	0.4	0.0	6.7	0.0	ND	ND	ND	ND	ND	ND	37.5	ND	0.0	ND	ND
Marinela Canelitas	1 1/2	pieza	23	23	113	0.0	3.4	18.0	0.0	2.3	1.1	0.0	6.8	0.0	ND	ND	ND	ND	ND	ND	56.3	ND	0.0	ND	ND
Marinela Chocorroles	1	pieza	33	33	116	1.7	5.0	19.0	2.9	0.8	0.4	12.4	13.2	0.8	ND	ND	ND	ND	ND	ND	74.3	ND	0.0	ND	ND
Marinela Dálmata	1/2	pieza	23	23	88	0.8	4.1	12.3	2.9	0.8	0.4	4.1	8.6	0.4	ND	ND	ND	ND	ND	ND	53.2	ND	0.0	ND	ND
Marinela Gansito	1/2	pieza	23	23	92	0.9	3.7	13.3	2.8	0.7	0.2	6.9	9.7	0.5	ND	ND	ND	ND	ND	ND	52.9	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Marinela Polvorones	1	pieza	18	18	87	1.3	3.9	11.6	0.6	1.9	1.3	0.0	3.9	0.0	ND	ND	ND	ND	ND	ND	32.4	ND	0.0	ND	ND
Marinela Príncipe blancas	2	pieza	20	20	95	0.0	3.8	15.2	1.9	1.9	0.0	0.0	7.6	0.0	ND	ND	ND	ND	ND	ND	66.7	ND	0.0	ND	ND
Marinela Príncipe chocolate	2	pieza	20	20	95	1.9	3.8	13.3	1.9	1.9	0.0	0.0	7.6	0.0	ND	ND	ND	ND	ND	ND	47.6	ND	0.0	ND	ND
Marinela Príncipe mousse de limón	2	pieza	20	20	103	1.9	3.8	15.2	1.0	1.9	1.0	0.0	5.7	0.0	ND	ND	ND	ND	ND	ND	66.7	ND	0.0	ND	ND
Marinela Triki Trakes	2	pieza	18	18	89	0.0	4.2	12.7	2.1	1.1	1.1	0.0	6.4	0.0	ND	ND	ND	ND	ND	ND	31.8	ND	0.0	ND	ND
Muffin con mantequilla	1/3	pieza	37	37	112	2.9	3.4	18.0	1.4	0.9	0.8	7.7	ND	0.0	19.5	0.6	10.1	61.0	0.9	40.8	228.5	50.3	0.0	ND	ND
Muffin de blueberry	1/4	pieza	28	28	107	1.3	4.5	15.0	0.8	1.6	2.0	8.5	9.3	0.3	20.6	0.3	20.6	13.0	0.4	32.5	95.8	41.0	0.0	59	17
Muffin de maíz	1/3	pieza	37	37	114	2.2	3.1	19.0	0.6	1.2	1.0	19.0	2.8	1.2	13.7	ND	12.4	27.5	1.0	25.5	194.3	106.0	0.0	49	18
Muffin de manzana	1/4	pieza	31	31	103	1.7	4.7	14.2	0.9	0.0	0.0	21.4	0.4	0.4	ND	0.5	ND	8.5	0.6	ND	197.6	ND	0.0	ND	ND
Muffin de plátano	1/4	pieza	31	31	94	1.8	2.7	15.7	0.7	0.0	0.0	24.7	9.0	0.9	ND	1.2	ND	8.8	0.5	ND	129.9	ND	0.0	ND	ND
Muffin integral	1/3	pieza	37	37	101	2.6	2.8	18.0	0.4	0.6	1.5	0.0	3.1	1.7	ND	ND	51.8	23.5	1.6	189.1	146.5	140.2	0.0	60	22
Muffin integral con pasas	1/3	pieza	37	37	118	2.5	3.2	19.9	0.0	0.0	0.0	0.0	ND	2.5	ND	ND	ND	42.4	1.8	144.0	200.6	ND	0.0	ND	ND
Nachos	3	pieza	21	21	106	1.7	5.5	13.3	1.1	3.2	0.8	0.8	ND	1.1	9.0	0.8	3.0	31.5	0.3	45.8	150.8	51.8	0.0	ND	ND
Nature Valley	1/2	barra	18	18	70	1.5	2.0	12.5	0.2	ND	ND	ND	6.0	1.5	ND	ND	ND	ND	ND	ND	32.5	ND	0.0	ND	ND
Nature Valley Barra Granola con Manzana	1	pieza	21	21	90	1.5	3.2	13.0	0.4	2.0	0.8	0.0	5.5	1.2	ND	ND	ND	ND	ND	ND	65.0	ND	0.0	ND	ND
Nature Valley con Cacahuate	3/5	pieza	20	20	98	2.3	4.7	11.7	1.5	0.0	0.0	0.0	4.1	0.6	ND	ND	ND	ND	ND	ND	81.6	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Nature Valley con chocolate oscuro, cacahuate y almendra	1/2	pieza	18	18	84	1.5	4.0	10.5	1.5	0.0	0.0	0.0	4.5	0.5	ND	ND	ND	ND	ND	ND	75.0	ND	0.0	ND	ND
Nature Valley con frutas y almedras	1/2	pieza	18	18	76	1.5	2.1	12.9	0.3	0.0	0.0	0.0	3.6	1.0	ND	ND	ND	ND	ND	ND	33.4	ND	0.0	ND	ND
Oreja	1/3	pieza	17	17	81	1.0	4.4	9.6	1.5	1.8	0.9	0.0	ND	0.2	ND	ND	13.2	ND	0.3	ND	50.8	ND	0.0	ND	ND
Orejas de pan de dulce	1/3	pieza	17	17	81	1.0	4.4	9.6	1.5	1.8	0.9	0.0	ND	0.2	ND	ND	13.2	ND	0.3	ND	50.8	ND	0.0	ND	ND
Palomitas con queso	3/4	taza	21	21	110	2.0	7.0	10.8	1.4	2.0	3.2	2.3	ND	2.1	9.0	ND	2.3	24.0	0.5	54.8	186.8	75.8	0.0	ND	ND
Palomitas de chocolate	3	taza	24	24	98	1.3	3.1	18.3	1.0	0.7	1.0	0.0	11.4	2.0	0.5	ND	ND	12.2	0.7	ND	118.3	ND	0.0	ND	ND
Palomitas de mantequilla	3	taza	18	18	97	1.6	5.6	10.1	2.7	2.1	0.7	0.0	0.1	1.8	1.6	ND	ND	4.1	0.4	ND	137.3	ND	0.0	ND	ND
Palomitas garapiñadas	3/4	taza	21	21	91	0.8	2.7	16.6	0.8	0.6	0.9	1.1	11.2	1.1	1.7	ND	1.1	9.0	0.4	22.9	43.3	17.4	0.0	ND	ND
Palomitas microondas Poffets Natural	3 1/2	taza	25	25	118	2.5	6.9	11.4	3.4	2.5	1.0	0.0	ND	2.5	ND	ND	ND	ND	ND	ND	171.5	ND	0.0	ND	ND
Pan de ajo	1	pieza	28	28	93	2.0	3.9	12.3	1.0	0.0	0.0	0.0	2.5	1.0	ND	ND	ND	49.1	0.9	ND	142.5	ND	0.0	ND	ND
Pan de ajo con queso	1	pieza	28	28	98	2.5	4.9	11.3	1.5	0.0	0.0	2.5	1.0	1.0	ND	ND	ND	98.2	0.7	ND	211.2	ND	0.0	ND	ND
Pan de dulce miniatura	3/4	pieza	25	25	94	0.8	5.3	15.0	2.1	1.8	1.7	3.0	ND	0.2	ND	ND	ND	8.4	0.3	ND	276.6	ND	0.0	ND	ND
Pan de dulce, orejas	1/3	pieza	17	17	81	1.0	4.4	9.6	1.5	1.8	0.9	0.0	ND	0.2	ND	ND	13.2	ND	0.3	ND	50.8	ND	0.0	ND	ND
Pan de jenjibre	1	reb	28	28	100	1.1	4.6	13.8	1.2	2.0	1.2	9.1	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Pan de muesli	1	reb	28	28	94	2.5	3.6	13.2	0.0	0.0	0.0	0.1	ND	1.4	ND	ND	ND	ND	ND	ND	124.9	ND	0.0	54	15
Pan dulce integral	1/3	pieza	22	22	97	1.8	4.4	12.6	0.5	2.5	1.4	4.3	5.1	3.0	ND	ND	ND	ND	ND	ND	44.2	ND	0.0	ND	ND
Pan focaccia	42	gramos	42	42	105	3.7	3.3	15.0	0.4	2.4	0.4	0.0	0.7	0.8	ND	ND	ND	14.7	1.3	ND	235.6	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pan tipo muffin con mantequilla	1/3	pieza	37	37	112	2.9	3.4	18.0	1.4	0.9	0.8	7.7	ND	0.0	19.5	0.6	10.1	61.0	0.9	40.8	228.5	50.3	0.0	ND	ND
Pan tipo muffin de fruta	1/4	pieza	28	28	107	1.3	4.5	15.0	0.8	1.6	2.0	8.5	9.3	0.3	20.6	0.3	20.6	13.0	0.4	32.5	95.8	41.0	0.0	ND	ND
Pan tipo muffin de maíz	1/3	pieza	37	37	114	2.2	3.1	19.0	0.6	1.2	1.0	19.0	2.8	1.2	13.7	ND	12.4	27.5	1.0	25.5	194.3	106.0	0.0	49	18
Pan tipo muffin integral	1/3	pieza	37	37	101	2.6	2.8	18.0	0.4	0.6	1.5	0.0	3.1	1.7	ND	ND	51.8	23.5	1.6	189.1	146.5	140.2	0.0	60	22
Panqué	1/2	reb	20	20	84	1.3	4.3	9.8	0.0	0.0	0.0	0.0	5.7	0.2	ND	ND	ND	10.4	0.3	20.2	71.4	23.8	0.0	ND	ND
Panqué con mantequilla	1/2	reb	20	20	84	1.3	4.3	9.8	0.0	0.0	0.0	0.0	ND	ND	ND	ND	ND	10.4	0.3	20.2	71.4	23.8	0.0	ND	ND
Panqué de limón	1	reb	28	28	115	2.5	6.0	13.0	1.2	0.0	0.0	19.9	7.5	0.0	ND	0.6	ND	10.1	0.5	ND	129.9	ND	0.0	ND	ND
Panqué de nata	1/2	reb	23	23	97	1.4	5.6	10.7	3.2	1.7	0.3	39.1	ND	0.0	56.9	ND	3.4	5.5	0.4	15.7	65.0	18.7	0.0	ND	ND
Panque de salvado	1	reb	40	40	118	1.6	5.6	13.6	2.4	0.0	0.0	0.0	3.2	1.2	ND	ND	ND	19.2	0.6	ND	79.2	ND	0.0	ND	ND
Panqué marmoleado	1	reb	28	28	106	1.8	4.0	15.8	1.3	1.3	1.3	30.7	7.9	0.0	ND	ND	ND	ND	ND	ND	87.8	ND	0.0	ND	ND
Panquecito cubierto de chocolate	1/2	pieza	24	24	86	1.1	3.0	14.2	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	31.0	0.2	28.0	80.5	47.5	0.0	ND	ND
Panquecito cubierto de vainilla	1/2	pieza	33	33	119	1.1	3.8	20.6	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	16.6	ND	20.1	74.0	24.2	0.0	ND	ND
Panquecito de vainilla	1/2	pieza	33	33	119	1.1	3.8	20.6	0.0	0.0	0.0	0.0	ND	0.0	ND	ND	ND	16.6	0.1	20.1	74.0	24.2	0.0	ND	ND
Papa congelada para freír	50	gramos	50	50	100	1.6	3.8	15.6	0.6	2.4	0.4	0.0	ND	1.6	ND	5.0	6.0	4.0	0.6	209.0	15.0	41.0	0.0	ND	ND
Papa Hash Brown	1/4	taza	39	39	100	1.2	4.9	13.7	2.1	2.4	0.6	0.0	0.6	1.2	ND	2.0	6.2	5.5	0.2	224.6	133.4	16.5	0.0	ND	ND
Papa sal	20	gramos	20	20	107	1.0	6.6	11.0	ND	ND	ND	ND	ND	1.0	ND	ND	ND	ND	ND	ND	116.0	ND	0.0	ND	ND
Papas curly	3/4	pieza	47	47	112	1.1	5.6	14.1	1.4	2.8	1.4	0.0	0.6	1.1	ND	2.0	ND	ND	0.4	ND	184.3	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Papas deshidratadas	1/4	paquete	23	23	98	0.9	5.4	11.3	2.7	2.3	0.5	0.0	1.8	0.9	ND	ND	ND	ND	ND	ND	225.0	ND	0.0	ND	ND
Papas fritas	6	pieza	18	18	100	1.1	6.9	9.2	2.0	1.8	2.3	0.0	0.9	0.6	ND	5.8	1.3	4.3	0.3	181.4	118.1	30.2	0.0	76	14
Papas fritas a la francesa	4	pieza	20	20	112	1.2	7.7	10.2	2.2	2.0	2.5	0.0	1.0	0.7	ND	6.4	1.4	4.8	0.3	201.6	131.2	33.6	0.0	ND	ND
Papas fritas bajas en grasa	7	pieza	21	21	105	1.2	5.4	13.6	0.9	1.1	2.3	0.0	1.1	0.8	ND	5.3	5.7	7.1	0.3	211.1	89.9	41.3	0.0	ND	ND
Papas fritas con crema ácida y cebolla	6	pieza	18	18	98	1.2	6.7	9.2	1.6	1.1	3.2	1.3	ND	0.2	3.9	7.1	4.1	11.5	0.3	89.3	129.6	32.1	0.0	ND	ND
Papas fritas con queso	6	pieza	18	18	99	1.3	6.7	9.1	1.5	1.4	1.7	0.6	0.9	0.6	1.3	9.6	3.2	19.8	0.3	68.6	135.9	54.6	0.0	ND	ND
Papas fritas en juliana	6	pieza	30	30	100	1.1	5.6	11.9	1.5	0.9	2.3	0.0	ND	1.0	ND	ND	6.6	3.6	0.5	161.7	183.9	ND	0.0	ND	ND
Papas fritas light	10	pieza	30	30	100	1.1	5.6	11.9	1.5	0.9	2.3	0.0	ND	1.0	ND	ND	6.6	3.6	0.5	161.7	183.9	ND	0.0	ND	ND
Papas fritas reducidas en grasa	3/4	bolsa ch	19	19	94	1.1	4.8	12.2	0.8	0.9	2.1	0.0	0.9	0.7	ND	4.7	5.1	6.4	0.3	188.4	80.3	36.8	0.0	ND	ND
Papas Sabritas	20	gramos	20	20	102	0.8	6.4	10.4	3.2	2.4	0.8	0.0	ND	0.8	ND	ND	ND	ND	ND	ND	112.0	ND	0.0	ND	ND
Papilla de macarrones con pollo	1 1/2	frasco	195	195	101	4.1	2.9	14.6	0.0	0.0	0.0	0.0	ND	0.6	218.4	2.0	10.5	42.9	1.0	76.1	31.2	ND	0.0	ND	ND
Pasta de hojaldre	20	gramos	20	20	108	1.1	8.2	7.6	5.1	2.0	0.2	21.9	ND	0.3	ND	ND	ND	3.9	ND	ND	1.2	ND	0.0	ND	ND
Pasta hojaldrada	20	gramos	20	20	108	1.1	8.2	7.6	5.1	2.0	0.2	21.9	ND	0.3	ND	ND	ND	3.9	ND	ND	1.2	ND	0.0	ND	ND
Pasta quebrada	20	gramos	20	20	108	1.1	8.2	7.6	5.1	2.0	0.2	21.9	ND	0.3	ND	ND	ND	3.9	ND	ND	1.2	ND	0.0	ND	ND
Pastel de chocolate	1	reb	28	28	104	1.5	4.2	14.8	1.5	1.7	0.8	16.2	ND	0.4	ND	0.1	ND	ND	ND	39.2	88.2	29.7	0.0	ND	ND
Pastel de frutas	1	reb	28	28	91	0.8	2.5	17.3	0.3	1.2	0.9	1.3	12.0	1.0	5.2	ND	0.7	9.1	0.6	43.0	75.5	14.3	0.0	47	13
Pastel de piña	1	reb	28	28	89	1.0	3.4	14.1	0.8	1.5	0.9	6.2	ND	ND	17.4	0.3	5.3	33.6	0.4	31.4	89.3	23.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pastel de zanahoria con cubierta de queso crema	1/2	reb	28	28	112	1.1	5.7	14.6	1.1	1.9	2.5	16.5	10.8	0.3	105.5	0.2	3.2	6.9	0.3	27.5	50.6	19.6	0.0	ND	ND
Pastelito con relleno cremoso y mermelada	1/2	pieza	25	25	98	1.1	3.9	14.8	2.8	0.9	0.2	7.5	10.5	0.7	ND	ND	ND	18.8	0.6	47.5	59.5	19.0	0.0	ND	ND
Pastelito de chocolate con relleno cremoso	1	pieza	30	30	109	1.3	3.2	18.7	1.8	1.0	0.4	9.0	13.2	0.6	ND	ND	ND	ND	ND	ND	93.9	ND	0.0	ND	ND
Pastisetas	2 1/2	pieza	19	19	101	1.2	5.6	11.3	3.1	1.9	0.6	0.0	3.8	0.0	ND	ND	ND	ND	ND	ND	37.5	ND	0.0	ND	ND
Pastitas de mantequilla	2	pieza	15	15	84	0.8	4.7	9.6	3.0	1.5	0.3	60.0	3.0	0.0	24.0	ND	ND	3.0	0.3	18.0	30.0	15.0	0.0	ND	ND
Pay de calabaza	1	reb	45	45	109	1.8	4.4	15.7	0.9	2.1	0.8	11.7	8.5	0.8	201.6	ND	7.2	28.8	0.4	75.2	107.6	36.5	0.0	ND	ND
Pay de chocolate	1	reb	30	30	91	0.8	5.8	10.1	1.6	3.3	0.7	1.6	ND	0.6	ND	ND	2.1	10.9	0.3	38.2	40.9	20.4	0.0	ND	ND
Pay de limón con merengue	1	reb	35	35	94	0.5	3.0	16.5	0.6	1.3	1.0	15.8	8.4	0.4	18.3	1.2	2.8	19.5	0.2	31.3	51.1	36.9	0.0	ND	ND
Pay de manzana	1	reb	40	40	95	0.8	4.4	13.6	0.8	2.4	0.8	0.0	ND	0.6	12.2	1.3	1.6	4.5	0.2	25.9	106.6	9.6	0.0	ND	ND
Pay de nuez	1/3	pieza	23	23	102	1.5	4.5	13.9	2.1	1.8	0.6	1.3	6.4	0.2	11.8	ND	3.7	5.1	0.2	22.9	77.2	19.2	0.0	ND	ND
Pay de piña	1/3	pieza	28	28	108	1.0	4.9	15.1	2.6	1.9	0.4	1.3	5.3	0.1	ND	0.3	ND	6.6	0.2	27.4	120.3	21.5	0.0	ND	ND
Pay de queso	1	reb	35	35	112	1.9	7.9	8.9	4.0	2.7	0.5	19.3	7.6	0.1	56.4	ND	5.3	17.9	0.2	31.5	72.6	32.4	0.0	ND	ND
Pay helado de limón	1	reb	40	40	109	0.9	6.1	13.0	1.5	0.0	0.0	1.5	9.4	0.6	ND	ND	ND	12.1	0.1	ND	72.7	ND	0.0	ND	ND
Pingüinos Marinela	4/9	pieza	25	25	99	1.3	3.8	15.0	1.6	1.6	0.6	12.5	11.3	0.6	ND	ND	ND	ND	ND	ND	84.4	ND	0.0	ND	ND
Polvorón	1	pieza	18	18	87	1.7	3.9	11.5	0.0	0.0	0.0	0.0	ND	0.2	ND	0.3	ND	6.1	0.2	ND	8.2	ND	0.0	ND	ND
Polvorones Marinela	1	pieza	18	18	87	1.3	3.9	11.6	0.6	1.9	1.3	0.0	3.9	0.0	ND	ND	ND	ND	ND	ND	32.4	ND	0.0	ND	ND
Pop Tarts	1/3	pieza	18	18	70	1.0	1.7	12.9	0.5	0.3	0.5	0.0	7.0	0.3	ND	ND	ND	ND	ND	ND	73.5	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Prispas	3/4	paquete	19	19	91	0.8	3.4	14.3	0.8	0.8	1.5	0.0	ND	0.4	ND	ND	ND	ND	ND	ND	131.3	ND	0.0	ND	ND
Puré de papa	1/2	taza	105	105	119	2.0	4.4	17.5	1.1	1.9	1.3	2.0	1.5	1.6	21.0	6.0	8.4	25.2	0.3	300.3	332.9	48.0	0.0	74	78
Quaker SDW sabor Yogurt de Fresa	2 1/2	pieza	24	24	101	1.7	4.1	14.3	1.2	2.3	0.7	0.0	7.2	2.0	7.2	ND	ND	ND	ND	ND	75.0	ND	0.0	ND	ND
Rice Krispies Treats	1	barra	22	22	90	1.0	2.5	17.0	0.8	0.6	1.1	ND	8.0	0.0	ND	ND	ND	ND	ND	ND	105.0	ND	0.0	ND	ND
Roles de canela	1/2	pieza	30	30	100	2.0	2.2	18.0	0.7	0.7	0.8	10.5	8.1	0.2	1.7	1.0	4.8	12.6	0.6	32.7	64.5	25.2	0.0	ND	ND
Rollo de fresa	1	pieza	30	30	100	1.4	2.1	18.9	1.1	0.7	0.3	15.0	11.7	0.1	7.7	0.6	4.8	7.0	0.4	35.1	87.0	22.0	0.0	ND	ND
Ruffles queso	1/2	bolsita	25	25	121	1.7	7.5	11.7	3.3	3.3	0.8	0.0	0.8	1.7	ND	5.5	ND	ND	ND	ND	241.7	ND	0.0	ND	ND
Ruffles sal	1/3	bolsita	18	18	90	1.2	5.8	8.2	2.9	2.3	0.6	0.0	ND	1.2	ND	3.9	ND	ND	ND	ND	87.5	ND	0.0	ND	ND
Runner sabor hot sauce	1/3	bolsa	20	20	110	1.2	6.9	10.8	3.0	2.9	0.0	0.0	ND	0.5	ND	ND	ND	ND	ND	ND	210.0	ND	0.0	ND	ND
Sabritas Ligeras	20	gramos	20	20	97	1.2	4.6	12.8	ND	ND	ND	ND	ND	0.8	ND	ND	ND	ND	ND	ND	80.0	ND	0.0	ND	ND
Sabritas Ligeras Cítricas	20	gramos	20	20	93	1.2	4.4	12.2	ND	ND	ND	ND	ND	0.8	ND	ND	ND	ND	ND	ND	148.0	ND	0.0	ND	ND
Sabritas Ligeras Cítricos con Chile	1/4	bolsita	25	25	113	2.0	5.0	15.0	2.5	2.0	0.5	0.0	ND	1.0	ND	6.0	ND	ND	ND	ND	190.0	ND	0.0	ND	ND
Sabritas Ligeras Sal	1/4	bolsita	25	25	122	2.0	6.0	15.0	2.5	2.0	0.5	0.0	ND	1.0	ND	ND	ND	ND	ND	ND	100.0	ND	0.0	ND	ND
Sabritas Sal	1/2	bolsita	23	23	119	1.5	7.5	11.3	3.8	3.0	0.8	0.0	ND	0.8	ND	5.0	ND	ND	ND	ND	112.5	ND	0.0	ND	ND
Salsa gravie de champiñones	1	taza	230	230	116	2.9	6.2	12.6	0.9	2.6	2.3	0.0	ND	0.9	ND	ND	27.8	15.4	1.5	243.9	1310.5	34.0	0.0	ND	ND
Salsa gravie de res	1	taza	226	226	120	8.5	5.4	10.8	2.5	2.1	0.2	7.7	ND	1.0	ND	ND	3.9	13.5	1.6	183.6	1265.8	67.6	0.0	ND	ND
Sándwich Quaker Chocolate	30	gramos	30	30	124	2.7	5.2	16.6	ND	ND	ND	ND	7.2	2.8	ND	ND	ND	ND	ND	ND	96.0	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Snack Mix Nabisco 100 kcal	1	paquete	22	22	99	2.0	3.0	16.0	0.5	ND	ND	ND	2.0	1.0	ND	ND	ND	ND	ND	ND	210.1	ND	0.0	ND	ND
Sope de maíz	1	pieza	35	35	37	1.0	0.3	15.9	0.0	0.1	0.1	0.0	ND	3.3	ND	ND	ND	ND	ND	ND	7.6	ND	0.0	ND	ND
Strudel de manzana	1	reb	40	40	110	1.3	4.5	16.5	1.2	2.5	0.6	11.3	10.4	0.9	3.4	0.6	2.3	6.2	0.2	38.9	107.6	13.0	0.0	ND	ND
Suavicrema de chocolate	1 1/2	pieza	18	18	104	1.4	5.8	11.5	5.0	0.7	0.0	0.0	5.8	0.0	ND	ND	ND	ND	ND	ND	14.4	ND	0.0	ND	ND
Suavicrema sabor fresa	1 1/2	pieza	18	18	104	1.4	5.8	11.5	5.0	0.7	0.0	0.0	5.8	0.0	ND	ND	ND	ND	ND	ND	14.4	ND	0.0	ND	ND
Suavicremas sabor vainilla	1 1/2	pieza	18	18	86	0.0	4.3	12.0	2.6	1.7	0.0	0.0	5.1	0.0	ND	ND	ND	ND	ND	ND	17.1	ND	0.0	ND	ND
Submarino de fresa	3/4	pieza	26	26	87	1.5	3.4	13.5	1.1	1.5	0.7	0.0	6.7	0.0	ND	ND	ND	ND	ND	ND	120.0	ND	0.0	ND	ND
Submarino de chocolate	3/4	pieza	26	26	90	1.5	3.4	14.2	1.1	1.5	0.7	0.0	6.7	0.0	ND	ND	ND	ND	ND	ND	105.0	ND	0.0	ND	ND
Submarino de vainilla	3/4	pieza	26	26	90	1.5	3.4	14.2	1.1	1.5	0.7	0.0	6.7	0.0	ND	ND	ND	ND	ND	ND	112.5	ND	0.0	ND	ND
Tamal de carne	1/5	pieza	40	40	102	3.1	6.0	8.8	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	24.4	0.6	35.1	70.4	120.0	0.0	ND	ND
Tamal de elote	1/5	pieza	40	40	86	1.1	4.3	9.9	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	ND	43.2	0.3	87.3	234.3	ND	0.0	ND	ND
Tamal de frijol	1/5	pieza	40	40	103	1.5	7.2	9.1	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	ND	24.6	ND	ND	112.9	ND	0.0	ND	ND
Tamal de queso con rajas	1/5	pieza	40	40	104	2.0	7.1	9.1	0.0	0.0	0.0	0.0	ND	0.4	ND	ND	ND	41.3	ND	ND	130.3	ND	0.0	ND	ND
Tamal rojo	1/6	pieza	34	34	103	0.9	6.5	11.0	0.0	0.0	0.0	0.0	ND	0.2	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Tamal verde	1/6	pieza	34	34	103	0.9	6.5	11.0	0.0	0.0	0.0	0.0	ND	0.2	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Tlacoyo	1	pieza	35	35	72	4.2	5.5	14.7	0.0	0.0	0.0	0.0	ND	0.1	ND	ND	ND	16.9	ND	ND	81.0	ND	0.0	ND	ND
Tortilla de harina	1	pieza	28	28	80	1.9	1.9	13.4	1.1	0.6	0.2	0.0	0.1	0.1	ND	ND	ND	19.0	0.3	ND	214.8	ND	0.0	30	8
Tortilla de harina integral	1	pieza	28	28	82	2.5	2.9	11.4	1.5	1.1	0.3	0.0	0.1	1.2	ND	ND	ND	ND	ND	ND	166.9	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Tostada	1 1/2	pieza	18	18	93	1.2	4.9	11.2	2.1	2.0	0.8	0.0	ND	1.2	ND	ND	ND	19.3	0.2	ND	131.6	ND	0.0	ND	ND
Tostada rayada	1 1/2	pieza	18	18	93	1.2	4.9	11.2	2.1	2.0	0.8	0.0	ND	1.2	ND	ND	ND	19.3	0.2	ND	131.6	ND	0.0	ND	ND
Tostada tipo Jalisco	1 1/2	pieza	18	18	93	1.2	4.9	11.2	2.1	2.0	0.8	0.0	ND	1.2	ND	ND	ND	19.3	0.2	ND	131.6	ND	0.0	ND	ND
Tostitos Sal	1	porción	25	25	117	2.0	5.0	16.0	2.0	2.0	1.0	0.0	ND	1.0	ND	ND	ND	ND	ND	ND	80.0	ND	0.0	ND	ND
Totopos de maíz	25	gramos	25	25	109	1.4	5.6	13.5	2.3	2.3	1.0	0.0	ND	1.4	5.4	ND	2.7	39.3	0.4	50.0	40.8	51.8	0.0	ND	ND
Trenza glaseada	1/2	pieza	21	21	85	0.7	3.8	12.2	1.0	2.2	0.5	2.5	7.2	0.3	0.5	ND	1.5	5.5	0.3	16.0	70.5	25.0	0.0	ND	ND
Wafle	1	pieza	35	35	100	2.3	3.4	15.1	0.5	1.8	0.8	4.9	1.8	0.8	133.4	ND	20.0	107.8	2.0	43.8	223.3	126.4	0.0	76	27
Wafle con mantequilla	1	pieza	35	35	97	2.3	3.8	13.9	0.9	1.0	1.6	8.8	1.0	0.6	ND	0.4	17.9	17.9	1.6	40.4	184.1	ND	0.0	76	27
Wafle estilo casero	1	pieza	31	31	86	2.0	3.3	12.4	0.8	0.8	1.4	8.1	0.8	0.4	ND	0.4	15.9	15.9	1.4	40.5	181.7	ND	0.0	76	24
Wafle integral	1	pieza	35	35	84	2.3	2.9	13.2	0.7	0.7	1.3	0.0	1.3	1.4	ND	0.9	10.8	17.9	1.6	71.8	198.5	ND	0.0	ND	ND
Wafle miniatura	2	pieza	40	40	112	3.0	3.9	16.3	0.9	0.0	0.0	10.8	1.3	0.9	ND	0.9	25.8	25.8	2.3	55.9	258.1	ND	0.0	ND	ND
Wrap	1/2	pieza	29	29	90	2.5	1.8	15.5	0.8	0.0	0.0	0.0	0.8	1.2	ND	ND	ND	102.1	0.4	ND	196.0	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG pollinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Alubia cocida (chica o grande)	1/2	taza	90	90	124	8.7	0.3	22.5	0.1	0.1	0.3	0.0	0.3	5.6	0.0	1.0	72.5	80.6	3.3	502.1	5.4	101.1	0.0	28	6
Alubia cruda (chica o grande)	35	gramos	35	35	117	8.1	0.3	21.1	0.1	0.0	0.0	0.0	0.7	5.3	0.0	0.0	135.8	84.0	3.7	628.3	5.6	105.4	0.0	0	0
Alubia enlatada guisada	1/3	taza	86	86	99	6.3	0.3	18.3	0.0	0.0	0.1	0.0	0.3	4.2	0.0	0.0	56.2	63.1	2.6	392.5	299.9	78.7	0.0	52	10
Alubia germinada	1	taza	190	190	63	9.1	1.1	8.9	0.2	0.0	0.6	0.0	0.0	ND	0.0	68.4	89.3	36.1	1.7	368.6	13.3	72.2	0.0	ND	ND
Alverjón o chícharo seco crudo	35	gramos	35	35	119	8.6	0.4	21.1	0.1	0.1	0.1	0.0	2.8	ND	2.5	0.6	95.9	19.3	1.6	343.4	5.3	128.1	0.0	0	0
Alverjón o chícharo seco cocido	1/2	taza	98	98	116	8.2	0.4	20.7	0.1	0.0	0.2	0.0	2.8	ND	0.0	0.4	63.7	13.7	1.3	354.8	2.0	97.0	0.0	22	5
Bebida vegetal Silk® Soya sin azúcar, sin endulzar	1	taza	240	240	82	7.2	3.6	5.3	0.5	1.0	2.2	0.0	0.0	1.4	95.5	ND	ND	421.2	ND	ND	122.9	ND	ND	ND	ND
Chícharo germinado cocido	1/2	taza	103	103	100	7.2	0.5	17.5	0.1	0.0	0.2	0.0	0.0	ND	5.1	6.8	36.9	26.7	1.7	274.7	3.1	24.6	0.0	ND	ND
Frijol germinado cocido	1	taza	124	124	97	8.8	1.0	18.6	0.1	0.1	0.6	0.0	0.0	10.7	5.0	21.5	131.4	19.8	2.6	393.1	17.4	127.7	0.0	ND	ND
Frijol germinado crudo	1 1/2	taza	156	156	105	9.6	1.1	20.4	0.1	0.1	0.6	0.0	0.0	ND	6.2	29.3	205.9	23.4	3.0	478.9	20.3	156.0	0.0	0	0
Frijol molido	1/3	taza	73	73	96	6.4	0.4	17.2	0.1	0.0	0.2	0.0	0.2	6.3	4.4	0.0	108.2	19.6	1.5	257.7	0.8	101.6	0.0	ND	ND
Frijol promedio cocido	1/2	taza	86	86	114	7.6	0.5	20.4	0.1	0.1	0.2	0.0	0.3	7.5	5.2	0.0	128.1	23.2	1.8	305.3	1.0	120.4	0.0	43	9
Frijol promedio crudo	35	gramos	35	35	119	7.6	0.5	21.8	0.1	0.1	0.1	0.0	0.7	5.3	0.0	0.0	155.4	43.1	1.8	519.1	1.8	123.2	0.0	0	0
Frijoles enteros enlatados	1/2	taza	128	128	108	6.7	0.8	18.6	0.0	0.0	0.0	0.0	2.4	6.8	0.0	1.5	46.1	43.5	1.5	303.4	378.9	115.2	0.0	45	8
Frijoles refritos, caseros o enlatados	1/3	taza	75	75	95	4.1	4.1	11.3	0.6	0.0	0.0	0.0	3.0	7.1	0.0	0.0	0.0	0.0	ND	ND	237.0	ND	0.0	ND	ND
Gandul	40	gramos	40	34	118	6.0	0.6	22.7	0.1	0.0	0.3	0.0	0.0	2.9	1.0	0.0	155.0	52.7	1.7	473.3	5.8	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Garbanzo cocido	1/2	taza	82	82	135	7.3	2.1	22.5	0.2	0.5	1.0	0.0	4.0	6.3	2.5	1.0	141.0	40.0	2.4	238.5	5.5	138.0	0.0	31	7
Garbanzo crudo	35	gramos	35	35	127	6.8	2.2	21.2	0.2	0.5	0.9	0.0	3.7	6.1	2.5	0.0	195.0	36.8	2.2	306.3	8.4	128.1	0.0	0	0
Garbanzo enlatado	1/2	taza	120	120	143	6.0	1.4	27.2	0.2	0.3	0.6	0.0	0.0	5.3	2.5	4.5	80.0	38.5	1.6	206.5	359.0	108.0	0.0	42	11
Haba seca cocida	1/2	taza	85	85	94	6.5	0.3	16.7	0.0	0.0	0.0	0.0	1.5	4.6	0.9	0.3	88.4	30.6	1.3	281.4	4.3	106.3	0.0	ND	ND
Haba seca cruda	1/4	taza	38	38	128	9.8	0.6	21.9	0.1	0.1	0.2	0.0	2.1	9.4	1.9	0.0	158.6	38.6	2.5	398.3	4.9	157.9	0.0	0	0
Harina de frijol	3	cda	33	33	110	7.4	0.7	19.4	0.1	0.0	0.1	0.0	0.0	1.5	0.0	0.0	151.9	47.9	4.4	480.4	2.6	ND	0.0	0	0
Harina de garbanzo	3	cda	33	33	117	6.6	2.2	18.7	0.2	0.5	0.9	0.0	0.0	1.5	0.7	0.0	12.1	32.8	2.3	287.1	8.5	ND	0.0	0	0
Harina de haba	3	cda	33	33	114	9.1	0.6	19.1	0.1	0.1	0.2	0.0	0.0	0.6	1.6	0.0	138.8	25.6	6.0	ND	4.3	ND	0.0	0	0
Harina de lenteja	3	cda	33	33	108	8.1	0.5	18.5	0.0	0.0	0.0	0.0	0.0	1.3	0.0	0.0	0.0	18.0	6.6	ND	0.0	80.4	0.0	0	0
Harina de soya	4	cda	25	25	108	9.3	5.1	7.8	0.7	1.1	2.9	0.0	0.0	2.4	2.9	0.0	84.5	50.5	1.6	500.0	2.9	116.6	0.0	0	0
Harina de soya baja en grasa	4	cda	25	25	91	12.2	2.2	7.5	0.0	0.1	0.1	0.0	2.5	2.4	0.9	0.0	74.9	69.8	1.5	629.7	4.4	145.3	0.0	0	0
Harina de soya sin grasa	4	cda	22	22	81	11.2	1.5	7.9	0.0	0.1	0.1	0.0	4.4	2.1	0.8	0.0	67.3	41.4	1.3	459.8	2.0	148.5	0.0	0	0
Hummus	5	cda	75	75	125	5.9	7.2	10.7	1.1	3.0	6.7	0.0	0.0	4.5	22.5	0.0	62.3	28.5	1.8	171.0	284.3	132.0	0.0	1	0
Ibes o haba de lima cocido	1/2	taza	85	85	105	5.8	0.3	20.1	0.1	0.0	0.2	0.0	1.4	4.5	12.8	8.6	22.1	27.2	2.1	484.5	14.5	110.5	0.0	32	6
Ibes o haba de lima crudo	90	gramos	90	90	102	6.2	0.8	18.2	0.1	0.0	0.2	0.0	1.3	4.4	8.1	0.0	355.5	30.6	2.8	420.3	7.2	122.4	0.0	0	0
Lenteja cocida	1/2	taza	99	99	115	9.0	0.4	20.0	0.1	0.1	0.2	0.0	1.8	7.8	1.0	1.5	179.0	19.0	3.3	365.5	2.0	178.0	0.0	26	5
Lenteja cruda	35	gramos	35	35	124	9.0	0.4	21.0	0.0	0.1	0.1	0.0	0.7	10.7	1.4	0.0	151.6	19.6	2.6	334.3	2.1	157.9	0.0	0	0

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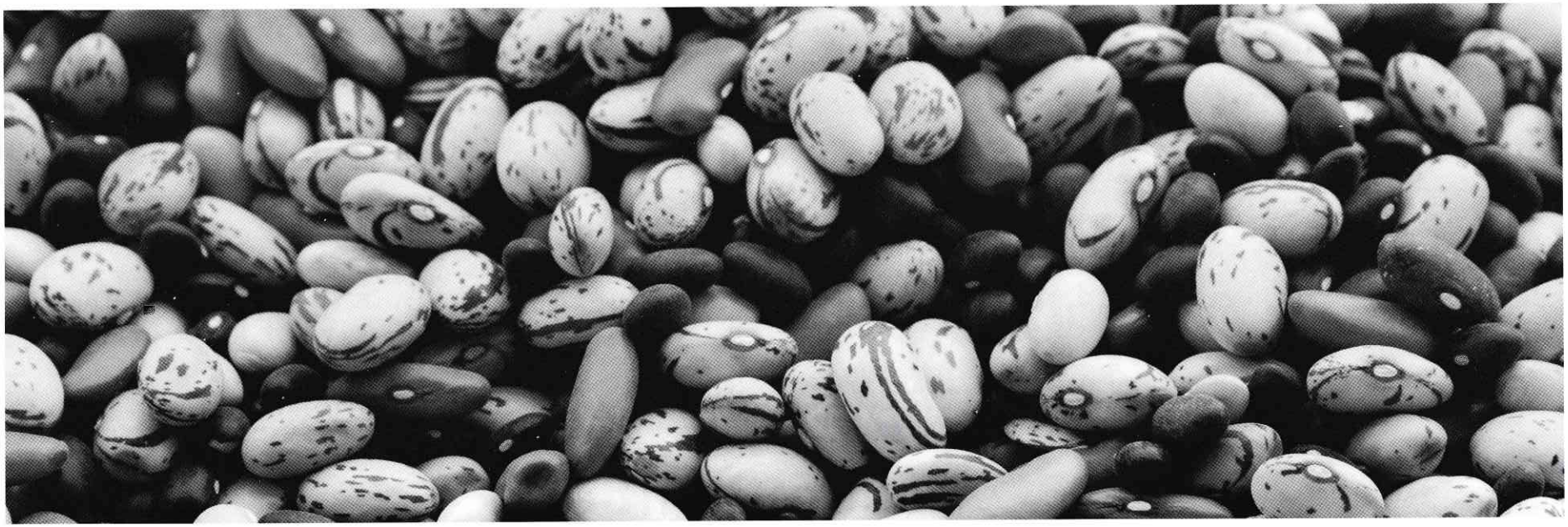
ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Miso (soybean paste)	60	gramos	60	60	120	7.1	3.6	15.9	0.0	0.0	0.0	0.0	3.6	3.2	51.4	0.0	0.0	34.3	1.5	0.0	2237.1	0.0	0.0	ND	ND
Soya cocida	1/3	taza	57	57	98	9.4	5.1	5.6	0.0	0.0	0.0	0.0	1.7	3.4	0.0	0.0	0.0	57.9	2.9	292.3	0.6	139.1	0.0	18	1
Soya texturizada	30	gramos	30	30	95	11.6	0.9	11.7	0.1	0.2	0.5	0.0	0.0	5.4	1.1	0.0	60.0	62.1	3.6	577.5	3.2	193.9	0.0	0	0



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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Abulón fresco	40	gramos	40	40	42	6.8	0.3	2.4	0.1	0.0	0.0	33.9	0.0	0.0	0.9	0.8	2.0	12.2	1.3	100.0	120.5	76.0	0.0	ND	ND
Acociles	50	gramos	50	35	37	7.4	0.5	0.9	ND	ND	ND	ND	ND	ND	2.8	0.0	ND	1137.5	2.9	ND	0.0	148.1	0.0	ND	ND
Aguayón	30	gramos	30	30	42	6.3	1.9	0.0	0.7	0.7	0.1	18.6	0.0	0.0	1.8	0.0	2.4	1.8	0.7	107.4	18.9	53.7	0.0	ND	ND
Aguayón de res	30	gramos	30	30	42	6.3	1.9	0.0	0.7	0.7	0.1	18.6	0.0	0.0	1.8	0.0	2.4	1.8	0.7	107.4	18.9	53.7	0.0	ND	ND
Ahuahutle seco	10	gramos	10	10	39	6.4	0.4	0.2	ND	ND	ND	ND	ND	ND	ND	0.0	ND	10.4	1.0	ND	ND	69.3	0.0	ND	ND
Alce crudo	35	gramos	35	35	36	7.8	0.3	0.0	0.1	0.1	0.1	20.7	0.0	0.0	0.0	1.4	ND	1.8	1.1	111.0	22.8	55.3	0.0	ND	ND
Almeja chirla	50	gramos	50	50	41	7.0	0.4	0.7	0.1	0.1	0.1	15.5	0.0	0.0	0.0	0.0	0.0	0.0	1.7	117.5	18.0	0.0	0.0	ND	ND
Almeja cocida	2	pieza	25	25	43	7.3	0.5	1.8	0.1	0.1	0.1	15.0	0.0	0.0	40.3	0.0	ND	19.5	0.7	ND	112.8	ND	0.0	ND	ND
Almeja cruda mediana sin concha	4	pieza	58	58	43	7.4	0.6	1.5	0.1	0.1	0.1	19.8	0.0	0.0	52.2	7.5	9.3	26.6	8.1	182.2	32.8	98.3	0.0	ND	ND
Almeja fresca sin concha	4	pieza	58	58	43	7.4	0.6	1.5	0.1	0.1	0.1	19.8	0.0	0.0	52.2	7.5	9.3	26.6	8.1	182.2	32.8	98.3	0.0	ND	ND
Alón de pollo sin piel	1	pieza	55	29	37	6.4	1.0	0.0	0.3	0.2	0.2	16.6	0.0	0.0	5.2	0.3	1.2	3.8	0.3	56.6	23.6	45.2	0.0	ND	ND
Anchoa fresca	30	gramos	30	30	39	6.1	1.4	0.0	0.4	0.4	0.5	18.0	0.0	0.0	4.6	0.0	2.7	44.1	1.0	114.9	31.1	52.2	0.0	ND	ND
Anillos de calamar	1/4	taza	38	38	34	5.9	0.5	1.2	0.1	0.0	0.2	87.4	0.0	0.0	3.8	1.8	1.9	11.9	0.3	92.2	16.3	82.9	0.0	ND	ND
Armadillo	30	gramos	30	21	35	6.1	1.1	0.0	0.0	ND	ND	ND	0.0	0.0	ND	0.0	ND	6.3	2.3	ND	ND	43.7	0.0	ND	ND
Arrachera de avestruz	40	gramos	40	40	36	8.2	0.4	0.0	ND	ND	ND	24.0	0.0	0.0	ND	ND	ND	ND	ND	ND	32.0	ND	0.0	ND	ND
Atún blanco en agua (drenado)	1/3	lata	33	33	43	7.9	1.0	0.0	0.3	0.3	0.4	14.1	0.0	0.0	2.0	0.0	0.7	4.7	0.3	79.0	125.7	72.3	0.0	ND	ND
Atún en agua drenado	1/3	lata	33	33	39	8.5	0.3	0.0	0.1	0.1	0.1	10.0	0.0	0.0	5.7	0.0	1.3	3.7	0.5	79.0	112.7	54.3	0.0	ND	ND
Atún fresco	30	gramos	30	30	43	7.0	1.5	0.0	0.4	0.5	0.4	11.3	0.0	0.0	196.6	0.0	0.6	2.5	0.3	75.5	11.6	76.2	0.0	ND	ND

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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Atún horneado	20	gramos	20	20	37	6.0	1.3	0.0	0.3	0.4	0.4	9.9	0.0	0.0	151.4	0.0	0.4	2.0	0.3	64.6	10.0	65.2	0.0	ND	ND
Atún light (drenado)	1/3	lata	33	33	39	8.5	0.3	0.0	0.1	0.1	0.1	10.0	0.0	0.0	5.7	0.0	1.3	3.7	0.5	79.0	112.7	54.3	0.0	ND	ND
Bacalao enlatado	35	gramos	35	35	37	8.0	0.3	0.0	0.1	0.0	0.1	19.3	0.0	0.0	4.9	0.4	2.8	7.4	0.2	184.8	76.3	91.0	0.0	ND	ND
Bacalao fresco	45	gramos	45	45	37	8.0	0.3	0.0	0.1	0.1	0.1	19.4	0.0	0.0	5.3	0.5	3.2	7.4	0.2	185.8	24.4	91.6	0.0	ND	ND
Bacalao Noruego	15	gramos	15	15	44	9.4	0.4	0.0	0.1	0.1	0.1	22.8	0.0	0.0	6.4	0.5	3.7	24.0	0.4	218.8	1054.1	142.6	0.0	ND	ND
Bacalao seco	15	gramos	15	15	44	9.4	0.4	0.0	0.1	0.1	0.1	22.8	0.0	0.0	6.4	0.5	3.7	24.0	0.4	218.8	1054.1	142.6	0.0	ND	ND
Bagre	80	gramos	80	40	38	7.0	1.1	0.0	0.2	0.4	0.3	30.0	0.0	0.0	ND	0.0	ND	12.8	0.2	132.0	24.0	77.6	0.0	ND	ND
Bagre fileteado	40	gramos	40	40	38	7.0	1.1	0.0	0.2	0.4	0.3	30.0	0.0	0.0	ND	0.0	ND	12.8	0.2	132.0	24.0	77.6	0.0	ND	ND
Bistec	30	gramos	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Bistec de res	30	gramos	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Bola de ternera	35	gramos	35	35	41	7.3	1.1	0.0	0.4	0.4	0.1	27.3	0.0	0.0	0.0	0.0	4.9	1.8	0.3	128.5	22.1	77.0	0.0	ND	ND
Boquerón crudo	45	gramos	45	36	41	6.4	1.7	0.0	0.5	0.4	0.6	ND	0.0	0.0	0.0	0.0	2.9	203.8	0.4	ND	ND	ND	0.0	ND	ND
Boquilla crudo	75	gramos	75	38	31	7.5	0.1	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	3.8	ND	ND	ND	63.9	0.0	ND	ND
Cabeza de pescado	400	gramos	400	40	40	8.2	0.5	0.0	0.1	0.1	0.2	14.6	0.0	0.0	12.2	0.5	1.9	12.7	0.1	167.1	25.4	79.1	0.0	ND	ND
Cabrilla	75	gramos	75	38	31	7.7	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	5.7	0.0	ND	ND	70.0	0.0	ND	ND
Cabrito	25	gramos	25	25	36	6.8	0.8	0.0	0.2	0.4	0.1	18.8	0.0	0.0	0.0	0.0	1.3	4.3	0.9	101.3	21.5	50.3	0.0	ND	ND
Calamar Americano	45	gramos	45	45	41	7.0	0.6	1.4	0.2	0.1	0.2	104.8	0.0	0.0	4.5	2.1	2.3	14.3	0.3	110.6	19.6	99.5	0.0	ND	ND
Calamar cocido	20	gramos	20	20	37	6.2	0.6	1.2	0.1	0.0	0.2	92.8	0.0	0.0	3.6	1.5	ND	12.8	0.2	ND	85.4	ND	0.0	ND	ND
Calamar crudo	45	gramos	45	45	41	7.0	0.6	1.4	0.2	0.1	0.2	104.8	0.0	0.0	4.5	2.1	2.3	14.3	0.3	110.6	19.6	99.5	0.0	ND	ND
Calamar fresco entero	45	gramos	45	45	41	7.0	0.6	1.4	0.2	0.1	0.2	104.8	0.0	0.0	4.5	2.1	2.3	14.3	0.3	110.6	19.6	99.5	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Calamar fresco limpio	45	gramos	45	45	41	7.0	0.6	1.4	0.2	0.1	0.2	104.8	0.0	0.0	4.5	2.1	2.3	14.3	0.3	110.6	19.6	99.5	0.0	ND	ND
Camarón 16-20	2	pieza	50	40	42	8.1	0.7	0.4	0.1	0.1	0.3	60.7	0.0	0.0	21.6	0.8	1.2	20.7	1.0	73.9	59.3	81.9	0.0	ND	ND
Camarón cocido	5	pieza	34	34	34	7.1	0.4	0.0	0.1	0.1	0.1	66.3	0.0	0.0	23.1	0.7	1.4	13.3	1.1	61.9	76.2	46.6	0.0	ND	ND
Camarón crudo mediano	6	pieza	45	36	38	7.3	0.6	0.3	0.1	0.1	0.3	54.6	0.0	0.0	19.5	0.7	1.1	18.6	0.9	66.5	53.4	73.7	0.0	ND	ND
Camarón de surimi	40	gramos	40	40	40	5.0	0.6	3.7	0.1	0.1	0.3	14.4	ND	0.0	8.0	0.0	0.8	7.6	0.2	35.6	282.0	112.8	0.0	ND	ND
Camarón enlatado	1/4	taza	32	32	32	6.5	0.4	0.0	0.1	0.0	0.2	80.6	0.0	0.0	0.0	1.3	2.9	46.4	0.7	25.6	248.6	62.4	0.0	ND	ND
Camarón gigante	2	pieza	50	40	42	8.1	0.7	0.4	0.1	0.1	0.3	60.7	0.0	0.0	21.6	0.8	1.2	20.7	1.0	73.9	59.3	81.9	0.0	ND	ND
Camarón pacotilla	6	pieza	36	36	38	7.3	0.6	0.3	0.1	0.1	0.2	54.7	0.0	0.0	19.4	0.7	1.1	18.7	0.9	66.6	53.3	73.8	0.0	ND	ND
Camarón seco	10	gramos	10	9	33	7.5	0.2	0.5	ND	ND	ND	ND	ND	ND	1.4	0.0	ND	61.6	0.4	ND	220.5	70.1	0.0	ND	ND
Camarón seco salado	10	gramos	10	9	33	7.5	0.2	0.5	ND	ND	ND	ND	ND	ND	1.4	0.0	ND	61.6	0.4	ND	220.5	70.1	0.0	ND	ND
Camarón U15	2	pieza	50	40	42	8.1	0.7	0.4	0.1	0.1	0.3	60.7	0.0	0.0	21.6	0.8	1.2	20.7	1.0	73.9	59.3	81.9	0.0	ND	ND
Cangrejo	2	pieza	42	42	37	7.6	0.4	0.0	0.1	0.1	0.1	32.6	0.0	0.0	1.0	1.3	18.5	37.6	0.3	138.4	123.0	96.4	0.0	ND	ND
Cangrejo cocido	40	gramos	40	40	41	8.1	0.7	0.0	0.1	0.1	0.3	40.0	0.0	0.0	0.9	1.3	20.2	41.4	0.4	129.9	111.5	82.4	0.0	ND	ND
Cangrejo de Alaska	40	gramos	40	40	41	8.1	0.7	0.0	0.1	0.1	0.3	40.0	0.0	0.0	2.8	2.8	17.6	18.4	0.2	81.6	334.6	87.5	0.0	ND	ND
Cangrejo de Alaska cocido	40	gramos	40	40	41	8.1	0.7	0.0	0.1	0.1	0.3	40.0	0.0	0.0	3.8	3.0	20.4	23.5	0.3	104.9	428.8	112.0	0.0	ND	ND
Cangrejo enlatado	1/4	taza	34	34	33	6.9	0.4	0.0	0.1	0.1	0.2	30.2	0.0	0.0	0.8	0.9	14.5	34.1	0.3	126.3	112.4	87.8	0.0	ND	ND
Carne de alce cocida	25	gramos	25	25	34	7.3	0.2	0.0	0.1	0.1	0.1	19.5	0.0	0.0	0.0	1.3	1.0	1.5	1.1	83.5	17.3	44.0	0.0	ND	ND
Carne de armadillo	35	gramos	35	25	40	7.1	1.3	0.0	0.0	ND	ND	ND	0.0	0.0	ND	0.0	ND	ND	ND	ND	ND	51.0	0.0	ND	ND
Carne de avestruz	35	gramos	35	35	31	7.1	0.4	0.0	0.0	0.0	0.0	21.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	28.0	0.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Carne de faisán cruda sin piel	35	gramos	35	30	40	7.1	1.1	0.0	0.4	0.4	0.2	19.9	0.0	0.0	15.1	1.8	1.8	3.9	0.3	78.9	11.1	69.2	0.0	ND	ND
Carne de jaiba	40	gramos	40	40	39	7.0	1.0	0.4	0.1	0.1	0.4	60.0	0.0	0.0	ND	0.0	ND	18.0	0.3	44.0	40.0	ND	0.0	ND	ND
Carne de res seca	11	gramos	11	11	43	7.1	1.6	0.1	ND	ND	ND	ND	0.0	0.0	0.0	0.0	ND	10.2	1.1	48.8	381.8	18.7	0.0	ND	ND
Carne de venado cruda	30	gramos	30	27	42	5.9	1.9	0.0	0.9	0.4	0.1	21.6	0.0	0.0	0.0	0.0	1.1	3.0	0.8	89.1	20.3	54.3	0.0	ND	ND
Carne molida de pavo	30	gramos	30	30	33	6.7	0.4	0.0	0.1	0.1	0.1	12.9	0.0	0.0	0.0	0.0	1.4	1.4	0.1	82.9	430.0	68.6	0.0	ND	ND
Carne molida de pollo	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Carne obscura de pollo cruda	30	gramos	30	30	38	6.0	1.3	0.0	0.3	0.4	0.3	24.0	0.0	0.0	6.6	0.9	3.0	3.6	0.3	66.6	25.5	48.6	0.0	ND	ND
Cazón	60	gramos	60	32	42	6.8	1.4	0.0	0.3	0.6	0.4	16.4	0.0	0.0	22.7	0.0	1.0	11.1	0.3	51.8	25.5	68.0	0.0	ND	ND
Cazón fileteado	33	gramos	33	33	43	6.9	1.5	0.0	0.3	0.6	0.4	16.7	0.0	0.0	23.1	0.0	1.0	11.3	0.3	52.8	26.0	69.3	0.0	ND	ND
Cecina	25	gramos	25	25	40	6.0	1.6	0.2	0.8	0.8	0.1	17.5	0.0	0.0	0.6	0.0	0.0	8.8	1.1	85.0	275.0	37.3	0.0	ND	ND
Cecina enchilada	25	gramos	25	25	40	6.0	1.6	0.2	0.8	0.8	0.1	17.5	0.0	0.0	0.6	0.0	0.0	8.8	1.1	85.0	275.0	37.3	0.0	ND	ND
Chambarete	35	gramos	35	33	42	6.8	1.6	0.0	0.6	0.6	0.0	15.6	0.0	0.0	46.2	0.0	3.3	3.0	0.6	99.8	20.0	62.2	0.0	ND	ND
Chambarete de res	35	gramos	35	33	42	6.8	1.6	0.0	0.6	0.6	0.0	15.6	0.0	0.0	46.2	0.0	3.3	3.0	0.6	99.8	20.0	62.2	0.0	ND	ND
Chapulines secos	11	gramos	11	11	70	6.9	1.6	2.4	ND	ND	ND	ND	0.0	1.2	ND	ND	ND	ND	0.1	0.5	0.1	ND	0.0	ND	ND
Charales frescos	30	gramos	30	27	43	6.8	1.6	0.3	ND	ND	ND	ND	ND	0.0	ND	0.0	ND	637.2	ND	ND	ND	408.2	0.0	ND	ND
Charales secos	15	gramos	15	12	38	8.2	0.5	0.3	ND	ND	ND	ND	ND	0.0	ND	0.0	ND	480.6	ND	ND	ND	313.7	0.0	ND	ND
Cherna	70	gramos	70	38	32	7.3	0.3	0.0	0.1	0.0	0.1	ND	0.0	0.0	18.9	0.0	ND	2.6	ND	ND	ND	63.1	0.0	ND	ND
Chipirón (calamar) crudo	45	gramos	45	45	41	7.0	0.6	1.4	0.2	0.1	0.2	104.8	0.0	0.0	4.5	2.1	2.3	14.3	0.3	110.6	19.6	99.5	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chuleta ahumada	1/2	pieza	40	34	34	6.1	1.0	0.1	0.4	0.5	0.1	17.7	0.1	0.0	0.0	0.0	0.0	3.0	0.4	110.1	456.8	105.0	0.0	ND	ND
Clara de huevo	2	pieza	66	66	32	7.2	0.1	0.5	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	2.6	4.6	0.1	107.6	109.6	9.9	0.0	ND	ND
Clara de huevo en polvo	1 1/2	cda	10	10	38	8.1	0.0	0.8	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	1.8	6.2	0.0	112.9	128.4	11.1	0.0	ND	ND
Codorniz	30	gramos	30	30	40	6.5	1.4	0.0	0.4	0.4	0.4	21.0	0.0	0.0	5.1	2.2	ND	3.9	1.4	ND	15.3	ND	0.0	ND	ND
Corazón de puerco cocido	25	gramos	25	25	37	5.9	1.3	0.1	0.3	0.3	0.3	55.2	0.0	0.0	1.7	0.5	1.0	1.7	1.5	51.6	8.7	44.6	0.0	ND	ND
Corazón de puerco crudo	35	gramos	35	35	41	6.0	1.5	0.5	0.4	0.4	0.4	45.9	0.0	0.0	2.8	1.9	1.4	1.8	1.6	102.9	19.6	59.2	0.0	ND	ND
Corazón de res cocido	25	gramos	25	25	41	7.1	1.2	0.0	0.4	0.3	0.2	53.0	0.0	0.0	0.0	0.0	1.3	1.3	1.6	54.8	14.8	63.5	0.0	ND	ND
Corazón de res crudo	38	gramos	38	38	43	6.7	1.5	0.1	0.5	0.4	0.2	47.1	0.0	0.0	0.0	0.8	1.1	2.7	1.6	109.1	37.2	80.6	0.0	ND	ND
Corazón de ternera cocido	20	gramos	20	20	37	5.8	1.4	0.0	0.4	0.3	0.4	35.2	0.0	0.0	0.0	2.0	0.4	1.6	0.9	39.8	11.6	50.0	0.0	ND	ND
Corazón de ternera crudo	40	gramos	40	40	44	6.9	1.6	0.0	0.4	0.3	0.4	41.6	0.0	0.0	0.0	3.2	0.8	2.0	1.7	104.4	30.8	84.4	0.0	ND	ND
Cuete	45	gramos	45	43	41	7.3	1.3	1.3	0.5	0.5	0.0	20.1	ND	ND	55.6	0.0	4.3	3.8	0.8	128.3	25.7	ND	0.0	ND	ND
Cuete de res	45	gramos	45	43	41	7.3	1.3	1.3	0.5	0.5	0.0	20.1	ND	ND	55.6	0.0	4.3	3.8	0.8	128.3	25.7	ND	0.0	ND	ND
Empuje	33	gramos	33	33	37	7.4	0.6	0.0	0.3	0.5	0.0	15.5	0.0	0.0	45.9	0.0	3.3	3.0	0.6	99.0	19.8	0.0	0.0	ND	ND
Empuje de res	33	gramos	33	33	37	7.4	0.6	0.0	0.3	0.5	0.0	15.5	0.0	0.0	45.9	0.0	3.3	3.0	0.6	99.0	19.8	0.0	0.0	ND	ND
Escalopa de res	30	gramos	30	30	34	7.2	0.3	0.0	0.4	0.3	0.0	14.1	0.0	0.0	83.4	0.0	3.0	2.7	0.5	90.0	18.0	0.0	0.0	ND	ND
Extraviado	80	gramos	80	41	34	7.9	0.3	0.0	0.1	0.0	0.1	ND	0.0	0.0	20.4	0.0	ND	2.9	ND	ND	ND	68.1	0.0	ND	ND
Extraviado fileteado	41	gramos	41	41	34	7.9	0.3	0.0	0.1	0.0	0.1	ND	0.0	0.0	20.5	0.0	ND	2.9	ND	ND	ND	68.5	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Fajita de pollo sin piel cruda	30	gramos	30	30	36	6.2	1.0	0.0	0.3	0.3	0.3	23.1	0.0	0.0	5.1	1.0	3.0	3.3	0.3	67.8	26.4	49.8	0.0	ND	ND
Falda	35	gramos	35	33	35	7.4	0.6	0.0	0.3	0.5	0.0	15.6	0.0	0.0	46.2	0.0	3.3	3.0	0.6	99.8	20.0	69.8	0.0	ND	ND
Falda abierta	35	gramos	35	33	35	7.4	0.6	0.0	0.3	0.5	0.0	15.6	0.0	0.0	46.2	0.0	3.3	3.0	0.6	99.8	20.0	69.8	0.0	ND	ND
Falda de res	35	gramos	35	33	35	7.4	0.6	0.0	0.3	0.5	0.0	15.6	0.0	0.0	46.2	0.0	3.3	3.0	0.6	99.8	20.0	69.8	0.0	ND	ND
Filete de atún	30	gramos	30	30	33	7.3	0.1	0.0	0.1	0.0	0.0	11.7	0.0	0.0	5.4	0.0	ND	1.2	0.2	ND	13.5	ND	0.0	ND	ND
Filete de bandera crudo	40	gramos	40	40	36	7.5	0.5	0.0	0.1	0.1	0.1	19.2	0.0	0.0	4.0	0.7	3.2	7.1	0.1	144.4	32.4	73.6	0.0	ND	ND
Filete de calamar crudo	45	gramos	45	45	41	7.0	0.6	1.4	0.2	0.1	0.2	104.8	0.0	0.0	4.5	2.1	2.3	14.3	0.3	110.6	19.6	99.5	0.0	ND	ND
Filete de cazón crudo	30	gramos	30	30	39	6.3	1.3	0.0	0.3	0.5	0.4	15.2	0.0	0.0	21.2	0.0	1.1	10.2	0.3	48.0	23.6	63.2	0.0	ND	ND
Filete de extraviado	40	gramos	40	40	34	7.7	0.3	0.0	0.1	0.0	0.1	ND	0.0	0.0	20.0	0.0	ND	2.8	ND	ND	ND	66.8	0.0	ND	ND
Filete de guachinango, pargo	35	gramos	35	35	35	7.2	0.5	0.0	0.1	0.1	0.2	13.0	0.0	0.0	10.5	0.6	1.8	11.1	0.1	146.0	22.2	69.2	0.0	ND	ND
Filete de huachinango, pargo	35	gramos	35	35	35	7.2	0.5	0.0	0.1	0.1	0.2	13.0	0.0	0.0	10.5	0.6	1.8	11.1	0.1	146.0	22.2	69.2	0.0	ND	ND
Filete de lenguado	45	gramos	45	45	34	7.5	0.5	0.0	0.1	0.1	0.1	20.7	0.0	0.0	4.5	0.0	5.0	5.4	0.4	153.9	35.1	136.4	0.0	ND	ND
Filete de merluza	45	gramos	45	45	34	7.5	0.5	0.0	0.1	0.1	0.1	20.7	0.0	0.0	4.5	0.0	5.0	5.4	0.4	153.9	35.1	136.4	0.0	ND	ND
Filete de mero	40	gramos	40	40	34	7.7	0.3	0.0	0.1	0.0	0.1	ND	0.0	0.0	20.0	0.0	ND	2.8	ND	ND	ND	66.8	0.0	ND	ND
Filete de mojarra	40	gramos	40	40	40	7.7	1.1	0.0	ND	ND	ND	ND	0.0	0.0	2.0	0.0	ND	6.0	0.3	ND	ND	104.0	0.0	ND	ND
Filete de pescado	40	gramos	40	40	36	7.5	0.5	0.0	0.1	0.1	0.1	19.2	0.0	0.0	4.0	0.7	3.2	7.1	0.1	144.4	32.4	73.6	0.0	ND	ND
Filete de pescado Blanco del Nilo	40	gramos	40	40	36	7.2	0.6	0.4	0.2	0.0	0.0	6.0	0.0	0.0	20.0	0.0	0.0	4.8	0.1	0.0	10.0	0.0	0.0	ND	ND

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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Filete de res	30	gramos	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Filete de róbalo	40	gramos	40	40	35	7.6	0.3	0.0	0.0	0.0	0.1	22.6	0.0	0.0	6.6	0.0	4.7	13.2	0.4	124.7	27.3	75.3	0.0	ND	ND
Filete de venado	40	gramos	40	36	45	7.6	1.4	0.0	1.1	0.4	0.0	40.3	0.0	0.0	0.0	0.0	0.0	3.6	1.6	115.2	32.4	81.4	0.0	ND	ND
Filete mignón	1/4	pieza	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Filete miñón	1/4	pieza	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Filete tampiqueña	1/4	pieza	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Gallinita de Guinea con piel	30	gramos	30	25	39	5.8	1.6	0.0	0.4	0.6	0.4	18.4	0.0	0.0	7.0	0.3	1.2	2.7	0.2	48.1	16.7	38.1	0.0	ND	ND
Gallinita de Guinea sin piel	55	gramos	55	35	38	7.2	0.9	0.0	0.2	0.2	0.2	21.8	0.0	0.0	4.2	0.6	2.1	3.8	0.3	76.2	23.9	58.6	0.0	ND	ND
Guachinango	70	gramos	70	36	36	7.3	0.5	0.0	0.1	0.1	0.2	13.2	0.0	0.0	10.7	0.6	1.8	11.3	0.1	148.9	22.7	70.6	0.0	ND	ND
Guachinango cocido	28	gramos	28	28	36	7.4	0.5	0.0	0.1	0.1	0.2	13.2	0.0	0.0	9.9	0.4	1.7	11.2	0.1	146.3	16.0	56.3	0.0	ND	ND
Guachinango crudo fileteado	35	gramos	35	35	35	7.2	0.5	0.0	0.1	0.1	0.2	13.0	0.0	0.0	10.5	0.6	1.8	11.1	0.1	146.0	22.2	69.2	0.0	ND	ND
Gurrubata cruda	80	gramos	80	41	41	7.3	1.3	0.0	0.4	0.5	0.2	24.9	0.0	0.0	7.3	0.0	ND	ND	ND	95.5	35.5	ND	0.0	ND	ND
Halibut cocido	27	gramos	27	27	38	7.2	0.8	0.0	0.1	0.3	0.3	11.1	0.0	0.0	14.6	0.0	3.8	16.2	0.3	155.6	18.7	76.9	0.0	ND	ND
Huachinango crudo fileteado	35	gramos	35	35	35	7.2	0.5	0.0	0.1	0.1	0.2	13.0	0.0	0.0	10.5	0.6	1.8	11.1	0.1	146.0	22.2	69.2	0.0	ND	ND
Huachinango cocido	28	gramos	28	28	36	7.4	0.5	0.0	0.1	0.1	0.2	13.2	0.0	0.0	9.9	0.4	1.7	11.2	0.1	146.3	16.0	56.3	0.0	ND	ND
Huachinango crudo	70	gramos	70	36	36	7.3	0.5	0.0	0.1	0.1	0.2	13.2	0.0	0.0	10.7	0.6	1.8	11.3	0.1	148.9	22.7	70.6	0.0	ND	ND
Hueva de pescado	6	cdita	30	30	43	6.7	1.9	0.5	0.0	0.0	0.0	0.0	0.0	0.0	24.3	4.1	ND	6.6	0.2	ND	27.3	ND	0.0	ND	ND

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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Huevo de iguana	65	gramos	65	58	37	7.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	245.9	0.0	0.0	248.2	8.8	0.0	0.0	0.0	0.0	ND	ND
Iguana	100	gramos	100	30	35	7.3	0.3	0.0	ND	ND	ND	ND	0.0	0.0	67.5	0.0	ND	7.5	1.0	ND	ND	75.6	0.0	ND	ND
Isabelita	70	gramos	70	36	30	7.4	0.1	0.0	ND	ND	ND	ND	0.0	0.0	ND	0.0	ND	4.4	ND	ND	ND	50.2	0.0	ND	ND
Jaiba cocida desmenuzada	1/3	taza	47	47	39	8.1	0.6	0.0	0.1	0.1	0.2	36.4	0.0	0.0	303.8	0.0	ND	20.1	0.4	123.7	19.1	65.3	0.0	ND	ND
Jaiba cocida entera	75	gramos	75	40	34	7.0	0.5	0.0	0.1	0.1	0.2	31.5	0.0	0.0	263.3	0.0	ND	17.4	0.3	107.2	16.6	56.6	0.0	ND	ND
Jaiba cruda	40	gramos	40	40	39	7.0	1.0	0.4	0.1	0.1	0.4	60.0	0.0	0.0	ND	0.0	ND	18.0	0.3	44.0	40.0	ND	0.0	ND	ND
Jorobado lamparosa	70	gramos	70	36	34	7.4	0.5	0.0	ND	ND	ND	ND	0.0	0.0	ND	0.0	ND	4.6	ND	ND	ND	53.6	0.0	ND	ND
Jugo de almeja	7	taza	1680	1680	35	7.0	0.3	1.4	0.0	0.0	0.0	49.0	0.0	0.0	154.0	16.8	33.6	217.0	5.0	2506.0	3612.0	1918.0	0.0	ND	ND
Langosta	100	gramos	100	40	36	7.5	0.4	0.2	0.1	0.1	0.0	38.0	0.0	0.0	8.5	0.0	3.8	19.3	0.1	110.1	118.6	57.4	0.0	ND	ND
Langosta cocida	35	gramos	35	35	34	7.2	0.2	0.5	0.0	0.0	0.0	25.1	0.0	0.0	9.1	0.0	3.9	21.4	0.1	123.1	133.0	64.6	0.0	ND	ND
Langostino	110	gramos	110	50	34	7.2	0.6	0.0	0.1	0.2	0.1	78.2	0.0	0.0	ND	ND	8.4	3.8	0.7	181.2	181.2	106.4	0.0	ND	ND
Lenguado	90	gramos	90	45	34	7.5	0.5	0.0	0.1	0.1	0.1	20.7	0.0	0.0	4.5	0.0	5.0	5.4	0.4	153.9	35.1	136.4	0.0	ND	ND
Lenguado fileteado	45	gramos	45	45	34	7.5	0.5	0.0	0.1	0.1	0.1	20.7	0.0	0.0	4.5	0.0	5.0	5.4	0.4	153.9	35.1	136.4	0.0	ND	ND
Liebre	50	gramos	50	33	44	6.8	1.6	0.0	0.7	0.7	0.3	21.1	0.0	0.0	ND	0.0	1.6	3.9	1.0	117.0	14.0	ND	0.0	ND	ND
Lisa, churra, cabezuda	70	gramos	70	36	40	7.0	1.3	0.0	0.4	0.4	0.4	17.5	0.0	0.0	ND	0.0	ND	9.3	0.6	104.2	28.9	61.8	0.0	ND	ND
Lomo canadiense	3	reb	45	45	45	8.0	1.4	0.1	0.6	0.7	0.1	23.5	0.1	0.0	0.0	0.0	0.0	3.9	0.5	145.8	604.6	138.9	0.0	ND	ND
Lomo de venado	40	gramos	40	36	42	7.3	1.2	0.0	0.4	0.4	0.1	28.8	0.0	0.0	0.0	0.0	5.0	6.1	0.3	116.6	32.8	76.0	0.0	ND	ND
Machaca	1/3	sobre	13	13	44	6.0	1.2	0.0	ND	ND	ND	21.4	0.0	0.0	ND	ND	ND	ND	ND	ND	252.3	ND	0.0	ND	ND
Machacado de res	15	gramos	15	15	50	6.7	1.3	0.0	ND	ND	ND	24.1	0.0	0.0	ND	ND	ND	ND	ND	ND	283.8	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Maciza de res	25	gramos	25	25	35	5.2	1.6	0.0	0.6	0.6	0.1	15.5	0.0	0.0	1.5	0.0	2.0	1.5	0.6	89.5	15.8	44.8	0.0	ND	ND
Maciza de res en trozo	25	gramos	25	25	35	5.2	1.6	0.0	0.6	0.6	0.1	15.5	0.0	0.0	1.5	0.0	2.0	1.5	0.6	89.5	15.8	44.8	0.0	ND	ND
Mantarraya cocida	25	gramos	25	25	41	6.6	1.4	0.0	0.3	0.6	0.4	16.0	0.0	0.0	19.8	0.1	ND	10.8	0.3	ND	105.5	ND	0.0	ND	ND
Medallón de filete	1/4	pieza	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Medallón de filete de res	30	gramos	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Mejillones sin concha cocidos	25	gramos	25	25	43	5.9	1.1	1.9	0.2	0.3	0.3	14.1	0.0	0.0	22.6	3.4	19.0	8.2	1.7	67.1	92.4	71.2	0.0	ND	ND
Mejillones sin concha crudos	1/3	taza	50	50	43	5.9	1.1	1.8	0.2	0.3	0.3	13.9	0.0	0.0	23.8	4.0	20.8	12.9	2.0	158.4	141.6	97.5	0.0	ND	ND
Menudencias de pollo crudas	35	gramos	35	35	43	6.3	1.6	0.6	0.5	0.4	0.4	91.7	0.0	0.0	930.0	5.7	120.8	3.5	2.1	79.8	27.0	69.0	0.0	ND	ND
Menudencias de pavo	25	gramos	25	25	42	6.7	1.3	0.5	0.4	0.3	0.3	104.5	0.0	0.0	448.8	0.5	86.3	3.3	1.7	50.0	14.8	51.0	0.0	ND	ND
Menudencias de pollo cocidas	25	gramos	25	25	40	6.8	1.1	0.1	0.3	0.2	0.2	110.5	0.0	0.0	438.3	3.1	64.3	3.5	1.8	56.0	16.8	72.3	0.0	ND	ND
Merluza	85	gramos	85	43	33	7.2	0.4	0.0	0.1	0.1	0.1	19.9	0.0	0.0	4.3	0.0	4.8	5.2	0.3	148.3	33.8	131.4	0.0	ND	ND
Merluza fileteada	45	gramos	45	45	34	7.5	0.5	0.0	0.1	0.1	0.1	20.7	0.0	0.0	4.5	0.0	5.0	5.4	0.4	153.9	35.1	136.4	0.0	ND	ND
Mero cocido	30	gramos	30	30	35	7.5	0.4	0.0	0.1	0.1	0.1	14.1	0.0	0.0	15.0	0.0	3.0	6.3	0.3	142.5	15.9	42.9	0.0	ND	ND
Mero crudo	80	gramos	80	41	34	7.9	0.3	0.0	0.1	0.0	0.1	ND	0.0	0.0	20.4	0.0	ND	2.9	ND	ND	ND	68.1	0.0	ND	ND
Mero crudo fileteado	40	gramos	40	40	34	7.7	0.3	0.0	0.1	0.0	0.1	ND	0.0	0.0	20.0	0.0	ND	2.8	ND	ND	ND	66.8	0.0	ND	ND
Milanesa de avestruz	35	gramos	35	35	31	7.1	0.4	0-0	ND	ND	ND	21.0	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Milanesa de pollo	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND

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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Milanesa de res	30	gramos	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Mojarra cruda fileteada	35	gramos	35	35	34	7.0	0.6	0.0	0.3	0.2	0.2	17.5	0.0	0.0	0.0	0.0	8.4	3.5	0.2	105.7	18.2	59.5	0.0	ND	ND
Mojarra tilapia cruda	1/3	pieza	73	37	35	7.4	0.6	0.0	0.3	0.2	0.2	18.3	0.0	0.0	0.0	0.0	8.8	3.7	0.2	110.7	19.1	62.3	0.0	ND	ND
Molida de pollo	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.4	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Molleja de pollo cocida	25	gramos	25	25	37	7.6	0.7	0.0	0.2	0.1	0.1	92.5	0.0	0.0	0.0	0.0	1.3	4.3	0.8	44.8	14.0	47.3	0.0	ND	ND
Pancita de res	45	gramos	45	43	40	6.2	1.7	0.0	0.9	0.5	0.0	40.6	0.0	0.0	9.0	0.0	0.9	25.7	0.9	115.4	19.7	72.7	0.0	ND	ND
Pargo	70	gramos	70	36	37	7.5	0.7	0.0	0.1	0.1	0.1	15.7	0.0	0.0	ND	0.0	ND	6.1	0.3	115.3	23.9	72.8	0.0	ND	ND
Pargo fileteado	35	gramos	35	35	36	7.4	0.7	0.0	0.1	0.1	0.1	15.4	0.0	0.0	ND	0.0	ND	6.0	0.3	113.1	23.5	71.4	0.0	ND	ND
Pata de res	120	gramos	120	55	44	6.7	1.6	0.6	ND	ND	ND	ND	0.0	0.0	ND	0.0	ND	55.8	1.1	ND	ND	30.4	0.0	ND	ND
Pechuga de pavo	1 1/2	reb	32	32	35	7.1	0.5	0.0	0.2	0.2	0.2	13.5	0.0	0.0	0.0	0.0	1.5	1.5	0.1	87.0	451.5	72.0	0.0	ND	ND
Pechuga de pavo ahumada	1 1/2	reb	34	34	32	6.7	0.3	0.5	0.2	0.2	0.1	15.0	0.1	0.0	0.0	0.0	0.0	5.3	0.5	103.5	402.8	106.5	0.0	ND	ND
Pechuga de pavo ahumada baja en grasa	2	reb	42	42	33	6.3	0.2	1.5	0.1	0.1	0.1	12.9	0.5	0.0	0.0	0.0	0.0	4.0	0.3	91.3	459.6	101.8	0.0	ND	ND
Pechuga de pollo sin piel aplanada	30	gramos	30	30	48	8.7	1.2	0.0	0.3	0.4	0.3	23.1	0.0	0.0	2.4	0.0	0.9	3.9	0.3	54.0	19.5	47.7	0.0	ND	ND
Pechuga de pollo ahumada	2	reb	42	42	33	6.9	0.1	1.1	0.1	0.0	0.0	15.0	0.0	0.0	0.0	0.0	0.0	1.0	0.1	0.0	452.0	0.0	0.0	ND	ND
Pechuga de pollo deshuesada sin piel cruda	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Pechuga de pollo molida	30	gramos	30	30	36	6.8	0.8	0.0	0.2	0.2	0.1	21.9	0.0	0.0	2.7	0.0	ND	1.5	0.1	ND	13.5	ND	0.0	ND	ND

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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pechuga de pollo sin piel	30	gramos	30	27	31	6.3	0.4	0.0	0.1	0.1	0.1	15.7	0.0	0.0	2.2	0.0	1.1	3.2	0.2	64.5	18.4	50.5	0.0	ND	ND
Pechuga de pollo sin piel a la plancha	30	gramos	30	30	48	8.7	1.2	0.0	0.3	0.4	0.3	23.1	0.0	0.0	2.4	0.0	0.9	3.9	0.3	54.0	19.5	47.7	0.0	ND	ND
Pechuga de pollo sin piel asada	30	gramos	30	30	48	8.7	1.2	0.0	0.3	0.4	0.3	23.1	0.0	0.0	2.4	0.0	0.9	3.9	0.3	54.0	19.5	47.7	0.0	ND	ND
Pechuga de pollo sin piel cocida	30	gramos	30	30	48	8.7	1.2	0.0	0.3	0.4	0.3	23.1	0.0	0.0	2.4	0.0	0.9	3.9	0.3	54.0	19.5	47.7	0.0	ND	ND
Pechuga de pollo sin piel cruda	40	gramos	40	34	39	7.9	0.6	0.0	0.1	0.1	0.1	19.7	0.0	0.0	2.7	0.0	1.4	4.1	0.2	81.3	23.1	63.6	0.0	ND	ND
Pechuga de pollo sin piel en brocheta cruda	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Pechuga de pollo sin piel en fajitas cruda	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Pechuga de pollo sin piel horneada, rebanada	2	reb	42	42	41	8.2	0.3	1.6	0.1	0.1	0.1	21.5	0.3	0.0	0.0	0.0	0.0	3.7	0.5	122.3	479.7	118.5	0.0	ND	ND
Pechuga de pollo sin piel molida cruda	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Pechuga sin piel deshebrada	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Pechuga sin piel desmenuzada	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Pechuga sin piel molida	30	gramos	30	30	34	7.0	0.5	0.0	0.1	0.1	0.1	17.4	0.0	0.0	2.4	0.0	1.2	3.6	0.2	71.7	20.4	56.1	0.0	ND	ND
Perca cocida	30	gramos	30	30	35	7.4	0.4	0.0	0.1	0.1	0.1	34.6	0.0	0.0	3.0	0.5	1.8	30.7	0.3	103.2	23.6	77.1	0.0	ND	ND
Perca cruda	75	gramos	75	38	35	7.4	0.4	0.0	0.1	0.0	0.1	34.4	0.0	0.0	3.6	0.7	1.9	30.6	0.3	103.1	23.9	76.5	0.0	ND	ND

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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Perca fileteada	38	gramos	38	38	34	7.4	0.4	0.0	0.1	0.0	0.1	34.2	0.0	0.0	3.6	0.6	1.9	30.4	0.3	102.4	23.7	76.0	0.0	ND	ND
Pescado blanco ahumado	32	gramos	32	32	35	7.5	0.3	0.0	0.1	0.1	0.1	10.5	0.0	0.0	18.2	0.0	2.3	5.6	0.2	135.5	326.1	42.2	0.0	ND	ND
Pescado en trozo	75	gramos	75	39	35	7.3	0.5	0.0	0.1	0.1	0.1	18.7	0.0	0.0	3.9	0.7	3.1	6.9	0.1	140.8	31.6	71.8	0.0	ND	ND
Pescado entero	75	gramos	75	39	35	7.3	0.5	0.0	0.1	0.1	0.1	18.7	0.0	0.0	3.9	0.7	3.1	6.9	0.1	140.8	31.6	71.8	0.0	ND	ND
Pescado fileteado	40	gramos	40	40	36	7.5	0.5	0.0	0.1	0.1	0.1	19.2	0.0	0.0	4.0	0.7	3.2	7.1	0.1	144.4	32.4	73.6	0.0	ND	ND
Pescado rebanado	75	gramos	75	39	35	7.3	0.5	0.0	0.1	0.1	0.1	18.7	0.0	0.0	3.9	0.7	3.1	6.9	0.1	140.8	31.6	71.8	0.0	ND	ND
Pescado seco tipo bacalao	13	gramos	13	12	34	7.4	0.3	0.0	0.1	0.0	0.1	17.8	0.0	0.0	5.0	0.4	2.9	18.7	0.3	170.7	822.2	111.2	0.0	ND	ND
Pez espada cocido	28	gramos	28	28	43	7.1	1.4	0.0	0.4	0.6	0.3	14.0	0.0	0.0	11.5	0.3	0.6	1.6	0.3	103.4	32.3	94.4	0.0	ND	ND
Pez espada crudo	55	gramos	55	36	43	7.1	1.4	0.0	0.4	0.5	0.3	13.9	0.0	0.0	13.0	0.4	0.7	1.3	0.3	103.0	32.2	94.0	0.0	ND	ND
Pez espada crudo fileteado	38	gramos	38	36	44	7.1	1.4	0.0	0.4	0.6	0.3	14.0	0.0	0.0	13.2	0.4	0.7	1.3	0.3	104.1	32.5	94.9	0.0	ND	ND
Pez espada crudo rebanado	55	gramos	55	36	43	7.1	1.4	0.0	0.4	0.5	0.3	13.9	0.0	0.0	13.0	0.4	0.7	1.3	0.3	103.0	32.2	94.0	0.0	ND	ND
Pollo crudo sin piel	40	gramos	40	26	48	4.6	3.1	0.0	0.9	1.3	0.7	21.2	0.0	0.0	10.5	0.0	1.5	2.8	0.2	48.4	17.9	0.0	0.0	ND	ND
Pollo crudo sin piel en piezas	40	gramos	40	26	49	4.7	3.2	0.0	0.9	1.3	0.7	21.6	0.0	0.0	9.4	0.7	2.9	2.6	0.3	51.5	20.5	38.7	0.0	ND	ND
Pollo deshebrado	1/4	taza	38	38	43	8.7	0.6	0.0	0.4	0.5	0.3	21.8	0.0	0.0	30.0	0.0	1.1	4.5	0.3	68.4	25.5	60.4	0.0	ND	ND
Pollo sin piel cocido	30	gramos	30	30	48	8.7	1.2	0.0	0.3	0.4	0.3	23.1	0.0	0.0	2.4	0.0	0.9	3.9	0.3	54.0	19.5	47.7	0.0	ND	ND
Proteína aislada de soya	10	gramos	10	10	34	8.1	0.3	0.7	0.7	0.3	0.3	1.6	0.0	0.6	28.0	1.1	0.0	17.8	1.5	8.1	100.5	77.6	0.0	ND	ND

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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Proteína concentrada de soya	10	gramos	10	10	33	5.8	0.0	3.1	0.0	0.0	0.0	0.0	2.0	0.6	0.0	0.0	34.3	36.3	1.1	220.2	0.3	83.9	0.0	ND	ND
Proteína de suero de leche	2	cdita	10	10	36	5.8	0.1	2.9	0.1	0.0	0.0	1.2	0.0	0.1	87.2	3.5	ND	69.8	0.1	ND	37.2	ND	0.0	ND	ND
Pulmón de cerdo	55	gramos	55	48	41	6.7	1.3	0.0	0.5	0.3	0.2	153.1	0.0	0.0	0.0	5.9	1.4	3.3	9.0	145.0	73.2	93.8	0.0	ND	ND
Pulpa de jaiba	1/3	taza	46	46	38	8.0	0.6	0.0	0.1	0.1	0.2	36.0	0.0	0.0	300.8	0.0	ND	19.9	0.4	122.4	18.9	64.7	0.0	ND	ND
Pulpo cocido	25	gramos	25	25	41	7.5	0.5	1.1	0.1	0.1	0.1	24.1	0.0	0.0	22.5	2.0	6.0	26.5	2.4	157.5	115.0	69.7	0.0	ND	ND
Pulpo crudo	45	gramos	45	45	37	6.7	0.5	1.0	0.1	0.1	0.1	21.7	0.0	0.0	20.1	2.3	7.2	23.8	2.4	157.5	103.5	83.6	0.0	ND	ND
Puntas de filete	30	gramos	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Puntas de res	30	gramos	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Queso Cotagge Lala Light	50	gramos	50	50	35	6.5	0.5	1.0	ND	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND	200.0	ND	0.0	ND	ND
Queso Cottage	3	cda	48	48	43	6.6	0.9	1.7	0.6	0.3	0.0	4.0	0.2	0.0	10.1	0.0	6.4	32.9	0.1	46.1	195.0	72.5	0.0	ND	ND
Queso Cottage 1% grasa	1/4	taza	57	57	41	7.0	0.6	1.5	0.4	0.2	0.0	2.5	1.5	0.0	6.3	0.0	7.0	34.5	0.1	48.3	229.5	75.5	0.0	ND	ND
Queso Cottage 2% grasa	3	cda	48	48	43	6.6	0.9	1.7	0.6	0.3	0.0	4.0	0.2	0.0	10.1	0.0	6.4	32.9	0.1	46.1	195.0	72.5	0.0	ND	ND
Queso Cottage bajo en grasa	1/4	taza	57	57	41	7.0	0.6	1.5	0.4	0.2	0.0	2.5	1.5	0.0	6.3	0.0	7.0	34.5	0.1	48.3	229.5	75.5	0.0	ND	ND
Queso Mozzarella cero grasa	1	reb	28	28	39	8.9	0.0	1.0	0.0	0.0	0.0	5.0	0.4	0.5	36.0	0.0	ND	26.9	0.1	ND	208.0	ND	0.0	ND	ND
Queso Suizo muy bajo en grasa	1	reb	28	28	50	8.0	1.4	1.0	0.9	0.4	0.1	10.0	0.4	0.0	11.0	0.0	ND	26.9	0.1	ND	73.0	ND	0.0	ND	ND
Retazo de pescado crudo	350	gramos	350	35	35	7.2	0.5	0.0	0.1	0.1	0.2	12.8	0.0	0.0	10.7	0.6	1.8	11.1	0.1	146.0	22.2	69.2	0.0	ND	ND

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MUY BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Riñones de carnero crudos	40	gramos	40	36	39	6.5	1.2	0.3	0.0	0.0	0.0	135.0	0.0	0.0	108.0	0.0	0.0	14.4	1.5	0.0	0.0	0.0	0.0	ND	ND
Riñones de cerdo cocidos	28	gramos	28	28	42	7.1	1.3	0.0	0.4	0.4	0.1	134.4	0.0	0.0	21.8	3.1	11.5	3.6	1.5	40.0	22.4	67.2	0.0	ND	ND
Riñones de res cocidos	25	gramos	25	25	40	6.8	1.2	0.0	0.3	0.2	0.2	179.0	0.0	0.0	0.0	0.0	20.8	4.8	1.5	33.8	23.5	76.0	0.0	ND	ND
Riñones de ternera cocidos	25	gramos	25	25	41	6.6	1.4	0.0	0.4	0.3	0.3	197.8	0.0	0.0	50.3	2.0	5.3	7.3	0.8	39.8	27.5	93.0	0.0	ND	ND
Roast beef	2 1/2	reb	33	33	36	6.6	0.9	0.5	0.4	0.6	0.1	15.6	0.1	0.0	0.0	0.0	0.0	1.9	0.6	106.3	328.8	90.0	0.0	ND	ND
Róbalo cocido	30	gramos	30	30	34	7.3	0.3	0.0	0.0	0.0	0.1	22.2	0.0	0.0	5.6	0.0	3.9	12.7	0.4	119.6	26.1	72.4	0.0	ND	ND
Róbalo crudo	75	gramos	75	38	33	7.2	0.3	0.0	0.0	0.0	0.1	21.8	0.0	0.0	6.5	0.0	4.5	12.6	0.4	119.0	26.1	72.0	0.0	ND	ND
Róbalo fileteado	40	gramos	40	40	35	7.6	0.3	0.0	0.1	0.0	0.1	22.8	0.0	0.0	6.8	0.0	4.7	13.2	0.4	124.4	27.3	75.3	0.0	ND	ND
Salmón ahumado	35	gramos	35	35	41	6.4	1.5	0.0	0.3	0.7	0.3	8.1	0.0	0.0	9.1	0.0	0.7	3.7	0.3	61.4	274.4	57.2	0.0	ND	ND
Sats orugas	65	gramos	65	65	35	7.0	0.8	0.0	ND	ND	ND	ND	0.0	0.0	14.3	0.0	ND	35.1	2.7	ND	ND	25.4	0.0	ND	ND
Sopa de almeja	3/4	taza	180	180	101	5.4	2.5	14.1	1.6	0.7	0.1	10.8	3.0	2.2	126.0	9.2	ND	50.4	2.0	ND	750.6	ND	0.0	ND	ND
Surimi	2/3	barra	40	40	39	6.0	0.4	2.7	0.1	0.1	0.2	11.9	0.0	0.0	7.9	0.0	0.8	3.7	0.1	44.3	56.6	111.8	0.0	ND	ND
Surimi imitación camarón	40	gramos	40	40	40	4.9	0.6	3.7	0.1	0.1	0.3	14.6	0.0	0.0	8.0	0.0	0.8	7.5	0.2	35.8	282.0	112.9	0.0	ND	ND
Tampiqueña	1/4	pieza	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Tampiqueña de filete	1/4	pieza	30	30	36	7.2	0.8	0.0	0.4	0.3	0.0	14.1	0.0	0.0	41.7	0.0	3.0	2.7	0.5	90.0	18.0	63.0	0.0	ND	ND
Trucha fresca	35	gramos	35	35	42	7.2	1.2	0.0	0.2	0.4	0.5	20.6	0.0	0.0	6.6	0.8	4.1	23.5	0.2	168.4	10.7	94.7	0.0	ND	ND
Venado cocido (carne magra)	25	gramos	25	23	42	6.0	1.8	0.0	0.9	0.4	0.1	22.1	0.0	0.0	0.0	0.0	1.8	3.2	0.8	81.9	17.6	51.3	0.0	ND	ND
Venado crudo (carne magra)	30	gramos	30	27	42	5.9	1.9	0.0	0.9	0.4	0.1	21.6	0.0	0.0	0.0	0.0	1.1	3.0	0.8	89.1	20.3	54.3	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Agujas de res	35	gramos	35	33	51	6.8	2.6	0.0	1.0	1.0	0.1	20.6	0.0	0.0	77.5	0.0	3.3	3.0	0.6	119.0	20.9	ND	0.0	ND	ND
Anchoa con aceite	6	pieza	24	24	50	7.0	2.3	0.0	0.5	0.9	0.6	20.4	0.0	0.0	2.9	0.0	3.1	55.7	1.1	130.6	880.3	60.5	0.0	ND	ND
Anchoas en lata	6	pieza	24	24	50	6.9	2.3	0.0	0.5	0.9	0.6	20.4	0.0	0.0	2.9	0.0	ND	55.7	1.1	ND	880.3	ND	0.0	ND	ND
Arenque cocido	25	gramos	25	25	51	5.8	2.9	0.0	0.6	1.2	0.7	19.3	0.0	0.0	9.0	0.2	3.0	18.5	0.4	104.7	28.8	75.9	0.0	ND	ND
Arenque fresco crudo	35	gramos	35	35	55	6.3	3.2	0.0	0.7	1.3	0.7	21.0	0.0	0.0	9.8	0.2	3.5	20.0	0.4	114.5	31.5	82.6	0.0	ND	ND
Arrachera cruda	35	gramos	35	35	49	7.5	1.9	0.0	0.7	0.7	0.1	11.6	0.0	0.0	0.0	0.0	4.6	8.4	0.5	119.0	19.3	70.7	0.0	ND	ND
Arrachera de res cocida	30	gramos	30	30	56	8.4	2.2	0.0	0.9	0.9	0.1	14.7	0.0	0.0	0.0	0.0	2.7	5.4	0.5	105.0	17.1	65.1	0.0	ND	ND
Atún ahumado	30	gramos	30	30	56	7.7	3.1	0.0	0.7	0.0	1.4	10.5	0.0	0.0	0.0	0.0	ND	0.0	0.8	ND	62.7	ND	0.0	ND	ND
Atún blanco en aceite	30	gramos	30	30	56	8.0	2.4	0.0	0.4	1.0	0.9	7.0	0.0	0.0	1.2	0.0	1.5	0.8	0.1	99.9	91.2	80.1	0.0	ND	ND
Atún en aceite drenado	1/3	lata	33	33	66	9.7	2.7	0.0	0.5	1.0	1.0	10.3	0.0	0.0	7.7	0.0	1.7	4.3	0.5	69.0	118.0	103.7	0.0	ND	ND
Barbacoa	50	gramos	50	40	54	7.6	2.4	0.0	1.6	0.8	0.0	26.0	0.0	0.0	0.0	0.0	0.0	2.8	0.9	118.0	30.0	0.0	0.0	ND	ND
Barbacoa con hueso	65	gramos	65	38	51	7.2	2.3	0.0	1.5	0.8	0.0	24.5	0.0	0.0	0.0	0.0	0.0	2.6	0.8	111.2	28.3	0.0	0.0	ND	ND
Bistec de ternera	35	gramos	35	35	55	6.9	2.8	0.0	1.2	2.0	0.1	31.5	0.0	0.0	0.0	0.0	0.0	3.9	1.1	112.0	31.5	0.0	0.0	ND	ND
Bonito	60	gramos	60	31	51	7.3	2.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.0	0.2	89.7	12.2	0.0	0.0	ND	ND
Bonito en aceite	25	gramos	25	25	55	7.3	2.9	0.0	0.5	0.8	1.4	11.7	0.0	0.0	0.0	0.0	3.9	7.2	0.3	0.0	0.0	0.0	0.0	ND	ND
Bonito fileteado	30	gramos	30	30	50	7.2	2.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.8	0.2	87.9	12.0	0.0	0.0	ND	ND
Cabeza de carnero cocida	495	gramos	495	50	55	7.0	2.8	0.0	1.5	1.0	0.0	32.2	0.0	0.0	0.0	0.0	0.0	8.4	1.0	146.0	37.1	0.0	0.0	ND	ND
Cabeza de cerdo	495	gramos	495	50	55	7.0	2.8	0.0	1.5	1.0	0.0	32.2	0.0	0.0	0.0	0.0	0.0	8.4	1.0	146.0	37.1	0.0	0.0	ND	ND
Calamar frito	35	gramos	35	35	61	6.3	2.6	2.7	0.7	0.9	0.7	91.0	0.0	0.0	3.7	1.6	2.1	13.6	0.4	97.6	107.1	87.7	0.0	ND	ND

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BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Carne de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Carne de cerdo molida	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Carne de ganso de crianza	40	gramos	40	32	52	7.4	2.3	0.0	0.9	0.6	0.3	27.2	0.0	0.0	3.9	2.3	10.0	4.2	0.8	136.1	28.2	101.1	0.0	ND	ND
Carne de pato de crianza	60	gramos	60	39	51	7.1	2.3	0.0	0.9	0.6	0.3	30.0	0.0	0.0	9.4	2.3	9.8	4.3	0.9	105.7	28.9	79.2	0.0	ND	ND
Carne de res (promedio)	30	gramos	30	30	54	6.2	3.0	0.0	1.5	1.2	0.0	19.5	0.0	0.0	1.8	0.0	0.0	3.6	0.9	106.5	19.5	0.0	0.0	ND	ND
Carne de ternera	35	gramos	35	35	55	6.9	2.8	0.0	1.2	2.0	0.1	31.5	0.0	0.0	0.0	0.0	0.0	3.9	1.1	112.0	31.5	0.0	0.0	ND	ND
Carne molida de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Carne promedio	30	gramos	30	29	51	5.9	2.9	0.0	1.4	1.1	0.0	18.5	0.0	0.0	1.7	0.0	0.0	3.4	0.9	101.2	18.5	0.0	0.0	ND	ND
Carnero	50	gramos	50	40	54	7.6	2.4	0.0	1.6	0.8	0.0	26.0	0.0	0.0	0.0	0.0	0.0	2.8	0.9	118.0	30.0	0.0	0.0	ND	ND
Carnero con hueso	65	gramos	65	38	51	7.2	2.3	0.0	1.5	0.8	0.0	24.5	0.0	0.0	0.0	0.0	0.0	2.6	0.8	111.2	28.3	0.0	0.0	ND	ND
Carpa	75	gramos	75	41	51	7.2	2.3	0.0	0.4	1.0	0.6	26.7	0.0	0.0	3.8	0.5	6.2	16.7	0.5	134.8	20.0	168.2	0.0	ND	ND
Carpa cocida	30	gramos	30	30	49	6.8	2.2	0.0	0.4	0.9	0.6	25.1	0.0	0.0	2.8	0.4	5.3	15.5	0.5	128.1	19.1	159.5	0.0	ND	ND
Carpa horneada	30	gramos	30	30	49	6.8	2.2	0.0	0.4	0.9	0.6	25.1	0.0	0.0	2.8	0.4	5.3	15.5	0.5	128.1	19.1	159.5	0.0	ND	ND
Chamorro cocido	25	gramos	25	25	58	6.5	3.4	0.0	1.2	1.5	0.6	22.8	0.0	0.0	1.0	0.0	ND	3.8	0.2	ND	20.3	ND	0.0	ND	ND
Chuleta de cerdo	1/2	pieza	45	38	54	7.6	2.4	0.0	0.8	1.0	0.2	24.9	0.0	0.0	0.4	0.0	1.5	2.3	0.5	13.0	31.4	0.0	0.0	ND	ND
Cola de res	20	gramos	20	20	50	6.2	2.6	0.0	1.0	1.1	0.1	21.0	0.0	0.0	0.0	0.0	ND	2.6	0.7	ND	78.6	ND	0.0	ND	ND
Conejo	40	gramos	40	32	51	6.5	2.6	0.0	1.0	1.0	0.3	20.8	0.0	0.0	0.0	0.0	1.6	5.8	0.8	115.2	13.8	0.0	0.0	ND	ND
Conejo de crianza	40	gramos	40	32	51	6.5	2.6	0.0	1.0	1.0	0.3	20.8	0.0	0.0	0.0	0.0	1.6	5.8	0.8	115.2	13.8	0.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Corazón de borrego	45	gramos	45	45	55	7.4	2.5	0.2	0.9	0.0	0.0	60.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	39.5	0.0	0.0	ND	ND
Corazón de borrego cocido	30	gramos	30	30	55	7.4	2.4	0.6	0.9	0.0	0.0	74.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.7	0.0	0.0	ND	ND
Corazón de cordero	45	gramos	45	45	55	7.4	2.5	0.2	0.9	0.0	0.0	60.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	39.5	0.0	0.0	ND	ND
Corazón de cordero cocido	30	gramos	30	30	55	7.4	2.4	0.6	0.9	0.0	0.0	74.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.7	0.0	0.0	ND	ND
Corazón de pavo	40	gramos	40	40	58	7.3	2.8	0.3	0.8	0.0	0.0	46.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35.1	0.0	0.0	ND	ND
Corazón de pollo cocido	25	gramos	25	25	53	7.9	2.6	0.0	0.9	0.0	0.0	70.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	17.5	0.0	0.0	ND	ND
Corned beef	25	gramos	25	25	54	6.7	3.1	0.0	1.3	0.0	0.0	22.3	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	218.8	0.0	0.0	ND	ND
Corned beef con áspic	30	gramos	30	30	46	6.9	1.8	0.0	0.8	0.9	0.1	13.9	0.0	0.0	0.0	0.0	2.1	3.2	0.6	30.0	286.1	21.4	0.0	ND	ND
Cueritos de cerdo	10	gramos	10	10	54	6.1	3.1	0.0	1.1	1.5	0.4	9.5	0.0	0.0	1.2	0.1	ND	3.0	0.1	ND	181.8	ND	0.0	ND	ND
Cuete de ternera	35	gramos	35	35	55	6.9	2.8	0.0	1.2	2.0	0.1	31.5	0.0	0.0	0.0	0.0	0.0	3.9	1.1	112.0	31.5	0.0	0.0	ND	ND
Falda de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Filete de carpa	40	gramos	40	40	51	7.2	2.3	0.0	0.4	0.9	0.6	26.4	0.0	0.0	3.8	0.5	6.1	16.5	0.5	133.2	19.8	166.1	0.0	ND	ND
Filete de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Filete de puerco	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Gallina	40	gramos	40	27	59	7.6	3.0	0.0	0.9	0.8	0.6	21.2	0.0	0.0	5.4	0.0	1.9	7.1	0.5	76.7	17.4	0.0	0.0	ND	ND
Gallina joven cocida	40	gramos	40	27	59	7.6	3.0	0.0	0.9	0.8	0.6	21.2	0.0	0.0	5.4	0.0	1.9	7.1	0.5	76.7	17.4	0.0	0.0	ND	ND
Ganso de crianza	40	gramos	40	32	52	7.4	2.3	0.0	0.9	0.6	0.3	27.2	0.0	0.0	3.9	2.3	10.0	4.2	0.8	136.1	28.2	101.1	0.0	ND	ND
Guajolote	45	gramos	45	36	57	7.3	2.8	0.0	0.8	0.8	0.7	26.0	0.0	0.0	0.7	0.0	2.8	5.3	0.5	94.6	23.1	0.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Hígado de ganso crudo	40	gramos	40	40	53	6.5	1.7	2.5	0.6	0.3	0.1	206.0	0.0	0.0	3723.6	1.8	295.2	17.2	12.2	92.0	56.0	104.4	0.0	ND	ND
Hígado de borrego cocido	25	gramos	25	25	55	7.6	2.2	0.6	0.9	0.5	0.3	125.3	ND	0.0	1872.8	1.0	18.3	2.0	2.1	55.3	14.0	105.0	0.0	ND	ND
Hígado de cerdo cocido	30	gramos	30	30	50	7.8	1.3	1.1	0.4	0.2	0.3	106.5	ND	0.0	1621.5	7.1	48.9	3.0	5.4	45.0	14.7	72.3	0.0	ND	ND
Hígado de ganso	1/2	pieza	47	47	63	7.7	2.0	3.0	0.7	0.4	0.1	242.1	0.0	0.0	4375.2	2.1	346.9	20.2	14.3	108.1	65.8	122.7	0.0	ND	ND
Hígado de pato crudo	40	gramos	40	40	54	7.5	1.8	1.4	0.6	0.3	0.2	206.0	0.0	0.0	4793.6	1.8	295.2	4.4	12.2	92.0	56.0	107.6	0.0	ND	ND
Hígado de pavo	4	cda	35	35	59	8.4	2.1	1.2	0.7	0.5	0.4	219.1	0.0	0.0	4403.4	0.7	233.1	3.9	2.7	67.9	22.4	95.2	0.0	ND	ND
Hígado de pollo cocido	30	gramos	30	30	50	7.3	2.0	0.3	0.6	0.4	0.6	168.9	ND	ND	1194.3	8.4	173.4	3.3	3.5	78.9	22.8	121.5	0.0	ND	ND
Hígado de pollo crudo	40	gramos	40	40	48	7.2	1.6	1.4	0.5	0.3	0.2	120.0	ND	ND	1452.0	1.6	295.2	4.4	3.4	91.2	31.6	54.4	0.0	ND	ND
Hígado de res cocido	30	gramos	30	30	48	7.3	1.5	1.0	0.6	0.2	0.3	116.7	0.0	0.0	3180.6	6.9	65.1	2.1	2.0	70.5	21.0	121.2	0.0	ND	ND
Hígado de res frito	25	gramos	25	25	54	6.7	2.0	2.0	0.7	0.4	0.4	120.5	0.0	0.0	2682.3	5.8	55.0	2.8	1.6	91.0	26.5	115.3	0.0	ND	ND
Hueva de pescado cocida	25	gramos	25	25	51	7.2	2.1	0.5	0.5	0.5	0.9	119.8	0.0	0.0	22.8	4.1	23.0	7.0	0.2	70.8	29.3	128.8	0.0	ND	ND
Huevo congelado sin colesterol	4	cda	60	60	96	6.8	6.7	1.9	1.2	1.5	3.7	1.0	0.0	0.0	81.0	0.0	10.0	44.0	1.2	128.0	120.0	43.0	0.0	ND	ND
Huevo de tortuga	50	gramos	50	45	51	5.6	2.8	0.4	0.0	0.0	0.0	0.0	0.0	0.0	28.9	0.0	0.0	27.6	0.7	0.0	0.0	0.0	0.0	ND	ND
Jamón bajo en grasa	2	reb	42	42	56	8.1	2.1	0.5	0.8	1.1	0.2	19.5	0.0	0.0	0.0	0.0	1.5	3.0	0.3	147.0	600.0	91.5	0.0	ND	ND
Jamón de pavo	2	reb	42	42	54	8.0	2.1	0.1	0.7	0.5	0.7	23.6	0.0	0.0	0.0	0.0	2.2	4.4	1.2	136.3	418.5	80.3	0.0	ND	ND
Jamón de pierna	2	reb	42	42	56	8.1	2.1	0.5	0.8	1.1	0.2	19.5	0.0	0.0	0.0	0.0	1.5	3.0	0.3	147.0	600.0	91.5	0.0	ND	ND
Lomo de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Lomo de cerdo en trozos	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND

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BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Maciza de carnero	50	gramos	50	40	54	7.6	2.4	0.0	1.6	0.8	0.0	26.0	0.0	0.0	0.0	0.0	0.0	2.8	0.9	118.0	30.0	0.0	0.0	ND	ND
Maciza de ternera	35	gramos	35	35	55	6.9	2.8	0.0	1.2	2.0	0.1	31.5	0.0	0.0	0.0	0.0	0.0	3.9	1.1	112.0	31.5	0.0	0.0	ND	ND
Marlín	35	gramos	35	35	50	6.9	2.3	0.0	0.6	1.0	0.5	23.1	0.0	0.0	12.6	0.0	ND	1.8	0.1	ND	28.4	ND	0.0	ND	ND
Milanesa de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Milanesa de ternera	35	gramos	35	35	55	6.9	2.8	0.0	1.2	2.0	0.1	31.5	0.0	0.0	0.0	0.0	0.0	3.9	1.1	112.0	31.5	0.0	0.0	ND	ND
Molida de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Molida de pavo	35	gramos	35	35	52	6.9	2.7	0.0	0.7	0.9	0.8	24.2	0.0	0.0	7.0	0.0	ND	6.7	0.4	ND	20.3	ND	0.0	ND	ND
Molida de res	30	gramos	30	30	54	6.2	3.0	0.0	1.5	1.2	0.0	19.5	0.0	0.0	1.8	0.0	0.0	3.6	0.9	106.5	19.5	0.0	0.0	ND	ND
Molida de sirloin	25	gramos	25	25	51	7.6	2.0	0.0	0.8	0.9	0.1	22.3	0.0	0.0	0.0	0.0	2.5	2.8	0.8	100.8	16.5	61.0	0.0	ND	ND
Molida especial	30	gramos	30	30	54	6.2	3.0	0.0	1.5	1.2	0.0	19.5	0.0	0.0	1.8	0.0	0.0	3.6	0.9	106.5	19.5	0.0	0.0	ND	ND
Molida regular de res (10% grasa)	30	gramos	30	30	54	6.2	3.0	0.0	1.5	1.2	0.0	19.5	0.0	0.0	1.8	0.0	0.0	3.6	0.9	106.5	19.5	0.0	0.0	ND	ND
Muslo de pollo crudo sin piel	1/2	pieza	60	45	54	8.8	1.8	0.0	0.5	0.5	0.4	37.4	0.0	0.0	9.0	0.0	4.5	4.5	0.5	104.0	38.7	75.6	0.0	ND	ND
Ostión cocido	35	gramos	35	35	57	6.6	1.6	3.5	0.4	0.2	0.6	35.0	0.0	0.0	51.1	4.5	5.3	5.8	3.2	105.8	74.1	85.2	0.0	ND	ND
Ostión crudo	75	gramos	75	75	61	7.1	1.7	3.7	0.4	0.3	0.7	37.5	0.0	0.0	60.9	6.0	7.5	6.2	3.8	126.2	79.4	121.8	0.0	ND	ND
Ostión cultivado	9	pieza	126	126	75	6.6	2.0	6.9	0.6	0.2	0.8	31.5	0.0	0.0	10.5	6.0	22.5	55.5	7.3	156.0	225.0	117.0	0.0	ND	ND
Ostión cultivado cocido	9	pieza	88	88	70	6.1	1.9	6.4	0.6	0.1	0.6	32.9	0.0	0.0	16.4	6.0	20.9	49.3	6.8	134.5	143.5	101.7	0.0	ND	ND
Ostión en jugo	70	gramos	70	70	57	6.6	1.6	3.5	0.3	0.2	0.7	35.0	0.0	0.0	56.8	5.6	7.0	5.8	3.6	117.8	74.1	113.6	0.0	ND	ND
Ostión enlatado	100	gramos	100	100	69	7.1	2.5	3.9	0.6	0.2	0.7	55.3	0.0	0.0	90.6	4.7	9.4	44.7	6.7	229.4	111.8	138.8	0.0	ND	ND

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BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pámpano	65	gramos	65	33	55	6.2	3.1	0.0	1.1	0.8	0.4	16.3	0.0	0.0	0.0	0.0	0.0	5.5	0.0	62.1	15.3	0.0	0.0	ND	ND
Pámpano cocido	25	gramos	25	25	53	5.9	3.0	0.0	1.1	0.8	0.4	15.9	0.0	0.0	9.1	0.0	4.4	10.9	0.2	159.1	19.1	85.3	0.0	ND	ND
Pámpano fileteado	35	gramos	35	35	60	6.7	3.3	0.0	1.2	0.9	0.4	17.5	0.0	0.0	0.0	0.0	0.0	6.0	0.0	66.9	16.5	0.0	0.0	ND	ND
Pancita de puerco	35	gramos	35	35	55	5.8	3.4	0.0	1.2	1.5	0.4	67.6	0.0	0.0	0.0	0.0	0.7	3.5	0.8	70.4	18.2	54.3	0.0	ND	ND
Pasta de anchoas	4	cdita	28	28	56	5.6	3.2	1.2	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Pasta de camarón	30	gramos	30	30	54	6.2	2.8	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	ND	ND
Pasta de langosta	4	cdita	28	28	52	6.0	2.8	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20.0	0.4	0.0	0.0	52.0	0.0	ND	ND
Pastrami de pavo	2	reb	42	42	59	7.7	2.6	0.7	0.7	0.9	0.7	22.8	0.0	0.0	0.0	0.0	2.2	3.7	0.7	109.1	439.2	84.0	0.0	ND	ND
Pato de crianza	60	gramos	60	39	51	7.1	2.3	0.0	0.9	0.6	0.3	30.0	0.0	0.0	9.4	2.3	9.8	4.3	0.9	105.7	28.9	79.2	0.0	ND	ND
Pavo	45	gramos	45	36	57	7.3	2.8	0.0	0.8	0.8	0.7	26.0	0.0	0.0	0.7	0.0	2.8	5.3	0.5	94.6	23.1	0.0	0.0	ND	ND
Pavo entero	45	gramos	45	36	57	7.3	2.8	0.0	0.8	0.8	0.7	26.0	0.0	0.0	0.7	0.0	2.8	5.3	0.5	94.6	23.1	0.0	0.0	ND	ND
Pechuga de pollo con piel	35	gramos	35	30	55	6.0	3.3	0.0	1.0	0.2	0.6	19.9	0.0	0.0	11.6	0.0	1.2	3.3	0.2	60.7	19.3	0.0	0.0	ND	ND
Pescado blanco	75	gramos	75	39	52	7.4	2.3	0.0	0.4	0.8	0.8	23.4	0.0	0.0	14.2	0.0	6.0	10.1	0.1	123.9	19.7	105.5	0.0	ND	ND
Pescado blanco cocido	30	gramos	30	30	52	7.3	2.3	0.0	0.4	0.8	0.8	22.9	0.0	0.0	11.6	0.0	4.9	9.9	0.1	121.8	19.4	103.8	0.0	ND	ND
Pescado blanco fileteado	35	gramos	35	35	47	6.7	2.1	0.0	0.3	0.7	0.8	21.0	0.0	0.0	12.6	0.0	5.3	9.1	0.1	111.0	17.9	94.5	0.0	ND	ND
Pescuezo de pollo sin piel	125	pieza	125	38	58	6.6	3.3	0.0	0.8	1.0	0.8	31.1	0.0	0.0	16.5	1.0	3.0	10.1	0.8	65.6	30.4	42.4	0.0	ND	ND
Pescuezo de res	50	gramos	50	33	50	6.7	2.4	0.0	0.8	0.9	0.1	19.8	0.0	0.0	37.7	0.0	2.3	1.6	0.6	106.6	25.4	0.0	0.0	ND	ND
Pierna de carnero	50	gramos	50	40	54	7.6	2.4	0.0	1.6	0.8	0.0	26.0	0.0	0.0	0.0	0.0	0.0	2.8	0.9	118.0	30.0	0.0	0.0	ND	ND
Pierna de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Pierna de cordero	30	gramos	30	26	49	7.2	2.0	0.0	0.7	0.9	0.1	22.7	0.0	0.0	0.0	0.0	5.9	2.0	0.5	86.2	17.3	52.5	0.0	ND	ND

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BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pierna de pollo sin piel cocida	1/4	pieza	45	26	47	6.7	2.1	0.0	0.6	0.8	0.5	22.8	0.0	0.0	4.6	0.0	2.1	2.8	0.4	48.7	20.0	38.2	0.0	ND	ND
Pierna de pollo sin piel cruda	1/3	pieza	76	43	52	8.7	1.6	0.0	0.4	0.5	0.4	34.6	0.0	0.0	7.8	0.0	4.3	4.8	0.4	99.1	37.2	72.2	0.0	ND	ND
Pierna de puerco	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Pulpa de cerdo	40	gramos	40	40	56	7.9	2.5	0.0	0.9	1.0	0.2	26.0	0.0	0.0	0.4	0.0	1.6	2.4	0.5	13.6	32.8	0.0	0.0	ND	ND
Pulpa de ternera	40	gramos	40	38	59	7.5	3.0	0.0	1.3	2.1	0.1	34.2	0.0	0.0	0.0	0.0	0.0	4.2	1.1	121.6	34.2	0.0	0.0	ND	ND
Queso Cheddar bajo en grasa	30	gramos	30	30	53	7.4	2.1	0.5	1.3	0.6	0.1	6.4	0.0	0.0	19.3	0.0	3.2	126.4	0.1	20.4	186.4	146.8	0.0	ND	ND
Queso Cottage cremoso	3	cda	54	54	56	6.8	2.5	1.5	1.5	0.8	0.0	7.7	0.4	0.0	25.1	0.0	5.8	32.8	0.1	46.3	217.9	71.4	0.0	ND	ND
Queso de soya	2	reb	56	56	84	7.0	4.6	3.8	0.6	1.0	2.6	0.0	0.8	0.0	2.0	0.0	ND	106.0	0.0	ND	12.0	ND	0.0	ND	ND
Queso fresco	40	gramos	40	40	58	6.1	2.8	2.0	0.0	0.0	0.0	0.0	0.0	0.0	28.0	0.0	0.0	273.6	0.1	0.0	0.0	0.0	0.0	ND	ND
Queso fresco de cabra	30	gramos	30	30	52	7.1	1.5	2.6	1.1	0.4	0.1	7.8	ND	ND	12.0	0.0	ND	260.1	1.7	ND	ND	ND	0.0	ND	ND
Queso fresco de vaca	40	gramos	40	40	58	6.1	2.8	2.0	0.0	0.0	0.0	0.0	0.0	0.0	28.0	0.0	0.0	273.6	0.1	0.0	0.0	0.0	0.0	ND	ND
Queso Oaxaca Lala Light	30	gramos	30	30	64	7.8	3.3	0.8	ND	ND	ND	ND	ND	ND	ND	ND	ND	230.0	ND	ND	190.0	ND	0.0	ND	ND
Queso Panela	40	gramos	40	40	58	6.1	2.8	2.0	0.0	0.0	0.0	0.0	0.0	0.0	28.0	0.0	0.0	273.6	0.1	0.0	0.0	0.0	0.0	ND	ND
Queso Panela Lala Light	30	gramos	30	30	52	5.7	2.7	1.2	ND	ND	ND	ND	ND	ND	ND	ND	ND	200.0	ND	ND	180.0	ND	0.0	ND	ND
Queso Ricotta reducido en grasa*	3	cda	45	45	62	5.1	3.6	2.3	2.2	1.1	0.1	13.8	0.1	0.0	48.3	0.0	ND	122.3	0.0	ND	56.3	ND	0.0	ND	ND
Recorte de cerdo cocido	25	gramos	25	25	59	6.5	3.4	0.0	1.2	1.4	0.3	20.8	0.0	0.0	0.5	0.0	ND	5.0	0.2	ND	13.8	ND	0.0	ND	ND
Retazo de carnero	500	gramos	500	50	56	7.1	2.8	0.0	1.5	1.0	0.0	32.5	0.0	0.0	0.0	0.0	0.0	8.5	1.1	147.5	37.5	0.0	0.0	ND	ND

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BAJO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Rib Eye sin grasa	25	gramos	25	25	56	7.0	2.9	0.0	1.2	1.2	0.1	20.0	0.0	0.0	0.0	0.0	2.0	3.3	0.6	98.5	17.3	52.0	0.0	ND	ND
Salmón	30	gramos	30	30	55	6.0	3.2	0.0	0.7	1.2	1.2	17.6	0.0	0.0	4.6	1.1	7.8	3.5	0.1	108.7	17.6	69.9	0.0	ND	ND
Salmón cocido	30	gramos	30	30	55	6.0	3.2	0.0	0.7	1.2	1.2	17.6	0.0	0.0	4.6	1.1	7.8	3.5	0.1	108.7	17.6	69.9	0.0	ND	ND
Salmón fresco	30	gramos	30	30	55	6.0	3.2	0.0	0.7	1.2	1.2	17.6	0.0	0.0	4.6	1.1	7.8	3.5	0.1	108.7	17.6	69.9	0.0	ND	ND
Short Loin	25	gramos	25	25	54	7.2	2.6	0.0	1.0	1.0	0.1	19.0	0.0	0.0	0.0	0.0	2.0	2.0	0.6	99.0	17.0	54.5	0.0	ND	ND
Sierra ahumada	30	gramos	30	30	51	7.3	2.2	0.0	0.6	0.6	0.7	20.5	0.0	0.0	25.8	1.1	7.1	25.8	0.1	132.4	12.7	79.8	0.0	ND	ND
Sirloin	25	gramos	25	25	51	7.6	2.0	0.0	0.8	0.9	0.1	22.3	0.0	0.0	0.0	0.0	2.5	2.8	0.8	100.8	16.5	61.0	0.0	ND	ND
Sustituto de huevo en polvo	3	cda	15	15	67	8.3	2.0	3.3	0.6	0.8	0.3	85.8	3.3	0.0	55.4	0.1	18.8	48.9	0.5	111.6	120.0	71.7	0.0	ND	ND
Sustituto de huevo liquido	4	cda	60	60	51	7.1	2.0	0.4	0.4	0.5	1.0	0.0	0.0	0.0	130.2	0.0	8.9	31.9	1.3	197.9	106.0	72.8	0.0	ND	ND
T-bone sin grasa	30	gramos	30	24	49	6.4	2.4	0.0	0.9	1.1	0.1	14.2	0.0	0.0	0.0	0.0	1.9	1.4	0.8	90.7	17.0	51.6	0.0	ND	ND
Ternera	35	gramos	35	35	55	6.9	2.8	0.0	1.2	2.0	0.1	31.5	0.0	0.0	0.0	0.0	0.0	3.9	1.1	112.0	31.5	0.0	0.0	ND	ND
Ternera en canal	40	gramos	40	38	59	7.5	3.0	0.0	1.3	2.1	0.1	34.2	0.0	0.0	0.0	0.0	0.0	4.2	1.1	121.6	34.2	0.0	0.0	ND	ND
Tofu, firme	40	gramos	40	40	58	6.3	3.5	1.7	0.0	0.0	0.0	0.0	0.0	0.9	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Trucha	70	gramos	70	32	54	5.9	3.2	0.0	0.5	1.2	1.1	15.5	0.0	0.0	0.0	0.0	4.2	3.9	0.3	122.4	22.5	0.0	0.0	ND	ND
Trucha ahumada	30	gramos	30	30	51	7.3	2.2	0.0	0.6	0.6	0.7	20.5	0.0	0.0	25.8	1.1	7.1	25.8	0.1	132.4	12.7	79.8	0.0	ND	ND
Trucha cocida	30	gramos	30	30	51	7.3	2.2	0.0	0.6	0.6	0.7	20.5	0.0	0.0	25.8	1.1	7.1	25.8	0.1	132.4	12.7	79.8	0.0	ND	ND
Trucha fileteada	35	gramos	35	35	59	6.4	3.5	0.0	0.6	1.3	1.2	16.8	0.0	0.0	0.0	0.0	4.6	4.2	0.4	133.0	24.5	0.0	0.0	ND	ND

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MODERADO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Anguila	40	gramos	40	40	74	7.4	4.7	0.0	0.9	2.9	0.4	50.4	0.0	0.0	417.2	0.7	ND	8.0	0.2	ND	20.4	ND	0.0	ND	ND
Arenque marinado	1/4	filete	46	46	73	8.3	4.2	0.0	0.9	1.7	1.0	27.6	0.0	0.0	12.9	0.3	4.6	26.2	0.5	150.4	41.4	108.6	0.0	ND	ND
Bistec de bola	25	gramos	25	25	71	7.2	4.5	0.0	1.7	2.0	0.2	24.0	0.0	0.0	0.0	0.0	2.5	1.5	0.8	70.5	12.5	61.3	0.0	ND	ND
Bola de res	25	gramos	25	25	71	7.2	4.5	0.0	1.7	2.0	0.2	24.0	0.0	0.0	0.0	0.0	2.5	1.5	0.8	70.5	12.5	61.3	0.0	ND	ND
Boquerones (fritos)	40	gramos	40	40	70	7.7	4.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	67.2	0.0	0.0	0.0	0.0	0.0	ND	ND
Carne de suadero	29	gramos	29	29	76	7.8	4.8	0.0	2.0	2.0	0.1	20.9	0.0	0.0	0.0	0.0	2.6	1.7	1.0	97.7	20.3	74.2	0.0	ND	ND
Carne deshebrada	30	gramos	30	30	75	7.4	4.8	0.0	1.9	2.1	0.2	24.6	0.0	0.0	0.0	0.0	2.7	2.1	0.7	67.2	14.7	37.2	0.0	ND	ND
Carne molida extra magra cocida	30	gramos	30	30	75	7.4	4.8	0.0	1.9	2.1	0.2	24.6	0.0	0.0	0.0	0.0	2.7	2.1	0.7	67.2	14.7	37.2	0.0	ND	ND
Carne molida extra magra salteada	30	gramos	30	30	77	7.5	4.9	0.0	2.0	2.2	0.2	24.3	0.0	0.0	0.0	0.0	2.7	2.1	0.7	93.6	21.0	48.0	0.0	ND	ND
Caviar	5	cdita	27	27	67	6.6	4.8	1.1	1.1	1.2	2.0	156.6	0.0	0.0	72.2	0.0	13.3	73.3	3.2	48.3	399.8	94.9	0.0	ND	ND
Caviar negro	5	cdita	27	27	67	6.6	4.8	1.1	1.1	1.2	2.0	156.6	0.0	0.0	72.2	0.0	13.3	73.3	3.2	48.3	399.8	94.9	0.0	ND	ND
Caviar rojo	5	cdita	27	27	67	6.6	4.8	1.1	1.1	1.2	2.0	156.6	0.0	0.0	72.2	0.0	13.3	73.3	3.2	48.3	399.8	94.9	0.0	ND	ND
Chicharrón	12	gramos	12	12	72	6.9	4.7	0.0	1.7	1.6	0.4	8.9	0.0	0.0	0.0	0.0	0.0	7.3	0.3	0.0	0.0	0.0	0.0	ND	ND
Chicharrón de cerdo	12	gramos	12	12	72	6.9	4.7	0.0	1.7	1.6	0.4	8.9	0.0	0.0	0.0	0.0	0.0	7.3	0.3	0.0	0.0	0.0	0.0	ND	ND
Chicharrón de puerco	12	gramos	12	12	72	6.9	4.7	0.0	1.7	1.6	0.4	8.9	0.0	0.0	0.0	0.0	0.0	7.3	0.3	0.0	0.0	0.0	0.0	ND	ND
Costillar de cerdo	50	gramos	50	33	69	6.5	4.6	0.0	1.6	2.0	0.5	19.5	0.0	0.0	0.7	0.1	2.0	1.6	0.2	124.8	13.7	62.7	0.0	ND	ND
Costillitas de cerdo	50	gramos	50	33	69	6.5	4.6	0.0	1.6	2.0	0.5	19.5	0.0	0.0	0.7	0.1	2.0	1.6	0.2	124.8	13.7	62.7	0.0	ND	ND
Dedos Mozzarella	1	pieza	24	24	78	3.5	4.4	6.0	1.6	1.0	1.2	8.6	0.6	0.5	23.8	0.0	ND	80.2	0.1	ND	206.6	ND	0.0	ND	ND

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MODERADO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Escamol	15	gramos	15	15	86	6.5	5.1	3.4	ND	ND	ND	ND	0.0	0.3	ND	ND	ND	2.6	0.0	0.5	0.1	ND	0.0	ND	ND
Filete de salmón	30	gramos	30	30	55	6.0	3.2	0.0	0.7	1.2	1.2	17.6	0.0	0.0	4.6	1.1	7.8	3.5	0.1	108.7	17.6	69.9	0.0	ND	ND
Gusano blanco de maguey	15	gramos	15	15	91	5.4	6.3	3.4	ND	ND	ND	ND	0.0	0.7	ND	ND	ND	1.9	0.0	0.6	0.0	ND	0.0	ND	ND
Gusanos de maguey	35	gramos	35	35	70	5.8	4.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	49.7	1.5	0.0	0.0	0.0	0.0	ND	ND
Huevo "enriquecido con DHA-Omega 3 y Vitamina E"	1	pieza	63	55	70	6.0	4.5	0.7	0.0	0.0	0.0	199.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	70.0	0.0	0.0	ND	ND
Huevo Agra	1	pieza	63	55	70	6.0	4.5	0.7	0.0	0.0	0.0	199.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	70.0	0.0	0.0	ND	ND
Huevo batido o revuelto cocido	3	cda	41	41	69	4.6	5.0	0.9	1.5	2.0	0.9	144.7	0.7	0.0	57.5	0.1	12.3	29.2	0.5	56.7	115.1	69.9	0.0	ND	ND
Huevo blanco cocido	1	pieza	50	44	68	5.5	4.7	0.5	1.4	1.8	0.6	186.6	0.5	0.0	73.9	0.0	19.4	22.0	0.5	55.4	54.6	75.7	0.0	ND	ND
Huevo cocido	1	pieza	50	44	68	5.5	4.7	0.5	1.4	1.8	0.6	186.6	0.5	0.0	73.9	0.0	19.4	22.0	0.5	55.4	54.6	75.7	0.0	ND	ND
Huevo de codorniz fresco	6	pieza	54	50	78	6.5	5.5	0.2	1.8	2.1	0.7	419.5	0.2	0.0	77.0	0.0	32.8	31.8	1.8	65.6	70.0	112.3	0.0	ND	ND
Huevo deshidratado	2 1/2	cda	13	13	76	6.0	5.4	0.2	1.7	2.1	0.9	203.8	0.0	0.0	62.5	0.0	14.9	29.5	0.5	67.5	60.0	78.6	0.0	ND	ND
Huevo en polvo	2 1/2	cda	13	13	76	6.0	5.4	0.2	1.7	2.1	0.9	203.8	0.0	0.0	62.5	0.0	14.9	29.6	0.5	67.5	60.0	78.6	0.0	ND	ND
Huevo entero cocido	1	pieza	50	44	68	5.5	4.7	0.5	1.4	1.8	0.6	186.6	0.5	0.0	73.9	0.0	19.4	22.0	0.5	55.4	54.6	75.7	0.0	ND	ND
Huevo entero fresco	1	pieza	50	44	63	5.5	4.4	0.3	1.3	1.7	0.6	186.1	0.3	0.0	61.6	0.0	20.7	23.3	0.8	59.0	61.6	84.0	0.0	ND	ND
Huevo fresco	1	pieza	50	44	63	5.5	4.4	0.3	1.3	1.7	0.6	186.1	0.3	0.0	61.6	0.0	20.7	23.3	0.8	59.0	61.6	84.0	0.0	ND	ND
Huevo pochado	1	pieza	50	50	71	6.3	5.0	0.4	1.5	1.9	0.7	211.0	0.4	0.0	69.5	0.0	17.5	26.5	0.9	66.5	147.0	95.0	0.0	ND	ND
Huevo rojo cocido	1	pieza	50	44	68	5.5	4.7	0.5	1.4	1.8	0.6	186.6	0.5	0.0	73.9	0.0	19.4	22.0	0.5	55.4	54.6	75.7	0.0	ND	ND

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MODERADO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Longaniza de primera	45	gramos	45	44	78	7.3	5.2	0.0	0.0	0.0	0.0	ND	0.0	0.0	6.6	0.0	0.0	17.6	2.1	0.0	0.0	0.0	0.0	ND	ND
Macarela cocida	1/3	filete	29	29	76	6.9	5.2	0.0	1.2	2.0	1.3	21.9	0.0	0.0	15.7	0.1	0.3	4.4	0.5	116.5	24.1	80.6	0.0	ND	ND
Macarela fresca	1/3	filete	37	37	76	6.9	5.1	0.0	1.2	2.0	1.2	25.9	0.0	0.0	18.7	0.0	0.4	4.3	0.6	116.1	33.5	80.4	0.0	ND	ND
Muslo de pollo con piel cocido con hueso	1/3	pieza	43	33	76	7.6	4.8	0.0	1.3	1.9	1.1	27.4	0.0	0.0	14.3	0.0	0.0	3.6	0.4	55.4	23.1	45.3	0.0	ND	ND
Muslo de pollo con piel crudo con hueso	1/3	pieza	43	34	72	5.9	5.2	0.0	1.5	2.2	1.1	28.5	0.0	0.0	13.9	0.8	2.7	3.4	0.3	65.1	25.8	49.1	0.0	ND	ND
Orejas de cerdo	1/4	pieza	28	28	66	6.3	4.3	0.2	1.5	1.9	0.5	23.2	0.0	0.0	0.0	0.0	0.0	5.9	0.7	15.5	54.0	11.6	0.0	ND	ND
Pata de cerdo cocida	150	gramos	150	51	71	5.9	5.1	0.0	1.5	3.4	0.4	42.3	0.0	0.0	5.6	0.0	0.5	16.3	0.2	6.6	285.6	44.4	0.0	ND	ND
Pata de cerdo cocidas	150	gramos	150	51	71	5.9	5.1	0.0	1.5	3.4	0.4	42.3	0.0	0.0	5.6	0.0	0.5	16.3	0.2	6.6	285.6	44.4	0.0	ND	ND
Patas de cerdo en escabeche	150	gramos	150	51	71	5.9	5.1	0.0	1.5	3.4	0.4	42.3	0.0	0.0	5.6	0.0	0.5	16.3	0.2	6.6	285.6	44.4	0.0	ND	ND
Patitas de cerdo encurtidas sin hueso	150	gramos	150	51	71	5.9	5.1	0.0	1.5	3.4	0.4	42.3	0.0	0.0	5.6	0.0	0.5	16.3	0.2	6.6	285.6	44.4	0.0	ND	ND
Pecho de res	50	gramos	50	37	76	6.4	5.4	0.0	2.2	2.6	0.3	25.9	0.0	0.0	6.6	0.0	1.8	2.6	0.2	104.4	25.9	62.8	0.0	ND	ND
Pierna de pollo con piel cocida	1/3	pieza	63	36	79	8.7	4.6	0.0	1.3	1.8	1.0	30.2	0.0	0.0	12.9	0.0	0.0	4.0	0.5	63.2	26.2	49.9	0.0	ND	ND
Pierna y muslo de pollo con piel	1/5	pieza	61	40	74	7.2	4.8	0.0	1.4	1.9	1.1	32.9	0.0	0.0	14.3	1.0	4.4	4.0	0.4	78.5	31.3	59.1	0.0	ND	ND
Queso blanco	35	gramos	35	35	77	6.0	5.1	1.8	0.0	0.0	0.0	26.3	0.0	0.0	22.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Queso de soya	2	reb	56	56	84	7.0	4.6	3.8	0.6	1.0	2.6	0.0	0.8	0.0	2.0	0.0	ND	106.0	0.0	ND	12.0	ND	0.0	ND	ND
Queso Holandés	20	gramos	20	20	75	6.7	5.2	1.6	0.0	0.0	0.0	17.0	0.0	0.0	56.6	0.0	0.0	165.8	0.3	0.0	0.0	0.0	0.0	ND	ND

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MODERADO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Queso Monterrey bajo en grasa	1	reb	28	28	88	7.9	6.0	0.2	3.9	1.6	0.2	18.0	0.2	0.0	40.0	0.0	ND	197.0	0.2	ND	158.0	ND	0.0	ND	ND
Queso Mozzarella reducido en grasa	1	reb	28	28	71	6.8	4.5	0.8	2.8	1.3	0.1	17.9	0.3	0.0	35.6	0.0	2.5	219.0	0.1	23.5	173.3	129.6	0.0	ND	ND
Queso Mozzarella semidescremado	30	gramos	30	30	76	7.3	4.8	0.8	3.0	1.4	0.1	19.2	0.3	0.0	37.2	0.0	2.7	234.6	0.1	25.2	185.7	138.9	0.0	ND	ND
Queso Muenster bajo en grasa	1	reb	28	28	77	6.9	4.9	14.1	3.1	1.4	0.2	18.0	1.0	0.0	49.0	0.0	ND	148.0	0.1	ND	168.0	ND	0.0	ND	ND
Queso Parmesano	3 1/2	cda	18	18	75	6.7	5.0	0.9	3.0	1.5	0.2	15.4	0.2	0.0	20.5	0.0	1.8	194.1	0.2	21.9	267.6	127.6	0.0	ND	ND
Queso Parmesano duro	20	gramos	20	20	78	7.2	5.2	0.6	3.3	1.5	0.1	13.6	0.2	0.0	21.2	0.0	1.4	236.8	0.2	18.4	320.4	138.8	0.0	ND	ND
Queso Parmesano en trozo	20	gramos	20	20	78	7.2	5.2	0.6	3.3	1.5	0.1	13.6	0.2	0.0	21.2	0.0	1.4	236.8	0.2	18.4	320.4	138.8	0.0	ND	ND
Queso Parmesano rallado	3 1/2	cda	18	18	75	6.7	5.0	0.9	3.0	1.5	0.2	15.4	0.2	0.0	20.5	0.0	1.8	194.1	0.2	21.9	267.6	127.6	0.0	ND	ND
Queso Ricotta semidescremado	55	gramos	55	55	76	6.3	4.3	2.8	2.7	1.3	0.1	16.9	0.2	0.0	57.8	0.0	7.2	149.5	0.2	68.8	68.8	100.2	0.0	ND	ND
Queso Tipo Americano Lala Light	30	gramos	30	30	63	5.0	3.8	1.7	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND	ND	ND	480.0	ND	0.0	ND	ND
Requesón promedio	3 1/2	cda	42	42	76	6.3	5.0	1.3	2.6	0.8	0.1	10.5	ND	ND	ND	0.0	3.8	38.6	0.2	22.7	163.8	ND	0.0	ND	ND
Sabritas chicharrón de cerdo	1/2	bolsa ch	15	15	83	8.5	5.5	0.0	2.3	2.3	0.5	12.5	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	260.0	ND	0.0	ND	ND
Salami de pavo	6	reb	42	42	72	8.1	3.9	0.7	1.2	1.3	1.0	31.9	0.5	0.0	0.8	0.0	4.2	16.8	0.5	90.7	421.7	111.7	0.0	ND	ND
Salchicha de pavo	1	pieza	61	61	120	14.6	6.4	1.0	1.4	1.8	1.7	56.4	0.0	0.0	6.7	0.4	3.7	13.5	0.9	182.5	407.3	123.7	0.0	ND	ND

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MODERADO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Salchicha vegetariana	1	pieza	25	25	64	4.6	4.5	2.5	0.7	1.1	2.3	0.0	0.0	0.7	0.0	0.0	6.5	15.8	0.9	57.8	222.0	56.3	0.0	ND	ND
Salmón en aceite	35	gramos	35	35	71	7.6	4.9	0.0	1.4	1.9	1.3	28.0	0.0	0.0	6.3	0.0	9.1	27.7	0.3	44.1	165.6	0.0	0.0	ND	ND
Sardinas en aceite	3	pieza	36	36	75	8.9	4.1	0.0	0.6	1.4	1.9	51.1	0.0	0.0	11.5	0.0	4.3	137.5	1.1	142.9	181.8	176.4	0.0	ND	ND
Sardinas en tomate	1	pieza	38	38	71	7.9	4.0	0.3	1.0	1.8	0.8	23.2	0.2	0.0	12.2	0.4	9.1	91.2	0.9	129.6	157.3	139.1	0.0	ND	ND
Sesos de cerdo cocidos	50	gramos	50	50	69	6.1	4.8	0.0	1.1	0.9	0.8	1276.0	0.0	0.0	0.0	7.0	2.0	4.5	0.9	97.5	45.5	110.0	0.0	ND	ND
Sesos de cordero cocidos	50	gramos	50	50	73	6.3	5.1	0.0	1.3	0.9	0.5	1021.5	0.0	0.0	0.0	6.0	2.5	6.0	0.8	102.5	67.0	168.5	0.0	ND	ND
Sesos de ternera cocidos	50	gramos	50	50	68	5.7	4.8	0.0	1.1	0.9	0.7	1550.0	0.0	0.0	0.0	6.5	1.5	8.0	0.8	107.0	78.0	192.5	0.0	ND	ND
Sierra	50	gramos	50	38	78	7.3	5.2	0.0	1.4	2.0	1.4	30.0	0.0	0.0	50.6	0.0	0.0	1.9	0.4	0.0	0.0	0.0	0.0	ND	ND
Sierra fileteada	35	gramos	35	35	73	6.8	4.9	0.0	1.3	1.9	1.3	28.0	0.0	0.0	47.3	0.0	0.0	1.8	0.4	0.0	0.0	0.0	0.0	ND	ND
Sierra picada	35	gramos	35	35	73	6.8	4.9	0.0	1.3	1.9	1.3	28.0	0.0	0.0	47.3	0.0	0.0	1.8	0.4	0.0	0.0	0.0	0.0	ND	ND
Suadero crudo	29	gramos	29	29	76	7.8	4.8	0.0	2.0	2.0	0.1	20.9	0.0	0.0	0.0	0.0	2.6	1.7	1.0	97.7	20.3	74.2	0.0	ND	ND
Sustituto de queso Mozzarella	1	reb	28	28	69	3.2	3.4	6.6	1.0	1.7	0.5	0.0	6.6	0.0	122.0	0.0	ND	171.0	0.1	ND	192.0	ND	0.0	ND	ND

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ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Alitas de pollo	2	pieza	70	36	96	8.4	6.7	0.0	1.9	3.0	1.6	49.9	0.0	0.0	4.4	0.0	ND	6.6	0.3	ND	146.3	ND	0.0	ND	ND
Alitas de pollo enchiladas	2	pieza	70	36	86	8.4	6.7	3.1	2.2	0.0	0.0	48.7	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	178.9	ND	0.0	ND	ND
Alón de pollo con piel cocido	1	pieza	98	51	117	11.6	8.6	0.0	2.4	3.4	1.8	35.7	0.0	0.0	20.4	0.0	1.5	6.1	0.6	70.8	34.1	61.7	0.0	ND	ND
Alón de pollo con piel crudo	1	pieza	95	51	114	9.4	8.2	0.0	2.3	3.3	1.7	39.5	0.0	0.0	22.6	0.4	2.1	6.2	0.5	80.0	37.4	67.7	0.0	ND	ND
Añejo tipo Cotija	2	cda	24	24	70	6.8	8.0	0.3	0.0	0.0	0.0	20.4	0.0	0.0	156.0	0.0	0.0	206.4	0.6	0.0	0.0	0.0	0.0	ND	ND
Carne de res semigrasosa	40	gramos	40	38	98	7.0	7.5	0.0	3.2	2.8	0.2	26.2	0.0	0.0	3.4	0.0	2.7	2.7	0.8	115.1	22.4	0.0	0.0	ND	ND
Carne molida popular de res	40	gramos	40	33	97	5.2	8.3	0.0	3.3	3.0	0.2	24.3	0.0	0.0	3.9	0.0	2.3	2.6	0.6	87.6	19.4	0.0	0.0	ND	ND
Carne molida regular	40	gramos	40	40	107	7.2	8.5	0.0	4.0	3.6	0.0	29.6	0.0	0.0	4.8	0.0	0.0	4.0	1.1	94.4	26.0	0.0	0.0	ND	ND
Carne molida regular cocida	35	gramos	35	35	100	8.1	7.3	0.0	2.9	3.2	0.3	30.5	0.0	0.0	0.0	0.0	3.2	3.5	0.8	77.4	21.0	48.0	0.0	ND	ND
Carne obscura de pollo con piel	40	gramos	40	40	95	6.7	7.3	0.0	2.1	3.1	1.6	32.4	0.0	0.0	19.6	0.8	2.8	4.4	0.4	71.2	29.2	54.4	0.0	ND	ND
Cecina de res	50	gramos	50	50	98	7.3	7.4	0.0	2.3	3.0	0.2	42.6	0.0	0.0	0.0	3.5	0.0	3.5	0.8	147.0	602.4	0.0	0.0	ND	ND
Cerdo en canal	40	gramos	40	28	111	3.8	10.6	0.0	3.9	4.5	1.0	20.7	0.0	0.0	0.6	0.0	1.1	1.4	0.2	68.3	12.3	0.0	0.0	ND	ND
Cheez Whiz	2	cda	33	33	91	4.0	6.9	3.0	4.3	0.0	0.0	24.8	2.2	0.1	ND	0.1	ND	118.5	0.1	79.2	540.5	266.0	0.0	ND	ND
Chuleta de carnero	40	gramos	40	36	105	5.6	9.0	0.0	5.4	3.2	0.4	25.6	0.0	0.0	0.0	0.0	0.0	1.8	0.8	106.2	27.0	0.0	0.0	ND	ND
Chuleta de cordero entera	1/3	pieza	82	45	94	8.3	6.5	0.0	3.1	2.7	0.3	29.9	0.0	0.0	ND	0.0	8.2	5.0	0.8	139.7	26.8	87.1	0.0	ND	ND
Cordero	50	gramos	46	37	104	6.1	8.6	0.0	3.7	3.5	0.7	26.9	0.0	0.0	0.0	0.0	6.6	5.9	0.6	81.7	21.7	57.8	0.0	ND	ND

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ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Costilla de carnero	45	gramos	45	36	105	5.6	9.0	0.0	5.4	3.2	0.4	25.6	0.0	0.0	0.0	0.0	0.0	1.8	0.8	106.2	27.0	0.0	0.0	ND	ND
Costilla de res	40	gramos	40	29	112	4.5	10.3	0.0	4.5	3.7	3.9	21.6	0.0	0.0	0.0	0.0	1.5	2.3	0.5	69.8	15.2	41.8	0.0	ND	ND
Espaldilla	45	gramos	45	36	99	5.8	8.2	0.0	3.0	3.5	0.8	25.9	0.0	0.0	0.7	0.0	1.4	1.8	0.4	105.1	22.7	0.0	0.0	ND	ND
Espaldilla de cerdo	45	gramos	45	36	99	5.8	8.2	0.0	3.0	3.5	0.8	25.9	0.0	0.0	0.7	0.0	1.4	1.8	0.4	105.1	22.7	0.0	0.0	ND	ND
Espinazo	45	gramos	45	36	99	5.8	8.2	0.0	3.0	3.5	0.8	25.9	0.0	0.0	0.7	0.0	1.4	1.8	0.4	105.1	22.7	0.0	0.0	ND	ND
Espinazo de cerdo	45	gramos	45	36	99	5.8	8.2	0.0	3.0	3.5	0.8	25.9	0.0	0.0	0.7	0.0	1.4	1.8	0.4	105.1	22.7	0.0	0.0	ND	ND
Fondue de queso	3 1/2	cda	46	46	104	6.5	6.1	1.7	4.0	1.6	0.2	20.6	0.0	0.0	ND	0.0	1.7	216.5	0.2	47.6	60.2	139.0	0.0	ND	ND
Hamburguesa de pollo	30	gramos	30	30	88	4.3	6.0	4.1	1.2	2.7	1.6	13.5	0.0	0.4	3.3	0.0	ND	6.0	0.3	ND	155.4	ND	0.0	ND	ND
Huevo de gansa	1/2	pieza	72	63	116	8.7	8.3	0.8	2.3	3.6	1.0	533.7	0.6	0.0	115.9	0.0	47.6	37.8	2.3	131.4	86.6	130.1	0.0	ND	ND
Huevo de pato	1	pieza	70	62	114	7.9	8.5	0.9	2.3	4.0	0.8	544.7	0.6	0.0	118.3	0.0	49.3	39.6	2.4	136.8	89.8	135.5	0.0	ND	ND
Huevo de pavo	1	pieza	79	70	119	9.5	8.3	0.8	2.5	3.2	1.2	648.6	0.0	0.0	115.4	0.0	49.4	68.6	2.9	98.6	105.0	118.2	0.0	ND	ND
Huevo estrellado	1	pieza	46	46	90	6.3	7.0	0.4	2.0	2.9	1.2	210.2	0.4	0.0	88.8	0.0	23.5	27.1	0.9	67.6	93.8	95.7	0.0	ND	ND
Huevo frito	1	pieza	46	46	90	6.3	7.0	0.4	2.0	2.9	1.2	210.2	0.4	0.0	88.8	0.0	23.5	27.1	0.9	67.6	93.8	95.7	0.0	ND	ND
Huevo revuelto	60	gramos	60	60	100	6.7	7.3	1.3	2.2	2.9	1.3	211.5	1.0	0.0	84.0	0.1	18.0	42.6	0.7	82.8	168.0	102.0	0.0	ND	ND
Jamón ahumado	1 1/2	reb*	32	32	95	4.9	8.2	0.2	2.2	3.0	0.8	28.0	0.0	0.0	0.0	0.0	ND	3.0	0.4	84.5	382.5	73.5	0.0	ND	ND
Jamón americano	1 1/2	reb*	32	32	95	4.9	8.2	0.2	2.2	3.0	0.8	28.0	0.0	0.0	0.0	0.0	1.3	3.2	0.4	84.4	391.2	73.4	0.0	ND	ND
Jamón bajo en sodio	1 1/2	reb*	27	27	82	4.2	7.0	0.2	1.9	2.6	0.7	24.0	0.0	0.0	0.0	0.0	0.0	1.7	0.4	249.4	225.4	68.6	0.0	ND	ND
Jamón cocido	1 1/2	reb*	32	32	95	4.9	8.2	0.2	2.2	3.0	0.8	28.0	0.0	0.0	0.0	0.0	ND	3.0	0.5	89.0	424.5	75.3	0.0	ND	ND
Jamón del diablo	3 1/2	cda	40	40	100	6.2	8.6	0.0	2.9	0.0	0.0	28.6	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	333.3	0.0	0.0	ND	ND
Jamón horneado	1 1/2	reb*	32	32	95	4.9	8.2	0.2	2.2	3.0	0.8	28.0	0.0	0.0	0.0	0.0	1.3	3.2	0.4	84.4	391.2	73.4	0.0	ND	ND

* rebanada delgada

** rebanada gruesa

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ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Jamón Virginia	1 1/2	reb*	32	32	95	4.9	8.2	0.2	2.2	3.0	0.8	28.0	0.0	0.0	0.0	0.0	ND	3.0	0.5	89.0	424.5	75.3	0.0	ND	ND
Jumiles	20	gramos	20	20	89	6.4	6.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.6	2.0	0.0	0.0	0.0	0.0	ND	ND
Lengua de cerdo cocida	30	gramos	30	30	81	7.2	5.6	0.0	1.9	2.6	0.6	43.8	0.0	0.0	0.0	0.6	1.2	5.7	1.5	71.1	32.7	52.2	0.0	ND	ND
Lengua de res cocida	45	gramos	45	35	100	6.8	7.8	0.0	2.9	3.5	0.3	46.3	0.0	0.0	0.0	0.5	2.5	1.8	0.9	64.6	22.8	50.9	0.0	ND	ND
Maciza de cerdo	35	gramos	35	35	92	5.9	7.4	0.0	2.8	3.3	0.7	25.2	0.0	0.0	0.7	0.2	1.8	4.9	0.3	100.5	19.6	61.3	0.0	ND	ND
Maciza de puerco	35	gramos	35	35	92	5.9	7.4	0.0	2.8	3.3	0.7	25.2	0.0	0.0	0.7	0.2	1.8	4.9	0.3	100.5	19.6	61.3	0.0	ND	ND
Molida de carnero	40	gramos	40	38	96	6.9	7.4	0.0	4.6	2.7	0.4	27.0	0.0	0.0	0.0	0.0	0.0	2.7	1.0	114.0	30.4	0.0	0.0	ND	ND
Molida popular de res	40	gramos	40	33	97	5.2	8.3	0.0	3.3	3.0	0.2	24.3	0.0	0.0	3.9	0.0	2.3	2.6	0.6	87.6	19.4	0.0	0.0	ND	ND
Molleja de res	30	gramos	30	30	96	6.6	7.5	0.0	2.6	2.6	1.4	88.2	0.0	0.0	0.0	9.1	ND	3.0	0.4	ND	34.8	ND	0.0	ND	ND
Morcilla	1	reb**	25	25	95	3.7	8.6	0.3	3.4	4.0	0.9	30.0	0.3	0.0	0.0	0.0	1.3	1.5	1.6	9.5	170.0	5.5	0.0	ND	ND
Morcilla de arroz	1	reb**	25	25	95	3.7	8.6	0.3	3.4	4.0	0.9	30.0	0.3	0.0	0.0	0.0	1.3	1.5	1.6	9.5	170.0	5.5	0.0	ND	ND
Moronga	1	reb**	25	25	95	3.7	8.6	0.3	3.4	4.0	0.9	30.0	0.3	0.0	0.0	0.0	1.3	1.5	1.6	9.5	170.0	5.5	0.0	ND	ND
Mortadela	1 1/2	reb	32	32	99	5.3	8.0	1.1	2.9	3.6	1.1	18.3	0.0	0.0	0.0	0.0	0.0	6.3	0.4	50.4	392.7	31.5	0.0	ND	ND
Mozzarella fresco	35	gramos	35	35	105	7.8	7.8	0.8	4.6	2.3	0.3	27.5	0.4	0.0	60.9	0.0	2.5	176.8	0.2	26.6	219.5	123.9	0.0	ND	ND
Nugget de pollo	2	pieza	34	34	101	5.2	6.7	4.8	1.4	3.0	1.5	14.6	0.0	0.7	0.0	0.0	1.0	10.5	0.4	87.0	189.4	67.3	0.0	ND	ND
Nugget de queso	3	pieza	43	43	105	4.5	5.5	10.0	2.0	0.0	0.0	5.0	1.5	1.0	0.0	0.0	0.0	75.2	0.2	0.0	531.2	0.0	0.0	ND	ND
Nuggets de pescado	2	pieza	40	40	95	3.2	3.8	12.0	0.4	2.2	1.1	1.6	2.4	0.0	0.0	0.0	ND	0.0	0.0	ND	328.0	ND	0.0	ND	ND
Nuguet de soya	2	pieza	34	34	98	4.8	6.4	5.3	1.0	1.6	3.5	0.8	0.3	1.8	0.0	0.0	0.0	16.0	0.6	61.2	283.6	68.8	0.0	ND	ND
Ostión ahumado	55	gramos	55	55	109	4.9	6.9	6.4	1.7	2.6	1.8	44.6	0.0	0.0	49.8	1.9	7.8	34.3	3.8	134.6	229.7	87.4	0.0	ND	ND
Ostión empanizado	55	gramos	55	55	109	4.9	6.9	6.4	1.7	2.6	1.8	44.6	0.0	0.0	49.8	1.9	7.8	34.3	3.8	134.6	229.7	87.4	0.0	ND	ND

* rebanada delgada

** rebanada gruesa

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ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Palitos de pescado congelados	1 1/2	pieza	42	42	116	6.6	5.3	10.1	1.4	2.1	1.4	48.0	0.0	0.0	13.5	0.0	7.5	9.0	0.3	111.0	247.5	76.5	0.0	ND	ND
Paloma	45	gramos	45	35	102	6.4	8.2	0.0	2.9	3.4	1.1	32.9	0.0	0.0	25.3	1.8	2.1	4.2	1.2	69.0	18.7	85.9	0.0	ND	ND
Palomitas de pollo	5	pieza	31	31	98	5.5	6.7	6.6	1.2	1.8	3.1	12.4	0.0	0.3	0.0	0.0	ND	9.9	0.4	ND	353.4	ND	0.0	ND	ND
Pastel de pavo	1 1/2	reb	32	32	105	3.9	9.6	0.6	3.5	4.5	1.1	19.5	0.0	0.0	0.0	0.0	1.5	1.5	0.2	67.5	406.5	25.5	0.0	ND	ND
Pastel de pollo	40	gramos	40	40	106	4.0	8.7	2.9	2.9	4.6	1.1	28.6	1.4	0.0	0.0	0.0	0.0	41.4	0.7	72.9	511.4	51.4	0.0	ND	ND
Pastel de puerco	1 1/2	reb	32	32	105	3.9	9.6	0.6	3.5	4.5	1.1	19.5	0.0	0.0	0.0	0.0	1.5	1.5	0.2	67.5	406.5	25.5	0.0	ND	ND
Pastel de ternera	40	gramos	40	40	106	4.0	8.7	2.9	2.9	4.6	1.1	28.6	1.4	0.0	0.0	0.0	0.0	41.4	0.7	72.9	511.4	51.4	0.0	ND	ND
Pata de carnero cocida	50	gramos	50	35	38	7.4	7.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.2	0.4	0.0	0.0	0.0	0.0	ND	ND
Peperami	3/4	pieza	19	19	103	4.0	9.3	1.0	3.9	3.8	0.8	25.3	0.0	0.0	31.9	0.9	0.0	13.1	0.6	47.8	277.5	33.8	0.0	ND	ND
Peperoni	10	reb	20	20	99	4.5	8.8	0.0	3.0	3.4	0.7	21.0	0.0	0.0	0.0	0.1	1.0	4.4	0.3	55.8	330.6	35.4	0.0	ND	ND
Pescuezo de pollo con piel sin hueso	1	pieza	50	32	95	4.5	8.4	0.0	2.3	3.4	1.8	31.7	0.0	0.0	20.8	0.0	1.6	5.8	0.6	43.8	20.5	35.8	0.0	ND	ND
Pollo crispy	45	gramos	45	34	106	5.4	7.1	5.1	1.7	0.0	0.0	20.0	0.0	0.6	0.0	0.0	0.0	5.7	0.3	0.0	154.4	0.0	0.0	ND	ND
Pollo rostizado	1/3	pieza	50	28	80	6.7	6.3	0.0	1.9	2.5	1.4	0.0	0.0	0.0	57.4	0.0	0.0	2.8	0.5	0.0	0.0	0.0	0.0	ND	ND
Pulpa de res	25	gramos	25	25	87	6.8	6.5	0.0	2.6	2.8	0.2	26.0	0.0	0.0	0.0	0.0	1.3	3.3	0.8	58.5	16.3	50.8	0.0	ND	ND
Queso amarillo	2	reb	42	42	100	7.0	5.9	4.9	3.7	1.7	0.2	15.1	3.3	0.0	47.9	0.0	2.9	236.0	0.1	101.6	564.9	299.0	0.0	ND	ND
Queso Americano fundido	7	cdita	39	39	105	5.8	8.2	2.3	5.8	0.0	0.0	23.3	2.3	0.0	0.0	0.0	0.0	175.0	0.0	87.5	653.3	350.0	0.0	ND	ND
Queso añejo	25	gramos	25	25	95	5.4	7.6	1.2	4.8	2.1	0.3	26.8	0.0	0.0	16.1	0.0	0.0	172.3	0.1	22.3	286.6	112.5	0.0	ND	ND
Queso añejo rallado	4	cda	29	29	109	6.3	8.7	1.3	5.5	2.5	0.3	30.8	0.0	0.0	18.5	0.0	0.0	198.2	0.1	25.7	329.7	129.4	0.0	ND	ND

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ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Queso Asadero	1	reb	28	28	100	6.4	8.0	0.8	5.1	2.3	0.2	30.0	0.8	0.0	18.0	0.0	2.0	187.0	0.1	24.0	186.0	126.0	0.0	ND	ND
Queso Blue Cheese	30	gramos	30	30	106	6.4	8.6	0.7	5.6	2.3	0.2	22.5	0.2	0.0	69.6	0.0	10.7	160.7	0.1	78.2	424.3	117.9	0.0	ND	ND
Queso Brick	25	gramos	25	25	94	5.9	7.5	0.7	4.7	2.1	0.2	24.1	0.0	0.0	76.8	0.0	5.4	170.5	0.1	33.9	142.0	114.3	0.0	ND	ND
Queso Brie	30	gramos	30	30	102	6.3	8.4	0.1	5.3	2.5	0.2	30.0	0.0	0.0	55.7	0.0	19.3	55.7	0.2	46.1	190.7	56.8	0.0	ND	ND
Queso Camembert	35	gramos	35	35	106	7.0	8.6	0.1	5.4	2.5	0.3	25.0	0.0	0.0	88.8	0.0	22.5	137.5	0.1	66.3	298.8	122.5	0.0	ND	ND
Queso Canasto	30	gramos	30	30	87	8.5	10.0	0.4	0.0	0.0	0.0	25.5	0.0	0.0	195.0	0.0	0.0	258.0	0.7	0.0	0.0	0.0	0.0	ND	ND
Queso Cheddar	3/4	reb	21	21	85	5.2	7.0	0.3	4.4	2.0	0.2	22.1	0.4	0.0	63.6	0.0	3.9	151.5	0.1	20.6	130.3	107.6	0.0	ND	ND
Queso Cheddar rallado	1/4	taza	28	28	114	7.0	9.4	0.4	6.0	2.7	0.3	29.8	0.5	0.0	85.5	0.0	5.3	203.8	0.2	27.8	175.3	144.8	0.0	ND	ND
Queso Cheezwiz	2	cda	33	33	91	4.0	6.9	3.0	4.3	0.0	0.0	24.8	2.2	0.1	ND	0.1	ND	118.5	0.1	79.2	540.5	266.0	0.0	ND	ND
Queso Cheshire	1	reb	28	28	108	6.5	8.6	1.3	5.5	2.4	0.2	29.0	ND	0.0	65.0	ND	ND	180.0	0.1	ND	196.0	ND	0.0	ND	ND
Queso Chihuahua	25	gramos	25	25	94	5.4	7.5	1.4	4.7	2.1	0.3	26.3	1.4	0.0	16.1	0.0	0.9	162.8	0.1	13.4	156.3	111.6	0.0	ND	ND
Queso Chihuahua fresco	1	reb	28	28	105	6.0	8.4	1.6	5.3	2.4	0.3	29.4	1.6	0.0	18.0	0.0	1.0	182.3	0.1	15.0	175.0	125.0	0.0	ND	ND
Queso Chihuahua rallado	1/4	taza	28	28	106	6.1	8.5	1.6	5.3	2.4	0.3	29.7	1.6	0.0	18.2	0.0	1.0	183.9	0.1	15.1	176.6	126.1	0.0	ND	ND
Queso Colby estilo Cheddar	1	reb	28	28	110	6.7	9.0	0.7	5.7	2.6	0.3	27.0	0.1	0.0	74.0	ND	ND	192.0	0.2	ND	169.0	ND	0.0	ND	ND
Queso Cotija	30	gramos	30	30	87	8.5	10.0	0.4	0.0	0.0	0.0	25.5	0.0	0.0	195.0	0.0	0.0	258.0	0.7	0.0	0.0	0.0	0.0	ND	ND
Queso crema light	3	cda	45	45	104	4.8	7.9	3.2	5.0	2.2	0.3	25.2	0.1	0.0	81.5	0.0	8.1	50.4	0.8	75.2	133.2	65.7	0.0	ND	ND
Queso de cabra con ceniza	35	gramos	35	35	94	6.6	7.4	0.3	5.1	1.8	0.1	16.3	0.3	0.0	100.0	0.0	3.8	49.0	0.7	8.8	130.0	91.3	0.0	ND	ND
Queso de cabra duro	20	gramos	20	20	91	6.2	7.2	0.4	5.0	1.6	0.1	21.4	0.0	0.0	96.4	0.0	0.7	181.4	0.4	10.0	70.0	147.9	0.0	ND	ND

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ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Queso de cabra semi suave	1	reb	28	28	102	6.0	8.4	0.7	5.8	1.9	0.2	22.0	0.7	0.0	114.0	ND	ND	83.0	0.5	ND	144.0	ND	0.0	ND	ND
Queso de cabra suave	35	gramos	35	35	94	6.6	7.4	0.3	5.1	1.8	0.1	16.3	0.3	0.0	100.0	0.0	3.8	49.0	0.7	8.8	130.0	91.3	0.0	ND	ND
Queso Edam	30	gramos	30	30	107	7.5	8.3	0.4	5.3	2.4	0.2	26.8	0.4	0.0	72.6	0.0	4.8	219.3	0.1	56.4	289.5	160.8	0.0	ND	ND
Queso Feta	40	gramos	40	40	106	5.7	8.5	1.6	6.0	1.8	0.2	35.7	1.6	0.0	50.0	0.0	12.8	197.2	0.3	25.7	451.4	137.1	0.0	ND	ND
Queso Fontina	25	gramos	25	25	97	6.4	7.8	0.4	4.8	2.2	0.4	29.0	0.4	0.0	64.5	0.0	1.5	137.5	0.1	16.0	200.0	86.5	0.0	ND	ND
Queso fundido	3	cda	45	45	103	6.4	6.0	1.7	3.9	1.6	0.2	20.4	0.0	0.0	ND	0.0	1.7	214.2	0.2	47.1	59.6	137.5	0.0	ND	ND
Queso Gouda	30	gramos	30	30	107	7.5	8.2	0.7	5.3	2.3	0.2	34.3	0.7	0.0	49.2	0.0	6.3	210.0	0.1	36.3	245.7	163.8	0.0	ND	ND
Queso Gruyere	25	gramos	25	25	103	7.5	8.1	0.1	4.7	2.5	0.4	27.5	0.1	0.0	67.0	0.0	2.5	252.8	0.0	20.3	84.0	151.3	0.0	ND	ND
Queso Limburger	1	reb	28	28	92	5.6	7.6	0.1	4.7	2.4	0.1	25.0	0.1	0.0	95.0	ND	ND	139.0	0.0	ND	224.0	ND	0.0	ND	ND
Queso Manchego	25	gramos	25	25	102	6.1	8.1	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Queso Manchego rallado	25	gramos	25	25	102	6.1	8.1	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Queso Manchego rebanado	25	gramos	25	25	102	6.1	8.1	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Queso Menonita	25	gramos	25	25	95	5.4	7.5	1.4	4.7	2.1	0.3	26.8	0.0	0.0	16.1	0.0	0.9	165.2	0.1	13.4	156.3	111.6	0.0	ND	ND
Queso Monterrey	25	gramos	25	25	93	6.1	7.6	0.2	4.8	2.2	0.2	22.3	0.1	0.0	48.0	0.0	4.5	186.5	0.2	20.3	134.0	111.0	0.0	ND	ND
Queso Mozzarella	35	gramos	35	35	105	7.8	7.8	0.8	4.6	2.3	0.3	27.5	0.4	0.0	60.9	0.0	2.5	176.8	0.2	26.6	219.5	123.9	0.0	ND	ND
Queso Mozzarella rallado	35	gramos	35	35	105	7.8	7.8	0.8	4.6	2.3	0.3	27.5	0.4	0.0	60.9	0.0	2.5	176.8	0.2	26.6	219.5	123.9	0.0	ND	ND
Queso Mozzarella suave	1	reb	28	28	89	6.0	6.9	0.7	4.4	2.0	0.2	25.0	0.3	0.0	53.8	0.0	2.2	163.0	0.1	21.0	116.2	115.4	0.0	ND	ND

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ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Queso Muenster	1	reb	28	28	103	6.6	8.4	0.3	5.4	2.4	0.2	27.0	0.3	0.0	83.0	ND	ND	201.0	0.1	ND	176.0	ND	0.0	ND	ND
Queso Neufchatel	35	gramos	35	35	91	3.5	8.2	1.0	5.2	2.4	0.2	26.6	0.0	0.0	101.2	0.0	3.9	26.3	0.1	39.9	139.7	47.6	0.0	ND	ND
Queso Oaxaca	30	gramos	30	30	95	7.7	6.6	0.9	0.0	0.0	0.0	25.8	0.0	0.0	0.8	0.0	0.0	140.7	1.0	0.0	0.0	0.0	0.0	ND	ND
Queso pasteurizado Americano	1	reb	28	28	105	6.2	8.7	0.4	5.5	2.1	0.2	26.3	0.0	0.0	69.2	0.0	2.2	172.5	0.1	45.4	400.4	0.0	0.0	ND	ND
Queso pasteurizado Suizo	1 1/2	reb	32	32	105	7.8	7.9	0.7	5.1	2.2	0.2	26.8	0.4	0.0	60.5	0.0	0.0	243.2	0.2	68.0	431.6	0.0	0.0	ND	ND
Queso Port Salut	1	reb	28	28	99	6.7	7.9	0.2	4.7	2.6	0.2	34.4	0.2	0.0	87.6	0.0	5.0	182.0	0.1	38.1	149.5	100.8	0.0	ND	ND
Queso Provolone	1	reb	28	28	98	7.2	7.5	0.6	4.8	2.1	0.2	19.3	0.2	0.0	64.4	0.0	2.8	211.7	0.1	38.6	245.3	138.9	0.0	ND	ND
Queso Ricotta	1/4	taza	62	62	107	6.9	8.0	1.9	5.1	2.2	0.2	31.2	0.2	0.0	72.0	0.0	7.4	127.5	0.2	64.5	51.6	97.2	0.0	ND	ND
Queso Romano	23	gramos	23	23	89	7.3	6.2	0.8	3.9	1.8	0.1	23.8	0.2	0.0	20.7	0.0	1.6	244.7	0.2	19.7	276.0	174.8	0.0	ND	ND
Queso Roquefort	25	gramos	25	25	92	5.4	7.7	0.5	4.8	2.1	0.3	22.5	0.0	0.0	72.5	0.0	12.3	165.5	0.1	22.8	452.3	98.0	0.0	ND	ND
Queso Suizo	1	reb	28	28	106	7.5	7.8	1.5	5.0	2.1	0.3	26.0	0.4	0.0	59.9	0.0	1.7	221.5	0.1	21.6	53.8	158.8	0.0	ND	ND
Queso Suizo rallado	6	cda	43	43	95	7.4	6.3	2.3	0.0	0.0	0.0	32.4	0.0	0.0	27.7	0.0	0.0	297.2	0.0	0.0	0.0	0.0	0.0	ND	ND
Queso tipo Americano	1 1/2	reb	27	27	101	6.0	8.5	0.4	5.3	2.4	0.3	25.1	0.1	0.0	68.5	ND	ND	149.5	0.0	ND	402.1	ND	0.0	ND	ND
Queso tipo Roquefort	25	gramos	25	25	92	5.4	7.7	0.5	4.8	2.1	0.3	22.5	0.0	0.0	72.5	0.0	12.3	165.5	0.1	22.8	452.3	98.0	0.0	ND	ND
Queso Velveta	35	gramos	35	35	100	6.3	7.5	3.8	5.0	0.0	0.0	25.0	2.5	0.0	0.0	0.0	0.0	187.5	0.0	100.0	525.0	312.5	0.0	ND	ND
Retazo	350	gramos	350	35	104	5.6	8.9	0.0	3.5	3.2	0.2	25.9	0.0	0.0	4.2	0.0	2.5	2.8	0.6	93.5	20.7	0.0	0.0	ND	ND
Retazo con hueso	350	gramos	350	35	104	5.6	8.9	0.0	3.5	3.2	0.2	25.9	0.0	0.0	4.2	0.0	2.5	2.8	0.6	93.5	20.7	0.0	0.0	ND	ND
Retazo de pollo	350	gramos	350	35	104	5.6	8.9	0.0	3.5	3.2	0.2	25.9	0.0	0.0	4.2	0.0	2.5	2.8	0.6	93.5	20.7	0.0	0.0	ND	ND

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ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Retazo de res	350	gramos	350	35	104	5.6	8.9	0.0	3.5	3.2	0.2	25.9	0.0	0.0	4.2	0.0	2.5	2.8	0.6	93.5	20.7	0.0	0.0	ND	ND
Retazo de ternera	350	gramos	350	35	104	5.6	8.9	0.0	3.5	3.2	0.2	25.9	0.0	0.0	4.2	0.0	2.5	2.8	0.6	93.5	20.7	0.0	0.0	ND	ND
Rib Eye	30	gramos	30	30	82	5.3	6.6	0.0	2.7	2.9	0.2	20.4	0.0	0.0	0.0	0.0	1.5	3.9	0.6	91.5	16.8	50.4	0.0	ND	ND
Salami	3	reb	27	27	104	6.3	8.1	1.0	2.9	4.0	0.8	27.0	0.0	0.0	0.0	0.0	0.5	2.2	0.4	102.1	542.7	38.3	0.0	ND	ND
Salami de ternera	6	reb	42	42	110	6.4	8.8	1.1	3.8	4.0	0.4	27.4	0.0	0.0	0.0	0.0	0.0	3.7	0.9	95.0	493.0	47.5	0.0	ND	ND
Salchicha	3/4	pieza	34	34	114	6.6	9.6	0.0	3.1	4.2	1.3	28.4	0.0	0.0	4.1	0.2	1.0	4.4	0.5	99.2	252.8	55.0	0.0	ND	ND
Salchicha ahumada	1/2	pieza	34	34	109	4.1	9.8	0.8	3.3	4.2	1.3	19.7	0.0	0.0	3.7	0.0	0.7	4.1	0.3	60.9	309.7	41.1	0.0	ND	ND
Salchicha de pollo	3/4	pieza	34	34	100	6.2	8.1	0.0	2.4	3.4	1.6	23.6	0.0	0.0	10.5	0.0	1.4	3.7	0.4	46.9	344.3	37.5	0.0	ND	ND
Salchicha de puerco	3/4	pieza	34	34	114	6.6	9.6	0.0	3.1	4.2	1.3	28.4	0.0	0.0	4.1	0.2	1.0	4.4	0.5	99.2	252.8	55.0	0.0	ND	ND
Salchicha de ternera	1/2	pieza	29	29	90	3.4	8.1	0.5	3.5	3.9	0.4	17.5	0.0	0.0	0.0	0.0	1.0	5.5	0.4	47.5	292.5	25.0	0.0	ND	ND
Salchicha Vienna	3	pieza	48	48	110	5.0	9.3	1.2	3.4	4.6	0.6	41.8	0.0	0.0	0.0	0.0	1.9	4.8	0.4	48.5	465.1	23.5	0.0	ND	ND
Salchicha Vienna ahumada	1 1/2	pieza	41	41	93	4.3	7.9	1.1	2.9	3.9	0.5	35.2	0.0	0.0	0.0	0.0	1.6	4.1	0.4	40.9	392.4	19.8	0.0	ND	ND
Sesos de res cocidos	60	gramos	60	60	91	7.0	6.3	0.9	1.4	1.1	1.0	1860.0	0.0	0.0	0.0	6.3	3.0	5.4	1.4	146.4	64.8	201.0	0.0	ND	ND
Sesos de res crudos	75	gramos	75	74	105	8.0	7.6	0.8	1.7	1.4	1.2	2212.4	0.0	0.0	0.0	7.9	2.2	31.6	1.9	201.4	92.6	266.1	0.0	ND	ND
Sesos de res fritos	55	gramos	55	55	108	6.9	8.7	0.0	2.0	2.2	1.3	1097.3	0.0	0.0	0.0	1.7	3.3	5.0	1.2	194.7	86.9	212.3	0.0	ND	ND
T-bone con grasa cocido	35	gramos	35	32	96	7.4	7.2	0.0	2.8	3.2	0.3	20.5	0.0	0.0	0.0	0.0	2.2	2.2	1.0	88.8	21.1	58.3	0.0	ND	ND
Tofu, frito	40	gramos	40	40	108	6.8	8.0	4.3	0.0	0.0	0.0	0.0	1.2	1.5	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Tripas de res	55	gramos	55	50	109	5.6	9.5	0.0	7.4	0.6	0.5	74.3	0.0	0.0	26.2	0.0	1.0	5.9	0.9	133.7	22.8	0.0	0.0	ND	ND
Ubre	45	gramos	45	45	105	6.9	8.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	31.5	1.2	0.0	0.0	0.0	0.0	ND	ND

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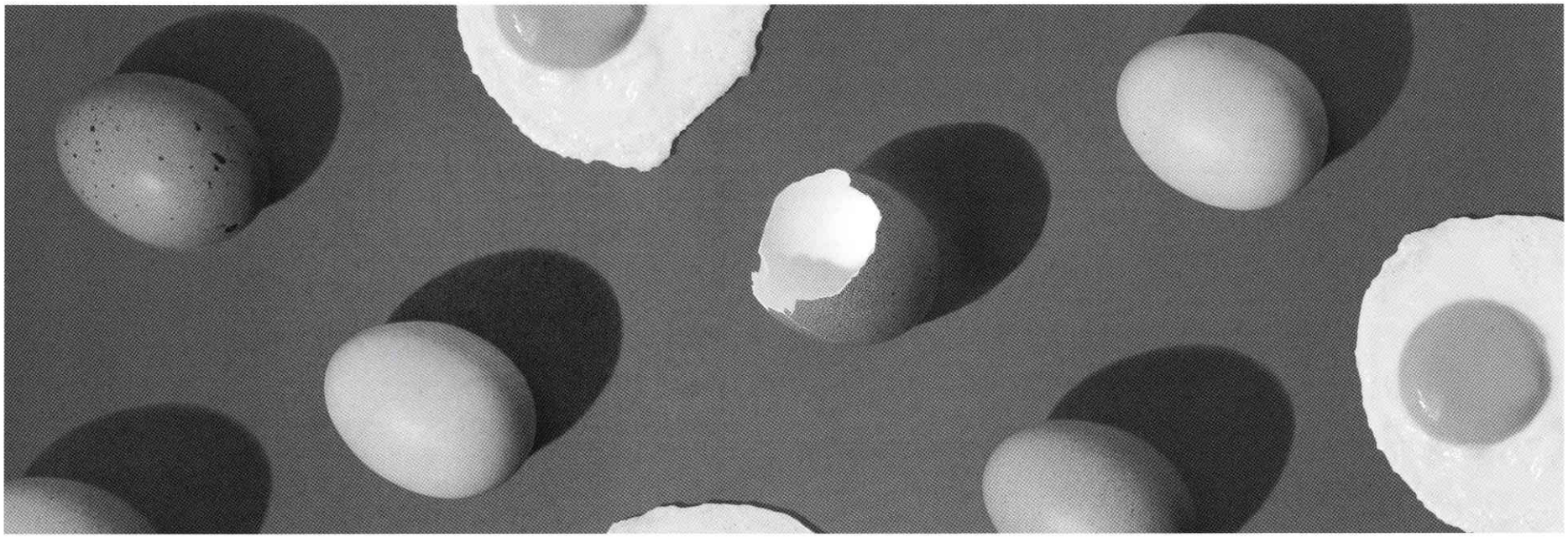
ALTO APORTE DE GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Velveta	35	gramos	35	35	100	6.3	7.5	3.8	5.0	0.0	0.0	25.0	2.5	0.0	0.0	0.0	0.0	187.5	0.0	100.0	525.0	312.5	0.0	ND	ND
Yema	2	pieza	34	34	108	5.4	9.0	1.2	3.2	4.0	1.4	419.6	0.2	0.0	126.1	0.0	49.6	43.9	0.9	37.1	16.3	132.6	0.0	ND	ND
Yema de huevo	2	pieza	34	34	108	5.4	9.0	1.2	3.2	4.0	1.4	419.6	0.2	0.0	126.1	0.0	49.6	43.9	0.9	37.1	16.3	132.6	0.0	ND	ND
Yema de huevo en polvo	3	cda	15	15	103	5.3	8.6	0.6	2.7	3.3	1.2	360.8	ND	0.0	203.2	0.0	37.7	43.9	0.8	37.7	20.9	142.1	0.0	ND	ND



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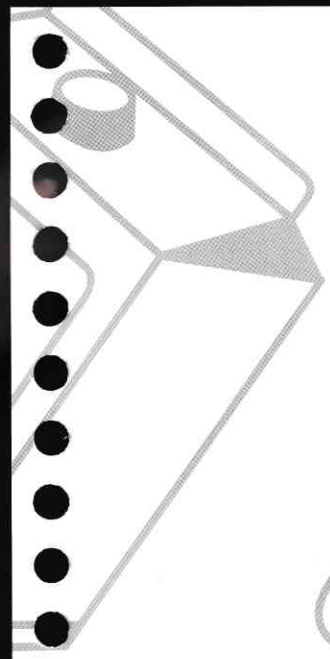

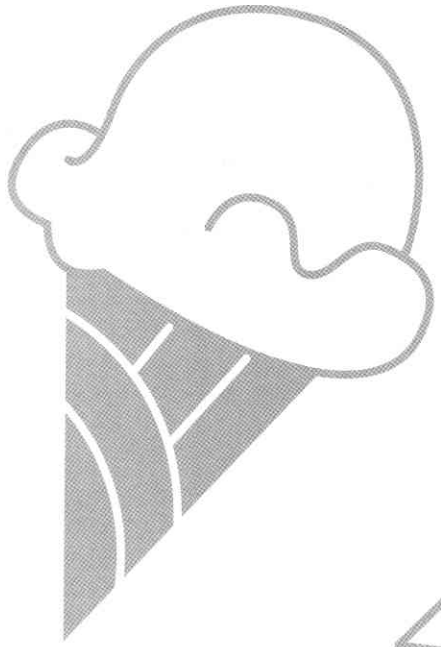

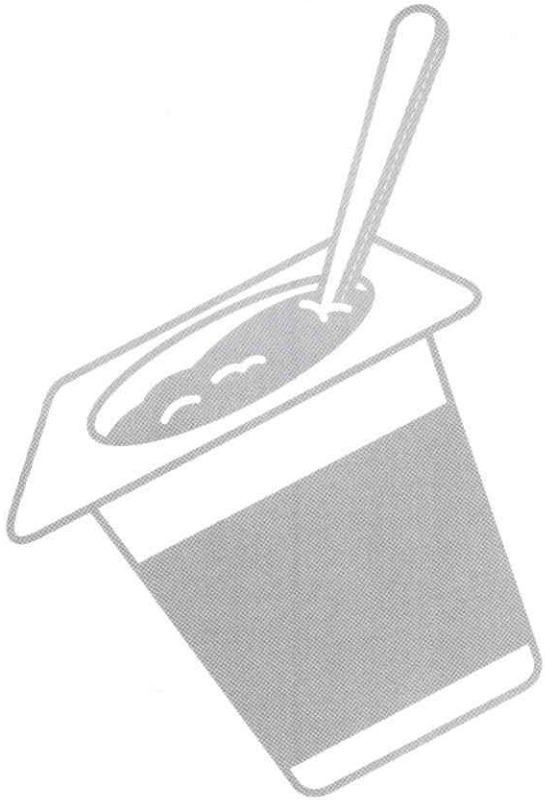

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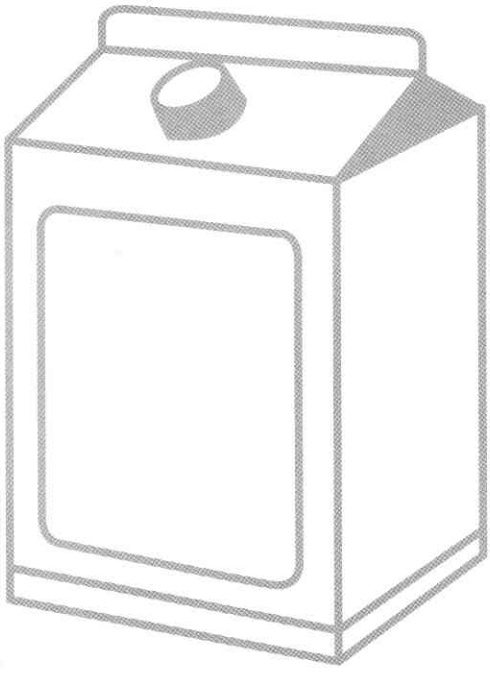

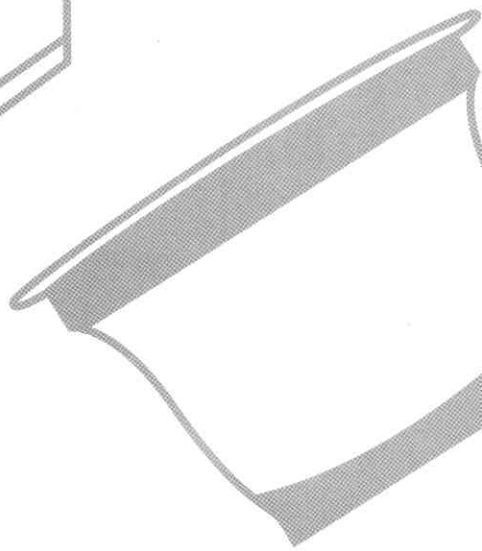

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DESCREMADA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Danonino® queso Petit Suisse sabor fresa	2	pieza	84	84	85	4.6	2.6	10.8	1.7	ND	ND	ND	6.5	1.6	ND	ND	ND	201.6	ND	ND	62.0	ND	ND	ND	ND
Leche Alpura Light Extra	1	taza	240	240	103	8.0	2.4	14.0	0.0	0.0	0.0	ND	0.0	2.5	144.0	0.0	19.2	336.0	0.0	0.0	134.4	0.0	0.0	ND	ND
Leche descremada	1	taza	245	245	86	8.4	0.4	11.9	0.3	0.1	0.0	4.0	0.0	0.0	149.0	2.0	13.0	302.0	0.1	406.0	126.0	247.0	0.0	ND	ND
Leche descremada con chocolate	1	taza	240	240	77	5.8	1.0	12.5	0.0	0.0	0.0	ND	0.0	0.0	ND	1.0	0.0	297.6	0.2	0.0	115.2	162.2	0.0	ND	ND
Leche descremada en polvo	4	cda	30	30	109	10.8	0.2	15.6	0.1	0.1	0.0	6.0	15.1	0.0	2.0	2.0	15.0	377.0	0.1	538.0	161.0	290.0	0.0	ND	ND
Leche descremada en polvo, reducida en Ca	4	cda	30	30	107	10.8	0.1	15.8	0.0	0.0	0.0	1.1	0.0	0.0	1.1	2.1	15.0	84.6	0.1	206.8	692.1	307.5	0.0	ND	ND
Leche en polvo descremada	4	cda	30	30	109	10.8	0.2	15.6	0.1	0.1	0.0	6.0	15.1	0.0	2.0	2.0	15.0	377.0	0.1	538.0	161.0	290.0	0.0	ND	ND
Leche evaporada descremada	1/2	taza	120	120	94	9.0	0.4	13.5	0.0	0.0	0.0	3.8	0.0	0.0	138.8	0.0	11.3	348.8	0.3	397.5	138.8	232.5	0.0	ND	ND
Leche Light Extra	1	taza	240	240	103	8.0	2.4	14.0	0.0	0.0	0.0	ND	0.0	2.5	144.0	0.0	19.2	336.0	0.0	0.0	134.4	0.0	0.0	ND	ND
Sofúl LT durazno	1 1/4	envase	133	133	79	5.4	0.1	13.9	ND	ND	ND	ND	0.0	0.0	ND	ND	ND	185.0	ND	ND	67.5	ND	0.0	ND	ND
Sofúl LT fresa	1 1/4	envase	133	133	80	5.4	0.2	14.2	ND	ND	ND	ND	0.0	0.0	ND	ND	ND	186.2	ND	ND	67.5	ND	0.0	ND	ND
Sofúl LT manzana	1 1/4	envase	133	133	75	5.4	0.2	12.9	ND	ND	ND	ND	0.0	0.0	ND	ND	ND	185.0	ND	ND	68.7	ND	0.0	ND	ND
Sofúl LT natural	1 1/2	envase	158	158	108	5.7	3.4	13.5	ND	ND	ND	ND	0.0	0.0	ND	ND	ND	195.0	ND	ND	72.0	ND	0.0	ND	ND
Sofúl LT para beber fresa	1	envase	209	209	96	6.0	0.9	16.1	ND	ND	ND	ND	0.0	0.0	ND	ND	ND	301.2	ND	ND	92.4	ND	0.0	ND	ND
Sofúl LT para beber mango	1	envase	208	208	94	6.0	0.3	16.9	ND	ND	ND	ND	0.0	0.0	ND	ND	ND	298.1	ND	ND	92.0	ND	0.0	ND	ND

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DESCREMADA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG pollinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Sofúl LT para beber natural	1	envase	208	208	94	5.9	1.2	15.0	ND	ND	ND	ND	0.0	0.0	ND	ND	ND	298.0	ND	ND	92.4	ND	0.0	ND	ND
Vitalinea bebible	1	pieza	240	240	109	6.2	3.6	13.2	0.0	0.0	0.0	ND	10.1	0.0	ND	0.0	0.0	219.1	0.0	0.0	111.1	ND	0.0	ND	ND
Vitalinea sólido	1 1/2	pieza	188	188	102	7.5	3.0	12.0	0.0	0.0	0.0	ND	9.0	0.0	ND	0.0	0.0	223.5	0.0	0.0	106.5	ND	0.0	ND	ND
Yoghurt Triple 0 bebible Vitalinea sabor frutos amarillos	1	pieza	220	220	76	5.1	0.0	13.9	0.0	ND	ND	ND	9.0	0.0	ND	ND	ND	195.1	ND	ND	180.0	ND	ND	ND	ND
Yoghurt Activia® bebible ciruela pasa	113	gramos	113	113	68	2.6	1.6	10.8	1.0	ND	ND	ND	9.3	0.1	ND	ND	ND	96.2	ND	ND	84.5	ND	ND	ND	ND
Yoghurt bajo en grasa	1/3	taza	79	79	88	2.8	0.9	16.9	0.5	0.0	0.0	5.2	16.2	0.1	ND	0.3	0.0	104.7	0.0	143.4	38.7	87.2	0.0	ND	ND
Yoghurt Danone® Defensis	1	pieza	100	100	59	1.8	1.3	10.0	0.8	ND	ND	ND	5.4	0.0	ND	ND	ND	79.3	ND	ND	79.8	ND	ND	ND	ND
Yoghurt Danone® Esencial	1	pieza	115	115	73	1.8	1.4	13.3	0.9	ND	ND	ND	8.7	0.0	ND	ND	ND	91.3	ND	ND	90.6	ND	ND	ND	ND
Yoghurt light	3/4	taza	180	180	95	6.4	0.0	15.9	0.0	0.0	0.0	5.3	9.5	0.0	ND	0.0	0.0	158.8	0.0	264.7	100.6	158.8	0.0	ND	ND
Yoghurt light de fruta	3/4	taza	180	180	95	5.3	0.0	16.9	0.0	0.0	0.0	5.3	10.6	0.0	ND	0.0	0.0	211.8	0.0	243.5	79.4	105.9	0.0	ND	ND
Yoghurt Triple 0 sólido Vitalinea, sabor fresa	3/4	pieza	165	165	81	5.6	0.0	15.5	0.0	ND	ND	ND	9.9	0.5	ND	ND	ND	210.2	ND	ND	136.6	ND	ND	ND	ND

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SEMIDESCREMADA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Leche evaporada semidescremada	1/2	taza	130	130	101	8.1	2.0	12.2	0.0	0.0	0.0	20.3	12.2	0.0	0.0	0.0	0.0	324.0	0.0	405.0	141.8	243.0	0.0	ND	ND
Leche fácil digestión	1	taza	240	240	109	7.5	3.9	11.2	0.0	0.0	0.0	0.0	0.0	0.0	144.0	0.0	0.0	248.0	0.0	0.0	120.0	0.0	0.0	ND	ND
Leche semidescremada	1	taza	233	233	116	7.7	4.4	11.2	2.8	1.1	0.1	18.6	0.0	0.0	0.0	2.3	11.6	284.0	0.2	358.5	116.4	0.0	0.0	ND	ND
Leche semidescremada 1%	1	taza	244	244	102	8.0	2.6	11.7	1.6	0.7	0.1	10.0	0.0	0.0	144.0	2.0	12.0	300.0	0.1	381.0	123.0	235.0	0.0	ND	ND
Leche semidescremada 2%	1	taza	234	234	116	7.8	4.5	11.2	2.8	1.3	0.2	17.3	0.0	0.0	133.4	1.9	11.5	285.1	0.1	361.9	117.1	222.7	0.0	ND	ND
Vitalinea bebible sabor fresa y guayaba	1	envase	240	240	98	5.8	2.3	13.7	1.5	ND	ND	ND	9.7	0.1	ND	ND	ND	220.7	ND	ND	102.6	ND	0.0	ND	ND
Yoghurt Activia® ZERO bebible ciruela pasa, fresa y piña coco	1	pieza	225	225	120	5.4	3.4	17.1	2.0	ND	ND	ND	14.0	0.2	ND	ND	ND	203.0	ND	ND	94.3	ND	ND	ND	ND
Yoghurt Oikos, estilo griego, sabor arándano	1/2	envase	75	75	97	3.2	3.4	13.4	2.2	ND	ND	ND	12.0	0.7	ND	ND	ND	93.2	ND	ND	34.0	ND	0.0	ND	ND
Yoghurt Oikos, estilo griego, sabor coco	1/2	envase	75	75	97	3.4	4.0	12.0	2.5	ND	ND	ND	11.3	0.1	ND	ND	ND	104.3	ND	ND	37.1	ND	0.0	ND	ND
Yoghurt Oikos, estilo griego, sabor fresa	1/2	envase	75	75	91	3.1	3.3	12.3	2.2	ND	ND	ND	11.2	0.1	ND	ND	ND	91.4	ND	ND	32.7	ND	0.0	ND	ND
Yoghurt Oikos, estilo griego, sabor natural	1/2	envase	75	75	91	3.6	4.0	10.1	2.6	ND	ND	ND	9.5	0.0	ND	ND	ND	109.3	ND	ND	38.2	ND	0.0	ND	ND
Yoghurt Oikos® estilo griego sabor natural, sin azúcar y sin endulzar	114	gramos	114	114	106	9.0	3.8	9.1	2.4	ND	ND	ND	7.2	0.0	ND	ND	ND	212.7	ND	ND	92.1	ND	ND	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Jocoque	5	cda	75	75	126	7.0	9.6	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	248.3	0.0	0.0	ND	ND
Jocoque ligero	5	cda	75	75	126	7.0	9.6	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	248.3	0.0	0.0	ND	ND
Jocoque seco	5	cda	75	75	126	7.0	9.6	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	248.3	0.0	0.0	ND	ND
Leche	1	taza	240	240	148	7.9	8.0	11.2	5.0	2.4	0.3	32.5	0.0	0.0	74.8	2.0	11.8	286.2	0.1	363.9	118.0	224.3	0.0	ND	ND
Leche caliente	1	taza	240	240	148	7.9	8.0	11.2	5.0	2.4	0.3	32.5	0.0	0.0	74.8	2.0	11.8	286.2	0.1	363.9	118.0	224.3	0.0	ND	ND
Leche Clavel	1/2	taza	120	120	150	7.5	7.5	11.3	5.6	0.0	0.0	37.5	11.3	0.0	0.0	0.0	0.0	300.0	0.0	337.5	112.5	225.0	0.0	ND	ND
Leche cruda	1	taza	240	240	146	7.9	7.9	11.3	5.0	2.4	0.2	33.6	0.0	0.0	74.4	2.4	12.0	285.6	0.2	364.8	117.6	0.0	0.0	ND	ND
Leche de burra	1	taza	237	237	126	4.7	5.7	14.5	0.0	0.0	0.0	0.0	0.0	0.0	47.4	4.7	0.0	194.3	2.1	0.0	0.0	0.0	0.0	ND	ND
Leche de cabra	1	taza	240	240	165	8.6	9.9	10.7	6.4	2.7	0.4	27.5	0.0	0.0	134.8	3.0	1.0	320.7	0.1	490.8	120.0	265.6	0.0	ND	ND
Leche de vaca	1	taza	240	240	148	7.9	8.0	11.2	5.0	2.4	0.3	32.5	0.0	0.0	74.8	2.0	11.8	286.2	0.1	363.9	118.0	224.3	0.0	ND	ND
Leche en polvo	4	cda	32	32	159	8.4	8.5	12.3	5.4	2.5	0.2	31.0	11.5	0.0	90.0	3.0	12.0	292.0	0.2	426.0	119.0	248.0	0.0	ND	ND
Leche entera	1	taza	240	240	148	7.9	8.0	11.2	5.0	2.4	0.3	32.5	0.0	0.0	74.8	2.0	11.8	286.2	0.1	363.9	118.0	224.3	0.0	ND	ND
Leche entera baja en sodio	1	taza	240	240	147	7.5	8.3	10.7	5.2	2.4	0.3	32.5	0.0	0.0	76.7	2.0	11.8	242.0	0.1	606.9	5.9	205.6	0.0	ND	ND
Leche entera en polvo	4	cda	32	32	159	8.4	8.5	12.3	5.4	2.5	0.2	31.0	11.5	0.0	90.0	3.0	12.0	292.0	0.2	426.0	119.0	248.0	0.0	ND	ND
Leche entera en polvo adicionada	4	cda	32	32	159	8.4	8.5	12.3	5.4	2.5	0.2	31.0	11.5	0.0	90.0	3.0	20.8	292.0	3.8	426.0	119.0	248.0	0.0	ND	ND
Leche entera evaporada	1/2	taza	120	120	150	7.5	7.5	11.3	5.6	0.0	0.0	37.5	11.3	0.0	37.4	0.0	0.0	300.0	0.0	337.5	112.5	225.0	0.0	ND	ND
Leche entera ultrapasteurizada	1	taza	240	240	134	7.0	7.0	11.3	0.0	0.0	0.0	14.4	0.0	0.0	74.8	0.0	0.0	286.2	0.1	363.9	118.0	224.3	0.0	ND	ND
Leche evaporada	1/2	taza	120	120	150	7.5	7.5	11.3	5.6	0.0	0.0	37.5	11.3	0.0	37.4	0.0	0.0	300.0	0.0	337.5	112.5	225.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Leche fría	1	taza	240	240	148	7.9	8.0	11.2	5.0	2.4	0.3	32.5	0.0	0.0	74.8	2.0	11.8	286.2	0.1	363.9	118.0	224.3	0.0	ND	ND
Leche hervida	1	taza	240	240	163	8.2	9.1	12.5	5.0	2.4	0.2	33.6	0.0	0.0	74.4	0.0	12.0	271.2	0.2	364.8	117.6	0.0	0.0	ND	ND
Leche humana	1	taza	240	240	170	2.3	10.8	16.3	4.6	3.9	1.5	31.0	0.0	0.0	154.8	15.5	15.5	77.4	0.1	123.9	38.7	31.0	0.0	ND	ND
Leche Liconsa Te Nutre	4	cda	32	32	159	8.4	8.5	12.3	5.4	2.5	0.2	31.0	11.5	0.0	90.0	3.0	20.8	292.0	3.8	426.0	119.0	248.0	0.0	ND	ND
Leche materna	1	taza	240	240	170	2.3	10.8	16.3	4.6	3.9	1.5	31.0	0.0	0.0	154.8	15.5	15.5	77.4	0.1	123.9	38.7	31.0	0.0	ND	ND
Leche maternizada en polvo	2	cda	26	26	132	3.5	7.0	14.3	0.0	0.0	0.0	0.0	0.0	0.0	223.6	0.8	0.0	87.1	0.1	0.0	0.0	0.0	0.0	ND	ND
Leche omega verde	1	taza	240	240	120	7.9	4.6	11.5	2.9	1.2	0.1	19.2	0.0	0.0	0.0	2.4	12.0	292.8	0.2	369.6	120.0	0.0	0.0	ND	ND
Leche pasteurizada	1	taza	240	240	146	7.9	7.9	11.3	5.0	2.4	0.2	33.6	0.0	0.0	74.4	2.4	12.0	285.6	0.2	364.8	117.6	0.0	0.0	ND	ND
Leche preparada	1	taza	240	240	141	6.5	5.9	8.5	5.0	2.4	0.3	32.5	0.0	0.0	74.8	2.0	11.8	286.2	0.1	363.9	118.0	224.3	0.0	ND	ND
Yoghurt	1	taza	227	227	139	7.9	7.4	10.6	4.8	2.0	0.2	29.0	0.0	0.0	68.0	1.0	17.0	274.0	0.1	351.0	105.0	215.0	0.0	ND	ND
Yoghurt Danone® natural sin azúcar y sin endulzar	188	gramos	188	188	139	9.0	5.6	13.2	3.6	ND	ND	ND	13.2	0.0	ND	ND	ND	326.4	ND	ND	142.5	ND	ND	ND	ND
Yoghurt natural	1	taza	227	227	139	7.9	7.4	10.6	4.8	2.0	0.2	29.0	0.0	0.0	68.0	1.0	17.0	274.0	0.1	351.0	105.0	215.0	0.0	ND	ND

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CON AZÚCAR

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Activia natural bebible	1 1/4	pieza	313	313	223	7.5	5.0	37.5	0.0	0.0	0.0	ND	32.5	0.0	ND	0.0	0.0	302.5	0.0	0.0	180.6	0.0	0.0	ND	ND
Activia natural sólido	2	pieza	250	250	230	8.3	8.3	30.3	0.0	0.0	0.0	ND	27.5	0.0	ND	0.0	0.0	294.0	0.0	0.0	115.5	0.0	0.0	ND	ND
Alimento lácteo fermentado con Acti-Regularis sabor ciruela pasa (bebible)	1	pieza	250	250	200	6.0	4.0	36.0	0.0	0.0	0.0	ND	33.0	0.0	ND	0.0	0.0	227.0	0.0	0.0	104.0	0.0	0.0	ND	ND
Alimento lácteo fermentado con Acti-Regularis sabor ciruela pasa (sólido)	2	pieza	250	250	244	7.5	7.5	36.5	0.0	0.0	0.0	ND	33.5	5.0	ND	0.0	0.0	268.0	0.0	0.0	105.8	94.8	0.0	ND	ND
Alimento lácteo fermentado con Acti-Regularis sabor fresa (bebible)	1	pieza	250	250	199	6.0	3.8	36.0	0.0	0.0	0.0	ND	32.5	0.0	ND	0.0	0.0	210.0	0.0	0.0	108.8	0.0	0.0	ND	ND
Alimento lácteo fermentado con Acti-Regularis sabor fresa (sólido)	2	pieza	250	250	244	7.5	7.5	36.5	5.0	0.0	0.0	ND	33.8	5.0	ND	0.0	0.0	268.0	0.0	0.0	105.8	94.8	0.0	ND	ND
Alimento lácteo fermentado sabor fresa (Lactobacillus casei y Streptococcus thermophilus)	2	pieza	216	216	188	7.6	4.4	29.6	0.0	0.0	0.0	ND	29.6	0.0	ND	0.0	0.0	231.1	0.0	0.0	92.9	0.0	0.0	ND	ND
Alimento lácteo fermentado sabor manzana (Lactobacillus casei y Streptococcus thermophilus)	2	pieza	216	216	161	8.2	0.4	31.2	0.0	0.0	0.0	ND	30.2	0.0	ND	0.0	0.0	250.6	0.0	0.0	97.2	0.0	0.0	ND	ND

leche
CON AZÚCAR

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Alimento lácteo fermentado sabor natural (Lactobacillus casei y Streptococcus thermophilus)	2	pieza	216	216	161	8.6	0.4	31.0	0.0	0.0	0.0	ND	28.1	0.0	ND	0.0	0.0	263.5	0.0	0.0	103.7	0.0	0.0	ND	ND
Chongos zamoranos	1/2	taza	108	108	194	6.5	3.2	34.6	2.2	0.0	0.0	10.8	30.2	0.0	21.6	0.0	0.0	220.3	1.0	0.0	54.0	0.0	0.0	ND	ND
Helado de café	1/2	taza	91	91	195	3.4	10.0	25.5	6.2	2.9	0.4	30.8	23.0	1.1	106.8	0.6	14.5	98.6	0.8	225.3	68.8	96.8	0.0	ND	ND
Helado de café bajo en calorías	1/2	taza	91	91	183	4.8	6.6	27.0	3.9	ND	ND	37.3	21.9	0.9	ND	0.9	ND	143.8	0.8	ND	68.3	ND	0.0	ND	ND
Helado de chocolate	3/4	taza	99	99	214	3.8	10.9	27.9	6.7	3.2	0.4	33.7	25.1	1.2	114.8	0.7	15.8	107.9	0.9	246.5	75.2	105.9	0.0	ND	ND
Helado de chocolate bajo en calorías	3/4	taza	99	99	199	5.0	7.1	28.7	4.3	2.0	0.2	9.9	24.5	0.8	59.4	1.2	4.0	157.4	0.7	168.3	70.3	82.2	0.0	ND	ND
Helado de fresa	3/4	taza	99	99	190	3.2	8.3	27.3	5.1	0.0	0.0	28.7	22.9	0.9	95.0	7.6	11.9	118.8	0.2	186.1	59.4	99.0	0.0	ND	ND
Helado de fresa bajo en calorías	2/3	taza	123	123	200	6.0	5.7	31.2	3.5	ND	ND	18.5	28.1	0.2	539.3	1.4	ND	208.6	0.1	ND	87.6	ND	0.0	ND	ND
Helado de vainilla	3/4	taza	99	99	199	3.5	10.9	23.4	6.7	2.9	0.4	43.6	21.0	0.7	114.8	0.6	5.0	126.7	0.1	197.0	79.2	104.0	0.0	ND	ND
Helado de vainilla bajo en calorías	1	taza	132	132	218	6.3	6.4	34.1	3.9	1.7	0.4	13.2	29.2	0.4	167.6	1.6	7.9	212.5	0.3	274.6	97.7	136.0	0.0	ND	ND
Helado de yogur	1	taza	158	158	201	4.8	5.7	34.2	3.6	1.5	0.2	20.6	33.9	2.1	60.2	10.6	19.0	158.3	0.7	370.5	99.8	140.9	0.0	ND	ND
Helado de yogur de fresa	1	taza	158	158	201	4.8	5.7	34.2	3.6	1.5	0.2	20.6	33.9	2.1	60.2	10.6	19.0	158.3	0.7	370.5	99.8	140.9	0.0	ND	ND
Helado napolitano	3/4	taza	102	102	205	3.6	11.2	24.1	6.9	3.0	0.5	44.9	21.5	0.7	120.4	0.6	5.1	130.6	0.1	203.0	81.6	107.1	0.0	ND	ND
Helado napolitano bajo en calorías	2/3	taza	119	119	192	5.6	5.2	31.1	3.2	ND	ND	16.7	26.8	0.5	ND	ND	ND	188.7	0.4	ND	82.4	ND	0.0	ND	ND

leche
CON AZÚCAR

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Leche con chocolate	1	taza	240	240	200	7.6	8.2	24.9	5.1	2.4	0.3	29.8	22.9	1.9	151.2	2.2	12.0	268.8	0.6	400.3	143.0	241.0	0.0	ND	ND
Leche con chocolate semidescremada 1%	1	taza	240	240	182	7.2	4.6	29.1	1.4	0.8	0.1	6.7	22.9	1.7	142.1	0.0	4.8	261.6	0.6	405.6	158.4	244.8	0.0	ND	ND
Leche con vainilla	1	taza	218	218	207	6.4	6.6	31.0	3.7	1.7	0.4	24.0	27.6	0.0	56.8	0.0	10.9	200.9	0.3	264.3	120.1	168.2	0.0	ND	ND
Leche descremada con chocolate	1 1/4	taza	300	300	189	9.7	3.0	31.3	1.8	0.9	0.1	9.0	29.8	1.5	174.0	2.7	15.0	345.0	0.7	510.0	183.0	309.0	0.0	ND	ND
Leche en polvo sabor fresa	8	cda	56	56	187	13.3	0.0	32.0	0.0	0.0	0.0	ND	ND	0.0	ND	2.7	0.0	826.7	0.3	0.0	400.0	498.7	0.0	ND	ND
Leche en polvo sabor vainilla	8	cda	56	56	187	13.3	0.0	32.0	0.0	0.0	0.0	ND	ND	0.0	ND	2.7	0.0	826.7	0.3	0.0	400.0	485.3	0.0	ND	ND
Leche fermentada con Lactobacilo	2 1/2	pieza	250	250	180	7.5	4.0	35.8	2.8	0.0	0.0	ND	35.8	0.0	ND	0.0	0.0	207.5	0.0	0.0	100.0	0.0	0.0	ND	ND
Leche fermentada con Lactobacilo sabor naranja	2 1/2	pieza	250	250	185	7.3	3.8	40.0	2.8	0.0	0.0	ND	40.0	0.0	ND	0.0	0.0	232.5	0.0	0.0	100.0	0.0	0.0	ND	ND
Leche fermentada con Lactobacilo sabor natural	2 1/2	pieza	250	250	208	7.0	4.0	35.8	0.0	0.0	0.0	ND	35.8	0.0	ND	0.0	0.0	207.5	0.0	0.0	100.0	0.0	0.0	ND	ND
Leche fermentada con Lactobacilo sabor vainilla	2 1/3	pieza	233	233	205	6.3	3.5	37.3	0.0	0.0	0.0	ND	37.3	0.0	ND	0.0	0.0	149.1	0.0	0.0	93.2	0.0	0.0	ND	ND
Leche malteada de chocolate	1	taza	240	240	202	8.1	7.8	26.2	4.5	2.0	0.5	24.0	25.2	1.0	818.4	28.8	16.8	307.2	3.4	523.2	208.8	261.6	0.0	ND	ND
Leche malteada sabor chocolate	3/4	pieza	180	180	214	5.5	4.9	38.1	3.0	1.4	0.2	19.8	37.5	0.5	32.4	0.0	9.0	237.6	0.6	403.2	199.8	226.8	0.0	ND	ND
Leche malteada sabor fresa	3/4	pieza	182	182	204	7.0	5.5	32.4	3.4	1.6	0.2	21.9	32.4	0.0	45.6	0.0	12.8	266.3	0.2	333.8	173.3	209.8	0.0	ND	ND

leche
CON AZÚCAR

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Leche malteada sabor vainilla	3/4	pieza	180	180	202	6.9	5.5	32.0	3.4	1.6	0.2	21.6	32.0	0.0	45.0	0.0	12.6	262.8	0.2	329.4	171.0	207.0	0.0	ND	ND
Leche semidescremada sabor chocolate	1	pieza	240	240	182	7.2	4.6	29.1	2.7	1.1	0.2	19.2	22.9	1.7	153.6	0.0	4.8	261.6	0.6	405.6	158.4	244.8	0.0	ND	ND
Malteada de chocolate	2/3	taza	156	156	198	5.3	5.8	32.0	3.6	1.7	0.2	20.0	29.0	3.0	39.0	0.6	7.8	176.3	0.5	312.0	151.3	159.1	0.0	ND	ND
Malteada de fresa	3/4	pieza	180	180	203	6.1	5.0	34.0	3.1	0.0	0.0	19.8	33.3	0.7	46.8	1.4	5.4	203.4	0.2	327.6	149.4	180.0	0.0	ND	ND
Malteada de vainilla	1/2	pieza	130	130	192	4.4	8.4	25.4	5.1	2.3	0.4	29.8	17.7	1.2	117.9	0.0	0.0	149.0	0.6	215.1	105.0	127.0	0.0	ND	ND
Nescafe Dolce Gusto latte macchiato (1 cápsula de leche + 1 cápsula de café)	2	cápsula	50	50	182	8.6	8.4	18.2	4.0	2.3	0.2	25.5	18.0	0.5	ND	ND	ND	ND	ND	ND	128.0	ND	0.0	ND	ND
Nescafe Dolce Gusto caramel latte macchiato (1 cápsula de leche con azúcar + 1 cápsula de café)	2	cápsula	42	42	157	5.2	6.2	20.1	3.5	ND	ND	ND	18.1	4.6	ND	ND	ND	ND	ND	ND	57.5	ND	0.0	ND	ND
Nescafe Dolce Gusto Chococino (1 cápsula de leche + 1 cápsula de cocoa)	1 1/2	cápsula	51	51	223	7.4	8.2	29.9	4.9	1.9	0.3	22.4	28.5	3.0	ND	ND	ND	ND	ND	ND	92.8	ND	0.0	ND	ND
Yoghurt bebible sabor durazno	2	pieza	330	330	224	7.9	2.3	40.9	1.7	0.7	0.1	ND	40.6	0.4	ND	0.0	0.0	290.4	0.0	0.0	99.5	0.0	0.0	ND	ND
Yoghurt bebible sabor fresa	2	pieza	330	330	224	7.9	2.3	40.9	1.7	0.7	0.1	ND	40.6	0.4	ND	0.0	0.0	290.4	0.0	0.0	ND	0.0	0.0	ND	ND
Yoghurt bebible sabor piña colada	2	pieza	330	330	224	7.9	2.3	40.9	1.7	0.7	0.1	ND	40.6	0.2	ND	0.0	0.0	290.4	0.0	0.0	99.5	0.0	0.0	ND	ND

leche
CON AZÚCAR

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Yoghurt Danone® bebible sabor fresa	1	pieza	220	220	151	3.5	2.9	27.7	1.8	ND	ND	ND	22.9	0.0	ND	ND	ND	199.3	ND	ND	169.0	ND	ND	ND	ND
Yoghurt Danone® sabor manzana con fruta	3/4	pieza	165	165	165	4.5	2.8	30.4	1.7	ND	ND	ND	16.3	0.5	ND	ND	ND	133.8	ND	ND	128.4	ND	ND	ND	ND
Yoghurt de café	3/4	taza	180	180	180	8.5	2.1	32.8	1.1	0.0	0.0	10.6	29.6	0.0	ND	0.0	0.0	211.8	0.0	360.0	95.3	211.8	0.0	ND	ND
Yoghurt de fruta	3/4	taza	180	180	201	8.5	3.2	33.9	2.1	0.0	0.0	15.9	31.8	0.0	ND	0.0	0.0	211.8	0.0	328.2	105.9	158.8	0.0	ND	ND
Yoghurt de vainilla	3/4	taza	180	180	201	8.5	3.2	33.9	2.1	0.0	0.0	15.9	30.7	0.0	ND	0.0	0.0	211.8	0.0	338.8	100.6	158.8	0.0	ND	ND
Yoghurt para beber sabor fruta	1 1/4	pieza	313	313	216	5.9	5.0	37.5	0.0	0.0	0.0	ND	ND	0.0	ND	0.0	0.0	221.9	0.0	0.0	81.3	0.0	0.0	ND	ND
Yogurt de soya	1	taza	180	180	169	6.3	3.2	28.7	0.0	0.0	0.0	ND	ND	0.3	ND	ND	ND	ND	ND	ND	462.6	ND	0.0	ND	ND

grasas

grasas

grasas

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grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Aceite	1	cdita	5	5	44	0.0	5.0	0.0	0.4	2.9	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite comestible	1	cdita	5	5	44	0.0	5.0	0.0	0.4	2.9	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de aguacate	1	cdita	5	5	44	0.0	5.0	0.0	0.6	3.5	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de ajonjolí	1	cdita	5	5	44	0.0	5.0	0.0	0.7	2.0	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de algodón	1	cdita	5	5	44	0.0	5.0	0.0	1.3	0.9	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de almendra	1	cdita	5	5	44	0.0	5.0	0.0	0.4	3.5	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de cacahuate	1	cdita	5	5	44	0.0	5.0	0.0	0.9	2.3	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de cacao	1	cdita	5	5	44	0.0	5.0	0.0	3.0	1.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de canola	1	cdita	5	5	44	0.0	5.0	0.0	0.4	2.9	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de cártamo	1	cdita	5	5	44	0.0	5.0	0.0	0.7	2.0	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de coco	1	cdita	5	5	43	0.0	5.0	0.0	4.3	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de girasol	1	cdita	5	5	44	0.0	5.0	0.0	0.5	1.0	3.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de girasol 60% con ácido linoleico	1	cdita	5	5	44	0.0	5.0	0.0	0.5	1.0	3.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de girasol 70% con ácido oleico	1	cdita	5	5	44	0.0	5.0	0.0	0.6	2.3	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de hígado de bacalao	1	cdita	5	5	45	0.0	5.0	0.0	1.1	2.3	1.1	28.6	0.0	0.0	1500.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de maíz	1	cdita	5	5	44	0.0	5.0	0.0	0.6	1.2	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de oliva	1	cdita	5	5	44	0.0	5.0	0.0	0.7	3.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND

grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Aceite de oliva extra virgen	1	cdita	5	5	44	0.0	5.0	0.0	0.7	3.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de olivo	1	cdita	5	5	44	0.0	5.0	0.0	0.7	3.7	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de palma	1	cdita	5	5	44	0.0	5.0	0.0	2.5	1.9	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de soya	1	cdita	5	5	44	0.0	5.0	0.0	0.7	1.1	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite de soya y algodón	1	cdita	5	5	44	0.0	5.0	0.0	0.9	1.5	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceite en spray	5	disp. 1 s	5	5	44	0.0	5.0	0.0	0.6	1.2	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Aceituna negra sin hueso	5	pieza	25	25	46	0.3	5.0	0.8	0.5	3.8	0.3	0.0	0.0	0.4	22.5	0.0	0.0	26.5	0.4	13.8	600.0	0.0	0.0	ND	ND
Aceituna verde con hueso	6	pieza	30	25	46	0.3	5.1	0.8	0.5	3.8	0.3	0.0	0.0	0.4	22.7	0.0	0.0	26.7	0.4	13.9	604.8	0.0	0.0	ND	ND
Aceituna verde sin hueso	8	pieza	24	24	44	0.3	4.8	0.8	0.5	3.6	0.2	0.0	0.0	0.4	21.6	0.0	0.0	25.4	0.4	13.2	576.0	0.0	0.0	ND	ND
Aceitunas rellenas de anchoa	5	pieza	25	25	46	0.6	4.5	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	600.0	0.0	0.0	ND	ND
Aceitunas rellenas de pimiento	7	pieza	35	35	44	0.0	3.5	2.6	0.9	2.6	0.0	0.0	0.0	0.9	17.5	0.0	0.0	35.0	1.1	0.0	306.3	0.0	0.0	ND	ND
Aderezo	1/2	cda	8	8	8	0.0	0.8	0.4	0.1	0.2	0.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	59.0	0.5	0.0	ND	ND
Aderezo Blue Cheese	1/2	cda	8	8	38	0.4	3.9	0.6	0.8	0.9	2.1	1.5	0.0	0.0	5.0	0.0	0.5	6.0	0.0	3.0	82.0	5.5	0.0	ND	ND
Aderezo con queso y ajo	1/2	cda	8	8	33	0.0	3.8	0.2	0.6	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	3.5	77.3	0.0	0.0	ND	ND
Aderezo cremoso	1/2	cda	8	8	38	0.4	3.9	0.6	0.8	0.9	2.1	1.5	0.0	0.0	5.0	0.0	0.5	6.0	0.0	3.0	82.0	5.5	0.0	ND	ND
Aderezo de ciruela pasas	1/2	cda	8	8	39	0.1	3.9	1.1	0.6	2.4	0.7	11.1	0.3	0.1	4.5	0.0	0.3	2.9	0.1	10.0	35.7	1.9	0.0	ND	ND

grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Aderezo de hierbas finas	1/2	cda	8	8	31	0.1	3.2	0.8	0.5	2.3	0.3	0.0	0.0	0.3	4.6	0.6	1.4	8.8	0.4	21.3	73.0	2.1	0.0	ND	ND
Aderezo de mayonesa	1/2	cda	7	7	51	0.1	5.4	0.3	0.9	3.4	1.0	18.2	0.0	0.0	5.9	0.0	1.0	1.3	0.0	2.4	41.8	0.0	0.0	ND	ND
Aderezo de miel y mostaza	1/2	cda	8	8	36	0.0	3.6	1.0	0.5	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	8.5	48.4	0.0	0.0	ND	ND
Aderezo francés	1/2	cda	8	8	32	0.0	3.1	1.3	0.7	0.6	1.6	0.0	0.0	0.0	9.8	0.0	0.5	0.9	0.0	6.1	102.7	0.9	0.0	ND	ND
Aderezo italiano	1/2	cda	8	8	35	0.1	3.6	0.8	0.6	0.9	2.1	0.0	0.0	0.0	2.0	0.0	0.5	1.0	0.0	1.0	59.0	0.5	0.0	ND	ND
Aderezo italiano bajo en calorías	1 1/2	cda	23	23	24	0.0	2.3	1.1	0.3	0.5	1.4	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	177.0	1.5	0.0	ND	ND
Aderezo italiano cremoso	1/2	cda	8	8	28	0.0	2.8	0.8	1.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	5.0	57.5	0.0	0.0	ND	ND
Aderezo italiano cremoso bajo en calorías	4	cda	60	60	40	2.0	2.2	6.0	0.8	0.0	0.0	0.0	6.0	0.0	0.0	0.0	0.0	0.0	0.0	280.0	560.0	0.0	0.0	ND	ND
Aderezo jalapeño	1/2	cda	8	8	33	0.1	3.4	0.7	0.5	2.1	0.6	11.1	0.0	0.2	5.8	1.8	1.6	3.3	0.2	11.1	30.4	1.6	0.0	ND	ND
Aderezo Mil Islas	1/2	cda	8	8	28	0.0	2.7	1.1	0.5	0.6	1.5	1.9	0.0	0.0	7.0	0.0	0.5	0.9	0.0	8.4	52.5	1.4	0.0	ND	ND
Aderezo Ranch	1/2	cda	8	8	44	0.0	4.7	0.5	0.8	0.0	0.0	1.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	2.6	69.8	0.0	0.0	ND	ND
Aderezo Roquefort	1/2	cda	8	8	38	0.4	3.9	0.6	0.8	0.9	2.1	1.5	0.0	0.0	5.0	0.0	0.5	6.0	0.0	3.0	82.0	5.5	0.0	ND	ND
Aderezo Ruso	1/2	cda	8	8	37	0.1	3.8	0.8	0.6	0.9	2.2	1.5	0.0	0.0	15.5	0.5	1.0	1.5	0.0	12.0	65.0	3.0	0.0	ND	ND
Aderezo tipo Blue Cheese	1/2	cda	8	8	38	0.4	3.9	0.6	0.8	0.9	2.1	1.5	0.0	0.0	5.0	0.0	0.5	6.0	0.0	3.0	82.0	5.5	0.0	ND	ND
Aderezo tipo César	1/2	cda	8	8	33	0.3	3.3	0.5	0.6	0.0	0.0	1.3	0.3	0.0	0.0	0.0	0.0	5.0	0.0	2.5	92.5	0.0	0.0	ND	ND
Aderezo tipo francés	1/2	cda	8	8	32	0.0	3.1	1.3	0.7	0.6	1.6	0.0	0.0	0.0	9.8	0.0	0.5	0.9	0.0	6.1	102.7	0.9	0.0	ND	ND
Aderezo tipo Mil Islas	1/2	cda	8	8	28	0.0	2.7	1.1	0.5	0.6	1.5	1.9	0.0	0.0	7.0	0.0	0.5	0.9	0.0	8.4	52.5	1.4	0.0	ND	ND
Aderezo tipo Ranch	1/2	cda	8	8	44	0.0	4.7	0.5	0.8	0.0	0.0	1.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	2.6	69.8	0.0	0.0	ND	ND

grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Aderezo vinagreta casera	2	cdita	10	10	45	0.0	5.0	0.3	0.9	1.5	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	ND	ND
Aderezo vinagreta comercial	4	cdita	20	20	41	0.0	3.3	2.7	0.7	0.0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	166.7	0.0	0.0	ND	ND
Aguacate California	1/3	pieza	58	31	54	0.7	5.3	2.1	0.8	3.4	0.6	0.0	0.0	1.5	18.7	2.5	20.0	3.4	0.4	193.8	3.7	12.9	0.0	ND	ND
Aguacate de pellejo	1 1/2	pieza	68	36	44	0.5	4.5	2.0	0.7	1.8	0.4	0.0	0.0	1.3	7.2	4.3	19.0	3.6	0.2	216.1	1.4	0.0	0.0	ND	ND
Aguacate Florida	1/3	pieza	101	54	60	0.8	4.8	4.8	0.9	2.6	0.8	0.0	0.0	2.8	32.7	4.2	28.6	5.8	0.3	261.9	2.6	21.0	0.0	ND	ND
Aguacate Hass	1/3	pieza	58	31	54	0.7	5.3	2.1	0.8	3.4	0.6	0.0	0.0	1.5	18.7	2.5	20.0	3.4	0.4	193.8	3.7	12.9	0.0	ND	ND
Aguacate mediano	1/3	pieza	58	31	44	0.5	4.1	2.3	0.7	2.7	0.6	0.0	0.0	0.8	6.1	4.3	18.9	7.3	0.2	184.6	1.2	0.0	0.0	ND	ND
Aguacate verde	1/2	pieza	48	25	46	0.5	4.6	1.5	0.8	2.0	0.5	0.0	0.0	0.1	5.3	3.8	13.3	9.8	0.2	152.1	1.0	0.0	0.0	ND	ND
Calahua	1	cda	19	19	35	0.5	3.3	1.6	2.9	0.1	0.0	0.0	0.0	0.4	0.0	0.3	2.7	0.2	0.1	18.9	9.4	4.1	0.0	ND	ND
Chicharrón de soya	6	gramos	6	6	17	0.4	5.0	0.8	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Cocada	1/3	pieza	9	9	41	0.7	2.3	5.6	0.0	0.0	0.0	0.0	2.6	0.7	0.0	0.0	0.0	0.0	0.1	0.0	13.2	0.0	0.0	ND	ND
Coco	8	gramos	8	6	41	0.5	4.3	0.9	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.5	0.1	0.0	0.0	0.0	0.0	ND	ND
Coco de aceite	8	gramos	8	6	41	0.5	4.3	0.9	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.5	0.1	0.0	0.0	0.0	0.0	ND	ND
Coco deshidratado	6	gramos	6	6	40	0.4	3.9	1.5	3.5	0.2	0.0	0.0	0.0	1.0	0.0	0.0	0.6	1.5	0.2	33.0	2.1	12.4	0.0	ND	ND
Coco en hojuelas	2	cda	9	9	44	0.3	3.0	4.4	2.6	0.1	0.0	0.0	0.0	0.4	0.0	0.0	0.8	1.3	0.2	29.3	23.6	9.3	0.0	ND	ND
Coco entero	25	gramos	25	14	42	0.5	4.6	0.7	4.1	0.5	0.1	0.0	0.0	0.7	0.0	0.3	3.6	3.3	0.5	35.2	3.2	0.0	0.0	ND	ND
Coco fresco	12	gramos	12	12	42	0.4	4.0	1.8	3.6	0.2	0.1	0.0	0.4	1.1	0.0	0.3	3.2	1.6	0.3	42.7	2.4	13.6	0.0	ND	ND
Coco rallado	1 1/2	cda	9	9	44	0.3	3.1	4.2	2.7	0.1	0.0	0.0	3.0	0.4	0.0	0.1	0.8	1.3	0.2	29.3	22.9	9.4	0.0	ND	ND

grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Coco rallado y endulzado	1 1/2	cda	9	9	44	0.3	3.1	4.2	2.7	0.1	0.0	0.0	3.0	0.4	0.0	0.1	0.8	1.3	0.2	29.3	22.9	9.4	0.0	ND	ND
Coco seco	1 1/2	cda	9	9	44	0.3	3.1	4.2	2.7	0.1	0.0	0.0	3.0	0.4	0.0	0.1	0.7	1.3	0.2	29.3	22.9	9.4	0.0	ND	ND
Coco seco y endulzado	1 1/2	cda	9	9	44	0.3	3.1	4.2	2.7	0.1	0.0	0.0	3.0	0.4	0.0	0.1	0.7	1.3	0.2	29.3	22.9	9.4	0.0	ND	ND
Coquito	8	gramos	8	6	41	0.5	4.3	0.9	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.5	0.1	0.0	0.0	0.0	0.0	ND	ND
Crema	1	cda	15	15	43	0.0	3.2	2.1	2.1	0.0	0.0	10.7	2.1	0.0	0.0	0.0	0.0	0.0	0.0	10.7	0.0	0.0	0.0	ND	ND
Crema 20% grasa (dulce)	1 1/3	cda	21	21	41	0.6	4.1	0.8	2.6	1.0	0.1	14.0	0.0	0.0	42.6	0.2	0.4	20.4	0.0	26.0	8.5	0.0	0.0	ND	ND
Crema 40% grasa (agria)	1	cda	13	13	45	0.3	4.8	0.4	3.0	1.2	0.1	17.8	0.0	0.0	54.7	0.0	0.5	8.4	0.0	9.7	4.9	0.0	0.0	ND	ND
Crema ácida	2	cda	21	21	46	0.7	4.4	0.9	2.8	1.2	0.2	8.8	0.0	0.0	40.3	0.0	1.8	24.5	0.0	29.8	10.5	17.5	0.0	ND	ND
Crema agria	1	cda	13	13	44	0.3	4.8	0.4	3.0	1.2	0.1	17.6	0.0	0.0	54.2	0.0	0.5	8.4	0.0	9.7	4.9	0.0	0.0	ND	ND
Crema baja en grasa	2	cda	30	30	52	1.2	4.5	1.8	2.9	0.0	0.0	0.0	1.8	0.0	0.0	0.0	ND	26.0	0.0	ND	38.0	ND	0.0	ND	ND
Crema batida	1 1/2	cda	12	12	42	0.2	4.4	0.3	2.8	1.3	0.2	16.8	0.3	0.0	50.4	0.0	0.8	8.0	0.0	8.8	4.8	7.2	0.0	ND	ND
Crema batida en aerosol	5	cda	15	15	40	0.5	3.5	2.0	2.0	1.0	0.0	10.0	0.0	0.0	30.0	0.0	0.0	15.0	0.0	20.0	20.0	15.0	0.0	ND	ND
Crema chantilly	1 1/2	cda	12	12	42	0.2	4.4	0.3	2.8	1.3	0.2	16.8	0.3	0.0	50.4	0.0	0.8	8.0	0.0	8.8	4.8	7.2	0.0	ND	ND
Crema de coco dulce	4	cdita	25	25	49	0.3	4.1	13.5	3.9	0.2	0.0	0.0	0.0	0.6	0.0	0.4	3.6	0.3	0.1	25.9	9.1	5.6	0.0	ND	ND
Crema de coco natural	3	cdita	15	15	50	0.5	5.2	1.0	4.6	0.2	0.1	0.0	0.0	0.3	0.0	0.4	3.4	1.6	0.3	48.8	0.6	18.3	0.0	ND	ND
Crema de leche en polvo	4	cda	10	10	39	3.4	0.6	4.9	0.4	0.1	0.0	6.9	0.0	0.0	5.4	0.6	4.7	118.4	0.0	159.2	51.7	0.0	0.0	ND	ND
Crema dulce	4	cdita	19	19	36	0.5	3.6	0.7	2.2	0.9	0.1	12.3	0.0	0.0	37.3	0.2	0.4	17.9	0.0	22.7	7.5	0.0	0.0	ND	ND
Crema dulce para batir	4	cdita	19	19	36	0.5	3.6	0.7	2.2	0.9	0.1	12.3	0.0	0.0	37.3	0.2	0.4	17.9	0.0	22.7	7.5	0.0	0.0	ND	ND

grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Crema entera	1	cda	14	14	41	0.3	4.3	0.4	2.7	1.3	0.1	15.9	0.0	0.0	41.1	0.0	0.9	9.3	0.0	14.0	4.7	8.4	0.0	ND	ND
Crema Lala Light	5	cda	80	80	39	0.8	3.4	1.4	0.0	0.0	0.0	28.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Crema ligera	1	cda	14	14	41	0.3	4.3	0.4	2.7	1.3	0.1	15.9	0.0	0.0	41.1	0.0	0.9	9.3	0.0	14.0	4.7	8.4	0.0	ND	ND
Crema natural	1	cda	15	15	43	0.0	3.2	2.1	2.1	0.0	0.0	10.7	2.1	0.0	0.0	0.0	0.0	0.0	0.0	10.7	0.0	0.0	0.0	ND	ND
Crema para batir	1 1/2	cda	21	21	41	0.6	4.1	0.8	2.5	1.0	0.1	13.9	0.0	0.0	42.0	0.2	0.4	20.2	0.0	25.6	8.4	0.0	0.0	ND	ND
Crema para café	1	cda	14	14	41	0.3	4.3	0.4	2.7	1.3	0.1	15.9	0.0	0.0	41.1	0.0	0.9	9.3	0.0	14.0	4.7	8.4	0.0	ND	ND
Dip	2	cda	30	30	48	1.0	3.9	1.9	2.9	0.0	0.0	19.4	1.0	0.0	0.0	0.0	0.0	19.4	0.0	38.7	154.8	0.0	0.0	ND	ND
Dip de cebolla	2	cda	30	30	48	1.0	3.9	1.9	2.9	0.0	0.0	19.4	1.0	0.0	0.0	0.0	0.0	19.4	0.0	38.7	154.8	0.0	0.0	ND	ND
Dip preparado	2	cda	30	30	48	1.0	3.9	1.9	2.9	0.0	0.0	19.4	1.0	0.0	0.0	0.0	0.0	19.4	0.0	38.7	154.8	0.0	0.0	ND	ND
Dip preparado con crema	2	cda	30	30	48	1.0	3.9	1.9	2.9	0.0	0.0	19.4	1.0	0.0	0.0	0.0	0.0	19.4	0.0	38.7	154.8	0.0	0.0	ND	ND
Grasa de tocino	5	gramos	5	5	44	0.0	5.0	0.0	2.2	2.1	0.6	4.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Grasas animales	5	gramos	5	5	44	0.0	5.0	0.0	2.2	2.1	0.6	4.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Grasas vegetales para cocinar	5	gramos	5	5	44	0.0	5.0	0.0	1.2	3.3	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Guacamole	2	cda	28	28	46	1.0	3.7	2.7	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	195.7	0.0	0.0	ND	ND
Lardo	5	gramos	5	5	45	0.0	5.0	0.0	2.0	2.1	0.5	4.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Manteca de cacao	1	cdita	5	5	44	0.0	5.0	0.0	3.0	1.6	0.2	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Manteca de cerdo	1	cdita	4	4	39	0.0	4.3	0.0	1.7	2.0	0.5	4.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Manteca vegetal	1	cdita	4	4	38	0.0	4.3	0.0	1.1	1.9	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Mantequilla	1 1/2	cdita	6	6	47	0.1	5.3	0.0	3.3	1.3	0.1	14.2	0.0	0.0	49.0	0.0	0.2	1.6	0.0	0.6	0.6	0.0	0.0	ND	ND

grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Mantequilla clarificada	1 1/2	cdita	6	6	53	0.0	6.0	0.0	3.7	1.7	0.2	15.4	0.0	0.0	50.4	0.0	ND	0.2	0.0	ND	0.1	ND	0.0	ND	ND
Mantequilla con sal	1 1/2	cdita	6	6	47	0.1	5.3	0.0	3.3	1.3	0.1	14.2	0.0	0.0	49.0	0.0	0.2	1.6	0.0	1.7	53.6	0.0	0.0	ND	ND
Mantequilla derretida	1	cdita	5	5	36	0.0	4.1	0.0	2.5	1.0	0.1	11.0	0.0	0.0	37.7	0.0	0.2	1.2	0.0	0.5	0.5	0.0	0.0	ND	ND
Mantequilla Lala reducida en grasa	7	cda	84	84	32	0.2	3.4	0.2	ND	ND	ND	27.5	ND	ND	ND	ND	ND	ND	ND	ND	11.8	ND	0.0	ND	ND
Mantequilla sin sal	1 1/2	cdita	6	6	47	0.1	5.3	0.0	3.3	1.3	0.1	14.2	0.0	0.0	49.0	0.0	0.2	1.6	0.0	0.6	0.6	0.0	0.0	ND	ND
Margarina	1	cdita	4	4	39	0.0	4.3	0.0	1.7	1.9	0.5	2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Margarina baja en grasa	2 1/2	cdita	11	11	42	0.0	5.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	108.3	0.0	0.0	ND	ND
Margarina con sal	1 1/2	cdita	6	6	47	0.1	5.2	0.1	1.0	2.3	1.6	0.0	0.0	0.0	64.5	0.0	0.1	1.9	0.0	2.7	61.2	0.0	0.0	ND	ND
Margarina sin sal	1	cdita	4	4	39	0.0	4.3	0.0	1.7	1.9	0.5	2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Mayonesa	1	cdita	5	5	34	0.1	3.6	0.2	0.6	2.2	0.7	12.1	0.0	0.0	3.9	0.0	0.7	0.8	0.0	1.6	27.8	0.0	0.0	ND	ND
Mayonesa chipotle	1	cda	14	14	53	0.2	5.1	1.5	0.8	1.3	3.0	8.4	0.8	0.0	0.0	0.0	ND	0.0	0.0	ND	121.3	ND	0.0	ND	ND
Mayonesa de aguacate	1/2	cda	7	7	47	0.1	5.2	0.0	0.6	3.6	0.7	7.1	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	23.2	ND	0.0	ND	ND
Media crema	2	cda	30	30	40	0.8	3.4	1.2	2.2	1.0	0.2	12.0	0.0	0.0	32.0	0.0	0.0	32.0	0.0	38.0	12.0	28.0	0.0	ND	ND
Nata	1	cda	14	14	48	0.9	4.6	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	ND	14.7	0.6	ND	0.0	ND	0.0	ND	ND
Nuez de Brasil	2	pieza	8	8	53	1.1	5.4	0.9	1.3	1.9	2.0	0.0	0.2	0.6	0.0	0.1	ND	12.8	0.2	ND	0.2	ND	0.0	ND	ND
Pam	5	disp. 1 s	5	5	44	0.0	5.0	0.0	0.6	1.2	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Pam aceite de oliva	6	disparo	6	6	51	0.0	5.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Pam mantequilla	6	disparo	6	6	51	0.0	5.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Praliné	1/2	cda	8	8	36	0.2	1.9	5.0	0.1	1.2	0.5	0.0	0.0	0.2	0.4	0.0	1.0	2.5	0.1	16.8	4.9	8.8	0.0	ND	ND

grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Queso crema	1	cda	13	13	46	1.0	4.6	0.4	2.9	1.3	0.2	14.4	0.2	0.0	57.6	0.0	1.9	10.7	0.2	15.8	39.0	13.9	0.0	ND	ND
Queso crema bajo en grasa	1	cda	13	13	32	1.1	3.0	0.3	2.1	0.0	0.0	6.1	0.0	0.0	0.0	0.0	0.0	16.3	0.0	22.3	51.1	16.3	0.0	ND	ND
Queso crema untable	1	cda	10	10	37	0.7	3.7	0.3	2.3	0.0	0.0	11.6	0.3	0.0	0.0	0.0	0.0	6.6	0.0	11.6	31.6	6.6	0.0	ND	ND
Queso líquido	2 1/2	cda	38	38	56	0.2	5.0	2.5	2.5	0.0	0.0	0.0	1.2	0.0	0.0	0.0	ND	0.0	0.0	ND	337.5	ND	0.0	ND	ND
Queso para nachos	2 1/2	cda	38	38	56	0.2	5.0	2.5	2.5	0.0	0.0	0.0	1.2	0.0	0.0	0.0	ND	0.0	0.0	ND	337.5	ND	0.0	ND	ND
Queso Philadelphia	1	cda	13	13	46	1.0	4.6	0.4	2.9	1.3	0.2	14.4	0.2	0.0	57.6	0.0	1.9	10.7	0.2	15.8	39.0	13.9	0.0	ND	ND
Salsa Alfredo	1	cda	14	14	44	0.7	4.3	0.8	0.0	0.0	0.0	7.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	50.8	0.0	0.0	ND	ND
Salsa holandesa industrializada	1/2	cda	8	8	44	0.9	3.7	2.6	2.2	1.1	0.2	9.4	0.0	0.1	40.7	0.0	4.0	23.1	0.2	23.3	292.0	23.5	0.0	ND	ND
Salsa Macha	1/2	cda	10	10	52	0.2	5.3	0.9	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	ND	0.0	0.0	ND	11.0	ND	0.0	ND	ND
Salsa Tártara industrializada	1	cdita	16	16	52	0.0	5.2	2.1	2.1	0.0	0.0	5.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.2	93.0	0.0	0.0	ND	ND
Salsa Tártara sin grasa	3	cda	47	47	36	0.0	1.5	7.3	0.6	0.0	0.0	0.0	4.4	1.5	0.0	0.0	0.0	0.0	0.0	21.8	305.2	0.0	0.0	ND	ND
Salsa Velouté	1 1/2	cda	21	21	38	0.6	3.4	1.1	0.0	0.0	0.0	8.6	0.0	0.0	0.0	0.0	0.0	18.8	0.0	25.5	98.3	0.0	0.0	ND	ND
Tampico	12	gramos	12	12	52	0.4	5.2	0.8	0.8	0.0	0.0	0.0	0.0	0.4	0.0	0.0	ND	0.0	0.0	ND	72.4	ND	0.0	ND	ND
Tocineta	1	reb	10	10	52	0.9	5.3	0.0	1.9	2.5	0.5	7.2	0.0	0.0	0.3	0.0	ND	0.5	0.1	ND	3.2	ND	0.0	ND	ND
Tocino	1	reb*	8	8	44	0.7	4.6	0.0	1.7	2.0	0.5	5.4	0.0	0.0	0.0	0.0	0.2	0.6	0.0	11.1	54.8	0.0	0.0	ND	ND
Tocino ahumado	1	reb*	8	8	44	0.7	4.6	0.0	1.7	2.0	0.5	5.4	0.0	0.0	0.0	0.0	0.2	0.6	0.0	11.1	54.8	0.0	0.0	ND	ND
Tocino en lonja	8	gramos	8	8	44	0.7	4.6	0.0	1.7	2.0	0.5	5.4	0.0	0.0	0.0	0.0	0.2	0.6	0.0	11.1	54.8	0.0	0.0	ND	ND
Tocino frito	1	reb	7	7	39	0.6	4.0	0.0	0.0	0.0	0.0	5.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	48.0	0.0	0.0	ND	ND

* rebanada delgada

** rebanada gruesa

grasas
SIN PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Tocino imitación	1	reb	10	10	41	1.0	3.9	0.1	0.0	0.0	0.0	6.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	96.7	0.0	0.0	ND	ND
Tuétano	6	gramos	6	6	47	0.4	5.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.4	0.0	ND	0.0	0.3	ND	0.0	ND	0.0	ND	ND
Vinagreta	1/2	cda	8	8	36	0.0	4.0	0.2	0.8	1.2	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	ND	ND
Vinagreta baja en calorías	5	cda	80	80	38	0.0	0.0	7.5	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	0.0	0.0	0.0	37.5	1000.0	0.0	0.0	ND	ND
Vinagreta comercial	1 1/2	cda	23	23	46	0.0	3.8	3.0	0.8	0.0	0.0	0.0	2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	187.5	0.0	0.0	ND	ND
Vinagreta de ajonjolí	3	cdita	12	12	53	0.4	5.4	1.0	0.7	1.4	3.0	0.0	1.0	0.1	0.2	0.0	ND	2.3	0.1	ND	120.0	ND	0.0	ND	ND
Vinagreta de mostaza	3	cdita	12	12	47	0.0	4.7	1.7	0.6	0.0	0.0	0.0	1.7	0.0	0.0	0.0	ND	0.0	0.0	ND	145.7	ND	0.0	ND	ND
Vinagreta de vino	6	cdita	24	24	55	0.1	4.7	3.1	0.8	0.0	0.0	0.0	3.1	0.0	0.0	0.0	ND	0.0	0.0	ND	39.5	ND	0.0	ND	ND

grasas
CON PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Aderezo de yogurt	2	cda	28	28	73	1.3	6.6	2.0	1.3	1.3	3.3	13.2	1.3	0.2	0.0	0.0	ND	26.3	0.0	ND	184.5	ND	0.0	ND	ND
Aderezo de yogurt y pepino	4	cda	56	56	74	1.9	5.6	3.7	2.8	0.0	0.0	9.5	1.9	0.1	0.0	2.2	ND	74.5	0.0	ND	46.5	ND	0.0	ND	ND
Ajonjolí	4	cdita	10	10	61	2.7	5.7	1.0	0.8	2.2	2.5	0.0	0.1	1.2	1.3	0.0	10.4	13.0	0.8	42.9	3.9	80.6	0.0	ND	ND
Ajonjolí acaramelado	5	cda	13	13	71	2.1	5.1	4.1	0.0	0.0	0.0	0.0	4.1	1.0	0.0	0.0	ND	83.1	0.6	ND	21.7	ND	0.0	ND	ND
Ajonjolí tostado	5	cda	13	13	75	2.2	6.3	3.4	0.9	2.4	2.8	0.0		2.2	0.9	0.0	12.5	17.2	1.0	53.4	5.1	101.7	0.0	ND	ND
Almendra	10	pieza	12	12	66	2.7	6.6	0.5	0.5	4.3	1.3	0.0		0.9	0.0	0.0	11.5	59.6	0.3	92.8	0.5	0.0	0.0	ND	ND
Almendra acaramelada	6	pieza	12	12	72	2.2	6.0	3.4	0.4	3.3	1.5	0.0		1.1	0.0	0.0	0.0	32.1	0.3	68.1	15.9	48.4	0.0	ND	ND
Almendra ahumada	10	pieza	12	12	71	2.6	6.4	2.1	0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	39.4	0.5	49.7	73.7	0.0	0.0	ND	ND
Almendra deshidratada	10	pieza	12	12	71	2.4	6.3	2.4	0.6	4.1	1.3	0.0		1.3	0.0	0.0	6.9	31.7	0.4	87.9	1.3	62.6	0.0	ND	ND
Almendra fileteada	2	cda	12	12	72	2.5	6.5	2.2	0.5	4.3	1.4	0.0		1.4	0.0	0.0	0.0	0.0	0.0	82.7	0.0	0.0	0.0	ND	ND
Almendra picada	4	cdita	10	10	62	2.1	5.2	1.8	0.4	0.0	1.2	0.0		0.0	0.0	0.0	3.5	27.3	0.4	61.6	0.0	53.5	0.0	ND	ND
Almendra tostada	10	cda	12	12	71	2.0	6.3	3.0	0.6	4.1	1.3	0.0		1.7	0.0	0.0	7.7	34.3	0.5	93.4	1.3	66.4	0.0	ND	ND
Avellana	9	pieza	13	13	72	2.5	6.5	2.3	0.0	0.0	0.0	0.0		0.0	0.0	0.5	0.0	17.1	0.5	95.0	0.0	0.0	0.0	ND	ND
Avellana picada	5	cdita	12	12	71	2.4	6.4	2.3	0.0	0.0	0.0	0.0		0.0	0.0	0.4	0.0	16.8	0.5	93.4	0.0	0.0	0.0	ND	ND
Avellana salada	8	pieza	11	11	72	1.8	7.1	1.6	0.0	0.0	0.0	0.0		0.0	0.0	0.4	28.0	20.4	0.4	62.8	15.6	31.6	0.0	ND	ND
Avellana tostada	8	pieza	11	11	75	1.1	7.5	2.0	0.6	5.9	0.7	0.0		0.8	0.8	0.0	8.4	22.0	0.4	52.4	0.4	36.8	0.0	ND	ND
Bebida vegetal Silk® Almendra sin azúcar sin endulzar con proteína	1	taza	240	240	93	12.0	4.8	0.5	0.5	3.6	0.7	0.0	0.0	0.5	95.5	ND	ND	367.2	ND	ND	97.9	ND	ND	ND	ND

grasas
CON PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Bebida vegetal Silk® Almendra sin azúcar sin endulzar sabor Monk Fruit	2	taza	480	480	54	1.9	4.3	1.9	0.5	2.9	1.0	0.0	0.5	1.0	191.0	ND	ND	864.0	ND	ND	293.8	ND	ND	ND	ND
Bebida vegetal Silk® Almendra sin azúcar y sin endulzar	2	taza	480	480	54	1.9	4.3	1.9	0.5	2.9	1.0	0.0	0.0	1.0	191.0	ND	ND	864.0	ND	ND	309.1	ND	ND	ND	ND
Bebida vegetal Silk® Coco sin azúcar y sin endulzar	1	taza	240	240	43	0.5	4.1	1.2	3.6	0.2	0.2	0.0	0.5	0.2	95.5	ND	ND	432.0	ND	ND	163.7	ND	ND	ND	ND
Cacahuate	14	pieza	12	12	73	2.9	6.2	2.7	0.9	3.1	1.9	0.0		1.0	0.0	0.0	17.9	6.6	0.3	81.8	100.6	44.2	0.0	ND	ND
Cacahuate acaramelado	5	cdita	14	14	75	3.0	6.5	2.5	1.0	3.5	2.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	57.8	0.0	0.0	ND	ND
Cacahuate con cáscara	12	gramos	12	12	70	2.8	6.0	0.2	0.8	1.9	1.7	0.0		0.6	0.0	0.1	17.4	6.5	0.3	79.0	0.6	0.0	0.0	ND	ND
Cacahuate con pepitas	12	gramos	12	12	75	2.8	6.0	2.4	0.8	2.8	2.4	0.0		0.8	0.0	0.0	0.0	0.0	0.1	0.0	144.0	0.0	0.0	ND	ND
Cacahuate con piel	15	pieza	14	14	72	3.4	6.3	2.9	1.4	2.9	1.9	0.0		1.4	0.0	0.0	0.0	0.0	0.0	86.8	50.6	0.0	0.0	ND	ND
Cacahuate enchilado	13	pieza	12	12	67	2.9	5.9	2.1	0.8	2.9	1.7	0.0		0.8	0.0	0.0	0.0	0.0	0.0	83.6	79.4	0.0	0.0	ND	ND
Cacahuate japonés	15	pieza	14	14	68	2.7	3.6	6.3	0.0	0.0	0.0	0.0		0.3	0.0	0.0	0.0	0.0	0.0	0.0	270.0	0.0	0.0	ND	ND
Cacahuate picado	5	cdita	12	12	74	3.0	6.2	2.7	0.9	3.1	1.9	0.0		1.0	0.0	0.0	18.2	6.6	0.3	82.8	101.9	44.7	0.0	ND	ND
Cacahuate salado	13	pieza	12	12	71	3.2	5.5	2.4	1.0	2.9	1.6	0.0		0.0	0.0	0.0	0.0	9.9	0.2	0.0	34.0	0.0	0.0	ND	ND
Cacahuate tostado	13	pieza	12	12	69	2.8	5.9	2.5	0.8	2.9	1.8	0.0		1.0	0.0	0.0	17.1	6.3	0.3	78.1	96.1	42.2	0.0	ND	ND
Cacahuates confitados	1/4	bolsa	14	14	72	1.4	4.3	7.1	1.5	2.0	0.6	0.7		0.5	9.7	0.1	3.4	10.4	0.1	48.1	36.7	25.7	0.0	ND	ND
Cacahuates cubiertos con salsa y limón	2	cda	13	13	72	2.6	4.6	5.3	0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	124.7	0.0	0.0	ND	ND

grasas
CON PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Castaña	1 1/2	pieza	17	17	62	1.1	0.3	13.6	0.1	0.2	0.1	0.0		0.0	5.4	10.2	18.6	4.8	0.4	123.6	0.6	26.4	0.0	ND	ND
Castaña con cáscara	2	pieza	30	18	67	1.2	0.3	14.8	0.1	0.2	0.1	0.0		0.0	5.9	11.1	20.3	5.2	0.4	134.6	0.7	28.8	0.0	ND	ND
Castaña asada	30	gramos	30	30	73	1.4	0.3	15.9	0.0	0.2	0.1	0.0		0.0	0.0	11.8	21.4	5.4	0.5	144.6	1.1	31.1	0.0	ND	ND
Chía	7	cda	49	12	69	3.5	5.9	1.9	1.2	0.9	3.5	0.0		0.0	0.0	0.0	7.0	6.6	0.9	80.5	12.3	93.6	0.0	ND	ND
Chilorio	30	gramos	30	30	64	5.0	4.7	0.7	0.7	0.0	0.0	17.1		0.3	0.0	0.0	0.0	0.0	0.0	0.0	203.1	0.0	0.0	ND	ND
Chilorio de pavo	30	gramos	30	30	64	5.0	4.7	0.7	0.7	0.0	0.0	17.1		0.3	0.0	0.0	0.0	0.0	0.0	0.0	203.1	0.0	0.0	ND	ND
Chistorra	15	gramos	15	15	73	1.7	7.0	0.7	0.0	0.0	0.0	25.5		0.0	0.0	0.0	0.0	0.0	0.0	0.0	156.8	0.0	0.0	ND	ND
Chorizo	15	gramos	15	15	64	3.5	5.6	0.0	2.1	2.4	0.4	16.2		0.0	0.0	0.0	0.4	6.2	0.5	23.5	11.5	0.0	0.0	ND	ND
Chorizo de pavo	21	gramos	21	21	62	4.1	5.0	0.0	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	231.0	ND	0.0	ND	ND
Chorizo de pollo	35	gramos	35	35	72	5.0	5.7	0.1	0.0	0.0	0.0	5.3		0.0	0.0	0.0	0.0	0.0	0.0	0.0	302.4	0.0	0.0	ND	ND
Chorizo vegetariano	15	gramos	15	15	70	4.1	5.7	0.2	0.0	0.0	0.0	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Coroso	14	gramos	14	11	72	0.8	7.5	1.6	0.0	0.0	0.0	0.0		0.8	0.0	0.0	0.0	0.9	0.2	0.0	0.0	0.0	0.0	ND	ND
Crema de almedras	1	cda	12	12	74	2.5	6.7	2.3	0.5	3.9	1.6	0.0	0.5	1.2	0.0	0.0	ND	41.6	0.4	ND	0.8	ND	0.0	ND	ND
Crema de nuez de la India	1	cda	12	12	70	2.1	5.9	3.3	1.2	3.5	1.0	0.0	1.1	0.2	0.0	0.0	ND	5.2	0.6	ND	1.8	ND	0.0	ND	ND
Falafel, hecho en casa	20	gramos	20	20	67	2.7	3.5	6.4	0.0	0.0	0.0	0.0		0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Harina de ajonjolí	13	gramos	13	13	69	4.0	4.9	3.5	0.7	1.9	2.1	0.0		0.0	0.9	0.0	4.2	20.9	2.0	55.7	5.6	106.3	0.0	ND	ND
Harina de ajonjolí baja en grasa	20	gramos	20	20	67	10.1	0.4	7.2	0.1	0.1	0.1	0.0		0.0	1.4	0.0	5.7	30.0	2.9	80.7	7.9	153.6	0.0	ND	ND
Harina de almendras	11	gramos	11	11	66	2.2	5.7	2.5	0.6	3.7	1.2	0.0		0.0	0.0	0.0	6.7	24.4	0.3	79.0	0.8	67.6	0.0	ND	ND

grasas
CON PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Harina de cacahuate	15	gramos	15	15	65	5.1	3.3	4.8	0.5	1.7	1.1	0.0		2.4	0.0	0.0	20.4	19.8	0.7	206.3	0.0	77.1	0.0	ND	ND
Harina de cacahuate desgrasada	20	gramos	20	20	66	10.6	0.1	7.0	0.0	0.1	0.0	0.0		3.2	0.0	0.0	50.0	28.6	0.4	261.4	36.4	153.6	0.0	ND	ND
Hummus de garbanzo	20	gramos	20	20	67	2.7	3.5	6.4	0.0	0.0	0.0	0.0		0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
KKwate Sabritas Japonés	15	gramos	15	15	74	2.4	4.2	6.6	ND	ND	ND	0.0		ND	ND	ND	ND	ND	ND	ND	69.0	ND	0.0	ND	ND
KKwate Sabritas Salado	10	gramos	10	10	60	2.0	5.2	1.2	ND	ND	ND	0.0		ND	ND	ND	ND	ND	ND	ND	60.0	ND	0.0	ND	ND
Mantequilla de cacahuate	2	cdita	11	11	63	2.6	5.3	2.3	1.0	2.5	1.5	0.0		0.7	0.0	0.0	9.7	4.3	0.2	79.6	52.0	33.6	0.0	ND	ND
Mazapán sin azúcar	1	pieza	25	25	66	3.5	4.8	2.1	0.8	2.9	1.0	0.0		0.8	ND	ND	ND	ND	ND	ND	0.5	ND	0.0	ND	ND
Nueces mixtas	1	cda	12	12	74	2.0	6.8	2.6	1.0	3.8	1.6	0.0		1.1	2.3	0.1	10.0	13.0	0.4	69.7	78.2	55.7	0.0	ND	ND
Nuez	3	pieza	9	9	67	0.9	7.0	1.3	0.6	4.2	1.9	0.0		0.9	0.0	0.0	4.7	6.8	0.4	57.0	0.1	41.5	0.0	ND	ND
Nuez acaramelada	3/4	taza	12	12	64	1.7	5.6	3.0	1.3	3.0	1.3	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	38.6	0.0	0.0	ND	ND
Nuez de Castilla	3	pieza	9	9	67	0.9	7.0	1.3	0.6	4.2	1.9	0.0		0.9	0.0	0.0	4.7	6.8	0.4	57.0	0.1	0.0	0.0	ND	ND
Nuez de la India acaramelada	3/4	cda	12	12	64	1.7	5.6	3.0	1.3	3.0	1.3	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	38.6	0.0	0.0	ND	ND
Nuez de la India con almendras	3/4	cda	11	11	64	1.9	5.6	2.3	0.8	3.4	1.5	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	35.6	0.0	0.0	ND	ND
Nuez de la India con sal	7	pieza	11	11	66	1.9	5.2	2.7	1.0	3.2	1.0	0.0		0.0	0.0	0.0	0.0	4.8	0.6	34.8	32.0	0.0	0.0	ND	ND
Nuez de la India sin sal en mitades	15	mitades	12	12	72	2.1	5.9	3.4	1.1	3.4	1.1	0.0		0.0	0.0	0.0	50.6	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Nuez de la India tostada sin sal	8	pieza	13	13	73	1.9	5.9	4.2	1.2	3.5	1.0	0.0		0.4	0.0	0.0	9.0	5.9	0.8	72.0	2.3	62.6	0.0	ND	ND

grasas
CON PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Nuez de macadamia deshidratada	4	pieza	10	10	73	0.9	7.7	1.4	1.1	6.1	0.1	0.0		1.0	0.0	0.0	1.5	7.3	0.2	38.2	0.4	14.3	0.0	ND	ND
Nuez deshidratada	3	pieza	9	9	67	0.9	7.0	1.3	0.6	4.2	1.9	0.0		0.9	0.0	0.0	4.7	6.8	0.4	57.0	0.1	27.7	0.0	ND	ND
Nuez en mitades	7	mitades	10	10	74	1.0	7.7	1.4	0.7	4.6	2.1	0.0		1.0	0.0	0.0	5.2	7.5	0.4	63.0	0.1	45.8	0.0	ND	ND
Nuez entera	3	pieza	9	9	67	0.9	7.0	1.3	0.6	4.2	1.9	0.0		0.9	0.0	0.0	4.7	6.8	0.4	57.0	0.1	41.5	0.0	ND	ND
Nuez garapiñada	3/4	taza	12	12	64	1.7	5.6	3.0	1.3	3.0	1.3	0.0		0.0	0.0	0.0	0.0	0.0	0.0	0.0	38.6	0.0	0.0	ND	ND
Nuez picada	10	gramos	10	10	71	1.0	7.4	1.4	0.6	4.4	2.1	0.0		0.9	0.0	0.0	5.0	7.1	0.4	60.4	0.1	43.9	0.0	ND	ND
Nuez tostada	3	pieza	9	9	67	0.9	7.0	1.3	0.6	4.2	1.9	0.0		0.9	0.0	0.0	4.7	6.8	0.4	57.0	0.1	29.0	0.0	ND	ND
Pasta de almendras	4	cdita	13	13	62	1.2	3.8	6.5	0.3	2.4	0.8	0.0		0.7	0.0	0.0	10.0	23.3	0.2	42.3	1.4	34.7	0.0	ND	ND
Pasta de cacahuate	1	cda	10	10	58	2.8	4.9	1.7	0.9	2.5	1.4	0.0		0.2	0.0	0.0	7.8	6.3	0.2	67.0	47.8	0.0	0.0	ND	ND
Pasta de cacahuate desgrasada	1	cda	10	10	43	3.0	2.5	2.8	0.9	2.5	1.4	0.0		1.0	0.0	0.0	5.3	12.0	0.2	0.0	60.7	0.0	0.0	ND	ND
Paté	5	cdita	22	22	69	3.1	6.1	0.3	0.0	0.0	0.0	0.0		0.0	214.3	0.4	13.0	15.2	1.2	29.9	150.9	43.3	0.0	ND	ND
Paté de cerdo	1	cda	13	13	61	1.5	5.8	0.6	1.9	3.4	0.1	20.0		0.0	131.9	0.0	7.9	9.3	0.7	18.1	91.9	26.5	0.0	ND	ND
Paté de Foie Gras	1	cda	13	13	60	1.5	5.7	0.6	1.9	3.3	0.1	19.5		0.0	433.3	0.3	7.8	9.1	0.7	17.9	90.6	26.0	0.0	ND	ND
Paté de ganso	1	cda	13	13	61	1.5	5.8	0.6	1.9	3.4	0.1	20.0		0.0	131.9	0.0	7.9	9.3	0.7	18.1	91.9	26.5	0.0	ND	ND
Paté de hígado de cerdo	1	cda	13	13	61	1.5	5.8	0.6	1.9	3.4	0.1	20.0		0.0	131.9	0.0	7.9	9.3	0.7	18.1	91.9	26.5	0.0	ND	ND
Paté de hígado de ternera	1	cda	13	13	61	1.5	5.8	0.6	1.9	3.4	0.1	20.0		0.0	131.9	0.0	7.9	9.3	0.7	18.1	91.9	26.5	0.0	ND	ND
Paté de pollo	8	cdita	35	35	71	4.7	4.6	2.4	1.4	1.9	0.9	137.3		0.0	76.7	3.7	112.6	3.7	3.2	33.4	134.8	61.9	0.0	ND	ND
Paté de ternera	1	cda	13	13	61	1.5	5.8	0.6	1.9	3.4	0.1	20.0		0.0	131.9	0.0	7.9	9.3	0.7	18.1	91.9	26.5	0.0	ND	ND

grasas
CON PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pepita limpia	1 1/2	cda	15	15	79	5.0	6.4	2.0	1.2	2.0	2.9	0.0		0.6	5.9	0.5	8.6	6.4	2.3	122.7	2.7	177.9	0.0	ND	ND
Pepitas	60	pieza	12	12	66	3.0	5.6	2.1	1.1	1.7	2.5	0.0		0.5	4.7	0.4	6.9	5.1	1.8	98.1	2.1	142.7	0.0	ND	ND
Pepitas con cáscara	2	cda	13	13	70	3.5	5.6	1.3	0.9	2.2	2.6	0.0		0.9	0.0	0.0	0.0	0.0	1.8	0.0	520.0	0.0	0.0	ND	ND
Pepitas de calabaza	1 1/2	cda	12	12	66	3.6	5.5	1.7	0.0	0.0	0.0	0.0		0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Pepitas de melón	5	cdita	12	12	66	3.3	5.6	1.8	1.2	0.9	3.3	0.0		0.0	0.0	0.0	6.7	6.2	0.9	76.6	11.7	89.0	0.0	ND	ND
Pepitas tostadas	1	cda	13	13	69	4.3	5.5	1.8	1.1	1.7	2.5	0.0		0.5	5.1	0.5	7.4	5.6	2.0	106.3	2.3	154.1	0.0	ND	ND
Pepperoni	4	reb	15	15	72	2.8	6.7	0.1	2.6	3.3	0.6	12.5		0.0	0.0	0.0	0.0	2.5	0.3	45.0	274.0	28.5	0.0	ND	ND
Piñón	1	cda	10	10	64	1.2	6.2	2.0	1.0	2.3	2.6	0.0		1.1	0.4	0.4	5.7	0.7	0.3	63.6	7.1	3.6	0.0	ND	ND
Pistache	18	pieza	13	13	73	2.6	6.3	2.5	0.8	3.1	1.9	0.0		1.4	0.0	0.0	18.5	15.3	0.5	113.4	86.4	61.7	0.0	ND	ND
Queso de nuez de la India	14	gramos	14	14	62	2.0	4.9	2.1	0.8	2.7	1.2	0.0	0.0	0.4	0.0	0.1	ND	7.1	0.5	ND	49.1	ND	0.0	ND	ND
Queso de puerco	20	gramos	20	20	75	2.0	7.4	0.0	4.1	4.0	1.0	20.0		0.0	0.0	0.0	0.0	1.2	0.2	0.0	0.0	0.0	0.0	ND	ND
Salsa Bearnesa industrializada	4	cdita	17	17	61	2.3	1.5	9.9	0.2	0.7	0.5	0.0		0.0	0.0	0.7	2.0	27.3	0.1	48.6	564.4	24.6	0.0	ND	ND
Salsa Bechamel	3	cda	45	45	66	1.7	4.8	4.1	1.3	2.0	1.3	3.2		0.1	24.8	0.4	2.2	53.3	0.1	70.2	159.5	44.3	0.0	ND	ND
Salsa blanca	3	cda	45	45	66	1.7	4.8	4.1	1.3	2.0	1.3	3.2		0.1	24.8	0.4	2.2	53.3	0.1	70.2	159.5	44.3	0.0	ND	ND
Salsa de ajonjolí	2	cdita	11	11	63	2.6	5.3	2.3	1.0	2.5	1.5	0.0		0.7	0.0	0.0	4.8	4.2	0.2	77.2	50.4	32.6	0.0	ND	ND
Salsa de cacahuate	2	cdita	11	11	63	2.6	5.3	2.3	1.0	2.5	1.5	0.0		0.7	0.0	0.0	9.7	4.3	0.2	79.6	52.0	33.6	0.0	ND	ND
Salsa de pimienta verde	5	cda	75	75	72	2.3	4.4	6.0	2.7	1.2	0.1	13.3		0.3	41.7	0.8	3.4	53.6	0.4	102.1	280.4	46.3	0.0	ND	ND
Salsa de queso	2	cda	34	34	67	3.5	5.1	1.8	2.7	1.6	0.5	12.5		0.0	54.4	0.0	2.3	105.4	0.1	48.7	167.7	78.2	0.0	ND	ND

grasas
CON PROTEÍNA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Salsa pesto	4	cdita	24	24	66	3.1	5.5	0.9	0.0	0.0	0.0	5.9		0.0	0.0	1.3	0.0	69.5	0.3	55.2	103.2	0.0	0.0	ND	ND
Selección de botana mexicana	1	cda	10	10	62	2.3	5.0	2.0	0.7	2.3	2.0	0.0		0.7	0.0	0.0	0.0	0.0	0.1	0.0	120.0	0.0	0.0	ND	ND
Semilla de calabaza	1 1/2	cda	15	11	61	3.4	5.1	1.6	0.9	1.9	2.2	0.0		0.2	1.7	0.0	0.0	4.2	1.0	0.0	0.0	0.0	0.0	ND	ND
Semilla de calabaza menuda	2	cda	20	15	65	5.3	4.1	3.0	0.7	1.5	0.0	0.0		0.7	0.0	0.0	0.0	5.2	0.2	0.0	0.0	0.0	0.0	ND	ND
Semilla de chía	5	cdita	12	12	66	3.3	5.6	1.8	1.2	0.9	3.3	0.0		0.0	0.0	0.0	6.7	6.2	0.9	76.6	11.7	89.0	0.0	ND	ND
Semilla de girasol	4	cdita	12	12	69	2.7	6.0	2.1	0.7	1.5	3.7	0.0		1.2	0.4	0.0	18.4	14.6	0.6	84.0	0.4	85.7	0.0	ND	ND
Semilla de girasol tostada	4	cdita	12	12	71	2.4	6.0	2.9	0.6	1.2	4.0	0.0		1.3	0.0	0.0	28.7	8.6	0.5	103.3	0.4	140.1	0.0	ND	ND
Tocino de pavo	3	reb	30	30	68	4.8	5.1	0.6	1.4	1.9	1.7	25.8	0.3	0.0	3.0	0.0	ND	24.0	0.4	ND	320.7	ND	0.0	ND	ND
Tocino vegetariano	2	reb	20	20	63	2.3	6.0	1.3	1.0	1.5	3.0	0.0		0.5	2.5	0.0	7.5	5.0	0.5	35.0	292.5	15.0	0.0	ND	ND
Vinagreta miel y mostaza	1 1/2	cdita	12	12	49	0.0	3.9	4.3	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	154.2	ND	0.0	ND	ND

azúcares

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Adams Deemint menta	2	pieza	11	11	40	0.0	0.0	9.6	0.0	0.0	0.0	0.0	7.6	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Adams Halls cereza	4	pieza	11	11	44	0.0	0.0	10.8	0.0	0.0	0.0	0.0	7.2	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Adams Halls Colors	4	pieza	11	11	44	0.0	0.0	10.8	0.0	0.0	0.0	0.0	7.2	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Adams Halls limón con miel de abeja	4	pieza	11	11	43	0.0	0.0	10.7	0.0	0.0	0.0	0.0	10.7	0.0	0.0	0.0	ND	0.0	0.0	ND	0.1	ND	0.0	ND	ND
Aderezos para ensalada bajos en calorías y grasa	1/3	taza	85	85	40	0.0	0.0	8.0	0.0	0.0	0.0	0.0	8.0	0.0	0.0	0.0	0.0	0.0	0.0	40.0	1066.6	0.0	0.0	ND	ND
Agua quina	1/3	lata	117	117	42	0.0	0.0	11.1	0.0	0.0	0.0	0.0	11.1	0.0	0.0	0.0	0.0	1.2	0.0	0.0	16.3	0.0	0.0	ND	ND
Ate	13	gramos	13	13	41	0.4	0.1	9.8	0.0	0.0	0.0	0.0	9.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	51	5
Ate de guayaba	13	gramos	13	13	41	0.4	0.1	9.8	0.0	0.0	0.0	0.0	9.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	51	5
Ate de membrillo	13	gramos	13	13	41	0.4	0.1	9.8	0.0	0.0	0.0	0.0	9.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	51	5
Azúcar BC	2	cdita	10	10	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Azúcar blanca	2	cdita	8	8	33	0.0	0.0	8.4	0.0	0.0	0.0	0.0	8.4	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.0	0.0	68	6
Azúcar de mesa	2	cdita	8	8	33	0.0	0.0	8.4	0.0	0.0	0.0	0.0	8.4	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.0	0.0	68	6
Azúcar glass	4	cdita	10	10	39	0.0	0.0	10.0	0.0	0.0	0.0	0.0	9.8	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.1	0.0	0.0	68	7
Azúcar granulada	2	cdita	8	8	33	0.0	0.0	8.4	0.0	0.0	0.0	0.0	8.4	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.0	0.0	68	6
Azúcar mascabado	2	cdita	10	10	36	0.0	0.0	9.1	0.0	0.0	0.0	0.0	9.1	0.0	0.3	0.2	0.0	5.1	0.4	34.4	3.0	0.0	0.0	68	6
Azúcar morena	3	cdita	9	9	34	0.0	0.0	8.8	0.0	0.0	0.0	0.0	8.7	0.0	0.0	0.0	0.1	7.5	0.1	12.0	2.5	0.4	0.0	68	6
Bebida de almendra con azúcar	3/4	taza	180	180	54	0.7	1.7	9.4	0.1	1.0	0.4	0.0	8.6	0.4	154.8	0.0	ND	318.6	0.5	ND	124.2	ND	ND	ND	ND
Bebida de lichi	2/7	lata	101	101	47	0.0	0.0	11.8	0.0	0.0	0.0	0.0	11.8	0.0	0.0	0.0	ND	0.0	0.0	ND	22.9	ND	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Bebida láctea fermentada	1	pieza	80	80	50	0.9	0.2	11.7	0.0	0.0	0.0	0.0	11.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	46	5
Bebida para deportistas	1/4	bote	152	152	40	0.0	0.0	9.8	0.0	0.0	0.0	0.0	8.0	0.0	0.0	0.6	0.0	1.5	0.1	22.8	59.4	15.2	0.0	78	8
Bebida para deportistas en polvo	2	cdita	10	10	36	0.0	0.0	9.5	0.0	0.0	0.0	0.0	9.0	ND	ND	ND	ND	ND	ND	20.1	60.3	ND	0.0	78	7
Boing	1/2	Pak ch	125	125	41	0.0	0.0	10.6	0.0	0.0	0.0	0.0	10.6	0.0	0.0	0.0	ND	0.0	0.0	ND	18.8	ND	0.0	ND	ND
Boing guayaba	1/3	lata	112	112	36	0.0	0.0	9.0	0.0	0.0	0.0	0.0	9.0	0.0	0.0	0.0	ND	0.0	0.0	ND	16.8	ND	0.0	ND	ND
Boing mango	1/3	lata	112	112	39	0.0	0.0	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	ND	0.0	0.0	ND	16.8	ND	0.0	ND	ND
Bolitochas	1 1/4	pieza	11	11	44	0.0	0.0	10.5	0.0	0.0	0.0	0.0	7.4	0.0	0.0	0.0	ND	0.0	0.0	ND	133.7	ND	0.0	ND	ND
Bombón de chocolate	2	pieza	14	14	18	0.6	2.2	9.5	1.7	0.0	0.0	0.0	9.0	0.6	0.0	0.0	ND	0.0	0.0	ND	20.2	ND	0.0	ND	ND
Boost*	1/3	lata	78	78	33	0.3	0.0	7.9	0.0	0.0	0.0	0.0	7.9	0.0	ND	ND	ND	ND	ND	ND	0.6	ND	0.0	ND	ND
Borrachos envinados	1	pieza	13	13	43	0.3	0.3	8.7	0.2	0.0	0.0	0.0	5.6	0.0	0.0	0.0	ND	0.0	0.0	ND	3.9	ND	0.0	ND	ND
Bubbaloo Crack Ups	11	pieza	11	11	44	0.0	0.3	10.3	0.3	0.0	0.0	0.0	7.7	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Bubbaloo fresa	3	pieza	17	17	48	0.0	0.0	11.7	0.0	0.0	0.0	0.0	10.2	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Bubbaloo menta	3	pieza	17	17	48	0.0	0.0	12.0	0.0	0.0	0.0	0.0	10.5	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Bubbaloo paleta	3/4	pieza	12	12	45	0.0	0.0	11.2	0.0	0.0	0.0	0.0	7.8	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Bubulubu	1/3	pieza	12	12	46	0.1	0.9	9.2	0.9	0.0	0.0	0.0	6.6	0.2	ND	ND	ND	ND	ND	ND	38.5	ND	0.0	ND	ND
Café capuchino helado	1/3	taza	80	80	43	0.7	0.8	8.0	0.5	0.0	0.0	1.7	7.0	0.0	0.0	0.0	0.0	0.0	0.0	93.3	40.0	0.0	0.0	ND	ND
Café capuchino instantáneo	2	cdita	8	8	32	0.2	0.4	6.9	0.3	0.1	0.0	0.2	5.5	ND	0.0	0.0	0.4	10.6	0.0	66.5	14.4	14.6	0.0	ND	ND

azúcares

SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Cajeta	1 1/2	cdita	9	9	36	0.5	1.0	6.4	0.0	0.0	0.0	0.0	6.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.7	0.0	0.0	ND	ND
Cajeta reducida en azúcar	1	cda	15	15	44	0.6	0.9	9.9	0.7	0.2	0.0	0.6	4.6	0.2	0.0	0.0	ND	0.0	0.0	ND	12.8	ND	0.0	ND	ND
Caramelo	2	pza ch	12	12	47	0.0	0.0	11.8	0.0	0.0	0.0	0.0	7.5	ND	0.0	0.0	0.0	0.4	0.0	0.6	4.6	0.4	0.0	ND	ND
Caramelo de mantequilla	2	pieza	11	11	45	0.0	0.4	10.8	0.1	0.0	0.0	1.2	10.8	0.0	4.0	0.0	0.0	0.4	0.0	0.4	4.8	0.4	0.0	ND	ND
Caramelo Deemint menta	2	pieza	11	11	40	0.0	0.0	9.6	0.0	0.0	0.0	0.0	7.6	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Caramelo macizo	2	pza ch	12	12	47	0.0	0.0	11.8	0.0	0.0	0.0	0.0	7.5	ND	0.0	0.0	0.0	0.4	0.0	0.6	4.6	0.4	0.0	ND	ND
Caramelo salvavidas	4	pieza	10	10	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	70	7
Cáscara de fruta cristalizada	12	gramos	12	12	39	0.0	0.0	9.9	0.0	0.0	0.0	0.0	9.7	0.2	0.1	0.0	ND	2.2	0.0	ND	11.8	ND	0.0	ND	ND
Cáscara de naranja cristalizada	10	gramos	10	10	32	0.0	0.0	8.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Castaña	2	pieza	22	22	44	0.4	0.3	9.9	0.1	0.1	0.1	0.0	9.9	ND	0.2	9.0	13.0	4.3	0.2	108.4	0.4	8.5	0.0	ND	ND
Castaña con cáscara	2	pieza	30	18	39	0.4	0.4	8.3	0.1	0.1	0.2	0.0	8.3	2.1	0.2	7.9	11.3	4.9	0.2	94.8	0.5	17.0	0.0	ND	ND
Castaña asada	12	gramos	12	12	44	0.6	0.5	9.4	0.1	0.2	0.2	0.0	9.4	ND	0.0	1.8	13.2	7.7	0.3	118.9	4.4	16.4	0.0	ND	ND
Cerecets	10	gramos	10	10	40	0.0	0.1	9.2	0.0	0.0	0.0	0.0	4.3	0.1	0.0	0.0	ND	0.0	0.0	ND	7.4	ND	0.0	ND	ND
Checolines	15	gramos	15	15	45	0.0	0.0	11.3	0.0	0.0	0.0	0.0	10.1	0.0	0.0	0.0	ND	0.0	0.0	ND	15.2	ND	0.0	ND	ND
Chewy candy	1/2	pieza	13	13	44	0.0	0.2	10.5	0.1	0.0	0.0	0.0	7.2	0.0	ND	ND	ND	ND	ND	ND	26.1	ND	0.0	ND	ND
Chicle	5	pieza	15	15	37	0.0	0.0	9.9	0.0	0.0	0.0	0.0	9.9	0.4	0.0	0.0	0.0	0.0	0.0	0.3	0.2	0.0	0.0	ND	ND
Chicle bajo en azúcar	6	pieza	12	12	32	0.0	0.0	11.4	0.0	0.0	0.0	0.0	11.4	0.3	0.0	0.0	0.0	2.4	0.0	0.0	0.8	0.0	0.0	ND	ND

azúcares

SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chicloso	1	pieza	12	12	46	0.3	1.1	8.7	0.1	0.2	0.8	0.0	5.4	0.3	0.0	0.0	1.4	2.0	0.1	9.7	15.5	6.4	0.0	ND	ND
Chocolate Don Gustavo en polvo	2	cdita	10	10	41	0.6	0.7	8.1	0.3	0.0	0.0	0.0	6.6	1.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Chocolate en polvo Morelia	2	cdita	10	10	39	0.3	0.2	9.1	0.2	0.0	0.0	0.0	9.1	0.5	0.0	0.0	ND	0.0	0.0	ND	3.5	ND	0.0	ND	ND
Chocolate en polvo sin azúcar	2	cdita	10	10	40	2.0	1.0	6.0	0.0	ND	ND	0.0	4.0	2.0	ND	0.0	ND	ND	3.6	ND	ND	0.0	0.0	51	3
Chocolate en tableta (Abuelita)	10	gramos	10	10	45	0.3	1.4	7.6	1.1	0.0	0.0	0.0	7.5	0.3	0.0	0.0	ND	0.0	0.0	ND	0.5	ND	0.0	ND	ND
Chocolate líquido	1	cda	18	18	50	0.4	0.2	11.7	0.1	0.1	0.0	0.0	8.9	0.5	0.0	0.0	ND	2.5	0.4	ND	13.0	ND	0.0	ND	ND
Coca Cola	1/3	lata	117	117	49	0.0	0.0	12.3	0.0	0.0	0.0	0.0	12.3	0.0	0.0	0.0	ND	0.0	0.0	ND	11.7	ND	0.0	ND	ND
Cocentrado de coco almedra	1	cda	15	15	39	0.0	0.0	9.6	0.0	0.0	0.0	0.0	6.2	0.0	0.0	0.0	ND	0.0	0.0	ND	3.5	ND	0.0	ND	ND
Cocoa en polvo	2	cdita	10	10	40	2.0	1.0	6.0	0.0	ND	ND	0.0	4.0	2.0	ND	0.0	ND	ND	3.6	ND	ND	0.0	0.0	51	3
Concentrado de jugo de arándano	1 1/2	cda	23	23	45	0.0	0.0	11.6	0.0	0.0	0.0	0.0	9.6	0.0	0.5	10.3	ND	2.5	0.1	ND	0.9	ND	0.0	ND	ND
Concentrado sabor fresa	1	cda	15	15	44	0.0	0.5	10.0	0.0	0.0	0.0	0.0	6.5	0.0	0.0	0.0	ND	0.0	0.0	ND	2.5	ND	0.0	ND	ND
Concentrado sabor guayaba	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	0.0	ND	0.0	0.0	ND	2.5	ND	0.0	ND	ND
Concentrado sabor horchata	2 1/2	cdita	13	13	52	4.6	0.0	8.3	0.0	0.0	0.0	0.0	5.4	0.4	0.0	0.0	ND	0.0	0.0	ND	2.1	ND	0.0	ND	ND
Concentrado sabor jamaica	1 1/4	cda	19	19	42	0.0	0.0	10.6	0.0	0.0	0.0	0.0	10.0	0.0	0.0	0.0	ND	0.0	0.0	ND	6.2	ND	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Concentrado sabor limón	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	6.0	0.5	0.0	0.0	ND	0.0	0.0	ND	2.5	ND	0.0	ND	ND
Concentrado sabor mandarina	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	6.0	0.5	0.0	0.0	ND	0.0	0.0	ND	2.5	ND	0.0	ND	ND
Concentrado sabor naranja	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	0.0	ND	0.0	0.0	ND	2.5	ND	0.0	ND	ND
Concentrado sabor piña	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	0.0	ND	0.0	0.0	ND	2.5	ND	0.0	ND	ND
Concentrado sabor tamarindo	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	0.0	ND	0.0	0.0	ND	2.5	ND	0.0	ND	ND
Concentrado sabor uva	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	6.0	0.5	0.0	0.0	ND	0.0	0.0	ND	2.5	ND	0.0	ND	ND
Crack Ups	11	pieza	11	11	44	0.0	0.3	10.3	0.3	0.0	0.0	0.0	7.7	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Crayón	1/3	pieza	11	11	37	0.0	0.0	9.2	0.0	0.0	0.0	0.0	8.3	0.0	0.0	0.0	ND	0.0	0.0	ND	15.2	ND	0.0	ND	ND
Crazy Dips sabor frutas	1	sobre	12	12	45	0.0	0.0	12.0	ND	ND	ND	ND	11.0	0.0	ND	ND	ND	ND	ND	ND	0.0	ND	0.0	ND	ND
Cubierta de chocolate	2	cdita	12	12	48	0.0	1.3	9.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3	0.0	0.0	0.0	ND	ND
Cubierta de fresa	3	cdita	16	16	41	0.0	0.0	10.6	0.0	0.0	0.0	0.0	0.0	0.2	0.4	3.8	0.4	3.8	0.2	11.8	3.4	1.9	0.0	ND	ND
Cubierta de piña	3	cdita	16	16	40	0.0	0.0	10.6	0.0	0.0	0.0	0.0	0.0	0.2	0.4	9.5	0.4	3.4	0.1	50.7	9.9	1.1	0.0	ND	ND
Cuchara mango y tamarindo	3/4	pieza	12	12	48	0.0	0.0	10.8	0.0	0.0	0.0	0.0	9.6	0.0	0.0	0.0	ND	0.0	0.0	ND	132.0	ND	0.0	ND	ND
Cueritos de fruta	1/2	pieza	11	11	39	0.0	0.3	9.0	0.1	0.2	0.1	0.0	5.2	0.0	0.6	12.6	0.2	3.4	0.1	30.9	33.3	3.3	0.0	99	9
Danette Flan vainilla	1	pieza	57	57	62	1.6	1.7	10.0	1.0	ND	ND	ND	9.8	0.2	ND	ND	ND	63.2	ND	ND	48.2	ND	ND	ND	ND
Danette Natilla chocolate	1/2	pieza	50	50	66	1.1	1.9	11.2	1.2	ND	ND	ND	9.5	0.4	ND	ND	ND	44.3	ND	ND	42.9	ND	ND	ND	ND
Dany, gelatina de agua	1/2	pieza	63	63	43	0.9	0.0	9.8	0.0	ND	ND	ND	9.6	0.0	ND	ND	ND	0.0	ND	ND	52.4	ND	ND	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Del Valle naranjada&nada	1/3	taza	79	79	36	0.0	0.0	9.1	0.0	0.0	0.0	0.0	9.1	0.0	0.0	0.0	ND	0.0	0.0	ND	35.2	ND	0.0	ND	ND
Delaware Punch	1/4	lata	89	89	39	0.0	0.0	9.8	0.0	0.0	0.0	0.0	9.8	0.0	0.0	0.0	ND	0.0	0.0	ND	17.8	ND	0.0	ND	ND
Dextrosa	3	cdita	12	12	45	0.0	0.0	10.5	0.0	0.0	0.0	0.0	10.5	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Dulce de tamarindo	1	pieza	14	14	46	0.0	0.0	12.9	0.0	0.0	0.0	0.0	11.0	0.4	0.1	0.0	ND	0.0	0.0	ND	230.0	ND	0.0	ND	ND
Fanta	1/3	lata	117	117	45	0.0	0.0	11.1	0.0	0.0	0.0	0.0	11.1	0.0	0.0	0.0	ND	0.0	0.0	ND	19.3	ND	0.0	ND	ND
Flan en polvo	1	cda	12	12	42	0.0	0.0	11.0	0.0	0.0	0.0	0.0	11.0	0.0	0.0	0.0	0.0	2.9	0.0	18.4	51.8	0.1	0.0	ND	ND
Fresca	1/3	lata	118	118	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0	0.0	ND	0.0	0.0	ND	23.5	ND	0.0	ND	ND
Fructosa	3	cdita	12	12	44	0.0	0.0	12.0	0.0	0.0	0.0	0.0	11.1	0.0	0.0	0.0	ND	0.0	0.0	ND	1.4	ND	0.0	ND	ND
Fruta cristalizada	15	gramos	15	15	45	0.5	0.1	11.0	0.0	0.0	0.0	0.0	11.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	103	11
Fuze Tea mandarina	1/4	lata	113	113	36	0.0	0.0	9.1	0.0	0.0	0.0	0.0	9.1	0.0	0.0	0.0	ND	0.0	0.0	ND	24.3	ND	0.0	ND	ND
Fuze Tea mango manzanilla	1/4	lata	113	113	36	0.0	0.0	9.1	0.0	0.0	0.0	0.0	9.1	0.0	0.0	0.0	ND	0.0	0.0	ND	48.7	ND	0.0	ND	ND
Fuze Tea negro durazno	1/5	lata	91	91	45	0.0	0.0	11.3	0.0	0.0	0.0	0.0	11.3	0.0	0.0	0.0	ND	0.0	0.0	ND	9.1	ND	0.0	ND	ND
Fuze Tea negro limón	1/4	lata	113	113	36	0.0	0.0	9.1	0.0	0.0	0.0	0.0	9.1	0.0	0.0	0.0	ND	0.0	0.0	ND	11.3	ND	0.0	ND	ND
Fuze Tea verde limón	1/4	lata	113	113	36	0.0	0.0	9.1	0.0	0.0	0.0	0.0	9.1	0.0	0.0	0.0	ND	0.0	0.0	ND	11.3	ND	0.0	ND	ND
Gatorade variedad de sabores	200	ml	200	200	46	0.0	0.0	11.6	ND	ND	ND	ND	11.6	0.0	0.0	0.0	0.0	ND	ND	25.0	91.6	ND	0.0	ND	ND
Gelatina	1/3	taza	59	59	37	0.7	0.0	8.4	0.0	0.0	0.0	0.0	8.0	0.0	0.0	0.0	0.6	1.8	0.0	0.6	44.6	13.2	0.0	ND	ND
Gelatina de agua Dany sabor cola	1 1/2	envase	60	60	42	1.1	0.0	9.3	ND	ND	ND	ND	3.7	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Gelatina de anís	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de cereza	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de chocolate	3	cda	48	48	46	2.1	1.1	6.8	0.7	0.0	0.0	0.0	6.8	0.0	0.0	0.0	ND	45.0	0.0	ND	23.2	ND	0.0	ND	ND
Gelatina de chocolate de leche	3	cda	48	48	46	2.1	1.1	6.8	0.7	0.0	0.0	0.0	6.8	0.0	0.0	0.0	ND	45.0	0.0	ND	23.2	ND	0.0	ND	ND
Gelatina de durazno	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de frambuesa	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de fresa de agua	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de fresa de leche	3	cda	48	48	46	2.1	1.1	6.8	0.7	0.0	0.0	0.0	6.8	0.0	0.0	0.0	ND	45.0	0.0	ND	23.2	ND	0.0	ND	ND
Gelatina de grosella	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de jerez	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de limón	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de mandarina	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de manzana	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de mora azul	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de naranja	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de nuez de leche	3	cda	48	48	46	2.1	1.1	6.8	0.7	0.0	0.0	0.0	6.8	0.0	0.0	0.0	ND	0.0	0.0	ND	23.3	ND	0.0	ND	ND
Gelatina de piña	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Gelatina de pistache	3	cda	48	48	46	2.1	1.1	6.8	0.7	0.0	0.0	0.0	6.8	0.0	0.0	0.0	ND	45.0	0.0	ND	23.2	ND	0.0	ND	ND
Gelatina de rompope	3	cda	48	48	46	2.1	1.1	6.8	0.7	0.0	0.0	0.0	6.8	0.0	0.0	0.0	ND	45.0	0.0	ND	23.2	ND	0.0	ND	ND
Gelatina de sabor en polvo	10	gramos	10	10	38	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	0.3	0.3	0.0	0.7	46.6	14.1	0.0	ND	ND
Gelatina de uva	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina de vainilla	3	cda	48	48	46	2.1	1.1	6.8	0.7	0.0	0.0	0.0	6.8	0.0	0.0	0.0	ND	45.0	0.0	ND	23.2	ND	0.0	ND	ND
Gelatina de vainilla de leche	3	cda	48	48	46	2.1	1.1	6.8	0.7	0.0	0.0	0.0	6.8	0.0	0.0	0.0	ND	45.0	0.0	ND	23.2	ND	0.0	ND	ND
Gelatina de zarzamora	4	cda	64	64	40	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	ND	1.9	0.0	ND	48.0	ND	0.0	ND	ND
Gelatina en polvo para agua	10	gramos	10	10	38	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	0.3	0.3	0.0	0.7	46.6	14.1	0.0	ND	ND
Gelatina en polvo para leche	10	gramos	10	10	38	0.8	0.0	9.1	0.0	0.0	0.0	0.0	8.6	0.0	0.0	0.0	0.3	0.3	0.0	0.7	46.6	14.1	0.0	ND	ND
Gelatina preparada	4 1/2	cda	72	72	45	0.9	0.0	10.2	0.0	0.0	0.0	0.0	9.7	0.0	0.0	0.0	0.7	2.2	0.0	0.7	54.0	15.9	0.0	ND	ND
Gomilocas de hamburguesa	1/4	bolsa	14	14	44	0.6	0.0	10.4	0.0	0.0	0.0	0.0	7.3	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Gomilocas pingüino	1/4	bolsa	14	14	45	0.8	0.0	10.4	0.0	0.0	0.0	0.0	7.3	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Gomitas	4	pieza	12	12	42	0.5	0.0	10.2	0.0	0.0	0.0	0.0	7.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Gomitas con azúcar	1	pieza	15	15	44	0.4	0.0	10.5	0.0	0.0	0.0	0.0	10.1	0.0	0.0	0.0	ND	0.0	0.0	ND	7.1	ND	0.0	ND	ND
Gomitas de aros de durazno ácidas	1 1/2	pieza	12	12	43	0.7	0.0	10.1	0.0	0.0	0.0	0.0	5.0	0.0	0.0	0.0	ND	0.0	0.0	ND	3.4	ND	0.0	ND	ND
Gomitas de aros de manzana ácidas	2	pieza	16	16	51	1.2	0.0	11.6	0.0	0.0	0.0	0.0	10.4	0.0	0.0	0.0	ND	0.0	0.0	ND	5.6	ND	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Gomitas de Coca Cola	3	pieza	12	12	38	0.9	0.0	8.7	0.0	0.0	0.0	0.0	7.8	0.0	0.0	0.0	ND	0.0	0.0	ND	4.2	ND	0.0	ND	ND
Gomitas de guanábana	3	pieza	12	12	38	0.4	0.0	8.6	0.0	0.0	0.0	0.0	7.9	0.0	0.0	0.0	ND	0.0	0.0	ND	5.6	ND	0.0	ND	ND
Gomitas de gusano (lombriz brillante)	2	pieza	16	16	48	0.4	0.0	11.6	0.0	0.0	0.0	0.0	10.4	0.0	0.0	0.0	ND	0.0	0.0	ND	7.6	ND	0.0	ND	ND
Gomitas de pingüinos	1/4	bolsa	14	14	45	0.8	0.0	10.4	0.0	0.0	0.0	0.0	7.3	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Gomitas en forma de dientes (Ricolino)	1/4	bolsa	14	14	44	0.6	0.0	10.5	0.0	0.0	0.0	0.0	7.7	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Gomitas frutas enchiladas	2	pieza	16	16	51	0.8	0.0	12.0	0.0	0.0	0.0	0.0	11.6	0.0	0.0	0.0	ND	0.0	0.0	ND	108.0	ND	0.0	ND	ND
Gomitas mango Lucky	1 1/2	pieza	12	12	48	0.0	0.0	10.5	0.0	0.0	0.0	0.0	9.0	0.0	0.0	0.0	ND	0.0	0.0	ND	6.4	ND	0.0	ND	ND
Granadina	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	7.0	0.0	0.0	0.0	ND	0.9	0.0	ND	4.1	ND	0.0	ND	ND
Huevitos de chocolate confitado	10	gramos	10	10	40	0.4	0.6	8.4	0.6	0.0	0.0	0.0	7.2	0.4	0.0	0.0	ND	0.0	0.0	ND	8.0	ND	0.0	ND	ND
Inulina de agave	2	cdita	10	10	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	0.5	9.5	0.0	0.0	ND	0.0	0.0	ND	120.0	ND	0.0	ND	ND
Jalea	2	cdita	13	13	42	0.0	0.0	10.7	0.0	0.0	0.0	0.0	6.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3	0.0	0.0	ND	ND
Jalea Molecular varios sabores	3	cdita	18	18	39	0.5	0.0	10.8	0.0	0.0	0.0	0.0	9.0	0.2	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jarabe de chocolate	1	cda	18	18	49	0.4	0.2	11.4	0.1	0.1	0.0	0.0	8.7	0.5	0.0	0.0	0.4	2.5	0.4	39.4	12.7	22.7	0.0	ND	ND
Jarabe de fresa	1	cda	15	15	40	0.0	0.0	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jarabe de mango	1	cda	15	15	45	0.0	0.0	11.5	0.0	0.0	0.0	0.0	11.5	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jarabe de sabor para preparar agua	1	cda	17	17	41	0.0	0.1	11.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Jarabe nuez de macadamia	1	cda	15	15	45	0.0	0.0	11.5	0.0	0.0	0.0	0.0	11.5	0.0	0.0	0.0	ND	0.0	0.0	ND	20.0	ND	0.0	ND	ND
Jarabe sabor "fresa"	1	cda	15	15	40	0.0	0.0	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jarabe sabor amareto	1	cda	15	15	40	0.0	0.0	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jarabe sabor arándano azul	1	cda	15	15	40	0.0	0.0	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jarabe sabor chocolate blanco	1	cda	15	15	40	0.0	0.0	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	ND	0.0	0.0	ND	22.5	ND	0.0	ND	ND
Jarabe sabor Irlandés	1	cda	15	15	45	0.0	0.0	11.5	0.0	0.0	0.0	0.0	11.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jarabe sabor menta fresca	1	cda	15	15	40	0.0	0.0	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jarabe sabor vainilla	1	cda	15	15	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Jolly Rancher	2	pieza	12	12	46	0.0	0.0	11.6	0.0	0.0	0.0	0.0	8.8	0.0	0.0	0.0	ND	0.0	0.0	ND	12.0	ND	0.0	ND	ND
Jugo Ades de naranja	1	Pak ch	200	200	49	1.2	0.9	9.0	0.1	0.5	0.2	0.0	7.3	0.8	0.0	0.0	ND	0.0	0.0	ND	23.0	ND	0.0	ND	ND
Jugo de caña de azúcar	1/4	taza	60	60	50	0.2	0.1	12.3	0.0	0.0	0.0	0.0	12.3	0.2	0.0	1.2	ND	7.8	0.4	ND	ND	7.2	0.0	ND	ND
Jugo de ciruela pasa	1/4	taza	64	64	45	0.4	0.0	11.2	0.0	0.0	0.0	0.0	10.5	0.6	0.0	2.6	0.0	7.7	0.8	176.6	2.6	16.0	0.0	ND	ND
Jugo de cítricos preparado con agua	1/3	taza	80	80	37	0.2	0.0	9.2	0.0	0.0	0.0	0.0	6.5	0.1	1.6	21.6	5.6	7.1	0.9	89.7	3.2	8.1	0.0	50	5
Jugo de fruta concentrado	20	gramos	20	20	45	0.8	0.3	10.1	0.0	0.0	0.0	0.0	10.0	0.1	57.6	45.8	0.0	10.2	0.3	188.4	1.0	0.0	0.0	50	5
Jugo de frutas	1/3	taza	80	80	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0	20.0	0.0	0.0	0.0	16.7	53.3	36.7	0.0	50	5

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Jugo de zanahoria, manzana y 3 frutas cítricas	1/3	taza	80	80	39	0.0	0.0	9.7	0.0	0.0	0.0	0.0	9.0	0.0	800.0	48.0	0.0	0.0	0.0	0.0	6.4	0.0	0.0	ND	ND
Jugo Natural´es de Lala	1	pieza	125	125	28	0.5	0.0	6.5	ND	ND	ND	ND	6.5	0.0	ND	ND	ND	ND	ND	ND	3.8	ND	0.0	ND	ND
Kombucha	1/2	taza	120	120	38	0.0	0.0	9.6	0.0	0.0	0.0	0.0	1.2	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Leche condensada	2	cdita	11	11	36	0.9	1.0	6.1	0.6	0.3	0.0	3.8	6.1	0.0	8.3	0.3	1.2	31.8	0.0	41.6	14.2	28.3	0.0	61	4
Leche condensada light	1	cda	16	16	45	1.4	0.1	9.6	0.0	0.0	0.0	0.0	9.6	ND	13.8	0.4	0.0	0.0	0.0	0.0	16.8	0.0	0.0	ND	ND
Leche condensada untable	1	cda	15	15	48	1.0	1.3	8.1	0.8	0.0	0.0	0.0	8.1	0.0	0.0	0.0	ND	38.7	0.0	ND	16.5	ND	0.0	ND	ND
Leche en polvo sabor chocolate con malvavisco	2	cda	14	14	56	0.6	0.3	12.6	0.3	0.0	0.0	0.0	11.5	0.6	0.0	3.8	0.6	63.7	0.0	39.2	19.0	12.0	0.0	ND	ND
Leche en polvo sabor fudge de chocolate	2	cda	14	14	56	0.6	0.3	12.6	0.3	0.0	0.0	0.0	11.5	0.6	0.0	3.8	0.6	63.7	0.0	39.2	19.0	12.0	0.0	ND	ND
Lechera tres leches	5	cdita	30	30	45	1.2	1.2	7.3	0.9	0.0	0.0	0.0	7.0	0.0	0.0	0.0	ND	0.0	0.0	ND	37.5	ND	0.0	ND	ND
Lucas Muecas sabor cereza	1/2	pieza	13	13	42	0.0	0.0	10.4	0.0	0.0	0.0	0.0	7.3	0.0	0.0	0.0	ND	0.0	0.0	ND	583.3	ND	0.0	ND	ND
Malvavisco	2	pieza	14	14	45	0.3	0.0	11.4	0.0	0.0	0.0	0.0	8.1	0.0	0.0	0.0	0.1	0.4	0.0	0.7	11.2	1.1	0.0	ND	ND
Malvavisco miniatura	18	pieza	13	13	40	0.2	0.0	10.2	0.0	0.0	0.0	0.0	7.3	0.0	0.0	0.0	0.1	0.4	0.0	0.6	10.1	1.0	0.0	ND	ND
Manzana Lift	1/4	lata	89	89	36	0.0	0.0	8.9	0.0	0.0	0.0	0.0	8.9	0.0	0.0	0.0	ND	0.0	0.0	ND	13.3	ND	0.0	ND	ND
Melaza	2 1/2	cdita	13	13	36	0.0	0.0	8.9	0.0	0.0	0.0	0.0	8.9	0.0	0.0	0.0	0.0	47.5	1.1	204.5	6.1	11.6	0.0	ND	ND
Mentas de caramelo	6	pieza	10	10	41	0.0	0.0	10.2	0.0	0.0	0.0	0.0	10.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	70	7
Mentos frutal	4	pieza	11	11	40	0.0	0.0	10.3	0.0	0.0	0.0	0.0	8.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Mentos menta	4	pieza	11	11	40	0.0	0.0	10.3	0.0	0.0	0.0	0.0	8.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Mentos Sour Mix	4	pieza	11	11	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	8.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Merengue "duro"	11	pza ch	11	11	42	0.2	0.0	10.2	ND	ND	ND	ND	10.2	ND	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Mermelada	2 1/2	cdita	17	17	41	0.1	0.0	10.0	ND	ND	ND	ND	8.1	0.1	0.1	0.0	0.1	2.0	0.0	10.0	0.2	0.0	0.0	48	5
Mermelada con fructosa	2 1/2	cda	43	43	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0	0.0	0.0	0.0	0.0	87.5	50.0	0.0	0.0	ND	ND
Mermelada de blueberry	1	cda	15	15	38	0.0	0.0	9.8	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	ND	0.0	0.0	ND	3.8	ND	0.0	ND	ND
Mermelada de chabacano	1	cda	15	15	38	0.0	0.0	9.8	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	ND	0.0	0.0	ND	3.8	ND	0.0	ND	ND
Mermelada de durazno	1	cda	15	15	38	0.0	0.0	9.8	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	ND	0.0	0.0	ND	3.8	ND	0.0	ND	ND
Mermelada de frambuesa	1	cda	15	15	38	0.0	0.0	9.8	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	ND	0.0	0.0	ND	3.8	ND	0.0	ND	ND
Mermelada de fresa	1	cda	15	15	38	0.0	0.0	9.8	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	ND	0.0	0.0	ND	3.8	ND	0.0	ND	ND
Mermelada de fruta, menos azúcar	2	cda	30	30	40	0.0	0.0	9.9	0.0	0.0	0.0	0.0	9.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Mermelada de naranja	1	cda	15	15	38	0.0	0.0	9.8	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	ND	0.0	0.0	ND	3.8	ND	0.0	ND	ND
Mermelada de pera	1	cda	15	15	38	0.0	0.0	9.8	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	ND	0.0	0.0	ND	3.8	ND	0.0	ND	ND
Mermelada de zarzamora	1	cda	15	15	38	0.0	0.0	9.8	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	ND	0.0	0.0	ND	3.8	ND	0.0	ND	ND
Miel	2	cdita	14	14	43	0.0	0.0	11.5	0.0	0.0	0.0	0.0	11.5	0.0	0.0	0.1	0.3	0.8	0.1	7.3	0.6	0.6	0.0	55	6
Miel de abeja	2	cdita	14	14	43	0.0	0.0	11.5	0.0	0.0	0.0	0.0	11.5	0.0	0.0	0.1	0.3	0.8	0.1	7.3	0.6	0.6	0.0	55	6
Miel de agave	2	cdita	12	12	37	0.0	0.0	9.1	0.0	0.0	0.0	0.0	8.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Miel de caña	2	cdita	12	12	35	0.1	0.0	8.7	0.0	0.0	0.0	0.0	8.7	0.0	0.0	0.4	ND	8.4	0.1	51.0	ND	5.0	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Miel de maíz	2	cdita	12	12	36	0.0	0.0	9.0	0.0	0.0	0.0	0.0	9.0	0.0	0.0	0.0	0.0	5.5	0.5	0.5	8.2	ND	0.0	ND	ND
Miel o jarabe sabor maple	2	cdita	12	12	31	0.0	0.0	8.1	0.0	0.0	0.0	0.0	7.1	0.0	0.0	0.0	0.0	8.0	0.1	24.5	1.1	0.2	0.0	ND	ND
Miguelito en polvo	8	sobre	32	32	45	0.6	0.0	7.0	0.0	0.0	0.0	0.0	0.0	2.7	0.0	0.0	ND	0.0	0.0	ND	8576.0	ND	0.0	ND	ND
Miguelito líquido	10	sobre	100	100	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0	0.0	ND	0.0	0.0	ND	2400.0	ND	0.0	ND	ND
Monster Energy*	1/5	lata	96	96	72	0.0	0.0	11.0	0.0	0.0	0.0	0.0	11.0	0.0	1036.0	0.0	0.0	12.0	0.0	0.0	72.0	0.0	0.0	ND	ND
Mousse de chocolate sin grasa	1/4	taza	50	50	47	1.0	0.2	10.4	0.0	0.0	0.0	0.5	7.9	0.2	0.0	0.0	1.5	19.5	0.8	104.0	55.0	27.0	0.0	31	3
Néctar de fruta	1/4	taza	63	63	38	0.1	0.0	9.9	0.0	0.0	0.0	0.0	9.5	0.4	0.0	0.7	0.6	3.3	0.2	8.3	2.5	2.0	0.0	54	5
Nesquik de chocolate (en polvo)	2 1/2	cdita	13	13	45	0.4	0.3	10.2	0.2	0.0	0.0	0.0	10.0	0.6	0.0	7.4	ND	81.3	2.6	ND	21.9	ND	0.0	ND	ND
Nesquik de fresa (en polvo)	2 1/2	cdita	13	13	44	0.0	0.0	11.0	0.0	0.0	0.0	0.0	8.8	0.8	0.0	10.0	ND	94.8	2.5	ND	5.9	ND	0.0	ND	ND
Nesquik de vainilla (en polvo)	2	cdita	10	10	36	0.0	0.0	8.9	0.0	0.0	0.0	0.0	7.0	0.7	0.0	6.5	ND	75.0	2.0	ND	4.9	ND	0.0	ND	ND
Nestea (en polvo)	4 1/2	cdita	11	11	41	0.1	0.0	10.1	0.0	0.0	0.0	0.0	0.7	0.1	0.0	0.0	ND	0.0	0.0	ND	110.8	ND	0.0	ND	ND
Nieve de frutas	40	gramos	40	40	40	0.2	0.1	9.7	ND	ND	ND	ND	9.7	ND	0.2	3.6	ND	14.4	0.4	1.2	0.0	ND	0.0	ND	ND
Nieve de limón	1/2	bola	34	34	44	0.1	0.0	11.1	0.0	0.0	0.0	0.0	11.1	0.0	0.0	0.3	ND	0.7	0.1	ND	7.5	ND	0.0	ND	ND
Obleas de cajeta	1	pza ch	7	7	30	0.7	0.7	5.3	0.0	0.0	0.0	0.0	5.3	0.0	0.0	0.0	0.0	1.3	0.7	0.0	15.3	0.0	0.0	ND	ND
Paleta de caramelo	2	pieza	12	12	44	0.0	0.0	11.8	0.0	0.0	0.0	0.0	11.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	70	8
Paleta helada de agua	1	pieza	52	52	41	0.0	0.1	10.0	0.0	0.0	0.0	0.0	7.1	0.0	0.0	0.4	0.0	0.0	0.3	7.8	3.6	0.0	0.0	ND	ND
Paleta helada de fruta	1/2	pieza	46	46	38	0.6	0.1	9.3	0.0	0.0	0.0	0.0	9.3	0.0	1.5	4.5	3.0	2.5	0.1	24.5	2.0	3.0	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Paleta helada de fruta sin azúcar	3	pieza	153	153	36	0.9	0.3	9.6	0.0	0.0	0.0	0.0	9.6	0.0	0.0	0.0	0.0	3.0	0.2	39.0	9.0	0.0	0.0	ND	ND
Paleta helada de yogut sabor coco	1/2	pieza	35	35	47	0.7	0.9	9.1	0.6	ND	ND	ND	9.1	0.3	ND	ND	ND	ND	ND	ND	22.8	ND	0.0	ND	ND
Paleta Tutsi Pop	1/2	pieza	10	10	37	0.0	0.0	9.3	0.0	0.0	0.0	0.0	7.6	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Paletón Corona	1/2	pieza	13	13	44	0.6	0.9	8.8	0.6	0.3	0.0	0.0	6.9	0.0	0.0	0.0	ND	0.0	0.0	ND	9.4	ND	0.0	ND	ND
Panditas	1/3	bolsa	15	15	47	0.9	0.0	10.9	ND	ND	ND	ND	7.6	0.1	ND	ND	ND	ND	ND	ND	1.7	ND	0.0	ND	ND
Pasitas con chocolate	11	pieza	11	11	43	0.5	1.6	7.5	1.1	0.3	0.1	0.0	6.8	0.3	3.2	0.0	0.9	9.5	0.2	56.5	4.0	15.7	0.0	ND	ND
Pastilla Halls Colors	4	pieza	11	11	44	0.0	0.0	10.8	0.0	0.0	0.0	0.0	7.2	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Pastilla Halls limón con miel de abeja	4	pieza	11	11	43	0.0	0.0	10.7	0.0	0.0	0.0	0.0	10.7	0.0	0.0	0.0	ND	0.0	0.0	ND	0.1	ND	0.0	ND	ND
Pica Fresa	2	pieza	12	12	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	8.0	0.0	0.0	0.0	ND	0.0	0.0	ND	90.0	ND	0.0	ND	ND
Piloncillo	10	gramos	10	10	36	0.0	0.0	9.1	0.0	0.0	0.0	0.0	9.1	ND	0.2	0.2	ND	5.1	0.4	34.4	3.0	4.4	0.0	ND	ND
Piloncillo rallado	1	cda	10	10	36	0.0	0.0	9.1	0.0	0.0	0.0	0.0	9.1	ND	0.2	0.2	ND	5.1	0.4	34.4	3.0	4.4	0.0	ND	ND
Polen de abeja	2 1/2	cdita	13	13	50	2.5	1.3	7.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Ponche de frutas	1/3	taza	79	79	36	0.0	0.0	9.2	0.0	0.0	0.0	0.0	9.2	0.1	0.8	34.7	0.8	3.2	0.1	10.3	4.0	0.8	0.0	ND	ND
Powerade frutas	1/4	botella	150	150	36	0.0	0.0	9.0	0.0	0.0	0.0	0.0	9.0	0.0	0.0	0.0	ND	1.9	0.0	ND	27.6	ND	0.0	ND	ND
Powerade lima-limón	1/4	botella	150	150	36	0.0	0.0	9.0	0.0	0.0	0.0	0.0	9.0	0.0	0.0	0.0	ND	1.9	0.0	ND	39.9	ND	0.0	ND	ND
Powerade mora	1/4	botella	150	150	36	0.0	0.0	9.0	0.0	0.0	0.0	0.0	9.0	0.0	0.0	0.0	ND	1.9	0.0	ND	27.0	ND	0.0	ND	ND
Powerade naranja-mandarina	1/4	botella	150	150	36	0.0	0.0	9.0	0.0	0.0	0.0	0.0	9.0	0.0	0.0	0.0	ND	1.9	0.0	ND	27.6	ND	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pudín de chocolate en polvo	2	cdita	10	10	36	0.3	0.2	8.9	0.1	0.1	0.0	0.0	4.3	0.5	0.0	0.0	ND	5.3	0.2	ND	47.9	ND	0.0	ND	ND
Pudín de coco en polvo	2	cdita	10	10	43	0.1	1.1	8.2	1.1	0.0	0.0	0.0	8.1	0.2	0.0	0.0	ND	0.8	0.1	ND	68.2	ND	0.0	ND	ND
Pudín de plátano en polvo	2	cdita	10	10	37	0.0	0.0	9.3	0.0	0.0	0.0	0.0	7.4	0.0	0.0	0.0	ND	2.0	0.0	ND	78.8	ND	0.0	ND	ND
Pudín de vainilla en polvo	2	cdita	10	10	38	0.0	0.0	9.4	0.0	0.0	0.0	0.0	7.9	0.1	0.0	0.0	ND	0.5	0.0	ND	63.5	ND	0.0	ND	ND
Pulparindo	1	pieza	14	14	48	0.2	0.0	11.9	0.0	0.0	0.0	0.0	10.4	0.7	0.0	0.0	ND	0.0	0.0	ND	120.0	ND	0.0	ND	ND
Queso de tuna	13	gramos	13	13	42	0.2	0.0	10.3	ND	ND	ND	ND	10.3	ND	0.7	11.4	ND	6.6	1.7	ND	ND	ND	0.0	ND	ND
Red Bull*	1/3	lata	83	83	37	0.2	0.1	9.0	0.0	0.0	0.0	0.0	8.3	0.0	0.0	0.0	0.0	10.7	0.0	2.5	69.3	0.0	0.0	ND	ND
Refresco	1/4	lata	92	92	38	0.0	0.0	9.7	0.0	0.0	0.0	0.0	9.7	0.0	0.0	0.0	0.0	1.8	0.0	2.8	3.5	10.1	0.0	66	6
Refresco de cola	1/4	lata	92	92	38	0.0	0.0	9.7	0.0	0.0	0.0	0.0	9.7	0.0	0.0	0.0	0.0	1.8	0.0	2.8	3.5	10.1	0.0	58	6
Refresco de frutas	1/4	lata	89	89	44	0.0	0.0	11.1	0.0	0.0	0.0	0.0	11.1	0.0	0.0	22.2	0.0	0.0	0.0	18.5	59.2	40.7	0.0	ND	ND
Refresco de limón	1/3	lata	117	117	39	0.0	0.0	9.8	0.0	0.0	0.0	0.0	9.8	0.0	0.0	0.0	ND	0.0	0.0	ND	18.7	ND	0.0	ND	ND
Refresco de mandarina	1/3	lata	116	116	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	9.8	0.0	0.0	0.0	ND	0.0	0.0	ND	10.0	ND	0.0	ND	ND
Refresco de manzana	1/3	lata	117	117	43	0.0	0.0	10.7	0.0	0.0	0.0	0.0	10.4	0.0	0.0	0.0	ND	0.0	0.0	ND	6.8	ND	0.0	ND	ND
Refresco de naranja	1/4	lata	89	89	43	0.0	0.2	10.7	0.0	0.0	0.0	0.0	9.4	0.0	0.0	0.0	ND	4.4	0.0	ND	10.7	ND	0.0	ND	ND
Refresco de piña	1/3	lata	116	116	40	0.0	0.0	10.0	0.0	0.0	0.0	0.0	9.8	0.0	0.0	0.0	ND	0.0	0.0	ND	6.9	ND	0.0	ND	ND
Refresco de tamarindo	1/3	lata	117	117	45	0.0	0.0	11.2	0.0	0.0	0.0	0.0	11.1	0.0	0.0	0.0	ND	0.0	0.0	ND	9.0	ND	0.0	ND	ND
Refresco de toronja	1/3	lata	117	117	37	0.0	0.0	9.4	0.0	0.0	0.0	0.0	9.3	0.0	0.0	0.0	ND	0.0	0.0	ND	10.5	ND	0.0	ND	ND
Refresco de tutti fruti	1/3	lata	117	117	37	0.0	0.0	9.3	0.0	0.0	0.0	0.0	9.0	0.0	0.0	0.0	ND	0.0	0.0	ND	9.3	ND	0.0	ND	ND
Ring Pop	3/4	pieza	11	11	42	0.0	0.0	10.5	0.0	0.0	0.0	0.0	9.7	0.0	0.0	0.0	ND	0.0	0.0	ND	41.2	ND	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Rollo de guayaba	15	gramos	15	15	46	0.0	0.0	11.5	0.0	0.0	0.0	0.0	8.8	0.0	0.0	0.0	ND	0.0	0.0	ND	9.8	ND	0.0	ND	ND
Runts confitados	9	pieza	11	11	45	0.0	0.0	10.5	0.0	0.0	0.0	0.0	9.8	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Salsa agridulce	2	cda	32	32	48	0.1	0.0	12.2	0.0	0.0	0.0	0.0	6.0	0.0	0.3	2.8	ND	3.2	0.1	ND	118.7	ND	0.0	ND	ND
Salsa catsup	2	cda	30	30	29	0.5	0.1	7.6	0.0	0.0	0.0	0.0	6.8	0.1	14.1	4.5	3.0	5.4	0.2	114.6	334.2	9.9	0.0	ND	ND
Salsa chamoy	40	gramos	40	40	43	0.0	0.0	10.6	0.0	0.0	0.0	0.0	5.3	0.0	0.0	0.0	ND	0.0	0.0	ND	450.6	ND	0.0	ND	ND
Salsa de anguila	2	cda	32	32	43	1.6	0.1	9.0	0.0	0.0	0.0	0.0	2.7	0.3	0.0	0.0	ND	0.0	0.0	ND	160.9	ND	0.0	ND	ND
Salsa de manzana	1	cda	16	16	42	0.1	0.0	10.7	0.0	0.0	0.0	0.0	7.2	0.0	0.0	0.0	0.0	4.6	0.0	4.6	37.1	0.0	0.0	ND	ND
Salsa de tamarindo	25	gramos	25	25	40	0.3	0.7	8.8	0.4	0.0	0.0	1.7	3.5	0.6	22.6	1.3	1.2	7.6	0.3	30.0	131.5	3.1	0.0	ND	ND
Salsa Demiglass	1/3	taza	63	63	36	1.3	0.5	7.5	0.1	0.0	0.1	0.1	3.5	2.4	98.8	5.6	5.3	33.1	1.3	123.6	576.2	13.5	0.0	ND	ND
Salsa Marinara comercial	5	cda	75	75	38	1.0	1.2	5.6	0.2	0.2	0.5	1.5	3.7	1.4	23.3	1.5	ND	19.5	0.5	ND	327.8	ND	0.0	ND	ND
Salsa para pizza comercial	7	cda	105	105	57	2.3	1.2	9.1	0.5	0.5	0.1	3.2	4.0	2.1	0.0	11.9	ND	56.7	0.9	ND	365.4	ND	0.0	ND	ND
Salsa Teriyaki	3	cda	54	54	48	3.2	0.0	8.4	0.0	0.0	0.0	0.0	7.6	0.1	0.0	0.0	ND	13.5	0.9	ND	2069.8	ND	0.0	ND	ND
Sevillana	1	pza ch	10	10	41	1.0	1.0	7.0	1.0	0.0	0.0	0.0	5.0	0.0	0.0	0.0	ND	0.0	0.0	ND	12.0	ND	0.0	ND	ND
Sidral Mundet	1/3	lata	117	117	47	0.0	0.0	11.7	0.0	0.0	0.0	0.0	11.7	0.0	0.0	0.0	ND	0.0	0.0	ND	23.4	ND	0.0	ND	ND
Skittles	11	pieza	11	11	44	0.0	0.4	10.2	0.4	0.0	0.0	0.0	8.0	0.0	0.0	0.0	ND	0.0	0.0	ND	2.8	ND	0.0	ND	ND
Skwinkes clásicos	1/2	paquete	10	10	35	0.5	0.2	8.1	0.2	ND	ND	ND	5.0	0.5	ND	ND	ND	ND	ND	ND	75.0	ND	0.0	ND	ND
Skwinkles rellenos	1/2	paquete	13	13	50	0.5	0.5	10.5	0.3	0.0	0.0	0.0	7.0	0.0	0.0	0.0	ND	0.0	0.0	ND	120.0	ND	0.0	ND	ND
Sprite	1/3	lata	117	117	49	0.0	0.0	12.3	0.0	0.0	0.0	0.0	12.3	0.0	0.0	0.0	ND	0.0	0.0	ND	33.4	ND	0.0	ND	ND
Tamborines	3	pieza	14	14	48	0.0	0.0	12.0	0.0	0.0	0.0	0.0	12.0	0.0	0.0	0.0	ND	0.0	0.0	ND	105.0	ND	0.0	ND	ND

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SIN GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Tarugos	1	pieza	15	15	51	0.5	0.2	12.5	0.0	0.0	0.0	0.0	9.8	1.1	0.0	0.0	ND	0.0	0.0	ND	348.3	ND	0.0	ND	ND
Té helado en polvo	4	cdita	10	10	41	0.0	0.1	10.1	0.0	0.0	0.0	0.0	9.7	0.1	0.0	0.0	0.1	0.2	0.0	17.2	0.5	0.2	0.0	ND	ND
Vitamin Water XXX acaí-mora azul-granada	1/2	lata	170	170	37	0.0	0.0	9.4	0.0	0.0	0.0	0.0	9.4	0.0	0.0	17.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Vitamin Water Energy Cítrico tropical	1/2	lata	170	170	37	0.0	0.0	9.4	0.0	0.0	0.0	0.0	9.4	0.0	0.0	17.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Vitamin Water Restore Ponche de frutas	1/2	lata	170	170	37	0.0	0.0	9.4	0.0	0.0	0.0	0.0	9.4	0.0	0.0	42.5	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Yakult	1	envase	85	85	47	0.8	0.0	10.8	ND	ND	ND	ND	10.8	0.0	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Yakult 40 LT	1 1/2	envase	127	127	38	1.3	0.1	10.7	ND	ND	ND	ND	7.1	3.6	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND

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CON GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Aderezo Blue Cheese bajo en calorías	4	cda	60	60	86	1.7	15.0	10.4	3.0	3.6	8.4	0.0	5.1	1.7	0.0	0.0	0.0	0.0	0.0	68.6	582.9	0.0	0.0	ND	ND
Aderezo de miel	4	cda	64	64	70	2.5	2.4	10.7	0.0	0.0	0.0	0.0	7.7	0.0	0.0	0.0	0.0	49.7	0.9	71.0	526.7	57.7	0.0	ND	ND
Aderezo de miel y mostaza bajo en calorías	3	cda	45	45	64	1.3	1.8	14.1	0.3	0.2	0.6	0.0	6.4	1.3	0.0	0.0	0.0	0.0	0.0	64.3	424.3	0.0	0.0	ND	ND
Aderezo francés bajo en calorías	4	cda	60	60	79	0.0	3.4	13.1	0.4	0.8	1.9	0.0	ND	0.0	78.8	0.0	0.0	7.5	0.2	48.8	472.5	7.5	0.0	ND	ND
Aderezo Mil Islas bajo en calorías	4	cda	60	60	96	0.4	6.4	9.6	0.8	1.6	3.6	8.0	ND	0.8	56.0	0.0	4.0	8.0	0.4	68.0	600.0	12.0	0.0	ND	ND
Aderezo Ranch bajo en calorías	3	cda	45	45	64	1.3	2.8	14.1	0.9	0.0	0.0	0.8	2.6	1.3	0.0	0.0	0.0	0.0	0.0	64.3	398.6	0.0	0.0	ND	ND
Aderezo ruso bajo en calorías	3	cda	45	45	65	0.3	1.7	12.4	0.3	0.3	1.1	2.8	ND	0.0	8.4	2.8	2.8	8.4	0.3	70.3	390.9	16.9	0.0	ND	ND
Aderezo tipo César bajo en calorías	3	cda	45	45	87	1.5	7.3	2.9	1.5	0.0	0.0	7.3	2.9	0.0	0.0	0.0	0.0	29.0	0.0	14.5	812.9	0.0	0.0	ND	ND
Almendra con chocolate	2	pieza	12	12	61	1.1	4.4	5.3	1.4	ND	ND	0.0	3.2	1.2	ND	3.3	17.2	100.8	0.4	ND	1.1	ND	0.0	ND	ND
Almond Joy	1/3	pieza	16	16	80	4.3	4.3	9.4	2.8	0.9	0.4	0.7	7.4	0.8	0.0	0.0	1.3	9.9	0.2	39.6	23.8	22.8	0.0	ND	ND
Almond Joy miniatura	1	pieza	20	20	98	5.3	5.3	11.7	3.5	1.1	0.5	0.8	9.1	0.9	0.0	0.0	1.6	12.2	0.3	49.0	29.4	28.2	0.0	ND	ND
Bebida de coco con azúcar	1	taza	240	240	74	0.5	5.0	7.0	5.0	0.0	0.0	0.0	6.0	0.0	151.2	0.0	ND	451.2	0.7	ND	45.6	ND	ND	ND	ND
Bebida de macadamia con azúcar	1	taza	240	240	77	0.5	4.8	7.9	0.7	0.0	0.0	0.0	7.2	0.6	444.0	0.0	ND	0.0	0.0	ND	114.0	ND	ND	ND	ND
Bebida vegetal Silk® Almendra sabor chocolate	1/2	pieza	95	95	45	0.6	0.9	8.7	0.1	0.6	0.2	0.0	8.1	0.5	37.8	ND	ND	171.0	ND	ND	69.2	ND	ND	ND	ND

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CON GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Cacahuate confitado (chocolate)	4	pieza	16	16	83	2.1	5.4	8.0	2.3	2.1	0.7	1.4	6.0	0.8	6.6	0.0	8.2	16.6	0.2	80.3	6.6	33.9	0.0	33	3
Carlos V	1/2	pieza	11	11	56	0.4	2.8	7.4	1.7	ND	ND	ND	6.6	0.0	ND	ND	ND	ND	ND	ND	16.5	ND	0.0	ND	ND
Carlos V semiamargo	1	pieza	20	20	99	1.1	5.4	11.6	4.0	0.0	0.0	0.0	11.6	1.0	0.0	0.0	ND	0.0	0.0	ND	5.8	ND	0.0	ND	ND
Chai descafeinado en polvo	1 1/4	cda	18	18	75	0.6	1.9	13.1	1.2	0.0	0.0	0.0	11.2	0.0	0.0	0.0	ND	0.0	0.0	ND	15.6	ND	0.0	ND	ND
Chai en polvo sin azúcar	2	cda	28	28	109	1.6	6.2	12.4	4.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	46.7	ND	0.0	ND	ND
Chai especies en polvo	1 1/4	cda	18	18	81	0.0	3.1	13.1	2.8	0.0	0.0	0.0	10.6	0.6	0.0	0.0	ND	0.0	0.0	ND	9.4	ND	0.0	ND	ND
Chai vainilla descafeinado sin azúcar en polvo	2	cda	28	28	101	1.6	6.2	7.8	4.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	46.7	ND	0.0	ND	ND
Chai vainilla en polvo	1 1/4	cda	18	18	81	0.0	3.1	13.1	2.8	0.0	0.0	0.0	10.6	0.6	0.0	0.0	ND	0.0	0.0	ND	9.4	ND	0.0	ND	ND
Chai verde en polvo	1 1/4	cda	18	18	75	0.6	1.9	13.1	1.2	0.0	0.0	0.0	11.2	0.0	0.0	0.0	ND	0.0	0.0	ND	15.6	ND	0.0	ND	ND
Chispas chocolate Hershey	5	cdita	17	17	89	0.8	4.8	10.7	3.0	0.0	0.0	1.1	8.7	0.9	0.0	0.0	0.0	5.6	0.4	0.0	2.2	0.0	0.0	43	5
Chispas de chocolate	5	cdita	18	18	94	1.3	5.2	10.4	3.6	2.8	0.2	4.0	8.9	0.6	10.3	0.0	2.1	33.1	0.4	65.1	13.8	36.4	0.0	43	4
Chocolate amargo	1/3	pieza	14	14	70	0.7	4.4	8.0	2.6	1.5	0.1	0.0	6.3	1.0	0.3	0.0	0.3	5.0	0.4	39.3	0.5	19.8	0.0	43	3
Chocolate barra Milch	1/2	pieza	20	20	93	0.9	4.5	11.8	3.2	0.0	0.0	0.0	10.0	2.3	0.0	0.0	ND	0.0	0.0	ND	16.8	ND	0.0	ND	ND
Chocolate blanco	15	gramos	15	15	81	0.9	4.8	8.9	2.9	1.4	0.2	3.2	8.9	0.0	1.4	0.1	1.1	29.9	0.0	42.9	13.5	26.4	0.0	44	4
Chocolate blanco sin azúcar	19	gramos	19	19	90	1.7	6.7	9.9	0.0	0.0	0.0	0.0	ND	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35	3
Chocolate Carlos V	1	pieza	18	18	89	1.0	4.4	11.2	3.3	0.0	0.0	0.0	11.2	0.2	0.0	0.0	ND	0.0	0.0	ND	24.8	ND	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chocolate Carlos V semiamargo	1	pieza	20	20	99	1.1	5.4	11.6	4.0	0.0	0.0	0.0	11.6	1.0	0.0	0.0	ND	0.0	0.0	ND	5.8	ND	0.0	ND	ND
Chocolate con arroz tostado	1/3	barra	13	13	70	1.0	3.9	7.9	2.1	1.1	0.1	3.0	6.7	0.4	8.6	0.1	2.4	24.7	0.3	48.8	11.4	27.3	0.0	ND	ND
Chocolate con almendra	1/3	barra	15	15	77	1.3	5.0	7.8	2.6	1.8	0.5	2.8	6.4	0.9	7.6	0.0	2.1	32.9	0.2	65.1	10.9	38.7	0.0	ND	ND
Chocolate con azúcar	15	gramos	15	15	70	0.6	2.5	11.3	1.2	1.1	0.2	0.0	ND	0.0	0.0	0.0	ND	6.9	0.4	92.3	5.0	22.5	0.0	43	5
Chocolate con galleta y caramelo	1/2	barra	15	15	75	0.7	3.7	9.7	2.8	0.4	0.1	1.1	7.2	0.2	3.0	0.1	3.9	15.9	0.1	27.9	29.7	15.8	0.0	44	4
Chocolate con leche	15	gramos	15	15	64	1.4	1.6	11.1	0.9	0.6	0.0	3.1	ND	ND	2.7	0.0	ND	41.3	0.2	90.8	57.3	ND	0.0	43	5
Chocolate con leche con menos del 10% proteínas	14	gramos	14	14	60	1.3	1.5	10.3	0.8	0.6	0.0	2.9	ND	ND	2.5	0.0	ND	38.5	0.2	84.7	53.5	ND	0.0	ND	ND
Chocolate con leche y almendras sin azúcar	15	gramos	15	15	86	1.5	6.3	6.0	0.0	0.0	0.0	0.0	5.3	0.0	0.0	0.0	0.0	36.0	0.1	82.5	24.5	0.0	0.0	ND	ND
Chocolate con nugat	1/3	pieza	19	19	87	0.8	3.3	13.6	2.3	0.4	0.1	1.7	11.5	0.2	6.2	0.1	0.8	22.2	0.1	24.0	32.3	13.0	0.0	ND	ND
Chocolate con nugat y cacahuate	1/3	pieza	19	19	90	1.4	4.5	11.5	1.7	1.5	0.6	2.5	9.6	0.4	8.7	0.1	5.1	17.8	0.1	61.4	46.7	36.1	0.0	41	5
Chocolate conejo Turín	1	pieza	20	20	110	2.0	7.0	11.0	4.0	0.0	0.0	0.0	11.0	0.0	0.0	0.0	ND	0.0	0.0	ND	25.0	ND	0.0	ND	ND
Chocolate Crunch	1/2	pieza	20	20	106	0.6	5.9	12.5	3.7	0.0	0.0	0.0	11.4	0.4	0.0	0.0	ND	0.0	0.0	ND	34.3	ND	0.0	ND	ND
Chocolate de coco y almendra	1/3	pieza	16	16	78	0.7	4.4	9.7	2.8	0.9	0.4	0.7	7.9	0.8	ND	0.1	1.3	10.5	0.2	41.5	23.2	18.3	0.0	ND	ND
Chocolate de leche	2/3	pieza	17	17	88	1.3	4.9	9.8	3.4	2.6	0.2	3.8	8.4	0.6	9.7	0.0	2.0	31.2	0.4	61.4	13.0	34.3	0.0	43	4
Chocolate de menta	2	pieza	17	17	68	0.3	2.0	12.8	1.4	ND	ND	0.0	11.2	0.4	0.0	0.0	ND	2.2	0.1	27.3	0.2	10.5	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chocolate en polvo con más del 10% proteínas	15	gramos	15	15	60	1.9	1.0	11.0	0.4	0.4	0.1	0.0	ND	0.2	ND	0.0	ND	86.4	0.4	57.6	14.1	ND	0.0	ND	ND
Chocolate en polvo con menos del 10% proteínas	12	gramos	12	12	48	0.9	0.4	10.1	0.2	0.2	0.0	0.0	ND	0.2	ND	0.0	ND	33.0	0.2	72.6	45.8	ND	0.0	ND	ND
Chocolate en polvo DICONSA	25	gramos	25	25	94	15.0	1.1	6.0	0.5	0.2	0.4	0.0	5.4	0.0	1726.8	0.0	0.3	284.0	40.0	325.0	162.5	210.0	0.0	54	3
Chocolate en polvo sin azúcar	3	cdita	15	15	60	3.0	1.5	9.0	0.0	ND	ND	0.0	ND	3.0	ND	0.0	ND	ND	5.4	ND	ND	0.0	0.0	ND	ND
Chocolate Ferrero Rocher	1 1/2	pieza	19	19	105	1.5	7.5	9.0	3.0	0.0	0.0	0.0	7.5	1.5	0.0	0.0	ND	0.0	0.0	ND	15.0	ND	0.0	ND	ND
Chocolate fundido	3/4	cda	14	14	59	0.3	1.5	10.9	0.9	0.4	0.1	2.0	10.4	0.2	6.3	0.0	0.6	7.0	0.3	19.1	6.4	10.1	0.0	43	5
Chocolate Kinder Delice	1/2	pieza	20	20	89	0.9	5.1	9.8	3.2	0.0	0.0	0.0	7.4	0.4	0.0	0.0	ND	0.0	0.0	ND	23.2	ND	0.0	ND	ND
Chocolate Kit Kat	1/2	pieza	21	21	108	1.4	5.3	13.5	3.4	0.0	0.0	0.0	10.1	0.0	0.0	0.0	ND	0.0	0.0	ND	14.5	ND	0.0	ND	ND
Chocolate Larín almedra	3/4	pieza	18	18	99	0.8	6.4	9.5	3.7	0.0	0.0	0.0	9.4	0.6	0.0	0.0	ND	0.0	0.0	ND	17.8	ND	0.0	ND	ND
Chocolate Larín avellana	3/4	pieza	18	18	93	0.9	5.6	9.9	3.4	0.0	0.0	0.0	8.8	0.6	0.0	0.0	ND	0.0	0.0	ND	19.8	ND	0.0	ND	ND
Chocolate M&M minis	3/4	tubo	23	23	105	0.0	5.0	15.0	5.0	0.0	0.0	0.0	15.0	0.0	0.0	0.0	ND	0.0	0.0	ND	15.0	ND	0.0	ND	ND
Chocolate Milky Way	1/3	pieza	16	16	72	0.6	2.8	10.9	1.7	0.9	0.1	1.4	9.9	0.1	0.0	0.0	ND	0.0	0.0	ND	25.6	ND	0.0	ND	ND
Chocolate Milkyway mini	2	pieza	17	17	75	0.7	2.7	11.6	2.0	0.0	0.7	3.4	10.2	0.0	0.0	0.0	ND	0.0	0.0	ND	27.2	ND	0.0	ND	ND
Chocolate para repostería sin azúcar	20	gramos	20	20	96	0.8	7.2	7.2	4.8	0.0	0.0	0.0	0.1	1.6	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Chocolate rallado	5	cdita	17	17	87	0.9	5.4	9.9	3.2	1.9	0.2	0.0	7.7	1.3	0.4	0.0	0.4	6.2	0.5	48.4	0.7	24.4	0.0	43	4
Chocolate Reese's	1	pieza	20	20	108	2.4	6.3	10.3	2.4	0.0	0.0	0.0	10.3	0.0	0.0	0.1	ND	0.0	0.0	ND	59.4	ND	0.0	ND	ND
Chocolate semi amargo	17	gramos	17	17	81	0.7	5.1	10.7	3.0	1.7	0.2	0.0	9.3	1.0	0.0	0.0	2.2	5.4	0.5	62.1	1.9	22.4	0.0	43	5

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CON GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chocolate sin azúcar	15	gramos	15	15	85	2.1	5.8	6.1	3.0	2.7	0.3	0.0	ND	0.3	0.0	0.0	ND	20.1	0.6	92.3	0.5	42.6	0.0	35	2
Chocolate Snickers	1/3	pieza	16	16	75	1.3	3.5	9.4	1.4	1.5	0.6	0.8	8.4	0.3	0.0	0.0	ND	0.0	0.0	ND	37.4	ND	0.0	ND	ND
Chocolate suizo de la Rosa	3/4	pieza	15	15	86	0.7	5.0	8.6	2.9	0.0	0.0	0.0	7.1	0.0	0.0	0.0	ND	0.0	0.0	ND	14.3	ND	0.0	ND	ND
Chocolate Turín conejo	1	pieza	20	20	110	2.0	7.0	11.0	4.0	0.0	0.0	0.0	11.0	0.0	0.0	0.0	ND	0.0	0.0	ND	25.0	ND	0.0	ND	ND
Chocolate Twix	3/4	pieza	19	19	92	0.7	4.4	12.2	2.6	1.5	0.4	1.8	9.2	0.4	0.0	0.0	ND	24.4	0.0	ND	37.0	ND	0.0	ND	ND
ChocoMentas	18	gramos	18	18	83	0.6	3.0	13.3	2.9	0.1	0.0	0.0	12.5	0.6	0.0	0.0	ND	0.0	0.0	ND	11.1	ND	0.0	ND	ND
Chocoretas	18	gramos	18	18	83	0.6	3.0	13.3	2.9	0.1	0.0	0.0	12.5	0.6	0.0	0.0	ND	0.0	0.0	ND	11.1	ND	0.0	ND	ND
Cocada	3/4	pieza	21	21	92	5.3	5.3	12.8	0.0	0.0	0.0	0.0	6.0	1.5	0.0	0.0	0.0	0.0	0.1	0.0	30.0	0.0	0.0	ND	ND
Crema en polvo para café	9	cdita	18	18	98	0.9	6.4	9.9	6.4	0.2	0.0	0.0	9.9	0.0	0.4	0.0	0.0	4.0	0.2	146.2	32.6	76.0	0.0	ND	ND
Crunch	1/2	pieza	20	20	106	0.6	5.9	12.5	3.7	0.0	0.0	0.0	11.4	0.4	0.0	0.0	ND	0.0	0.0	ND	34.3	ND	0.0	ND	ND
Cubierta de chocolate con nuez	3	cdita	18	18	83	0.8	3.4	12.3	1.2	0.7	1.4	2.2	11.4	0.5	6.8	0.0	ND	10.3	0.4	ND	7.0	ND	0.0	ND	ND
Cubierta de queso crema para pasteles	3	cdita	18	18	75	0.0	3.1	12.1	0.8	0.7	1.1	0.0	11.4	0.0	0.0	0.0	ND	0.5	0.0	ND	34.4	ND	0.0	ND	ND
Duvalín	1	pieza	15	15	80	0.0	4.0	10.0	1.5	1.5	1.0	0.0	9.0	0.0	0.0	0.0	ND	0.0	0.0	ND	5.0	ND	0.0	ND	ND
Duvalín de fresa	1	pieza	15	15	80	0.0	4.0	11.0	1.5	1.5	1.0	0.0	10.0	0.0	0.0	0.0	ND	0.0	0.0	ND	10.0	ND	0.0	ND	ND
Flan casero	1/5	taza	61	61	89	2.8	2.5	13.9	1.2	0.8	0.2	55.1	14.2	0.0	28.2	0.0	5.5	50.8	0.2	72.2	32.4	58.8	0.0	65	9
Flan de caja preparado con leche descremada	1/5	taza	61	61	63	1.8	1.1	11.5	0.7	0.3	0.0	4.1	ND	0.0	31.8	0.4	2.3	69.2	0.0	99.8	69.2	52.6	0.0	ND	ND

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Flan de caja preparado con leche entera	1/5	taza	61	61	69	1.8	1.8	11.4	1.1	0.5	0.1	7.3	ND	0.0	17.7	0.4	2.4	67.9	0.0	97.9	68.5	51.4	0.0	ND	ND
Freskas	18	gramos	18	18	87	0.5	3.4	13.5	2.2	0.0	0.0	0.0	13.0	0.2	0.0	0.0	ND	0.0	0.0	ND	17.1	ND	0.0	ND	ND
Glorias	1/2	pieza	14	14	60	1.0	2.0	10.0	1.0	0.7	0.1	0.0	8.5	0.0	0.0	0.0	ND	0.0	0.0	ND	25.0	ND	0.0	ND	ND
Harina de coco	1 1/2	cda	15	15	64	3.2	1.6	9.6	1.1	0.0	0.0	0.0	3.2	5.4	0.0	0.0	ND	3.2	1.1	ND	0.0	ND	0.0	ND	ND
Jamoncillo	1/2	pieza	18	18	70	0.5	1.5	13.5	1.0	0.0	0.0	0.0	12.5	0.0	0.0	0.0	ND	0.0	0.0	ND	17.5	ND	0.0	ND	ND
Jarabe de coco	5	cda	85	85	83	0.4	3.9	6.5	0.0	0.0	0.0	0.0	ND	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Kinder Delice	1/2	paquete	21	21	95	5.9	5.9	9.0	3.4	ND	ND	ND	7.4	0.5	ND	ND	ND	ND	ND	ND	20.0	ND	0.0	ND	ND
Kisses de chocolate	4	pieza	18	18	94	1.2	5.2	10.7	3.2	0.0	0.0	0.0	10.4	0.7	0.0	0.0	ND	0.0	0.0	ND	15.1	ND	0.0	ND	ND
Kranky	1/3	paquete	15	15	67	2.2	2.2	11.0	2.1	0.1	0.0	0.0	6.6	0.5	ND	ND	ND	ND	ND	ND	27.0	ND	0.0	ND	ND
Larín de nuez	3/4	pieza	18	18	97	1.1	6.0	9.5	3.7	0.0	0.0	0.0	9.2	0.6	0.0	0.0	ND	0.0	0.0	ND	22.0	ND	0.0	ND	ND
Lunetas	1/3	paquete	16	16	79	0.7	3.4	11.4	2.1	1.1	0.1	2.3	10.1	0.4	8.3	0.0	0.7	16.7	0.2	42.7	9.7	24.0	0.0	33	4
M&M mini	3/4	tubo	23	23	105	0.0	5.0	15.0	5.0	0.0	0.0	0.0	15.0	0.0	0.0	0.0	ND	0.0	0.0	ND	15.0	ND	0.0	ND	ND
Malvavisco con chocolate	1/2	pieza	14	14	59	0.6	2.4	9.5	0.7	1.3	0.3	0.0	6.3	0.3	0.1	0.0	3.2	6.4	0.4	25.5	23.5	13.6	0.0	ND	ND
Mayonesa baja en grasa	2	cda	28	28	93	0.0	1.9	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	149.0	0.0	0.0	ND	ND
Mayonesa light	2	cda	28	28	93	0.0	1.9	9.5	0.0	0.0	0.0	0.0	9.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	149.0	0.0	0.0	ND	ND
Mazapán	3/4	pieza	19	19	85	3.8	3.8	11.3	2.3	ND	ND	ND	9.8	ND	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Menta cubierta con chocolate	1 1/2	pieza	14	14	55	0.2	1.5	10.9	0.5	0.9	0.0	0.0	ND	0.0	0.0	0.0	0.0	7.4	0.1	12.3	24.5	7.4	0.0	ND	ND
Mole	3	cda	48	48	79	1.7	5.3	6.2	3.4	ND	ND	6.9	ND	2.0	72.0	0.0	13.4	11.5	0.9	156.5	64.3	39.4	0.0	ND	ND
Mole de pepita	1	cda	16	16	82	0.9	5.0	8.2	1.1	ND	ND	2.3	ND	ND	ND	ND	ND	ND	ND	ND	406.8	ND	0.0	ND	ND

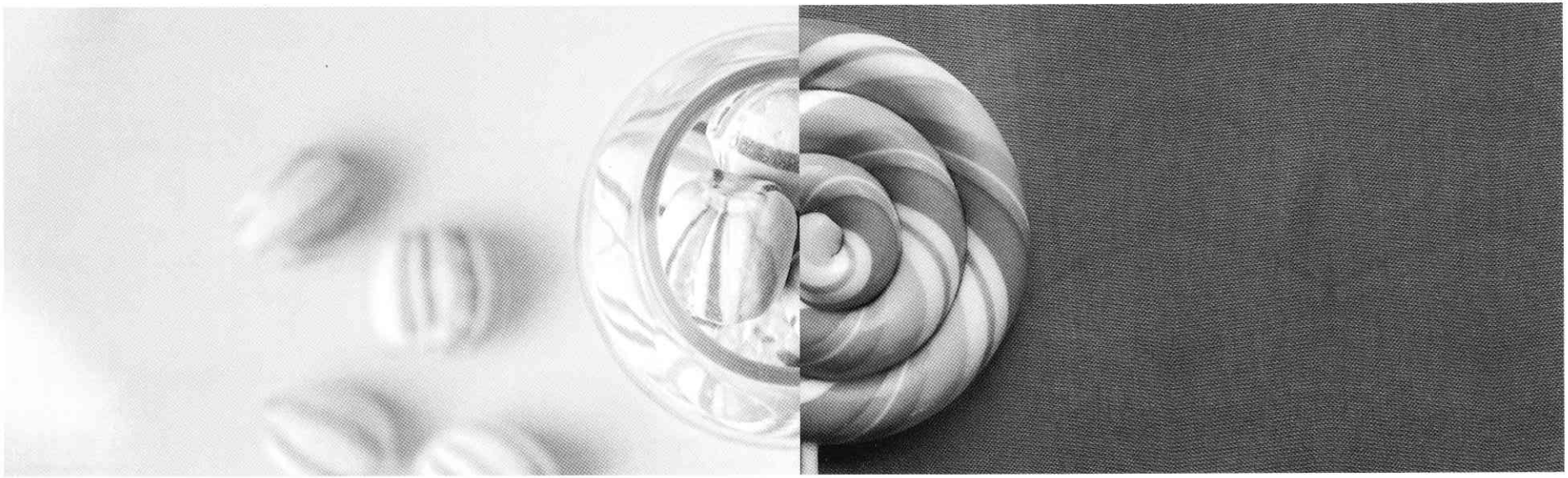
azúcares

CON GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Mole poblano en pasta	1	cda	16	16	91	1.2	6.7	6.7	1.1	ND	ND	2.3	ND	1.6	0.0	0.0	11.8	48.3	0.9	96.3	186.2	40.6	0.0	ND	ND
Mole poblano preparado	3	cda	48	48	79	1.7	5.3	6.2	3.4	ND	ND	6.9	ND	2.0	72.0	0.0	13.4	11.5	0.9	156.5	64.3	39.4	0.0	ND	ND
Mousse de chocolate	1/4	taza	50	50	71	1.0	2.3	11.5	0.6	1.4	0.1	2.2	8.6	0.0	7.0	0.2	1.5	25.5	0.6	92.0	76.0	28.0	0.0	ND	ND
Natilla Danette sabor chocolate	1/2	pieza	50	50	65	1.7	1.9	10.4	1.2	ND	ND	ND	8.9	0.4	ND	ND	ND	54.7	ND	ND	59.8	ND	0.0	ND	ND
Natilla Danette sabor vainilla	1/2	pieza	50	50	60	1.5	1.9	9.3	1.2	ND	ND	ND	7.9	0.0	ND	ND	ND	57.0	ND	ND	60.2	ND	0.0	ND	ND
Nutella de avellana	1	cda	15	15	83	0.8	5.0	8.3	1.7	0.0	0.0	0.0	8.3	0.0	0.0	0.0	ND	0.0	0.0	ND	8.3	ND	0.0	ND	ND
Palanqueta de cacahuate	1/3	pieza	15	15	78	2.3	5.0	7.0	0.7	2.5	1.6	0.0	6.3	0.6	0.0	0.0	11.1	11.6	0.1	60.4	23.2	45.7	0.0	ND	ND
Paleta helada de café con cubierta de chocolate y almendras	1/5	pieza	21	21	74	1.0	5.3	5.5	3.2	0.6	1.7	21.0	5.3	0.2	ND	ND	ND	ND	ND	ND	ND	ND	0.0	37	2
Paleta helada de chocolate cubierta con chocolate	1/5	pieza	21	21	72	1.0	4.9	5.9	ND	ND	ND	ND	ND	ND	ND	ND	ND	15.2	0.2	49.4	10.8	25.6	0.0	37	2
Paleta helada de crema con café cubierta de chocolate y almendras	1/5	pieza	21	21	74	1.0	5.3	5.5	3.2	0.6	1.7	21.0	5.3	0.2	ND	ND	ND	ND	ND	ND	ND	ND	0.0	ND	ND
Paleta helada de vainilla cubierta con chocolate	1/4	pieza	24	24	83	1.1	5.7	6.9	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.0	19.3	0.0	48.0	13.5	29.8	0.0	38	3
Paleta helada de vainilla cubierta con chocolate y almendras	1/4	pieza	23	23	80	1.0	5.8	5.8	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.3	0.0	26.3	0.2	41.0	11.8	30.0	0.0	ND	ND
Paleta Payaso	1/2	pieza	23	23	85	1.0	2.5	15.0	2.5	0.0	0.0	0.0	12.0	0.5	0.0	0.0	ND	0.0	0.0	ND	10.0	ND	0.0	ND	ND

azúcares
CON GRASA

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pipián	15	gramos	15	15	77	0.9	4.7	7.7	1.1	ND	ND	2.1	ND	ND	0.0	0.0	0.0	0.0	0.0	0.0	381.4	0.0	0.0	ND	ND
Rompope sin alcohol	1/4	taza	64	64	86	2.4	4.8	8.6	2.8	1.4	0.2	37.3	5.3	0.0	29.2	1.0	0.6	82.5	0.1	105.0	34.5	69.5	0.0	ND	ND
Salsa de cebollín	25	gramos	25	25	63	0.3	4.7	3.3	3.1	0.2	0.0	15.3	2.7	0.1	17.1	1.8	3.1	7.2	0.1	29.7	24.1	5.6	0.0	ND	ND
Salsa de epazote	40	gramos	40	40	82	1.3	6.2	4.7	2.8	1.5	0.9	11.5	1.4	0.2	31.5	0.5	0.7	49.1	0.3	54.3	178.5	29.7	0.0	ND	ND
Salsa gravy de pollo	9	cda	180	180	86	1.3	4.7	9.5	1.2	1.8	0.7	9.0	0.5	0.2	1.8	0.0	ND	18.0	1.6	ND	700.2	ND	0.0	ND	ND



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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Achiote	1/4	cda	4	4	10	0.5	0.1	2.1	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.5	0.0	8.6	0.2	0.0	0.0	8.3	0.0	ND	ND
Agar - Agar	1/2	cda	3	3	1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	1.6	0.1	ND	0.3	ND	0.0	ND	ND
Agua	1	taza	240	240	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.1	0.0	0.0	7.1	0.0	0.0	ND	ND
Agua mineral	1	lata	355	355	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	17.8	0.0	7.1	74.6	0.0	0.0	ND	ND
Ajo en polvo	1/2	cdita	2	2	5	0.3	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.5	0.0	1.0	0.0	16.5	0.5	6.5	0.0	ND	ND
Albahaca deshidratada	1 1/2	cdita	2	2	5	0.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.6	13.5	1.5	4.5	31.5	0.6	51.0	0.0	7.5	0.0	ND	ND
Albahaca molida	1 1/2	cdita	2	2	5	0.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.6	13.5	1.5	4.5	31.5	0.6	51.0	0.0	7.5	0.0	ND	ND
Alcaparras	2	cda	17	17	4	0.4	0.1	0.8	0.0	0.0	0.1	0.0	0.0	0.6	2.4	0.7	4.0	6.9	0.3	6.9	509.8	1.7	0.0	ND	ND
Alcaravea	1/2	cdita	1	1	4	0.2	0.2	0.5	0.0	0.1	0.1	0.0	0.0	0.4	0.5	0.0	0.0	7.0	0.2	13.5	0.0	5.5	0.0	ND	ND
Alga espirulina en polvo	1/4	cdita	1	1	2	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	ND	0.6	0.1	ND	5.2	ND	0.0	ND	ND
Anís	1/2	cdita	1	1	4	0.2	0.2	0.5	0.0	0.1	0.1	0.0	0.0	0.2	0.5	0.0	0.0	6.5	0.4	14.5	0.0	4.5	0.0	ND	ND
Arúgula	1	taza	20	12	3	0.3	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.8	11.6	19.2	0.2	44.3	3.2	6.2	0.0	ND	ND
Aspartame	1	sobre	1	1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Azafrán	1	cdita	1	1	3	0.1	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	17.0	1.0	3.0	0.0	ND	ND
Café americano	1	taza	240	240	5	0.3	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	0.1	130.2	5.4	2.7	0.0	ND	ND
Café de grano	7	cda	56	56	4	11.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	994.0	0.0	98.0	0.0	ND	ND
Café descafeinado	1	taza	240	240	5	0.3	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	0.1	130.2	5.4	2.7	0.0	ND	ND
Café descafeinado preparado	1	taza	240	240	5	0.3	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	0.1	130.2	5.4	2.7	0.0	ND	ND
Café en polvo	1/2	cda	1	1	4	0.1	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.6	0.1	21.2	0.8	6.7	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Café en polvo descafeinado	1	cdita	2	2	4	0.2	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	64.0	1.0	5.0	0.0	ND	ND
Café express	5 1/2	taza	440	440	10	0.5	0.0	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.9	0.2	238.6	9.9	5.0	0.0	ND	ND
Café instantáneo	1	cdita	2	2	4	0.2	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	64.0	1.0	5.0	0.0	ND	ND
Café instantáneo preparado	1	taza	240	240	5	0.3	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.7	0.1	85.8	6.7	6.7	0.0	ND	ND
Café instantáneo, descafeinado	1	cdita	2	2	4	0.2	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	63.0	0.0	5.0	0.0	ND	ND
Café molido	1	cda	4	4	1	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	71.0	0.0	7.0	0.0	ND	ND
Café ó té sin azúcar	1	taza	240	240	3	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	5.4	0.2	21.6	2.7	0.0	0.0	ND	ND
Café sin azúcar	1	taza	240	240	5	0.3	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	0.1	130.2	5.4	2.7	0.0	ND	ND
Caldo	1/2	taza	120	120	9	1.4	0.3	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.5	7.0	0.2	65.0	391.0	15.5	0.0	ND	ND
Caldo de carne	1/2	taza	120	120	9	1.4	0.3	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.5	7.0	0.2	65.0	391.0	15.5	0.0	ND	ND
Caldo de carne concentrado	1/4	taza	62	62	8	1.5	0.0	0.5	0.0	0.0	0.0	1.5	0.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0	450.0	0.0	0.0	ND	ND
Caldo de pescado	1/2	taza	120	120	9	1.4	0.3	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.5	7.0	0.2	65.0	391.0	15.5	0.0	ND	ND
Caldo de pollo	1/2	taza	120	120	9	1.3	0.4	0.4	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	2.5	4.9	0.3	103.3	381.6	35.9	0.0	ND	ND
Caldo de pollo concentrado	1/5	taza	50	50	12	0.8	0.8	0.8	0.2	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	308.0	0.0	0.0	ND	ND
Caldo de pollo enlatado	1/5	taza	50	50	12	0.8	0.8	0.8	0.2	0.0	0.0	1.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	308.0	0.0	0.0	ND	ND
Caldo de res	1/2	taza	120	120	9	1.4	0.3	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.5	7.0	0.2	65.0	391.0	15.5	0.0	ND	ND
Caldo de res enlatado	1/3	taza	82	82	10	2.0	0.0	0.7	0.0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	13.2	0.0	0.0	594.0	0.0	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Canela	1	cdita	2	2	5	0.1	0.1	1.6	0.0	0.0	0.0	0.0	0.0	1.1	1.0	1.0	1.0	25.0	0.8	10.0	1.0	1.0	0.0	ND	ND
Canela en polvo	1	cdita	2	2	5	0.1	0.1	1.6	0.0	0.0	0.0	0.0	0.0	1.1	1.0	1.0	1.0	25.0	0.8	10.0	1.0	1.0	0.0	ND	ND
Canela en raja	1/5	raja	2	2	5	0.1	0.1	1.6	0.0	0.0	0.0	0.0	0.0	1.1	1.0	1.0	1.0	25.0	0.8	10.0	1.0	1.0	0.0	ND	ND
Canela molida	1	cdita	2	2	5	0.1	0.1	1.6	0.0	0.0	0.0	0.0	0.0	1.1	1.0	1.0	1.0	25.0	0.8	10.0	1.0	1.0	0.0	ND	ND
Cardamomo	1	cdita	2	2	6	0.2	0.1	1.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	8.0	0.3	22.0	0.0	4.0	0.0	ND	ND
Cardamomo molido	1	cdita	2	2	6	0.2	0.1	1.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	8.0	0.3	22.0	0.0	4.0	0.0	ND	ND
Cáscara de limón	5	cdita	10	10	5	0.2	0.0	1.7	0.0	0.0	0.0	0.0	0.0	1.0	0.0	13.3	1.7	13.3	0.1	16.7	0.0	1.7	0.0	ND	ND
Cáscara de naranja	2	cdita	4	4	4	0.1	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.4	2.0	5.3	1.3	6.7	0.0	8.7	0.0	0.7	0.0	ND	ND
Cebolla deshidratada	1	cdita	1	1	4	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	8.0	0.0	16.0	4.0	0.0	0.0	ND	ND
Cebolla en polvo	1/2	cdita	1	1	4	0.1	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.5	3.5	0.0	9.5	0.5	3.5	0.0	ND	ND
Cebollín	15	cdita	15	15	5	0.5	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.5	65.0	10.0	15.0	15.0	0.3	45.0	0.0	10.0	0.0	ND	ND
Cebollín deshidratado	30	cdita	12	12	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	120.0	0.0	240.0	0.0	0.0	0.0	ND	ND
Cebollín fresco	15	cdita	15	15	5	0.5	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.5	65.0	10.0	15.0	15.0	0.3	45.0	0.0	10.0	0.0	ND	ND
Cebollín liofilizado	10	cda	2	2	5	0.5	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.5	137.5	12.5	2.5	17.5	0.4	60.0	2.5	10.0	0.0	ND	ND
Chicle sin azúcar	1	pieza	3	3	10	0.0	0.0	2.0	0.0	0.0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Chile cascabel	3	gramos	3	3	8	0.3	0.2	1.6	0.0	0.0	0.0	0.0	0.0	0.8	26.6	1.4	0.0	3.6	0.1	0.0	0.0	0.0	0.0	ND	ND
Chile en polvo	3	pieza	2	1	4	0.2	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.4	6.3	0.5	0.0	2.1	0.1	0.0	0.0	0.0	0.0	ND	ND
Chile piquín	3	pieza	2	1	4	0.2	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.4	6.3	0.5	0.0	2.1	0.1	0.0	0.0	0.0	0.0	ND	ND
Chile piquín molido	1/2	cdita	2	2	5	0.2	0.3	0.8	0.1	0.1	0.1	0.0	0.0	0.5	52.5	1.0	1.5	4.0	0.2	28.5	15.0	4.5	0.0	ND	ND
Chile Tajín	1/4	cdita	1	1	1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	ND	0.0	0.0	ND	92.5	ND	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Chocolate para repostería sin azúcar	2	gramos	2	2	10	0.2	1.1	0.6	0.7	0.4	0.0	0.0	0.0	0.3	0.2	0.0	0.1	1.5	0.1	16.6	0.3	8.4	0.0	ND	ND
Clavo	1	cdita	2	2	6	0.1	0.4	1.2	0.1	0.0	0.1	0.0	0.0	0.7	1.0	2.0	2.0	13.0	0.2	22.0	5.0	2.0	0.0	ND	ND
Clavo de olor	1	cdita	2	2	6	0.1	0.4	1.2	0.1	0.0	0.1	0.0	0.0	0.7	1.0	2.0	2.0	13.0	0.2	22.0	5.0	2.0	0.0	ND	ND
Clavo en polvo	1	cdita	2	2	6	0.1	0.4	1.2	0.1	0.0	0.1	0.0	0.0	0.7	1.0	2.0	2.0	13.0	0.2	22.0	5.0	2.0	0.0	ND	ND
Clavo entero	2	gramos	2	2	6	0.1	0.4	1.2	0.1	0.0	0.1	0.0	0.0	0.7	1.0	2.0	2.0	13.0	0.2	22.0	5.0	2.0	0.0	ND	ND
Clavo molido	1	cdita	2	2	6	0.1	0.4	1.2	0.1	0.0	0.1	0.0	0.0	0.7	1.0	2.0	2.0	13.0	0.2	22.0	5.0	2.0	0.0	ND	ND
Clight	3	sobre	4	4	8	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.5	0.0	0.0	ND	ND
Coca Cola de dieta	1	lata	240	240	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	11.6	3.9	17.4	0.0	ND	ND
Coca Cola sin azúcar	1	lata	240	240	1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	7.2	16.8	0.0	ND	ND
Coca light	1	lata	240	240	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	11.6	3.9	17.4	0.0	ND	ND
Cocacola de dieta	1	lata	240	240	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	11.6	3.9	17.4	0.0	ND	ND
Cocoa en polvo con aspartame	1/4	cda	3	3	9	0.7	0.1	1.6	0.1	0.0	0.0	0.2	0.0	0.1	0.2	0.0	0.4	15.8	0.1	74.3	30.8	24.6	0.0	ND	ND
Cocoa sin azúcar	1/5	cda	2	2	7	0.4	0.2	0.9	0.1	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	2.9	0.2	0.0	0.3	0.0	0.0	ND	ND
Cocoa sin azúcar Hershey	1/5	cda	2	2	7	0.4	0.2	0.9	0.1	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	2.9	0.2	0.0	0.3	0.0	0.0	ND	ND
Comino	1	cdita	2	2	7	0.4	0.4	0.9	0.0	0.3	0.1	0.0	0.0	0.2	3.0	0.0	0.0	19.0	1.3	36.0	3.0	10.0	0.0	ND	ND
Comino entero	1	cdita	2	2	7	0.4	0.4	0.9	0.0	0.3	0.1	0.0	0.0	0.2	3.0	0.0	0.0	19.0	1.3	36.0	3.0	10.0	0.0	ND	ND
Comino molido	1/2	cdita	1	1	6	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	10.0	0.4	22.0	2.0	0.0	0.0	ND	ND
Concentrado de pollo	3	gramos	3	3	6	0.4	0.1	0.7	0.1	0.1	0.1	0.6	0.0	0.0	2.4	0.0	1.2	6.0	0.1	11.4	720.0	6.0	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Consomé	1/4	taza	60	60	10	1.2	0.3	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	1.2	2.5	0.1	51.6	190.8	18.0	0.0	ND	ND
Consomé de camarón en polvo	1/3	cda	4	4	8	0.6	0.2	1.0	0.1	0.1	0.1	0.8	0.0	0.0	3.2	0.0	1.6	7.9	0.1	15.0	950.4	7.9	0.0	ND	ND
Consomé de pescado	20	gramos	20	20	6	0.0	0.4	0.2	0.1	0.3	0.0	0.0	0.1	0.0	0.4	0.1	0.2	1.1	0.0	5.0	19.2	0.7	0.0	ND	ND
Consomé de pollo	1/4	taza	60	60	10	1.2	0.3	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	1.2	2.5	0.1	51.6	190.8	18.0	0.0	ND	ND
Consomé de pollo bajo en grasa	5	cda	60	60	5	0.3	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	120.0	0.0	0.0	ND	ND
Consomé de pollo desgrasado en polvo	1	cda	12	12	2	0.0	0.4	0.4	6.0	0.0	0.0	0.0	0.1	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Consomé de pollo en cubo	1/3	pieza	2	2	4	0.3	0.1	0.5	0.0	0.0	0.0	0.4	0.0	0.0	1.6	0.0	0.8	4.0	0.0	7.5	475.2	4.0	0.0	ND	ND
Consomé de pollo en polvo	1/3	cda	4	4	8	0.6	0.2	1.0	0.1	0.1	0.1	0.8	0.0	0.0	3.2	0.0	1.6	7.9	0.1	15.0	950.4	7.9	0.0	ND	ND
Consomé de res	1/2	taza	120	120	9	1.4	0.3	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.5	7.0	0.2	65.0	391.0	15.5	0.0	ND	ND
Consomé de res condensado	1/4	taza	60	60	8	1.3	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.4	7.2	0.2	64.8	391.2	15.6	0.0	ND	ND
Consomé de res en cubo	1/3	pieza	2	2	5	0.3	0.2	0.5	0.1	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.7	1.3	0.0	8.9	336.3	6.3	0.0	ND	ND
Consomé de res en polvo	1	cda	12	12	2	0.0	0.2	0.4	2.8	0.0	0.0	0.0	0.1	2.0	0.0	0.1	0.6	0.0	0.0	0.0	2.0	0.0	0.0	ND	ND
Consomé de res enlatado	1/4	taza	60	60	8	1.3	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.4	7.2	0.2	64.8	391.2	15.6	0.0	ND	ND
Consomé en polvo	1/3	cda	4	4	8	0.6	0.2	1.0	0.1	0.1	0.1	0.8	0.0	0.0	3.2	0.0	1.6	7.9	0.1	15.0	950.4	7.9	0.0	ND	ND
Consomé sabor tomate	2	gramos	2	2	6	0.3	0.0	1.5	0.0	0.0	0.0	0.0	0.0	0.3	34.5	2.3	2.4	3.3	0.1	38.5	2.7	5.9	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Cremor tártaro	1	cdita	3	3	8	0.0	0.0	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	495.0	2.0	0.0	0.0	ND	ND
Cubo consomé	1/4	pieza	6	6	12	0.8	0.2	1.4	0.1	0.1	0.1	1.2	0.0	0.0	4.8	0.0	2.4	12.0	0.1	22.8	1440.0	12.0	0.0	ND	ND
Curry	1	cdita	2	2	7	0.3	0.3	1.2	0.0	0.1	0.1	0.0	0.0	0.7	2.0	0.0	3.0	10.0	0.6	31.0	1.0	7.0	0.0	ND	ND
Curry en polvo	1	cdita	2	2	7	0.3	0.3	1.2	0.0	0.1	0.1	0.0	0.0	0.7	2.0	0.0	3.0	10.0	0.6	31.0	1.0	7.0	0.0	ND	ND
Decaf	1	cdita	2	2	4	0.2	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	64.0	1.0	5.0	0.0	ND	ND
Diet Coke	1	taza	240	240	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	11.6	3.9	17.4	0.0	ND	ND
Diet Sprite	1	taza	240	240	3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	67.0	0.0	0.0	0.0	ND	ND
Eneldo	5	cdita	8	8	3	0.3	0.1	0.5	0.0	0.1	0.0	0.0	0.0	0.2	57.5	6.7	11.7	15.8	0.5	55.0	4.2	5.0	0.0	ND	ND
Eneldo deshidratado	1	cdita	1	1	3	0.2	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	6.0	1.0	0.0	18.0	0.5	33.0	2.0	5.0	0.0	ND	ND
Eneldo en semilla	1	cdita	2	2	6	0.3	0.3	1.1	0.0	0.2	0.0	0.0	0.0	0.4	0.0	0.0	0.0	30.0	0.3	24.0	0.0	6.0	0.0	ND	ND
Especias para sazonar aves	1	cdita	2	2	6	0.2	0.2	1.3	0.1	0.0	0.0	0.0	0.0	0.2	5.0	0.0	3.0	20.0	0.7	14.0	1.0	3.0	0.0	ND	ND
Estragón	1	cdita	2	2	6	0.5	0.1	1.0	0.0	0.0	0.1	0.0	0.0	0.1	8.0	1.0	5.0	23.0	0.7	60.0	1.0	6.0	0.0	ND	ND
Estragón molido	1	cdita	2	2	6	0.5	0.1	1.0	0.0	0.0	0.1	0.0	0.0	0.1	8.0	1.0	5.0	23.0	0.7	60.0	1.0	6.0	0.0	ND	ND
Estragón seco	1	cdita	2	2	6	0.5	0.1	1.0	0.0	0.0	0.1	0.0	0.0	0.1	8.0	1.0	5.0	23.0	0.7	60.0	1.0	6.0	0.0	ND	ND
Extracto de vainilla	1	cdita	5	5	8	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.0	0.0	0.0	ND	ND
Flor de jamaica	1	taza	37	1	1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.0	3.7	0.0	3.1	0.1	0.5	0.0	ND	ND
Fruto del monje	1/2	cdita	1	1	0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Gelatina de dieta	1/4	taza	60	60	4	0.6	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	0.0	28.7	16.3	0.0	ND	ND
Gelatina sin azúcar preparada	1	taza	121	121	10	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	56.0	0.0	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Gengibre	3	cdita	6	6	4	0.1	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.8	1.0	0.0	25.0	0.8	1.5	0.0	ND	ND
Gengibre fresco	3	cdita	6	6	4	0.1	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.8	1.0	0.0	25.0	0.8	1.5	0.0	ND	ND
Gengibre molido o en polvo	1	cdita	2	2	7	0.2	0.1	1.4	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	1.0	2.0	0.2	27.0	1.0	3.0	0.0	ND	ND
Grenetina sin sabor	1/4	sobre	3	3	9	1.5	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.3	0.0	0.0	3.8	0.0	0.0	ND	ND
Hierba Santa	1/2	pieza	3	3	1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	16.8	1.2	ND	7.9	0.1	ND	0.0	ND	0.0	ND	ND
Hierbabuena	10	gramos	10	10	4	0.2	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.1	35.2	7.1	0.0	19.9	0.7	0.0	0.0	0.0	0.0	ND	ND
Hierbas de olor	1	cdita	2	2	5	0.1	0.2	1.4	0.1	0.0	0.0	0.0	0.0	0.4	1.0	1.0	1.0	13.0	0.1	21.0	2.0	2.0	0.0	ND	ND
Hierbas finas	1	cdita	2	2	5	0.1	0.2	1.4	0.1	0.0	0.0	0.0	0.0	0.4	1.0	1.0	1.0	13.0	0.1	21.0	2.0	2.0	0.0	ND	ND
Hierbas molidas	1	cdita	2	2	5	0.1	0.2	1.4	0.1	0.0	0.0	0.0	0.0	0.4	1.0	1.0	1.0	13.0	0.1	21.0	2.0	2.0	0.0	ND	ND
Hinojo	10	gramos	10	10	3	0.1	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.3	1.3	1.1	2.6	4.9	0.1	41.4	5.2	5.1	0.0	ND	ND
Hoja de aguacate	1	pieza	3	3	1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	4.4	0.3	0.0	8.1	0.1	0.0	0.0	0.0	0.0	ND	ND
Hoja Santa	1/2	pieza	3	3	1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	16.8	1.2	ND	7.9	0.1	ND	0.0	ND	0.0	ND	ND
Hojas de laurel	1	pieza	1	1	3	0.1	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.3	6.0	0.0	2.0	8.0	0.4	5.0	0.0	1.0	0.0	ND	ND
Hojuelas de chile	1/4	cdita	1	1	2	0.1	0.1	0.4	0.0	0.0	0.1	0.0	0.1	0.2	15.6	0.6	ND	1.1	0.1	ND	0.2	ND	0.0	ND	ND
Jamaica	1	taza	37	1	1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.0	3.7	0.0	3.1	0.1	0.5	0.0	ND	ND
Jengibre	3	cdita	6	6	4	0.1	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.8	1.0	0.0	25.0	0.8	1.5	0.0	ND	ND
Jengibre fresco	3	cdita	6	6	4	0.1	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.8	1.0	0.0	25.0	0.8	1.5	0.0	ND	ND
Jengibre molido o en polvo	1	cdita	2	2	7	0.2	0.1	1.4	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	1.0	2.0	0.2	27.0	1.0	3.0	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Jugo Maggy	1/4	cdita	1	1	1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	83.0	ND	0.0	ND	ND
Kool-Aid en polvo sin azúcar	1	sobre	1	1	5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	0.0	0.0	2.0	0.0	0.0	ND	ND
Laurel	2	hoja	2	2	6	0.2	0.2	1.4	0.0	0.0	0.0	0.0	0.0	0.6	12.0	0.0	4.0	16.0	0.9	10.0	0.0	2.0	0.0	ND	ND
Laurel fresco	2	hoja	2	2	6	0.2	0.2	1.4	0.0	0.0	0.0	0.0	0.0	0.6	12.0	0.0	4.0	16.0	0.9	10.0	0.0	2.0	0.0	ND	ND
Laurel troceado	2	cdita	2	2	6	0.2	0.2	1.4	0.0	0.0	0.0	0.0	0.0	0.6	12.0	0.0	4.0	16.0	0.9	10.0	0.0	2.0	0.0	ND	ND
Levadura comprimida	1/2	sobre	9	9	9	0.7	0.2	1.6	0.0	0.1	0.0	0.0	0.0	0.7	0.0	0.0	66.5	1.5	0.3	51.0	2.5	28.5	0.0	ND	ND
Levadura en polvo	1/4	sobre	2	2	5	0.7	0.1	0.7	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.0	41.0	1.0	0.3	35.0	1.0	22.5	0.0	ND	ND
Levadura fresca	2	gramos	2	2	5	0.9	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1	0.0	0.0	ND	ND
Levadura seca	1/2	sobre	4	4	11	1.4	0.2	1.4	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.0	82.0	2.0	0.6	70.0	2.0	45.0	0.0	ND	ND
Limón	1/2	pieza	34	34	10	0.3	0.1	3.6	0.0	0.0	0.0	0.0	0.2	1.0	0.5	9.5	2.5	11.0	0.2	34.0	0.5	6.0	0.0	ND	ND
Limón agrio	1/2	pieza	14	9	2	0.1	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.2	0.4	6.8	0.0	5.4	0.1	12.8	0.3	0.0	0.0	ND	ND
Limón sin semilla	1/2	pieza	18	11	2	0.1	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.2	0.4	8.4	0.0	6.6	0.1	15.7	0.3	0.0	0.0	ND	ND
Manzanilla fresca	10	gramos	10	10	4	0.2	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.1	35.2	7.1	0.0	19.9	0.7	0.0	0.0	0.0	0.0	ND	ND
Manzanilla seca	1	bolsa	2	2	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Matcha en polvo	1/4	cdita	1	1	1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Mejorana	1	cdita	1	1	3	0.1	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.4	8.0	1.0	3.0	20.0	0.8	15.0	1.0	3.0	0.0	ND	ND
Menta	1	cdita	1	1	5	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.0	2.0	20.0	5.0	0.0	0.0	ND	ND
Menta fresca	1	cdita	1	1	1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	5.0	2.0	0.0	4.0	0.2	6.0	0.0	1.0	0.0	ND	ND
Menta molida	1	cdita	2	2	6	0.2	0.2	1.2	0.0	0.0	0.0	0.0	0.0	0.8	8.0	2.0	6.0	38.0	2.5	16.0	2.0	4.0	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Monk fruit	1	cdita	2	2	0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Mostaza	1	cdita	5	5	5	0.3	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.1	7.0	65.0	7.0	0.0	ND	ND
Mostaza Dijón	1	cdita	5	5	5	0.3	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.1	7.0	65.0	7.0	0.0	ND	ND
Mostaza en polvo	1	cdita	3	3	9	0.5	0.6	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	ND	ND
Nuez moscada	1	cdita	2	2	10	0.1	0.7	1.0	0.5	0.1	0.0	0.0	0.0	0.4	0.0	0.0	2.0	4.0	0.1	7.0	0.0	4.0	0.0	ND	ND
Nuez moscada molida	1	cdita	2	2	10	0.1	0.7	1.0	0.5	0.1	0.0	0.0	0.0	0.4	0.0	0.0	2.0	4.0	0.1	7.0	0.0	4.0	0.0	ND	ND
Nutra Sweet	1	sobre	1	1	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	ND
Orange Crush Diet	1/2	lata	178	178	10	0.0	0.0	2.5	0.0	0.0	0.0	0.0	2.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.2	0.0	0.0	ND	ND
Orégano	1	cdita	2	2	6	0.2	0.2	1.3	0.1	0.0	0.1	0.0	0.0	0.9	14.0	1.0	5.0	32.0	0.9	33.0	0.0	4.0	0.0	ND	ND
Orégano molido	1	cdita	2	2	5	0.2	0.2	1.0	0.1	0.0	0.1	0.0	0.0	0.7	10.5	0.8	3.8	24.0	0.7	24.8	0.0	3.0	0.0	ND	ND
Orégano troceado	1	cdita	2	2	6	0.2	0.2	1.3	0.1	0.0	0.1	0.0	0.0	0.9	14.0	1.0	5.0	32.0	0.9	33.0	0.0	4.0	0.0	ND	ND
Paprika	1	cdita	2	2	6	0.3	0.3	1.1	0.0	0.0	0.2	0.0	0.0	0.4	121.0	1.0	2.0	4.0	0.5	47.0	1.0	7.0	0.0	ND	ND
Pepsi de dieta	1	lata	355	355	4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	29.6	34.5	40.4	0.0	ND	ND
Pepsi Max	1	lata	355	355	4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	29.6	34.5	40.4	0.0	ND	ND
Perejil deshidratado	1	cda	3	3	9	0.6	0.0	1.5	0.0	0.0	0.0	0.0	0.0	0.9	69.0	3.0	6.0	45.0	2.9	114.0	15.0	12.0	0.0	ND	ND
Pimentón	1	cdita	2	2	6	0.3	0.3	1.1	0.0	0.0	0.2	0.0	0.0	0.4	121.0	1.0	2.0	4.0	0.5	47.0	1.0	7.0	0.0	ND	ND
Pimienta	1	cdita	2	2	5	0.2	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	9.0	0.6	25.0	1.0	3.0	0.0	ND	ND
Pimienta blanca	1	cdita	2	2	6	0.2	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	5.0	0.3	1.0	0.0	4.0	0.0	ND	ND
Pimienta blanca en polvo	1	cdita	2	2	6	0.2	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	5.0	0.3	1.0	0.0	4.0	0.0	ND	ND
Pimienta blanca entera	1	cdita	4	4	9	0.4	0.2	2.3	0.0	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.0	15.8	1.0	43.8	1.8	5.3	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Pimienta blanca molida	1	cdita	2	2	6	0.2	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	5.0	0.3	1.0	0.0	4.0	0.0	ND	ND
Pimienta con limón	1	cdita	2	2	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.6	ND	400.0	ND	0.0	ND	ND
Pimienta de Cayena	1	cdita	2	2	6	0.2	0.3	1.1	0.1	0.1	0.2	0.0	0.0	0.5	83.0	2.0	2.0	3.0	0.2	40.0	1.0	6.0	0.0	ND	ND
Pimienta de Tabasco	1	cdita	2	2	6	0.2	0.3	1.1	0.1	0.1	0.2	0.0	0.0	0.5	83.0	2.0	2.0	3.0	0.2	40.0	1.0	6.0	0.0	ND	ND
Pimienta gorda	1	cdita	4	4	9	0.4	0.2	2.3	0.0	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.0	15.8	1.0	43.8	1.8	5.3	0.0	ND	ND
Pimienta molida	1	cdita	2	2	5	0.2	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	9.0	0.6	25.0	1.0	3.0	0.0	ND	ND
Pimienta negra	1	cdita	2	2	5	0.2	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	9.0	0.6	25.0	1.0	3.0	0.0	ND	ND
Pimienta negra en polvo	1	cdita	2	2	5	0.2	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	9.0	0.6	25.0	1.0	3.0	0.0	ND	ND
Pimienta negra entera	1	cdita	4	4	9	0.4	0.2	2.3	0.0	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.0	15.8	1.0	43.8	1.8	5.3	0.0	ND	ND
Pimienta negra molida	1	cdita	2	2	5	0.2	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	9.0	0.6	25.0	1.0	3.0	0.0	ND	ND
Pimienta roja	1	cdita	2	2	6	0.2	0.3	1.1	0.1	0.1	0.2	0.0	0.0	0.5	83.0	2.0	2.0	3.0	0.2	40.0	1.0	6.0	0.0	ND	ND
Pimienta verde	1	cdita	2	2	6	0.2	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	5.0	0.3	1.0	0.0	4.0	0.0	ND	ND
Raíz de jengibre	1	cdita	2	2	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3	0.0	8.3	0.3	0.5	0.0	ND	ND
Raíz fuerte	5	gramos	5	5	3	0.1	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.6	0.8	0.0	20.2	0.6	1.2	0.0	ND	ND
Raja de canela	1/3	pieza	2	2	6	0.1	0.1	1.8	0.0	0.0	0.0	0.0	0.0	1.3	1.2	1.2	1.2	28.9	0.9	11.6	1.2	1.2	0.0	ND	ND
Ralladura de limón	5	cdita	10	10	5	0.2	0.0	1.7	0.0	0.0	0.0	0.0	0.0	1.0	0.0	13.3	1.7	13.3	0.1	16.7	0.0	1.7	0.0	ND	ND
Ralladura de naranja	5	cdita	10	10	10	0.2	0.0	2.5	0.0	0.0	0.0	0.0	0.0	1.0	5.0	13.3	3.3	16.7	0.1	21.7	0.0	1.7	0.0	ND	ND
Red Bull sugar free*	1/2	lata	125	125	6	0.3	0.1	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	16.3	0.0	3.8	105.0	0.0	0.0	ND	ND
Refresco de dieta	1	lata	355	355	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	17.2	5.7	25.8	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG polinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Refresco en polvo sin azúcar	1	sobre	1	1	5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	0.0	0.0	2.0	0.0	0.0	ND	ND
Romero	1	cdita	3	3	11	0.2	0.5	2.0	0.3	0.0	0.0	0.0	0.0	1.4	9.0	1.5	0.0	39.0	0.9	28.5	1.5	1.5	0.0	ND	ND
Romero deshidratado	1	cdita	2	2	7	0.1	0.3	1.3	0.2	0.0	0.0	0.0	0.0	0.9	6.0	1.0	0.0	26.0	0.6	19.0	1.0	1.0	0.0	ND	ND
Romero picado	1/2	cdita	2	2	6	0.1	0.3	1.1	0.2	0.0	0.0	0.0	0.0	0.8	5.3	0.9	0.0	22.8	0.5	16.6	0.9	0.9	0.0	ND	ND
Sal	1	cdita	6	6	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	2325.0	0.0	0.0	ND	ND
Sal de ajo	1	cdita	5	5	4	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	132.0	0.0	12.0	760.0	0.0	0.0	ND	ND
Sal de apio	1	cdita	5	5	4	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	132.0	0.0	12.0	760.0	0.0	0.0	ND	ND
Sal de potasio	1	cdita	5	5	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	28.0	0.0	2400.0	0.0	20.0	0.0	ND	ND
Salsa de Barbecue	1/2	cda	8	8	6	0.1	0.1	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	64.9	0.0	0.0	ND	ND
Salsa de ostión	1/2	cdita	2	2	1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.6	0.0	ND	54.7	ND	0.0	ND	ND
Salsa de soya	1	cdita	5	5	3	0.4	0.0	0.3	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	1.7	0.0	0.0	340.8	0.0	0.0	ND	ND
Salsa habanera	1	cdita	4	4	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	32.0	ND	0.0	ND	ND
Salsa inglesa	1/2	cdita	8	8	8	1.0	0.5	3.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	82.5	0.0	0.0	ND	ND
Salsa Maggy	1/4	cdita	1	1	1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	83.0	ND	0.0	ND	ND
Salsa Tabasco	1	cdita	6	6	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	9.6	0.0	0.0	1.2	0.0	7.2	38.4	1.2	0.0	ND	ND
Salsa Teriyaki	1	cdita	5	5	5	0.3	0.0	0.8	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.6	0.0	25.0	254.7	0.0	0.0	ND	ND
Salsa Valentina	1	cdita	4	4	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	51.2	ND	0.0	ND	ND
Salvia	1	cdita	1	1	3	0.1	0.1	0.6	0.1	0.0	0.0	0.0	0.0	0.4	6.0	0.0	3.0	1.7	0.3	11.0	0.0	1.0	0.0	ND	ND
Semilla de anís	1	cdita	2	2	7	0.4	0.3	1.0	0.0	0.2	0.1	0.0	0.0	0.3	1.0	0.0	0.0	13.0	0.7	29.0	0.0	9.0	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Semilla de apio	1	cdita	2	2	8	0.4	0.5	0.8	0.0	0.3	0.1	0.0	0.0	0.2	0.0	0.0	0.0	35.0	0.9	28.0	3.0	11.0	0.0	ND	ND
Semilla de cardamomo	1	cdita	2	2	6	0.2	0.1	1.4	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	8.0	0.3	22.0	0.0	4.0	0.0	ND	ND
Semilla de cilantro	1	cdita	2	2	6	0.2	0.4	1.1	0.0	0.3	0.0	0.0	0.0	0.8	0.0	0.0	0.0	14.0	0.3	25.0	1.0	8.0	0.0	ND	ND
Semilla de eneldo	1	cdita	2	2	6	0.3	0.3	1.1	0.0	0.2	0.0	0.0	0.0	0.4	0.0	0.0	0.0	30.0	0.3	24.0	0.0	6.0	0.0	ND	ND
Semilla de mostaza	1/2	cdita	2	2	7	0.4	0.5	0.5	0.0	0.3	0.1	0.0	0.0	0.2	0.0	0.0	1.0	8.0	0.2	10.0	0.0	12.5	0.0	ND	ND
Sidral de dieta	1	lata	355	355	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	17.2	5.7	25.8	0.0	ND	ND
Sidral light	1	lata	355	355	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	17.2	5.7	25.8	0.0	ND	ND
Splenda	1	cdita	2	2	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Squirt de dieta	1	lata	355	355	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	17.2	5.7	25.8	0.0	ND	ND
Squirt light	1	lata	355	355	1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	17.2	5.7	25.8	0.0	ND	ND
Stevia	1	cdita	2	2	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Té Chai	1	cdita	2	2	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.1	ND	0.0	ND	ND
Té verde	1	cdita	2	2	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Tomillo	1	cdita	2	2	7	0.2	0.2	1.3	0.1	0.0	0.0	0.0	0.0	0.4	0.0	1.0	1.0	4.0	0.8	51.0	1.0	5.0	0.0	ND	ND
Trident	1	pieza	5	5	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	ND	0.0	ND	0.0	ND	ND
Vainilla	1	cdita	5	5	8	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.0	0.0	0.0	ND	ND
Vainilla en trozo	1/4	raja	3	3	6	0.1	0.1	2.0	0.0	0.0	0.0	0.0	0.0	1.4	1.3	1.3	1.3	31.3	1.0	12.5	1.3	1.3	0.0	ND	ND
Vinagre	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	5.0	0.0	0.3	0.0	ND	ND
Vinagre balsámico	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	5.0	0.0	0.3	0.0	ND	ND
Vinagre blanco	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.0	ND	ND

libres en energía

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Vinagre de caña	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.0	ND	ND
Vinagre de fruta	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	5.0	0.0	0.3	0.0	ND	ND
Vinagre de jeréz	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	5.0	0.0	0.3	0.0	ND	ND
Vinagre de manzana	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	5.0	0.0	0.3	0.0	ND	ND
Vinagre de sidra	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	5.0	0.0	0.3	0.0	ND	ND
Vinagre de vino	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	5.0	0.0	0.3	0.0	ND	ND
Vinagre de yema	1	cdita	5	5	1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	5.0	0.0	0.3	0.0	ND	ND
Wasabe	1/4	cdita	1	1	1	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	ND	0.2	0.0	ND	17.0	ND	0.0	ND	ND

bebidas alcohólicas

bebidas alcohólicas

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ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Aguardiente	50	ml	50	50	140			0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20.0	ND	ND
Anís dulce o seco	55	ml	55	55	147			0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.7	0.0	20.6	ND	ND
Brandy	60	ml	60	60	139			0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.2	0.0	3.0	20.0	ND	ND
Cerveza	1	lata	356	356	153			12.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	21.4	14.2	0.1	96.1	14.2	49.8	13.9	ND	ND
Cerveza light	1 1/2	lata	531	531	154			8.7	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	31.9	21.2	0.2	111.5	21.2	63.7	16.5	ND	ND
Champaña	1	copa	150	150	101			2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	8.6	0.8	105.0	5.3	10.5	13.1	ND	ND
Coñac	60	ml	60	60	144			1.2	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.4	0.0	19.9	ND	ND
Crema de menta	40	ml	40	40	148			16.6	0.0	0.0	0.1	0.0	16.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.0	11.9	ND	ND
Ginebra	55	ml	55	55	145			0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	20.8	ND	ND
Licor 100° proof	50	ml	50	50	148			1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.5	2.0	21.3	ND	ND
Licor 80° proof	60	ml	60	60	139			2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.6	2.4	20.0	ND	ND
Licor 86° proof	55	ml	55	55	138			1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.6	2.2	19.8	ND	ND
Licor 90° proof	55	ml	55	55	145			1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.6	2.2	20.8	ND	ND
Licor 94° proof	50	ml	50	50	138			1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.5	2.0	19.9	ND	ND
Licor de almendras	60	ml	60	60	134			21.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.6	0.0	21.0	3.0	12.0	7.2	ND	ND
Licor de café	45	ml	45	45	147			21.1	0.1	0.0	0.1	0.0	20.9	0.0	0.0	0.0	0.0	0.5	0.0	13.5	3.6	2.7	9.8	ND	ND
Licor de café con crema	45	ml	45	45	147			9.4	4.3	2.0	0.3	6.7	8.9	0.0	19.1	0.0	0.0	7.7	0.1	14.4	41.2	23.0	15.9	ND	ND
Licor de café con whiskey	45	ml	45	45	147			9.4	4.3	2.0	0.3	6.7	0.0	0.0	19.1	0.0	0.0	7.7	0.1	14.4	41.2	23.0	15.9	ND	ND

bebidas alcohólicas

ALIMENTO	Cantidad sugerida	Unidad	Peso bruto (g)	Peso neto (g)	Energía (kcal)	Proteína (g)	Lípidos (g)	Hidratos de carbono (g)	AG saturados (g)	AG monoinsaturados (g)	AG poliinsaturados (g)	Colesterol (mg)	Azúcar (g)	Fibra (g)	Vitamina A (mg RE)	Acido Ascórbico (mg)	Ácido Fólico (mg)	Calcio (mg)	Hierro (mg)	Potasio (mg)	Sodio (mg)	Fósforo (mg)	Etanol (g)	IG	Carga glicémica
Licor de naranja	65	ml	65	65	146	0.1	0.0	22.8	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.0	3.9	0.0	22.8	3.3	13.0	7.8	ND	ND
Oporto	90	ml	90	90	145	0.2	0.0	11.7	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.1	3.6	0.4	87.3	3.6	9.0	14.0	ND	ND
Pulque	1	tarro	330	330	155	1.3	0.0	20.1	0.0	0.0	0.0	0.0	ND	0.0	0.0	16.5	0.0	36.3	2.3	0.0	0.0	112.2	9.9	ND	ND
Rompope	60	ml	60	60	141	2.3	0.2	14.1	2.7	1.3	0.2	35.2	ND	0.0	48.0	0.9	0.5	78.0	0.1	99.2	32.6	65.7	10.0	ND	ND
Ron blanco o añejo	60	ml	60	60	139	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.0	0.0	0.1	1.4	0.0	2.9	20.0	ND	ND
Sidra	2	copa	300	300	150	0.6	0.0	18.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.3	24.0	1.5	216.0	21.0	9.0	11.1	ND	ND
Tequila	55	ml	55	55	146	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	5.5	20.9	ND	ND
Vermouth seco	60	ml	60	60	134	0.0	0.0	0.2	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.0	0.9	0.1	11.1	1.7	1.7	18.6	ND	ND
Vino (12.2% alcohol)	1	copa	100	100	137	0.1	0.0	7.7	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	1.1	8.0	0.4	89.0	8.0	0.0	12.2	ND	ND
Vino blanco dulce	1	copa	100	100	160	0.2	0.0	13.7	0.0	0.0	0.0	0.0	7.8	0.0	0.0	0.0	0.0	8.0	0.2	92.0	9.0	9.0	15.3	ND	ND
Vino blanco seco	2	copa	200	200	164	0.1	0.0	5.2	0.0	0.0	0.0	0.0	1.9	0.0	0.0	0.0	2.0	18.0	0.5	142.0	10.0	36.0	20.6	ND	ND
Vino de mesa	2	copa	200	200	166	0.1	0.0	5.4	0.0	0.0	0.0	0.0	1.6	0.0	0.0	0.0	2.0	15.5	0.7	198.0	10.0	40.0	20.8	ND	ND
Vino espumoso	1	copa	150	150	101	0.3	0.0	2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	8.7	0.8	105.0	5.3	10.5	13.1	ND	ND
Vino rosado	2	copa	200	200	134	0.2	0.0	2.7	0.0	0.0	0.0	0.0	5.0	0.0	0.0	0.0	1.9	24.0	1.9	150.0	8.0	12.0	17.4	ND	ND
Vino tinto	2	copa	200	200	170	0.1	0.0	5.2	0.0	0.0	0.0	0.0	1.2	0.0	4.0	0.0	2.0	15.5	0.9	254.0	8.0	46.0	21.2	ND	ND
Vodka	60	ml	60	60	139	0.0	0.0	0.0	0.0	0.0	0.0	0.0	ND	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	19.8	ND	ND
Whisky	55	ml	55	55	138	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	1.7	19.8	ND	ND

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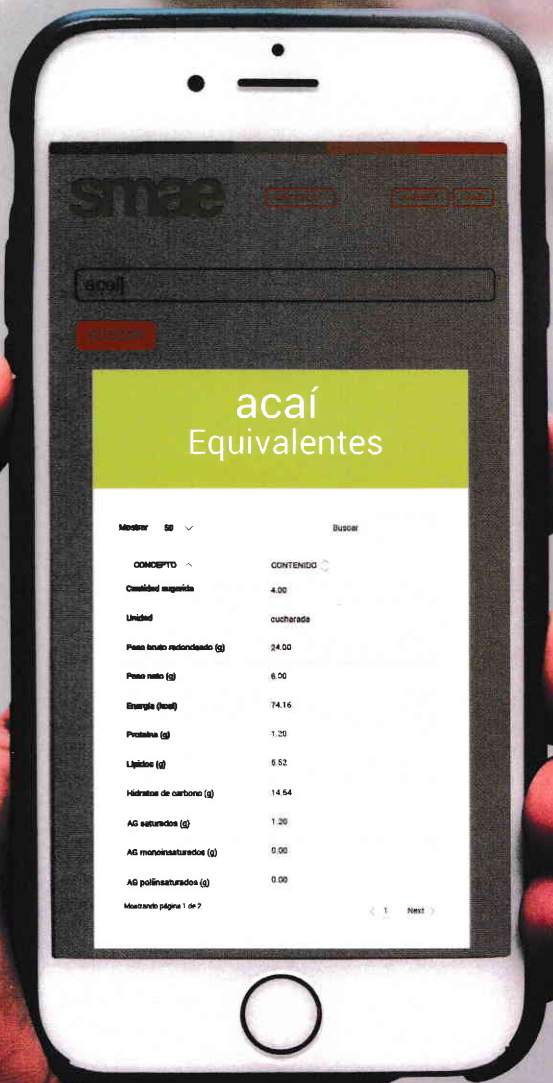

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