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| **CODIGOMEX** | **Description** |  |
| ORIGMACR | Fuente de Homologación de macronutrimentos | Source Approval macronutrient |
| CODIGOMACR | Código de la fuente original de macronutrimentos | The original source code macronutrient |
| ORIGMICR | Fuente de Homologación de micronutrimentos (Fe, Zn, Ac. Fitico) | Source Approval of micronutrients ( Fe , Zn, Phytic acid ) |
| CODIGOMICR | Código de la fuente original de micronuitrimentos (Fe, Zn, Ac. Fitico) | The original source code micronutrients (Fe, Zn, Phytic acid) |
| FFIHIZI | identificador de fuente de Ac. Fitico, Hierro y Zinc (USO DEL INSP) | Source identifier for Phytic acid, Iron, and Zinc ( USE OF INSP) |
| GRUPO\_ D\_ A | Grupo de alimentos (14 grupos)\* |  |
| NOMMEX | Nombre Mexicano |  |
| NOMORI | Nombre de Origen |  |
| NAME\_IN\_EN | Nombre en Ingles |  |
| DENSIDAD | Densidad de los líquidos | Liquid density |
| PORCION | Porción Comestible | Edible portion |
| COCRPR | Cocido, crudo o preparación | Cooked, raw, or prepared |
| MLOG | Mililitros o Gramos ( g = 2, ml = 1) | Milliliters or grams ( g = 2, ml = 1 ) |
| AMOUNT | Cantidad en peso | Amount by weight |
| PROTEINA | Proteína (g/100g) | Protein (g/100g) |
| GRASA | Grasa (g/100g) | Fat (g/100g) |
| H\_DE\_C | Hidratos de carbono (g/100g) | Carbohydrate ( g / 100g ) |
| CENIZA | Ceniza (g/100g) | Ash |
| ENER\_KCAL | Energía en Kcal/100g | Energy Kcal/100g |
| ALCH | Alcohol (g/100g) | Alcohol (g/100g) |
| AGUA | Agua (g/100g) | Water (g/100g) |
| CAFEINA | Cafeína (mg/100g) | Caffeine (mg/100g) |
| THEBRN | Teobromina (mg/100g) | Theobromine (mg / 100g ) |
| ENER\_KJ | Energía KJ/100g | Energy KJ/100g |
| AZUCAR | Azúcar total (g/100g) | Sugar (g/100g) |
| FIBTOT | Fibra dietética total (g/100g) | Total dietary fiber (g/100g) |
| CA | Calcio (mg/100g) | Calcium (mg/100g) |
| FE | Hierro (mg/100g) | Iron (mg/100g) |
| MG | Magnesio (mg/100g) | Magnesium (mg/100g) |
| P | Fósforo (mg/100g) | Phosphorus (mg/100g) |
| K | Potasio (mg/100g) | Potassium (mg/100g) |
| NA | Sodio (mg/100g) | Sodium (mg/100g) |
| ZN | Zinc (mg/100g) | Zinc (mg/100g) |
| AFITICO | Ácido Fítico (mg/100g) | Phytc acid (mg/100g) |
| CU | Cobre (mg/100g) | Copper (mg/100g) |
| MN | Manganeso (mg/100g) | Manganese (mg/100g) |
| SE | Selenio (mcg/100g) | Selenium (mcg/100g) |
| VITA | Vitamina A (IU/100g) | Vitamin A (IU/100g) |
| EQRET | Equivalentes de Retinol /100g) | Retinol equivalents / 100g) |
| VITD | Vitamina D (IU/100g) | Vitamin D (IU/100g) |
| RETINOL | Vitamina A, RE (mcg\_RE/100g) | Vitamin A, retinol equivalents (mcg RE/100g) |
| VITE | Vitamina E (mg\_ATE/100g) | Vitamin E (mg alpha-tecopherol/100g) |
| VITC | Vitamina C (mg/100g) | Vitamin C (mg/100g) |
| THIA | Tiamina (mg/100g) | Thiamine (mg/100g) |
| RIBF | Riboflavina (mg/100g) | Riboflavin (mg/100g) |
| NIA | Niacina (mg/100g) | Niacin (mg/100g) |
| PANTAC | Ácido Pantoténico (mg/100g) | Pantothenic acid (mg/100g) |
| VITB6 | Vitamina B-6 (mg/100g) | Vitamin B6 (mg/100g) |
| FOLATO | Folato (mcg/100g) | Folate (mcg/100g) |
| VITB12 | Vitamina B-12 (mg/100g) | Vitamin B12 (mg/100g) |
| TRP | Triptofano (g/100g) | Tryptophan (g/100g) |
| THR | Trenina (g/100g) | Trenina (g/100g) |
| ILE | Isoleucina (g/100g) | Isoleucine (g/100g) |
| LEU | Leucina (g/100g) | Leucine (g/100g) |
| LYS | Lisina (g/100g) | Lysine (g/100g) |
| MET | Metionina (g/100g) | Methionine (g/100g) |
| CYS | Custeina (g/100g) |  |
| PHE | Fenilalanina (g/100g) | Phenylalanine (g/100g) |
| TYR | Tirosina (g/100g) | Tyrosine (g/100g) |
| VAL | Valina (g/100g) | Valine (g/100g) |
| ARG | Arginina (g/100g) | Arginine (g/100g) |
| HIS | Histidina (g/100g) | Histidine (g/100g) |
| ALA | Alanina (g/100g) | Alanine (g/100g) |
| ASP | Acido Aspartico (g/100g) | Aspartic acid (g/100g) |
| GLU | Acido Glutámico (g/100g) | Glutamic acid (g/100g) |
| GLY | Glicina (g/100g) | Glycine (g/100g) |
| PRO | Prolina (g/100g) | Proline (g/100g) |
| SER | Serina (g/100g) |  |
| COLE | Colesterol (mg/100g) | Cholesterol (mg/100g) |
| GRASAT | Ácidos grasos saturados (mg/100g) | Saturated fatty acids (mg/100g) |
| F4D0 | 4:0 (g/100g) |  |
| F6D0 | 6:0 (g/100g) |  |
| F8D0 | 8:0 (g/100g) |  |
| F10D0 | 10:0 (g/100g) |  |
| F12D0 | 12:0 (g/100g) |  |
| F14D0 | 14:0 (g/100g) |  |

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| **CODIGOMEX** | **DESCRIPCION** |  |
| F16D0 | 16:0 (g/100g) |  |
| F18D0 | 18:0 (g/100g) |  |
| F20D0 | 20:0 (g/100g) |  |
| F18D1 | 18:1 (g/100g) |  |
| F18D2 | 18:2 (g/100g) |  |
| F18D3 | 18:3 (g/100g) |  |
| F20D4 | 20:4 (g/100g) |  |
| F22D6 | 22:6 (g/100g) |  |
| F22D0 | 22:0 (g/100g) |  |
| F14D1 | 14:1 (g/100g) |  |
| F16D1 | 16:1 (g/100g) |  |
| F18D4 | 18:4 (g/100g) |  |
| F20D1 | 20:1 (g/100g) |  |
| F20D5 | 20:5 (g/100g) |  |
| F22D1 | 22:1 (g/100g) |  |
| F22D5 | 22:5 (g/100g) |  |
| FITOSTER | Fitosteroles (mg/100g) | Phytosterols (mg/100g) |
| GRAMON | Ácidos grasos monoinsaturados (g/100g) | Monounsaturated fatty acids (g/100g) |
| GRAPOLY | Ácidos grasos poliinsaturados (g/100g) | Polyunsaturated fatty acids (g/100g) |
| F15D0 | 15:0 (g/100g) |  |
| F17D0 | 17:0 (g/100g) |  |
| F24D0 | 24:0 (g/100g) |  |
| TANINOS | Taninos (mg/100g) | Tannins (mg/100g) |
| FORTICA | Alimentos Fortificados con Calcio (0= No fortificado, 1= Fortificado) | Fortified foods with calcium |
| FORTIFE | Alimentos Fortificados con Hierro (0= No fortificado, 1= Fortificado) | Fortified foods with iron |
| FORTIZN | Alimentos Fortificados con Zinc (0= No fortificado, 1= Fortificado) | Fortified foods with zinc |
| FORTIVITA | Alimentos Fortificados con Vitamina A (0= No fortificado, 1= Fortificado) | Fortified foods with Vitamin A |
| FORTIVITC | Alimentos Fortificados con Vitamina C (0= No fortificado, 1= Fortificado) | Fortified foods with Vitamin C |
| ENRICHED | Alimentos Enriquecidos (0= No enriquecido, 1= Enriquecido) | Enriched foods |
| P\_F\_CA | Porcentaje de alimentos fortificados con Calcio en preparaciones | Percentage of foods fortified with calcium |
| P\_F\_FE | Porcentaje de alimentos fortificados Hierro en preparaciones | Percentage of foods fortified with iron |
| P\_F\_ZN | Porcentaje de alimentos fortificados con Zinc en preparaciones | Percentage of foods fortified with zinc |
| P\_F\_VITA | Porcentaje de alimentos fortificados con Vit. A en preparaciones | Percentage of foods fortified with Vitamin A |
| P\_F\_VITC | Porcentaje de alimentos fortificados con Vit. C en preparaciones | Percentage of foods fortified with Vitamin C |
| PROCESS | Alimentos procesados (0= No procesados, 1= Minimamente Procesados, 2= Procesados) | Processed foods |
| PROPPROCES | Porcentaje de alimentos procesados en preparaciones | Percentage of processed foods |
| IRONHEME | Hierro heme (mg/100g) | Heme iron |
| IRONNONHEM | Hierro no heme (mg/100g) | Nonheme iron |
| CPA | Clasificación de Productos de origen Animal | Classification of animal products |
|  | 1=No meat 2=Meat 3=Some meta (ver anexo de la construcción de la variable) |  |
| CPANOTES | Notas de Clasificación de Productos de origen Animal | Notes of classification of animal products |
|  | (No meat, Meat y Some meat) (ver anexo de la construcción de la variable) |  |

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| **Multivatamin** | **English Translation** | | **Nutrients** | **English Translate** |
| ac\_glutamico | glutamic\_acid |  | ca | ca (or calcium) |
| ac\_linoleico | linoleic\_acid |  | afitico | phytic acid |
| ac\_pantotenico | pantothenic\_acid | | alch | alcohol |
| acfolico | folic\_acid |  | arg | arginine |
| betacaroteno | beta carotene | | ceniza | ash |
| biotina | biotin |  | asp | aspartate |
| boro | boron |  | ser | serine |
| cafeina | caffeine |  | cafeina | caffeine |
| calcio | calcium |  | cu | cu (or copper) |
| carbohidratos | carbohydrates |  | cys | [cysteine](https://en.wikipedia.org/wiki/Cysteine) |
| cloro | chlorine |  | ener\_kj | ener\_kj |
| cromo | chromium |  | enriched | enriched\_foods |
| cobre\_mcg | copper\_mcg |  | eqret | retinol equivalents |
| cobre\_mg | copper\_mg |  | f\_usda | f\_usda |
| cianocobalamina | cyanocobalamin | | f10d0 | 10:0 |
| dfe | dietary folate equivalents | | f12d0 | 12:0 |
| grasas | fat |  | f14d0 | 14:0 |
| fibra\_diete | dietary fiber |  | f14d1 | 14:1 |
| ginseng\_g115 | ginseng\_g115 |  | f15d0 | 15:0 |
| colina | choline |  | f16d0 | 16:0 |
| inositol | inositol |  | f16d1 | 16:1 |
| yodo | Iodine |  | f17d0 | 17:0 |
| hierro | iron |  | f18d0 | 18:0 |
| lecitina | lecithin |  | f18d1 | 18:1 |
| luteina | lutein |  | f18d2 | 18:2 |
| magnesio | magnesium |  | f18d3 | 18:3 |
| manganeso | manganese |  | f18d4 | 18:4 |
| fosforo | phosphorus |  | f20d0 | 20:0 |
| molibdeno | molybdenum |  | f20d1 | 20:1 |
| niacina | niacin |  | f20d4 | 20:4 |
| niacinamida | niacinamide |  | f20d5 | 20:5 |
| niquel | nickel |  | f22d0 | 22:0 |
| nicotinamida | nicotinamide |  | f22d1 | 22:1 |
| nicotinamida\_b3 | nicotinamide\_b3 | | f22d5 | 22:5 |
| potasio | potassium |  | f22d6 | 22:6 |
| proteinas | protein |  | f24d0 | 24:0 |
| piridoxina | pyridoxine |  | f4d0 | 4:0 |
| riboflavina | riboflavin |  | f6d0 | 6:0 |
| sal\_magnesio | magnesium\_salt | | f8d0 | 8:0 |
| sal\_fosforo | phosphorus\_salt | | fe | iron |
| sal\_potasio | potassium\_salt | | fibtot | total\_fiber |
| sal\_zinc | zinc\_salt |  | fitoster | phytosterols |
| selenio | selenium |  | fluoruro | fluoride |
| silicio | silicon |  | fluoruros\_beb | fluorides\_beverages |
| sodio | sodium |  | folato | folate |
| sulf\_ferroso | ferrous\_sulfate | This section is specially for subside foods given to specific population like Liconsa milk | fortica | foods fortified with Calcium |
| estaño | tin | fortife | foods fortified with iron |
| tiamina\_mg | thiamine\_mg | fortivita | foods fortified with vitamin A |
| vanadio | vanadium | fortivitc | foods fortified with vitamin c |
| vitaa\_ui | vitamin A (IU) | fortizn | foods fortified with zinc |
| vitc | vitc |  | nia | niacin |
| vitd\_mcg | vitd\_mcg |  | glu | glutamic acid |
| vitd\_ui | Vitamin D (IU) |  | gly | glycine |
| vitd2\_mcg | Vitamin D2 (mcg) | | gramon | MUFA |
| vitd2\_ui | Vitamin D2 (IU) | | grapoly | PUFA |
| vitd3\_ui | Vitamin D3 (IU) | | grasat | Saturated fat |
| vite\_mg | vite\_mg |  | grasa | fat |
| vite\_ui | vite\_iu |  | h\_de\_c | carbohydrates |
| vitk | vitk |  | se | selenium |
| vitk1\_mcg | vitk1\_mcg |  | his | Histidine |
| zinc | zinc |  | ile | Isoleucine |
|  |  |  | ironheme | ironheme |
|  |  |  | ironnonhem | ironnonhem |
|  |  |  | k | potassium (or k) |
|  |  |  | leu | leucine |
|  |  |  | lys | lysine |
|  |  |  | met | methionine |
|  |  |  | mg | magnesium (or mg) |
|  |  |  | mn | Manganese |
|  |  |  | na | sodium (na) |
|  |  |  | p | phosphorus (or p) |
|  |  | This section is specially for subside foods given to specific population like Liconsa milk | p\_f\_ca | % of foods fortified with calcium in preparations |
|  |  | p\_f\_fe | % of foods fortified with iron in preparations |
|  |  | p\_f\_vita | % of foods fortified with vitamin A in preparations |
|  |  | p\_f\_vitc | % of foods fortified with vitamin C in preparations |
|  |  | p\_f\_zn | % of foods fortified with zinc in preparations |
|  |  |  | pantac | pantothenic acid |
|  |  |  | phe | phenylalanine |
|  |  |  | pro | proline |
|  |  |  | proteina | protein |
|  |  |  | retinol | retinol |
|  |  |  | ribf | riboflavin |
|  |  |  | cole | cholesterol |
|  |  |  | azucar | sugar |
|  |  |  | taninos | tannins |
|  |  |  | thebrn | theobromine |
|  |  |  | thia | thiamine |
|  |  |  | thr | threonine |
|  |  |  | ala | alanine |
|  |  |  | trp | tryptophan |
|  |  |  | tyr | tyrosine |
|  |  |  | val | valine |
|  |  |  | vita | vita |
|  |  |  | vitb12 | vitb12 |
|  |  |  | vitb6 | vitb6 |
|  |  |  | vitc | vitc |
|  |  |  | vitd | vitd |
|  |  |  | vite | vite |
|  |  |  | agua | water |
|  |  |  | zn | zn |