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| --- | --- | --- | --- | --- | --- | --- | --- |
| Alliimento | Cantiidad sugeriida | Uniidad | Energíía  (kcall) | Proteíína  (g) | Líípiidos  (g) | Hiidratos de carbono (g) | Fiibra  (g) |
| VERDURAS |  |  |  |  |  |  |  |
| Acelga cruda | 2 | taza | 22 | 2.2 | 0.1 | 4.3 | 3..6 |
| Acelga picada cocida | ½ | taza | 19 | 1.9 | 0.1 | 4.3 | 2.1 |
| Alcachofa mediana cocida | 1 | pieza | 25 | 1.4 | 0.2 | 5.7 | 4..1 |
| Apio cocido | ¾ | taza | 20 | 0.9 | 0.2 | 4.5 | 1.8 |
| Berro crudo | 1 | taza | 17 | 0.6 | 0.0 | 0.4 | 0.1 |
| Betabel crudo | ¼ | pieza | 19 | 0.8 | 0.1 | 4.3 | 0.3 |
| Brócoli cocido | ½ | taza | 26 | 2.7 | 0.4 | 4.6 | 2..7 |
| Brócoli crudo | 1 | taza | 19 | 2.1 | 0.3 | 3.7 | 2..1 |
| Calabacita alargada cruda | 1 | pieza | 21 | 1.6 | 0.1 | 3.4 | 1.4 |
| Calabacita redonda cruda | 1 | pieza | 18 | 1.4 | 0.1 | 2.9 | 1.2 |
| Calabacita de castilla cocida | ½ | taza | 22 | 0.8 | 0.1 | 5.4 | 1.2 |
| Cebolla blanca rebanada | ½ | taza | 23 | 0.6 | 0.1 | 5.4 | 1.0 |
| Cebolla cocida | ¼ | taza | 23 | 0.7 | 0.1 | 5.3 | 0.7 |
| Cebolla morada rebanada | ½ | taza | 20 | 0.5 | 0.1 | 4.4 | 0.7 |
| Cebollita de cambray sin raíz | 3 | pieza | 23 | 1.3 | 0.1 | 5.3 | 1.9 |
| Champiñón cocido entero | 1 | Taza | 20 | 2.8 | 0.3 | 3.2 | 1.4 |
| Champiñón crudo entero | 1 | taza | 20 | 2.9 | 0.3 | 3.1 | 0.9 |
| Chayote cocido picado | ½ | taza | 19 | 0.5 | 0.4 | 4.1 | 2.2 |
| Chícharo cocido sin vaina | 1/5 | taza | 27 | 1.7 | 0.1 | 4.9 | 1.8 |
| Chícharo crudo con vaina | ½ | taza | 22 | 1.5 | 0.1 | 4.0 | 1.4 |
| Chilacas crudas | 3 | pieza | 24 | 1.1 | 0.2 | 5.5 | 0.7 |
| Chilacayote crudo | 150 | g | 19 | 1.6 | 0.3 | 3.6 | 0.4 |
| Col cocida picada | ½ | taza | 17 | 1.0 | 0.0 | 4.1 | 1.4 |
| Col cruda picada | 1 ½ | taza | 20 | 1.0 | 0.2 | 4.5 | 1.9 |
| Col morada cruda picada | 1 | taza | 17 | 0.8 | 0.1 | 4.1 | 1.2 |
| Coliflor cocida | 3/4 | taza | 21 | 1.7 | 0.4 | 3.9 | 2.2 |
| Coliflor cruda | 2 | taza | 20 | 1.6 | 0.1 | 4.2 | 2.0 |
| Corazón de lechuga crudo | 1 | pieza | 12 | 1.1 | 0.0 | 4.4 | 1.9 |
| Cuitlacoche cocido | 1/3 | taza | 20 | 0.8 | 0.1 | 4.1 | 1.2 |
| Ejotes cocidos picados | ½ | taza | 22 | 1.2 | 0.2 | 4.9 | 2.0 |
| Elotitos de cambray | 8 | pieza | 26 | 2.2 | 0.0 | 4.3 | 1.8 |
| Espárragos crudos | 6 | pieza | 22 | 2.3 | 0.3 | 3.8 | 2..8 |
| Espinaca cocida | ½ | taza | 21 | 2.7 | 0.2 | 3.4 | 3..2 |
| Espinaca cruda picada | 2 | taza | 28 | 3.4 | 0.4 | 4.4 | 2..6 |
| Flor de calabaza cocida | 1 | taza | 20 | 1.4 | 0.2 | 4.4 | 1.2 |
| Germen de alfalfa crudo | 3 | taza | 23 | 4.0 | 0.7 | 2.1 | 1.9 |
| Germen de soya cocido | 1/3 | taza | 25 | 2.7 | 1.4 | 2.1 | 0.3 |
| Granos de elote crudo | 2 | cucharadas | 18 | 0.7 | 0.2 | 4.0 | 0.6 |
| Hongos crudos | 1 ½ | taza | 26 | 3.0 | 0.4 | 4.2 | 2.4 |
| Huitlacoche cocido | 1/3 | taza | 20 | 0.8 | 0.1 | 4.1 | 1.2 |
| Jícama picada | ½ | taza | 23 | 0.4 | 0.1 | 5.3 | 2.9 |
| Jitomate | 120 | g | 20 | 1.0 | 0.2 | 4.4 | 1.4 |
| Jitomate cereza | 4 | pieza | 17 | 0.8 | 0.2 | 3.7 | 1.1 |
| Jugo de tomate | ½ | taza | 21 | 0.9 | 0.1 | 5.1 | 0.5 |
| Jugo de verduras | ½ | taza | 23 | 0.8 | 0.1 | 5.5 | 1.0 |
| Jugo de zanahoria | ¼ | taza | 24 | 0.6 | 0.1 | 5.5 | 0.5 |
| Lechuga | 3 | taza | 23 | 1.7 | 0.4 | 4.5 | 2.8 |
| Nopal cocido | 1 | taza | 22 | 2.0 | 0.1 | 4.9 | 3.0 |
| Nopal crudo | 2 | pieza | 22 | 1.8 | 0.1 | 4.5 | 3.2 |
| Papaloquelite crudo | 2 | taza | 24 | 1.9 | 0.3 | 3.1 | 1.0 |
| Pepino con cascara rebanado | 1 ¼ | taza | 20 | 0.8 | 0.1 | 4.7 | 0.7 |
| Pimiento cocido | ½ | taza | 19 | 0.6 | 0.1 | 4.6 | 0.8 |
| Pimiento fresco | 1 | taza | 17 | 0.5 | 0.1 | 3.8 | 1.1 |
| Puré de tomate enlatado | ¼ | taza | 24 | 1.0 | 0.1 | 5.6 | 1.5 |
| Quelite crudo | 80 | g | 26 | 3.1 | 0.3 | 2.6 | 0.8 |
| Romeritos crudos | 120 | g | 26 | 2.6 | 0.1 | 3.5 | 0.7 |
| Tomate verde | 5 | pieza | 21 | 0.9 | 0.2 | 3.9 | 2.1 |
| Verdolaga cocida | 1 | taza | 21 | 1.7 | 0.2 | 4.1 | 0.9 |
| Zanahoria rallada cruda | ½ | taza | 23 | 0.5 | 0.1 | 4.1 | 1.5 |
| FRUTAS |  |  |  |  |  |  |  |
| Arándano fresco | 125 | g | 56 | 0.5 | 0.2 | 14.9 | 5.6 |
| Blueberries | 3/4 | taza | 61 | 0.7 | 0.4 | 15.4 | 2.6 |
| Caña de azúcar | 250 | g | 64 | 0.5 | 0.5 | 17.2 | 1.9 |
| Capulín | 3 | taza | 63 | 1.4 | 0.0 | 16.1 | 0.6 |
| Cereza | 20 | pieza | 56 | 0.9 | 0.2 | 14.7 | 2.1 |
| Chabacano | 4 | pieza | 61 | 1.8 | 0.5 | 14.0 | 2.5 |
| Chicozapote | ½ | pieza | 62 | 0.3 | 0.8 | 14.9 | 4.0 |
| Ciruela criolla roja o amarilla | 3 | pieza | 73 | 1.1 | 0.4 | 18.1 | 2.2 |
| Ciruela pasa deshuesada | 7 | pieza | 60 | 0.5 | 0.1 | 15.7 | 1.7 |
| Durazno amarillo | 2 | pieza | 60 | 1.4 | 0.2 | 14.6 | 2.3 |
| Frambuesa | 1 | taza | 64 | 1.5 | 0.8 | 14.7 | 8.0 |
| Fresa entera | 17 | pieza med | 65 | 1.4 | 0.6 | 15.7 | 4.1 |
| Fruta picada | 1 | taza | 59 | 0.7 | 0.3 | 14.7 | 1.4 |
| Gajos de mandarina | 1 | taza | 56 | 0.9 | 0.3 | 14.0 | 1.9 |
| Gajos de naranja | ¾ | taza | 53 | 1.0 | 0.1 | 13.3 | 2.7 |
| Gajos de toronja | 1 | taza | 50 | 0.8 | 0.2 | 12.6 | 1.7 |
| Granada china | 2 | pieza | 65 | 1.5 | 0.5 | 15.7 | 7.3 |
| Granada roja | 1 | pieza | 44 | 0.9 | 0.3 | 15.5 | 2.4 |
| Guanábana | 1 | pieza chica | 90 | 1.0 | 3.8 | 15.5 | 9.0 |
| Guayaba | 3 | pieza | 63 | 1.0 | 0.7 | 14.8 | 7.0 |
| Higo | 2 | pieza | 53 | 0.6 | 0.1 | 13.8 | 2.1 |
| Kiwi | 1 ½ | pieza | 69 | 1.2 | 0.6 | 16.6 | 3.4 |
| Lima | 3 | pieza | 44 | 1.0 | 0.3 | 15.5 | 4.1 |
| Mamey | 1/3 | pieza | 58 | 1.4 | 0.5 | 13.7 | 3.8 |
| Mandarina | 2 | pieza | 68 | 1.0 | 0.4 | 17.0 | 2.3 |
| Mango ataulfo | ½ | pieza | 40 | 0.3 | 0.2 | 10.5 | 1.1 |
| Mango manila | 1 | pieza | 62 | 1.2 | 0.0 | 16.1 | 1.6 |
| Mango petacón | ½ | pieza | 72 | 0.6 | 0.3 | 12.9 | 1.2 |
| Manzana | 1 | pieza | 55 | 0.3 | 0.2 | 14.7 | 2.6 |
| Manzana deshidratada | 9 | orejones | 55 | 0.2 | 0.1 | 15.0 | 2.0 |
| Melón | 1/3 | pieza | 61 | 1.5 | 0.3 | 14.6 | 1.6 |
| Moras | ¾ | taza | 67 | 2.2 | 0.6 | 14.9 | 8.2 |
| Naranja | 2 | pieza | 72 | 1.4 | 0.2 | 18.0 | 3.7 |
| Nectarina | 1 | pieza | 54 | 1.3 | 0.4 | 13.1 | 2.1 |
| Níspero | 25 | pieza | 59 | 0.1 | 1.2 | 13.3 | 0.0 |
| Papaya picada | 1 | taza | 55 | 0.8 | 0.1 | 13.7 | 2.5 |
| Pasas | 10 | pieza | 59 | 0.5 | 0.1 | 15.7 | 1.4 |
| Pera | ½ | pieza | 47 | 0.3 | 0.1 | 12.5 | 2.5 |
| Perón | 1 | pieza | 65 | 0.4 | 0.4 | 16.7 | 2.2 |
| Piña picada | ¾ | taza | 62 | 0.7 | 0.1 | 16.2 | 1.7 |
| Plátano | ½ | pieza | 48 | 0.6 | 0.2 | 12.4 | 1.4 |
| Plátano dominico | 3 | pieza | 54 | 1.0 | 0.1 | 14.0 | 1.2 |
| Plátano macho | 1/4 | pieza | 95 | 0.5 | 0.2 | 11.6 | 1.0 |
| Rambután | 7 | pieza | 55 | 0.6 | 0.3 | 15.0 | 0.9 |
| Sandia picada | 1 | taza | 48 | 1.0 | 0.2 | 12.1 | 0.6 |
| Tamarindo (pulpa sin azúcar) | 8 | cucharadas | 57 | 0.1 | 0.1 | 14.7 | 0.5 |
| Tejocote | 2 | pieza | 52 | 0.5 | 0.4 | 13.1 | 1.6 |
| Toronja | 1 | pieza | 54 | 0.9 | 0.2 | 13.7 | 1.8 |
| Tuna | 2 | pieza | 56 | 1.0 | 0.7 | 13.2 | 5.0 |
| Uva | 18 | pieza | 61 | 0.6 | 0.5 | 15.3 | 1.1 |
| Zapote negro | ½ | pieza | 52 | 0.7 | 0.1 | 13.5 | 1.1 |
| Zarzamora | ¾ | taza | 56 | 0.8 | 0.6 | 13.8 | 4.4 |
| CEREALES SIN GRASA | | | | | | | |
| Arroz cocido | ¼ | taza | 60 | 1.1 | 0.1 | 13.3 | 0.1 |
| Arroz integral cocido | 1/3 | taza | 73 | 1.5 | 0.5 | 15.3 | 1.2 |
| Avena cocida | ¾ | taza | 66 | 5.2 | 1.3 | 18.8 | 4.3 |
| Avena cruda | 1/3 | taza | 76 | 5.4 | 2.2 | 20.5 | 4.8 |
| Bagel | 1/3 | pieza | 65 | 2.5 | 0.4 | 12.6 | 0.5 |
| Baguette | 1/7 | pieza | 72 | 2.2 | 1.0 | 13.4 | 0.6 |
| Barrita de avena | ½ | pieza | 56 | 0.8 | 1.1 | 11.1 | 0.5 |
| Bolillo | 1/3 | pieza | 61 | 1.9 | 0.0 | 12.8 | 0.1 |
| Bolillo integral | 1/3 | pieza | 64 | 2.1 | 0.1 | 13.4 | 0.2 |
| Bollos para hamburguesa | 1/3 | pieza | 65 | 2.4 | 1.1 | 12.5 | 0.6 |
| Camote al horno | 1/3 | taza | 70 | 1.2 | 0.1 | 16.4 | 1.3 |
| Camote en dulce | 1/5 | taza | 71 | 0.1 | 1.7 | 14.5 | 1.2 |
| Canelones | 4 | pieza | 68 | 1.9 | 0.1 | 14.6 | 0.4 |
| Cascara de papa cruda | 2 ½ | taza | 73 | 3.2 | 0.1 | 14.6 | 0.4 |
| Cereal de arroz | ½ | taza | 67 | 1.4 | 0.5 | 14.1 | 1.1 |
| Cereal de salvado de trigo | 1/3 | taza | 54 | 2.6 | 0.7 | 15.3 | 6.7 |
| Cereal integral con pasitas | 1/3 | taza | 66 | 2.0 | 0.5 | 15.7 | 2.7 |
| Cereal multigrano | ¼ | taza | 67 | 2.3 | 0.5 | 14.7 | 2.4 |
| Codito crudo | 20 | g | 74 | 2.5 | 0.2 | 15-0 | 0.1 |
| Croutones | ½ | taza | 61 | 1.8 | 1.0 | 11.1 | 0.8 |
| Elote amarillo desgranado cocido | ½ | taza | 66 | 2.3 | 0.4 | 16.2 | 2.0 |
| Elote amarillo enlatado | ½ | taza | 66 | 2.1 | 0.8 | 15.2 | 1.6 |
| Espagueti cocido | 1/3 | taza | 57 | 2.5 | 0.2 | 12.3 | 2.1 |
| Fécula de maíz | 2 | cucharada | 60 | 0.0 | 0.0 | 14.4 | 0.0 |
| Fécula de maíz de sabor | 2 | cucharada | 60 | 0.0 | 0.0 | 14.4 | 0.0 |
| Fideo cocido | ½ | taza | 74 | 2.5 | 0.2 | 15.0 | 0.1 |
| Galletas de animalitos | 6 | pieza | 68 | 1.1 | 2.1 | 11.3 | 0.2 |
| Galleta maría | 5 | pieza | 69 | 1.3 | 1.3 | 13.8 | 0.1 |
| Galleta para sopa | 15 | pieza | 75 | 1.3 | 1.9 | 13.8 | 0.0 |
| Galleta salada | 4 | pieza | 69 | 1.4 | 2.1 | 11.2 | 0.0 |
| Galleta salada integral | 4 | pieza | 70 | 1.6 | 1.9 | 11.2 | 0.4 |
| Granola baja en grasa | 3 | cucharada | 70 | 1.5 | 1.1 | 14.4 | 1.1 |
| Harina | 2 ½ | cucharada | 73 | 2.1 | 0.2 | 15.3 | 0.5 |
| Harina de arroz | 2 | cucharada | 72 | 1.4 | 0.6 | 15.1 | 0.9 |
| Harina de trigo | 2 ½ | cucharada | 71 | 2.0 | 0.2 | 14.9 | 0.5 |
| Hot cake | ¾ | pieza | 69 | 2.5 | 2.3 | 9.7 | 0.0 |
| Pan de hot dog | ½ | pieza | 55 | 2.0 | 1.0 | 10.5 | 0.5 |
| Pan dulce | ¼ | rebanada | 62 | 1.5 | 1.9 | 9.9 | 0.1 |
| Pan integral | 1 | rebanada | 67 | 2.4 | 1.0 | 12.6 | 1.1 |
| Pan molido | 8 | cucharadita | 66 | 2.1 | 1.0 | 11.8 | 0.3 |
| Pan tostado | 1 | rebanada | 82 | 2.6 | 1.3 | 14.8 | 0.3 |
| Papa | ¾ | pieza | 72 | 1.8 | 0.1 | 16.4 | 2.5 |
| Papa de cambray | 5 | pieza | 72 | 1.5 | 0.1 | 16.5 | 0.5 |
| Pasta cocida | ½ | taza | 78 | 3.2 | 1.1 | 14.0 | 0.0 |
| Salvado de trigo | 8 | cucharada | 66 | 4.8 | 1.3 | 19.8 | 13.1 |
| Telera | 1/3 | pieza | 62 | 1.8 | 0.8 | 11.5 | 0.6 |
| Tortilla de maíz | 1 | pieza | 64 | 1.4 | 0.5 | 13.6 | 0.6 |
| Tortilla de harina | ½ | pieza | 44 | 1.0 | 1.1 | 7.5 | 0.5 |
| Tortilla de harina integral | 1 | pieza | 76 | 2.1 | 2.1 | 11.7 | 0.0 |
| LEGUMINOSAS | | | | | | | |
| Alubia cocida (chica o grande) | ½ | taza | 124 | 8.7 | 0.3 | 22.5 | 5.6 |
| Frijol promedio cocido | ½ | taza | 114 | 7.6 | 0.5 | 20.4 | 7.5 |
| Frijoles refritos caseros o enlatados | 1/3 | taza | 95 | 4.1 | 4.1 | 11.3 | 7.1 |
| Garbanzo cocido | ½ | taza | 135 | 7.3 | 2.1 | 22.5 | 6.3 |
| Haba cocida | ½ | taza | 94 | 6.5 | 0.3 | 16.7 | 4.6 |
| Lenteja cocida | ½ | taza | 115 | 9.0 | 0.4 | 20.0 | 7.8 |
| Soya cocida | 1/3 | taza | 98 | 9.4 | 5.1 | 5.6 | 3.4 |
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| Alliimento | Cantiidad sugeriida | Uniidad | Energíía  (kcall) | Proteíína  (g) | Líípiidos  (g) | Hiidratos de carbono (g) |
| ALIMENTOS DE ORIGEN ANIMAL MUY BAJO APORTE DE GRASA | | | | | | |
| Acociles | 50 | g | 37 | 7.4 | 0.5 | 0.9 |
| Aguayón de res | 30 | g | 42 | 6.3 | 1.9 | 0.0 |
| Almeja fresca sin concha | 4 | pieza | 43 | 7.4 | 0.6 | 1.5 |
| Alón de pollo sin piel | 1 | pieza | 37 | 6.4 | 1.0 | 0.0 |
| Atún en agua | 1/5 | taza | 36 | 7.9 | 0.3 | 0.0 |
| Bistec de res | 30 | g | 36 | 7.2 | 0.8 | 0.0 |
| Cabrito | 25 | g | 36 | 6.8 | 0.8 | 0.0 |
| Camarón pacotilla | 6 | pieza | 38 | 7.3 | 0.6 | 0.3 |
| Carne molida de pollo | 32 | g | 36 | 7.4 | 0.5 | 0.0 |
| Chambarete de res | 35 | g | 42 | 6.8 | 1.6 | 0.0 |
| Clara de huevo | 2 | pieza | 32 | 7.2 | 0.1 | 0.5 |
| Cuete de res | 45 | g | 41 | 7.3 | 1.3 | 1.3 |
| Filete de pescado | 40 | g | 36 | 7.5 | 0.5 | 0.0 |
| Jamón americano | 2 | rebanada delgada | 44 | 6.8 | 1.5 | 0.8 |
| Mero cocido | 30 | g | 35 | 7.5 | 0.4 | 0.0 |
| Pechuga de pollo aplanada | 25 | g | 40 | 7.2 | 1.0 | 0.0 |
| Queso cottage | 3 | cucharada | 43 | 6.6 | 0.9 | 1.7 |
| ALIMENTOS DE ORIGEN ANIMAL BAJO APORTE DE GRASA | | | | |  |  |
| Arrachera de res | 30 | g | 56 | 8.4 | 2.2 | 0.0 |
| Atún en aceite | 25 | g | 49 | 7.3 | 2.1 | 0.0 |
| Carne de cerdo | 40 | g | 46 | 7.9 | 2.5 | 0.0 |
| Carne de res molida | 30 | g | 54 | 6.2 | 3.0 | 0.0 |
| Guajolote | 45 | g | 57 | 7.3 | 2.8 | 0.0 |
| Jamón de pavo | 2 | rebanada | 54 | 8.0 | 2.1 | 0.1 |
| Jamón de pierna | 2 | rebanada | 56 | 8.1 | 2.1 | 0.5 |
| Pescado blanco cocido | 30 | g | 52 | 7.3 | 2.3 | 0.0 |
| Pierna de pollo sin piel | 1/3 | pieza | 45 | 7.5 | 1.4 | 0.0 |
| Queso fresco | 40 | g | 58 | 6.1 | 2.8 | 2.0 |
| Queso panela | 40 | g | 58 | 6.1 | 2.8 | 2.0 |
| ALIMENTOS DE ORIGEN ANIMAL MODERADO APORTE DE GRASA | | | | | |  |
| Bistec de bola | 25 | g | 71 | 7.2 | 4.5 | 0.0 |
| Costillitas de cerdo | 50 | g | 69 | 6.5 | 4.6 | 0.0 |
| Huevo cocido | 1 | pieza | 68 | 5.5 | 4.7 | 0.5 |
| Huevo fresco | 1 | pieza | 63 | 5.5 | 4.4 | 0.3 |
| Queso parmesano | 3 ½ | cucharada | 75 | 6.7 | 5.0 | 0.9 |
| Salchicha de pavo | 1 | pieza | 86 | 10.5 | 4.6 | 0.7 |
| Sardinas en aceite | 3 | pieza | 75 | 8.9 | 4.1 | 0.0 |
| Sardinas en tomate | 1 | pieza | 71 | 7.9 | 4.0 | 0.3 |
| Sierra | 50 | g | 78 | 7.3 | 5.2 | 0.0 |
| Suadero cocido | 29 | g | 76 | 7.8 | 4.8 | 0.0 |
| ALIMENTOS DE ORIGEN ANIMAL ALTO APORTE DE GRASA | | | | | |  |
| Añejo tipo Cotija | 2 | cucharada | 70 | 6.8 | 8.0 | 0.3 |
| Costilla de res | 40 | g | 112 | 4.5 | 10.3 | 0.0 |
| Espinazo de cerdo | 45 | g | 99 | 5.8 | 8.2 | 0.0 |
| Fondue de queso | 3 ½ | cucharada | 104 | 6.5 | 6.1 | 1.7 |
| Jamón del diablo | 3 ½ | cucharada | 100 | 6.2 | 8.6 | 0.0 |
| Nugget de pollo | 2 | pieza | 101 | 5.2 | 6.7 | 4.8 |
| Queso amarillo | 2 | rebanada | 100 | 7.0 | 5.9 | 4.9 |
| Queso canasto | 30 | g | 87 | 8.5 | 10.0 | 0.4 |
| Queso chihuahua | 25 | g | 94 | 5.4 | 7.5 | 1.4 |
| Queso manchego | 25 | g | 102 | 6.1 | 8.1 | 1.2 |
| Queso oaxaca | 30 | g | 95 | 7.7 | 6.6 | 0.9 |
| Salchicha | ¾ | pieza | 114 | 6.6 | 9.6 | 0.0 |
| Yema de huevo | 2 | pieza | 108 | 5.4 | 9.0 | 1.2 |
| LECHE |  |  |  |  |  |  |
| Jocoque | ¾ | taza | 113 | 9.4 | 2.9 | 12.6 |
| Helado con leche | ½ | taza | 205 | 3.0 | 14.6 | 15.5 |
| Leche descremada | 1 | taza | 86 | 8.4 | 0.4 | 11.9 |
| Leche en polvo descremada | 4 | cucharada | 109 | 10.8 | 0.2 | 15.6 |
| Leche semidescremada | 1 | taza | 116 | 7.7 | 4.4 | 11.2 |
| Leche entera | 1 | taza | 148 | 7.9 | 8.0 | 11.2 |
| Leche entera en polvo | 4 | cucharada | 159 | 8.4 | 8.5 | 12.3 |
| Leche evaporada | ½ | taza | 150 | 7.5 | 7.5 | 11.3 |
| Leche con chocolate | 1 | taza | 200 | 8.0 | 8.2 | 24.9 |
| Yogurt bajo en grasa | 1/3 | taza | 83 | 2.7 | 0.8 | 16.0 |
| Yogurt light de fruta | ¾ | taza | 95 | 5.3 | 0.0 | 16.9 |
| Yogurt natural | 1 | taza | 139 | 7.9 | 7.4 | 10.6 |
| ACEITES Y GRASAS |  |  |  |  |  |  |
| Aceite comestible | 1 | cucharadita | 44 | 0.0 | 5.0 | 0.0 |
| Aceite en spray | 5 | disp.de un seg | 44 | 0.0 | 5.0 | 0.0 |
| Aceituna negra sin hueso | 5 | pieza | 46 | 0.3 | 5.0 | 0.8 |
| Aceituna verde con hueso | 6 | pieza | 46 | 0.3 | 5.1 | 0.8 |
| Aceituna verde sin hueso | 8 | pieza | 44 | 0.3 | 4.8 | 0.8 |
| Aderezo | 2 | cucharada | 32 | 0.0 | 3.0 | 1.4 |
| Aguacate hass | 1/3 | pieza | 54 | 0.7 | 5.3 | 2.1 |
| Cocada | 1/3 | pieza | 41 | 0.7 | 2.3 | 5.6 |
| Coco | 8 | g | 41 | 0.5 | 4.3 | 0.9 |
| Crema | 1 | cucharada | 43 | 0.0 | 3.2 | 2.1 |
| Crema para café | 1 | cucharada | 41 | 0.3 | 4.3 | 0.4 |
| Dip | 2 | cucharada | 48 | 1.0 | 3.9 | 1.9 |
| Mantequilla | 1 ½ | cucharadita | 47 | 0.1 | 5.3 | 0.0 |
| Margarina | 1 | cucharadita | 39 | 0.0 | 4.3 | 0.0 |
| Mayonesa | 1 | cucharadita | 34 | 0.1 | 3.6 | 0.2 |
| Queso crema | 1 | cucharada | 46 | 1.0 | 4.6 | 0.4 |
| Vinagreta | ½ | cucharada | 36 | 0.0 | 4.0 | 0.2 |
| ACEITES Y GRASAS CON PROTEÍNA | | | | | | |
| Ajonjolí | 4 | cucharadita | 61 | 2.7 | 5.7 | 1.0 |
| Almendra | 10 | pieza | 66 | 2.7 | 6.6 | 0.5 |
| Avellana | 9 | pieza | 72 | 2.5 | 6.5 | 2.3 |
| Cacahuate | 14 | pieza | 73 | 2.9 | 6.2 | 2.7 |
| Chía | 7 | cucharada | 69 | 3.5 | 5.9 | 1.9 |
| Cocoa | 2 | cucharada | 72 | 6.3 | 0.6 | 11.8 |
| Nuez | 3 | pieza | 67 | 0.9 | 7.0 | 1.3 |
| Pepitas | 60 | pieza | 66 | 3.0 | 5.6 | 2.1 |
| Pistache | 18 | pieza | 73 | 2.6 | 6.3 | 2.5 |
| Semilla de calabaza | 1  ½ | cucharada | 61 | 3.4 | 5.1 | 1.6 |
| Semilla de girasol | 4 | cucharadita | 69 | 2.7 | 6.0 | 2.1 |