

## COMPOSICION NUTRICIONAL DE LOS

## ALIMENTOS

FRUTAS	Nombre en Ingles	Nombre Cientifico	PROTEINAS EN 100 gr	ENERGIA EN 100 gr	1 EQUIVALENTE(gr)	TOTAL DE PROTEINA	TOTAL ENERGIA
DURAZNO AMARILLO PURE	peach	prunus persica	0.91	39	89	0.81	34.71
DURAZNO BLANCO	white peach	prunus persica	1.2	66		0.00	0.00
MANZANA CRUDA SIN PIEL	apple, raw, without skin	malus pumila	0.27	48	16	0.04	7.68
PERA ASIATICA CRUDA	pear, asian , raw, without skin	pyrus communis	0.5	42		0.00	0.00
PERA CRUDA	pear, raw, without skin	pyrus communis	0.38	58	165	0.63	95.70
PERA COCIDA	pear, boiled	pyrus communis	2	208		0.00	0.00
PLATANO	banana, raw	musa sp	1.2	104	56	0.67	58.24
PAPAYA	papaya	carica papaya	0.6	88.8	245	1.47	217.56
BANANA	banana, raw	musa paradisiaca	1.09	89	42	0.46	37.38
ALBARICOQUE EN PURE	apricot, raw	prunus armeniaca	1.4	40	43	0.60	17.20
NARANJA SECCIONES	oranges sections	citrus sinensis	0.89	46.67	245	2.18	114.34
PIÑA	pineapple, raw	ananas comosus	0.54	48	136	0.73	65.28
MANDARINA	tangerine, raw	citrus riticulata	0.63	44	107	0.67	47.08
MANGO	mango, raw	magnifera indica	0.49	65.85	124	0.61	81.65
AGUACATE	avocado, raw	persea americana	2	160	30	0.60	48.00
KIWI	kiwi, raw	actinidia chinensis	1.14	61	88	1.00	53.68
COCO (COMO CUMUN)	coconut, raw	cocus nucifera L	3.3	354	25	0.83	88.50
AGUA DE COCO TIERNO 11 ON. FLUIDAS	coconut water 11 oz fl		0.5	70	3	0.14	19.09
UVA	grape, raw	vitis vinifera	0.63	32	50	0.32	16.00
TAMARINDO	tamarind	tamarindus indica	2.8	239	25	0.70	59.75
CIRUELAS CRUDAS	plum raw	prunus domestica	0.7	46	75	0.53	34.50
FRESAS	strawberry, raw	fragaria vesca var, hortensis	0.58	69	50	0.29	34.50
GUAYABA	guava, raw	psidium guajava	0.82	51	50	0.41	25.50
VERDURAS Y LEGUMBRES	Nombre en Ingles	Nombre Cientifico	PROTEINAS EN 100 gr	ENERGIA EN 100 gr	1 EQUIVALENTES(gr)	TOTAL DE PROTEINA	TOTAL ENERGIA
GUISQUIL	chayote, boiled without salt	sehium edule	0.62	24	80	0.50	19.20
CALABAZA	pumpkin, boiled without salt	cucurbita moschata	0.72	20	67	0.48	13.40
CALABACIN cocido todas las especies	squash winter all varieties,cooked,baked without salt	cucurbita pepo var,melopepo	0.89	37	25	0.22	9.25
ZANAHORIA COCIDA	carrot, boiled without salt	daucus carota	0.76	35	52	0.40	18.20
ZANAHORIA CRUDA	carrot, raw	daucus carota	0.93	41	55	0.51	22.55
ESPINACA COCIDA	spinach, boiled without salt	spinacia oleracea	2.97	23	15	0.45	3.45
ACELGA (cocida)	spinach beets, boiled without salt	beta vulgaris var, cicla	2	33	22	0.44	7.26
REMOLACHA (cocida)	sugar beet, boiled	beta vulgaris	2	40	50	1.00	20.00
PAPA (cocida)	potatoes, boiled cooked in skin, flesh, without salt	solanum tuberosum	1.87	87	49	0.92	42.63
BROCOLI (cocido)	broccoli, boiled without salt	brassica oleracea var, italica	2.38	35	16	0.38	5.60
COLIFLOR (cocido)	cauliflowers, boiled without salt	brassica oleracea var,botrytis	1.84	23	25	0.46	5.75
ESPARRAGOS (cocido)	asparagus, boiled without salt	asparagus officinalis	2.95	18	20	0.59	3.60
BERENJENA (cocido)	eggplant, boiled without salt	solanum melongena	0.83	35	78	0.65	27.30
CAMOTE (cocido)	sweet potatoes boiled	ipomoea batata	1.61	103.23	62	1.00	64.00
TOMATE	tomato, raw	solanum lycopersicun	0.76	18.18	119	0.90	21.63
PIPIAN (COCIDO SIN SAL)	winter squash, boiled without salt	cucúrbita mixta	0.89	37	60	0.53	22.20
EJOTES	green beans, boiled without salt	phaseolus vulgaris	21.4	304.6	5	1.07	15.23
PEPINO	cucumber, peeled raw	cucumis sativus	0.59	12	50	0.30	6.00
MELON CRUDO	melon, cantaloupe, raw	cucumis melo	0.84	34	40	0.34	13.60
CEREALES			PROTEINAS EN 100 gr	ENERGIA EN 100 gr	1 EQUIVALENTES(gr)	TOTAL DE PROTEINA	TOTAL ENERGIA
FRIJOL			22.5	343	100	22.50	343.00
ARROZ			2.69	130	26	0.70	33.80
TRIGO						0.00	0.00
PASTAS						0.00	0.00
CEBADA						0.00	0.00
MAIZ TORTILLA					18	0.00	0.00