

ALIMENTO	100 gr. P. Com.	KCAL.	PROTEINAS	GRASAS	CHO	Ca	Fe	Bi	B2	NIACINA	Vit. C	Vit. A
LECHE	1.0	58	3.5	3.4	3.5	113	.30	.05	.10	.1	1	28
HUEVO	.88	148	11.3	9.8	2.7	54	2.50	.14	.37	.1	0	125
CARNES ATUN ACEITE	1.0	228	24.2	20.5	0.0	7	1.2	.04	.10	11.1	0	20
CARNE CERDO HUESO	.56	194	17.5	13.2	-	6	1.8	.85	.22	4.0	1	0
CHORIZO	.98	433	24	36.6	0.0	-	-	.59	.26	4.6	0	-
HIGADO DE RES	1.0	143	22.9	4.0	3.1	12	3.0	.23	2.75	8.7	8	144
JAMON	1.0	302	15.4	26.0	.6	9	2.3	.64	.17	3.6	0	0
POLLO	.56	170	18.2	10.2	0.0	14	1.5	.08	.16	9.0	0	0
CARNE RES HUESO	.56	297	16	25.4	-	8	2.6	.06	.16	3.2	0	0
SARDINA EN ACEITE	1.0	310	20.6	24.4	.6	354	3.5	.02	.17	4.4	0	55
CHICHARRON	1.0	596	57.1	39	-	61	2.8	.03	.20	3.8	-	15
̄	.65	297	23.98	22.14	.47	52.33	2.07	.28	.46	5.82	1	26
VERDURA PULPA AGUACATE	.53	144	1.6	13.5	7.6	24	.5	.09	.14	1.9	14	20
CALABAZA	.90	18	1.8	.1	3.7	25	5.0	.06	.06	.5	13	27
CHICHARO	.45	140	9.0	.3	25.5	37	2.8	.33	.10	2.3	60	52
EJOTE	.90	21	2.0	.4	3.5	48	2.7	.04	.08	.5	12	47
ELOTE BLANCO	.38	91	3.1	.7	21.7	24	1.6	.17	.09	2.0	8	0
NOPALES	.78	27	1.7	.3	5.6	93	1.6	.03	.06	.3	8	41
PAPA	.82	76	1.6	.1	17.5	13	2.7	.07	.03	1.1	15	0
ZANAHORIA	.63	44	.4	.3	10.5	26	1.5	.04	.04	.5	19	664

ALIMENTO	100 gr. P. Com.	KCAL.	PROTEINAS	GRASAS	CHO	Ca	Fe	Bi	B2	NIACINA	Vit. C	Vit. A
LECHE	1.0	58	3.5	3.4	3.5	113	.30	.05	.10	.1	1	28
HUEVO	.88	148	11.3	9.8	2.7	54	2.50	.14	.37	.1	0	125
CARNES ATUN ACEITE	1.0	228	24.2	20.5	0.0	7	1.2	.04	.10	11.1	0	20
CARNE CERDO HUESO	.56	194	17.5	13.2	-	6	1.8	.85	.22	4.0	1	0
CHORIZO	.98	433	24	36.6	0.0	-	-	.59	.26	4.6	0	-
HIGADO DE RES	1.0	143	22.9	4.0	3.1	12	3.0	.23	2.75	8.7	8	144
JAMON	1.0	302	15.4	26.0	.6	9	2.3	.64	.17	3.6	0	0
POLLO	.56	170	18.2	10.2	0.0	14	1.5	.08	.16	9.0	0	0
CARNE RES HUESO	.56	297	16	25.4	-	8	2.6	.06	.16	3.2	0	0
SARDINA EN ACEITE	1.0	310	20.6	24.4	.6	354	3.5	.02	.17	4.4	0	55
CHICHARRON	1.0	596	57.1	39	-	61	2.8	.03	.20	3.8	-	15
̄	.65	297	23.98	22.14	.47	52.33	2.07	.28	.46	5.82	1	26
VERDURA PULPA AGUACATE	.53	144	1.6	13.5	7.6	24	.5	.09	.14	1.9	14	20
CALABAZA	.90	18	1.8	.1	3.7	25	5.0	.06	.06	.5	13	27
CHICHARO	.45	140	9.0	.3	25.5	37	2.8	.33	.10	2.3	60	52
EJOTE	.90	21	2.0	.4	3.5	48	2.7	.04	.08	.5	12	47
ELOTE BLANCO	.38	91	3.1	.7	21.7	24	1.6	.17	.09	2.0	8	0
NOPALES	.78	27	1.7	.3	5.6	93	1.6	.03	.06	.3	8	41
PAPA	.82	76	1.6	.1	17.5	13	2.7	.07	.03	1.1	15	0
ZANAHORIA	.63	44	.4	.3	10.5	26	1.5	.04	.04	.5	19	664

Item	100g	KCAL.	PROT.	GRASAS	CHO	Ca	Fe	B1	B2	NIACINA	Vit. C	Vit. A
СЫРНОКОВ	82	44	4	2	10.2	38	1.2	.04	.04	1.2	19	964
СЫР	85	42	1.9	1	13.2	13	5.1	.04	.03	1.1	19	0
КОВАГЕЗ	18	51	1.3	2	2.9	92	1.9	.02	.02	2	9	41
БГОДЕ БУВКО	28	31	2.1	1	31.3	34	1.9	.13	.03	3.0	8	0
ТОЛЕ	30	31	5.0	1	2.2	48	3.1	.04	.02	2	15	41
СИЧУГО	49	140	8.0	2	39.2	21	5.8	.28	.10	5.3	80	95
СЫРОВА	90	16	1.9	1	2.1	52	2.0	.06	.04	2	13	51
СЫРОВА	22	144	1.9	12.2	1.9	54	2	.09	.14	1.9	14	50
СЫРОВА	82	52.1	32.36	53.14	41	25.22	5.01	.58	.42	2.85	1	58
СЫРОВА	1.0	280	21.1	22	-	81	5.8	.02	.30	2.8	-	1.9
СЫРОВА	1.0	310	30.2	34.4	9	324	2.2	.05	.11	4.4	0	22
СЫРОВА	28	55.1	1.9	52.4	-	8	5.2	.06	.16	2.5	0	0
СЫРОВА	26	110	18.5	10.3	0.0	14	1.2	.08	.18	2.0	0	0
СЫРОВА	1.0	285	17.4	50.0	9	5	5.3	.04	.15	2.6	0	0
СЫРОВА	1.0	172	35.9	4.0	2.1	13	2.0	.52	3.32	8.1	9	144
СЫРОВА	28	422	54	38.4	0.0	-	-	.28	.58	4.8	0	-
СЫРОВА	30	184	15.2	12.5	-	6	1.8	.02	.55	4.0	1	0
СЫРОВА	1.0	559	34.5	50.2	0.0	1	1.5	.04	.10	11.1	0	50
СЫРОВА	96	149	11.2	8.8	5.1	24	3.20	.14	.21	1	0	152
СЫРОВА	1.0	28	2.2	2.4	2.2	112	2.0	.00	.10	1	1	58

Item	100gr. R.Cam.	KCAL.	PROT.	GRASAS	CHO	Ca	Fe	B1	B2	NIACINA	Vit. C	Vit. A
TOMATE	.86	24	1	.7	4.5	18	2.3	.08	.04	1.7	2	4
Verduras Hojas COL (Repollo)	.69	65	2.46	1.82	11.12	34.22	2.3	.10	.07	1.2	16.7	95
LECHUGA	.72	26	2.3	.1	5.4	38	1.4	.10	.06	.6	38	2
ACELGA	.69	19	1.3	.1	4.1	25	.6	.14	.05	.3	6	44
MANZANA	.82	27	2.9	.3	4.8	62	3.9	.05	.23	.5	6	40.4
PIÑA	.74	24	2.1	.16	4.76	41.66	1.96	.09	.11	.46	16.66	150
FRUTOS CIRUELA ROJA	.95	48	.8	.4	11.8	15	.8	.05	.03	.9	12	11
DURAZNO	.88	46	.9	.1	11.7	16	2.1	.02	.04	.6	19	22
LIMON	.66	24	.8	.1	7.7	31	1.6	.08	.04	.3	30	2
MANGO	.55	46	.9	.1	11.7	19	1.5	.06	.08	.6	65	208
MANZANA	.67	65	.3	.5	16.5	7	0.8	.02	.01	.2	11	3
NARANJA	.63	40	1	.1	10.0	48	1.0	.09	.04	.3	76	13
PIÑA	.53	33	.6	.1	8.4	35	.5	.07	.04	.2	26	12
PLATANO	.68	66	1.4	.3	22.0	12	1.8	.09	.05	.5	13	63
SANDIA	.46	16	.4	.2	3.6	6	.3	.03	.02	.2	10	37
JICAMA	.93	33	1.1	-	7.9	20	.9	.02	.04	.2	21	1
MELON	.47	26	.6	.1	6.3	17	2.2	.05	.03	.6	36	11.4
Verduras Hojas COL (Repollo)	.67	4209	.6	.18	10.69	20.54	1.22	.05	0.03	.41	29	44.18

ALIMENTOS	RACION	GRAMOS POR UNIDAD	ENERGIA KCAL.	PROTEINAS (g)	GRASAS (g)	CARBOHIDRATOS (g)	CALCIO (mg.)	HIERRO (mg.)	TIAMINA (mg.)	RIBOFLAVINA (mg)	NIACINA (mg.)	ASCORBICO (mg.)	RETINOL (mg Eq)
LECHE	1 VASO	200 ml.	116	7	6.8	7	226	.6	.1	.2	.2	2	56
HUEVO	1 PIEZA	50 gr.	65.12	4.97	4.31	1.18	23.76	1.10	.06	.16	.04	-	55
CARNE	1 CUCH.	961 gr.	24.30	1.95	1.80	.03	4.27	.16	.02	.03	.47	.08	2.12
VERDURA PULPA	1 CUCH.	925 gr.	4.1526	.15	.11	.70	2.18	.14	.006	.004	.07	1.06	6.06
VERDURA HOJA	1 CUCH.	8.35 gr.	1.4842	.12	.009	.29	2.57	.12	.005	.006	.02	1.02	9.25
FRUTAS	1 PIEZA	100 gr.	28.20	.53	.12	7.16	13.76	.81	.03	.02	.27	19.43	29.60
PAN	1 PIEZA	54.0 gr.	182.52	4.72	3.21	33.18	19.71	1.29	.14	.03	.54	-	-
TORTILLA	1 PIEZA	30 gr.	67.2	1.77	.45	14.16	32.40	.75	.05	.02	.27	-	.60
SOPA	1 CUCH.	10.22 gr.	36.3566	.80	.06	7.87	1.53	.15	.01	.004	.14	-	-
LEGUMINOSAS	1 CUCH.	10.90 gr.	35.64	2.17	.30	6.25	11.67	.69	.07	.02	.19	-	.51
AZUCARES	1 CUCH.	10 gr.	23.45	.10	.42	6.43	1.45	.07	.001	.002	.01	.07	.12
GRASAS	1 CUCH.	10 gr.	78.10	.05	8.83	.01	.73	.01	-	-	-	-	50.0

FACULTAD DE ENFERMERIA
 DEPARTAMENTO DE SALUD PUBLICA
 SECCION NUTRICION
 P. I. R. N.A.E.I.M.A.

HOJA DE KCAL. Y NUTRIENTES POR UNIDAD

ALIMENTOS	RACION	GRAMOS POR UNIDAD	ENERGIA KCAL.	PROTEINAS (g)	GRASAS (g)	CARBOHIDRATOS (g)	CALCIO (mg.)	HIERRO (mg.)	TIAMINA (mg.)	RIBOFLAVINA (mg)	NIACINA (mg.)	ASCORBICO (mg.)	RETINOL (mg Eq)
LECHE	1 VASO	200 ml.	116	7	6.8	7	226	.6	.1	.2	.2	2	56
HUEVO	1 PIEZA	50 gr.	65.12	4.97	4.31	1.18	23.76	1.10	.06	.16	.04	-	55
CARNE	1 CUCH.	961 gr.	24.30	1.95	1.80	.03	4.27	.16	.02	.03	.47	.08	2.12
VERDURA PULPA	1 CUCH.	925 gr.	4.1526	.15	.11	.70	2.18	.14	.006	.004	.07	1.06	6.06
VERDURA HOJA	1 CUCH.	8.35 gr.	1.4842	.12	.009	.29	2.57	.12	.005	.006	.02	1.02	9.25
FRUTAS	1 PIEZA	100 gr.	28.20	.53	.12	7.16	13.76	.81	.03	.02	.27	19.43	29.60
PAN	1 PIEZA	54.0 gr.	182.52	4.72	3.21	33.18	19.71	1.29	.14	.03	.54	-	-
TORTILLA	1 PIEZA	30 gr.	67.2	1.77	.45	14.16	32.40	.75	.05	.02	.27	-	.60
SOPA	1 CUCH.	10.22 gr.	36.3566	.80	.06	7.87	1.53	.15	.01	.004	.14	-	-
LEGUMINOSAS	1 CUCH.	10.90 gr.	35.64	2.17	.30	6.25	11.67	.69	.07	.02	.19	-	.51
AZUCARES	1 CUCH.	10 gr.	23.45	.10	.42	6.43	1.45	.07	.001	.002	.01	.07	.12
GRASAS	1 CUCH.	10 gr.	78.10	.05	8.83	.01	.73	.01	-	-	-	-	50.0

