

Num.	Nombre del alimento	Isoleucina mg	Leucina mg	Lisina mg	Metionina mg	Fenilalanina mg	Treonina mg	Triptofano mg	Valina mg	Arginina mg	Histidina mg
<b>CEREALES</b>											
1	Amaranto	<b>695.00</b>	1030.00	<b>970.00</b>	344.00	<b>707.00</b>	676.00	<b>51.00</b>	842.00	<b>1449.00</b>	451.00
2	Avena Harina	<b>526.00</b>	1012.00	<b>517.00</b>	234.00	<b>698.00</b>	462.00	<b>176.00</b>	711.00	<b>876.00</b>	292.00
3	Arroz moreno	<b>300.00</b>	648.00	<b>299.00</b>	183.00	<b>406.00</b>	307.00	<b>98.00</b>	433.00	<b>650.00</b>	197.00
4	Arroz pulido	<b>296.00</b>	581.00	<b>255.00</b>	150.00	<b>342.00</b>	234.00	<b>95.00</b>	408.00	<b>454.00</b>	165.00
5	Cebada	<b>4211.00</b>	784.00	<b>406.00</b>	196.00	<b>603.00</b>	389.00	<b>180.00</b>	592.00	<b>555.00</b>	248.00
6	Centeno harina integral	<b>414.00</b>	728.00	<b>401.00</b>	172.00	<b>522.00</b>	395.00	<b>87.00</b>	561.00	<b>541.00</b>	261.00
7	Maíz en grano o harina	<b>350.00</b>	1190.00	<b>254.00</b>	182.00	<b>464.00</b>	342.00	<b>67.00</b>	461.00	<b>398.00</b>	258.00
8	Trigo grano entero	<b>426.00</b>	871.00	<b>374.00</b>	196.00	<b>589.00</b>	382.00	<b>142.00</b>	577.00	<b>602.00</b>	299.00
9	Trigo germen	<b>889.00</b>	1710.00	<b>1608.00</b>	482.00	<b>1015.00</b>	1047.00	<b>261.00</b>	1240.00	<b>2026.00</b>	711.00
10	Trigo salvado	<b>451.00</b>	896.00	<b>583.00</b>	220.00	<b>568.00</b>	482.00	<b>173.00</b>	680.00	<b>1058.00</b>	421.00
11	Trigo harina 70%-80% extrac.	<b>435.00</b>	840.00	<b>248.00</b>	174.00	<b>581.00</b>	321.00	<b>128.00</b>	493.00	<b>422.00</b>	248.00
12	Trigo harina 60%-70% extrac.	<b>349.00</b>	644.00	<b>182.00</b>	140.00	<b>468.00</b>	246.00	<b>93.00</b>	386.00	<b>311.00</b>	195.00
13	Tortilla	<b>351.00</b>	953.00	<b>147.00</b>	112.00	<b>258.00</b>	240.00	<b>32.00</b>	310.00	<b>247.00</b>	160.00
14	Pan de sal	<b>425.00</b>	660.00	<b>212.00</b>	140.00	<b>459.00</b>	279.00	<b>90.00</b>	430.00	---	---
<b>LEGUMINOSAS Y OLEAGINOSAS</b>											
15	Alverjón	<b>961.00</b>	1530.00	<b>1692.00</b>	205.00	<b>1033.00</b>	914.00	<b>202.00</b>	1058.00	<b>2142.00</b>	514.00
16	Alubia	<b>974.00</b>	1656.00	<b>1382.00</b>	116.00	<b>1342.00</b>	1319.00	<b>252.00</b>	471.00	---	---
17	Frijol	<b>927.00</b>	1685.00	<b>1593.00</b>	234.00	<b>1154.00</b>	878.00	<b>223.00</b>	1016.00	<b>1257.00</b>	627.00
18	Frijol de arbol	<b>648.00</b>	1316.00	<b>1607.00</b>	107.00	<b>1727.00</b>	608.00	<b>117.00</b>	751.00	<b>1015.00</b>	775.00
19	Garbanzo	<b>891.00</b>	1505.00	<b>1376.00</b>	209.00	<b>1151.00</b>	756.00	<b>174.00</b>	913.00	<b>1891.00</b>	531.00
20	Haba seca	<b>936.00</b>	1659.00	<b>1513.00</b>	172.00	<b>1011.00</b>	786.00	<b>202.00</b>	1030.00	<b>2082.00</b>	554.00
21	Lenteja	<b>1045.00</b>	1847.00	<b>1739.00</b>	194.00	<b>1266.00</b>	960.00	<b>231.00</b>	1211.00	<b>2101.00</b>	662.00
22	Soya	<b>1889.00</b>	3232.00	<b>2653.00</b>	525.00	<b>2055.00</b>	1603.00	<b>532.00</b>	1995.00	<b>3006.00</b>	1051.00
23	lbes	<b>977.00</b>	1604.00	<b>1466.00</b>	246.00	<b>1195.00</b>	823.00	<b>199.00</b>	1015.00	<b>1169.00</b>	621.00

24	Almendra marañón	<b>1057.00</b>	1684.00	<b>942.00</b>	309.00	<b>873.00</b>	666.00	<b>378.00</b>	1188.00	<b>2124.00</b>	420.00
25	Ajonjolí	<b>773.00</b>	1433.00	<b>585.00</b>	602.00	<b>947.00</b>	763.00	<b>287.00</b>	985.00	<b>2586.00</b>	523.00
26	Avellana	<b>1463.00</b>	1455.00	<b>690.00</b>	188.00	<b>833.00</b>	623.00	<b>263.00</b>	1500.00	<b>3506.00</b>	424.00
27	Almendra	<b>700.00</b>	1267.00	<b>454.00</b>	518.00	<b>975.00</b>	492.00	<b>172.00</b>	1053.00	<b>1976.00</b>	450.00
28	Cacao	<b>736.00</b>	1392.00	<b>784.00</b>	80.00	<b>928.00</b>	528.00	<b>208.00</b>	848.00	---	---
29	Cacahuete	<b>933.00</b>	1766.00	<b>98.00</b>	317.00	<b>1374.00</b>	726.00	<b>287.00</b>	1154.00		
30	Coco (desecado)	<b>305.00</b>	524.00	<b>275.00</b>	150.00	<b>354.00</b>	265.00	<b>85.00</b>	424.00	<b>1028.00</b>	160.00
31	Nuez	<b>717.00</b>	1376.00	<b>285.00</b>	247.00	<b>753.00</b>	494.00	<b>185.00</b>	809.00	<b>2261.00</b>	359.00
32	Pistache	<b>881.00</b>	1523.00	<b>1080.00</b>	367.00	<b>1088.00</b>	613.00	<b>225.00</b>	1344.00	<b>1859.00</b>	471.00
33	Semilla calabaza	<b>1855.00</b>	2604.00	<b>1508.00</b>	617.00	<b>1868.00</b>	997.00	<b>597.00</b>	1792.00	---	---
34	Semilla (girasol)	<b>635.00</b>	954.00	<b>536.00</b>	283.00	<b>662.00</b>	547.00	<b>202.00</b>	754.00	<b>1188.00</b>	345.00
<b>RAICES FECULENTAS</b>											
35	Ñame	<b>89.00</b>	154.00	<b>97.00</b>	38.00	<b>114.00</b>	86.00	<b>30.00</b>	110.00	<b>181.00</b>	45.00
36	Papa	<b>76.00</b>	121.00	<b>96.00</b>	26.00	<b>80.00</b>	75.00	<b>33.00</b>	93.00	<b>100.00</b>	30.00
37	Camote	<b>48.00</b>	71.00	<b>45.00</b>	22.00	<b>51.00</b>	50.00	<b>22.00</b>	59.00	<b>64.00</b>	18.00
38	Malanga	<b>59.00</b>	124.00	<b>70.00</b>	18.00	<b>96.00</b>	65.00	<b>30.00</b>	112.00	<b>153.00</b>	32.00
39	Yuca Harina	<b>46.00</b>	64.00	<b>67.00</b>	22.00	<b>41.00</b>	43.00	<b>19.00</b>	54.00	<b>178.00</b>	34.00
<b>VERDURAS</b>											
40	Acelga	<b>124.00</b>	157.00	<b>114.00</b>	8.00	<b>95.00</b>	120.00	<b>29.00</b>	114.00	---	---
41	Aguacate	<b>47.00</b>	76.00	<b>59.00</b>	29.00	<b>48.00</b>	40.00	---	63.00	<b>47.00</b>	25.00
42	Apio	<b>44.00</b>	76.00	<b>27.00</b>	25.00	<b>51.00</b>	38.00	<b>14.00</b>	54.00	<b>45.00</b>	17.00
43	Berenjena	<b>52.00</b>	72.00	<b>63.00</b>	13.00	<b>49.00</b>	44.00	<b>12.00</b>	61.00	<b>59.00</b>	25.00
44	Betabel	<b>44.00</b>	80.00	<b>96.00</b>	34.00	<b>65.00</b>	60.00	<b>17.00</b>	44.00	<b>119.00</b>	22.00
45	Brócoli	<b>186.00</b>	236.00	<b>218.00</b>	61.00	<b>177.00</b>	161.00	<b>46.00</b>	210.00	<b>242.00</b>	78.00
46	Calabaza amarilla	<b>37.00</b>	52.00	<b>43.00</b>	9.00	<b>33.00</b>	27.00	<b>11.00</b>	48.00	<b>36.00</b>	16.00
47	Cebolla	<b>20.00</b>	37.00	<b>63.00</b>	16.00	<b>38.00</b>	20.00	<b>20.00</b>	30.00	<b>256.00</b>	14.00
48	Col	<b>50.00</b>	86.00	<b>50.00</b>	17.00	<b>49.00</b>	61.00	<b>17.00</b>	68.00	<b>135.00</b>	41.00
49	Col de Bruselas	<b>230.00</b>	257.00	<b>252.00</b>	43.00	<b>172.00</b>	199.00	<b>58.00</b>	228.00	<b>289.00</b>	108.00

50	Coliflor	<b>136.00</b>	196.00	<b>160.00</b>	44.00	<b>101.00</b>	119.00	<b>39.00</b>	156.00	<b>130.00</b>	54.00
51	Chícharos	<b>273.00</b>	457.00	<b>479.00</b>	61.00	<b>289.00</b>	247.00	<b>66.00</b>	311.00	<b>575.00</b>	140.00
52	Chile (promedio)	---	---	<b>252.00</b>	40.00	---	---	---	41.00	---	---
53	Ejotes	<b>89.00</b>	164.00	<b>131.00</b>	31.00	<b>101.00</b>	92.00	<b>33.00</b>	116.00	<b>101.00</b>	56.00
54	Elotes	<b>122.00</b>	363.00	<b>122.00</b>	60.00	<b>184.00</b>	134.00	<b>20.00</b>	206.00	---	---
55	Espárrago	<b>55.00</b>	96.00	<b>96.00</b>	28.00	<b>55.00</b>	60.00	<b>25.00</b>	79.00	<b>83.00</b>	34.00
56	Espinaca	<b>106.00</b>	208.00	<b>159.00</b>	46.00	<b>133.00</b>	116.00	<b>34.00</b>	133.00	<b>139.00</b>	56.00
57	Endivia	<b>72.00</b>	123.00	<b>78.00</b>	22.00	<b>78.00</b>	71.00	<b>30.00</b>	81.00	<b>76.00</b>	31.00
58	Guaje (semilla)	<b>505.00</b>	548.00	<b>357.00</b>	17.00	<b>261.00</b>	252.00	<b>60.00</b>	261.00	---	---
59	Hongos	<b>83.00</b>	136.00	<b>165.00</b>	17.00	<b>77.00</b>	100.00	<b>38.00</b>	94.00	<b>218.00</b>	50.00
60	Jitomate	<b>20.00</b>	30.00	<b>32.00</b>	7.00	<b>20.00</b>	25.00	<b>9.00</b>	24.00	<b>24.00</b>	17.00
61	Lechuga	<b>50.00</b>	83.00	<b>50.00</b>	24.00	<b>67.00</b>	54.00	<b>10.00</b>	71.00	<b>59.00</b>	21.00
62	Malva	<b>187.00</b>	215.00	<b>118.00</b>	---	---	168.00	<b>86.00</b>	323.00	---	---
63	Nabo	<b>22.00</b>	36.00	<b>17.00</b>	10.00	<b>18.00</b>	25.00	<b>11.00</b>	22.00	<b>14.00</b>	7.00
64	Nopales	<b>69.00</b>	88.00	<b>69.00</b>	12.00	<b>92.00</b>	82.00	<b>14.00</b>	65.00	---	---
65	Pepino	<b>25.00</b>	34.00	<b>35.00</b>	8.00	<b>19.00</b>	21.00	<b>6.00</b>	28.00	<b>61.00</b>	11.00
66	Perejil	---	---	<b>531.00</b>	18.00	---	---	<b>74.00</b>	---	---	---
67	Rábano	<b>54.00</b>	75.00	<b>48.00</b>	10.00	<b>48.00</b>	42.00	<b>4.00</b>	71.00	<b>126.00</b>	29.00
68	Romeritos	<b>158.00</b>	212.00	<b>122.00</b>	18.00	<b>162.00</b>	122.00	<b>39.00</b>	126.00	---	---
69	Zanahoria	<b>33.00</b>	50.00	<b>44.00</b>	4.00	<b>70.00</b>	16.00	<b>2.00</b>	23.00	---	---
<b>F R U T A S</b>											
70	Chabacano	<b>14.00</b>	23.00	<b>23.00</b>	4.00	<b>13.00</b>	16.00	---	19.00	<b>10.00</b>	13.00
71	Dátil (seco)	<b>95.00</b>	150.00	<b>95.00</b>	80.00	<b>104.00</b>	215.00	---	140.00	<b>135.00</b>	40.00
72	Durazno	<b>13.00</b>	29.00	<b>30.00</b>	31.00	<b>18.00</b>	27.00	<b>4.00</b>	40.00	<b>17.00</b>	17.00
73	Fresa	<b>18.00</b>	42.00	<b>32.00</b>	1.00	<b>23.00</b>	25.00	<b>9.00</b>	23.00	<b>35.00</b>	16.00
74	Guayaba	---	---	<b>24.00</b>	8.00	---	---	<b>8.00</b>	---	---	---
75	Guanábana	---	---	<b>106.00</b>	12.00	---	---	<b>17.00</b>	---	---	---
76	Higo	<b>36.00</b>	51.00	<b>48.00</b>	10.00	<b>28.00</b>	38.00	<b>10.00</b>	46.00	<b>27.00</b>	17.00

77	Mango	---	---	<b>65.00</b>	6.00	---	---	<b>12.00</b>	---	---	---
78	Manzana	<b>13.00</b>	23.00	<b>22.00</b>	3.00	<b>10.00</b>	14.00	<b>3.00</b>	15.00	<b>10.00</b>	7.00
79	Mandarina	---	---	<b>35.00</b>	14.00	---	---	<b>6.00</b>	---	---	---
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80	Mamey	---	---	<b>136.00</b>	23.00	---	---	<b>19.00</b>	---	---	---
81	Melón	---	---	<b>15.00</b>	6.00	---	---	<b>3.00</b>	---	---	---
82	Naranja	<b>23.00</b>	22.00	<b>43.00</b>	12.00	<b>30.00</b>	12.00	<b>6.00</b>	31.00	<b>52.00</b>	12.00
83	Piña	---	---	<b>14.00</b>	2.00	---	---	<b>8.00</b>	---	---	---
84	Plátano	<b>32.00</b>	53.00	<b>46.00</b>	22.00	<b>44.00</b>	38.00	---	45.00	<b>84.00</b>	84.00
85	Papaya	---	---	<b>24.00</b>	2.00	---	---	<b>8.00</b>	---	---	---
86	Sandia	<b>1203.00</b>	1963.00	<b>833.00</b>	648.00	<b>1690.00</b>	1076.00	<b>458.00</b>	1373.00	<b>4344.00</b>	716.00
87	Tamarindo	<b>978.00</b>	1279.00	<b>1111.00</b>	169.00	<b>584.00</b>	394.00	<b>57.00</b>	677.00	<b>1186.00</b>	301.00
88	Toronja	---	---	<b>10.00</b>	---	---	---	<b>2.00</b>	---	---	---
89	Tuna	<b>40.00</b>	52.00	<b>40.00</b>	7.00	<b>54.00</b>	48.00	<b>8.00</b>	37.00	<b>38.00</b>	15.00
90	Uva	<b>6.00</b>	14.00	<b>15.00</b>	23.00	<b>14.00</b>	19.00	<b>3.00</b>	19.00	<b>51.00</b>	25.00
<b>CARNES Y VISCERAS</b>											
100	Cerdo	<b>608.00</b>	897.00	<b>961.00</b>	321.00	<b>496.00</b>	583.00	<b>162.00</b>	616.00	<b>756.00</b>	391.00
101	Carnero, cordero	<b>778.00</b>	1203.00	<b>1275.00</b>	383.00	<b>625.00</b>	733.00	<b>198.00</b>	790.00	<b>1075.00</b>	428.00
102	Chorizo	<b>1164.00</b>	1718.00	<b>1932.00</b>	506.00	<b>876.00</b>	982.00	<b>204.00</b>	1207.00	---	---
103	Grenetina (polvo)	<b>1316.00</b>	3290.00	<b>4512.00</b>	846.00	<b>1890.00</b>	1598.00	<b>9.00</b>	2538.00	---	---
104	Hígado de res y cerdo	<b>1093.00</b>	1929.00	<b>1563.00</b>	491.00	<b>1053.00</b>	993.00	<b>313.00</b>	1312.00	---	---
105	Res y ternera	<b>852.00</b>	1435.00	<b>1573.00</b>	478.00	<b>778.00</b>	812.00	<b>198.00</b>	886.00	<b>1118.00</b>	603.00
106	Riñones de res	<b>879.00</b>	1376.00	<b>1467.00</b>	417.00	<b>690.00</b>	741.00	<b>195.00</b>	932.00	---	---
107	Salchicha	<b>750.00</b>	932.00	<b>1035.00</b>	349.00	<b>498.00</b>	523.00	---	678.00	<b>970.00</b>	349.00
108	Sesos	<b>530.00</b>	770.00	<b>614.00</b>	312.00	<b>499.00</b>	---	<b>135.00</b>	499.00	---	---
109	Pollo	<b>1069.00</b>	1472.00	<b>1590.00</b>	502.00	<b>800.00</b>	794.00	<b>205.00</b>	1018.00	<b>1114.00</b>	525.00
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110	Pato	<b>829.00</b>	1238.00	<b>1376.00</b>	397.00	<b>929.00</b>	698.00	---	766.00	---	---
111	Guajolote (pavo)	<b>1055.00</b>	1538.00	<b>1819.00</b>	555.00	<b>804.00</b>	848.00	---	993.00	---	---
112	Conejo	<b>1051.00</b>	1589.00	<b>1765.00</b>	225.00	<b>769.00</b>	991.00	---	991.00	---	---
113	Iguana	<b>2124.00</b>	2331.00	<b>2266.00</b>	626.00	<b>787.00</b>	1797.00	<b>257.00</b>	1283.00	<b>1340.00</b>	764.00

**PESCADOS Y MARISCOS**

114	Acociles	<b>975.00</b>	1060.00	<b>855.00</b>	239.00	<b>547.00</b>	667.00	<b>171.00</b>	684.00	---	---
115	Atún enlatado	<b>1307.00</b>	1355.00	<b>2347.00</b>	653.00	<b>968.00</b>	1137.00	<b>290.00</b>	1479.00	---	---
116	Camarón	<b>1160.00</b>	1856.00	<b>1879.00</b>	603.00	<b>882.00</b>	951.00	<b>232.00</b>	1160.00	---	---
117	Carpa	<b>832.00</b>	1437.00	<b>1590.00</b>	665.00	<b>645.00</b>	789.00	<b>184.00</b>	1164.00	<b>1166.00</b>	469.00
118	Charales secos	<b>3620.00</b>	5054.00	<b>5464.00</b>	1434.00	<b>2117.00</b>	3005.00	<b>615.00</b>	3552.00	---	---
119	Crustáceos	<b>745.00</b>	1388.00	<b>1262.00</b>	466.00	<b>645.00</b>	730.00	<b>184.00</b>	765.00	<b>1326.00</b>	300.00
120	H. de pescado	<b>3228.00</b>	5424.00	<b>5808.00</b>	2052.00	<b>2892.00</b>	3180.00	<b>720.00</b>	3816.00	<b>4608.00</b>	1932.00
121	Pescado congelado	<b>924.00</b>	1373.00	<b>1993.00</b>	488.00	<b>689.00</b>	780.00	<b>244.00</b>	945.00	<b>1713.00</b>	620.00
122	Pescado fresco (1)	<b>900.00</b>	1445.00	<b>1713.00</b>	539.00	<b>737.00</b>	861.00	<b>211.00</b>	1150.00	<b>1066.00</b>	665.00
123	Pescado fresco (2)	<b>1056.00</b>	1763.00	<b>1802.00</b>	621.00	<b>925.00</b>	1027.00	<b>214.00</b>	1229.00	<b>1267.00</b>	614.00
124	Pescado fresco (3)	<b>815.00</b>	1259.00	<b>1604.00</b>	469.00	<b>671.00</b>	786.00	<b>199.00</b>	959.00	<b>1017.00</b>	547.00
125	Pescado fresco (4)	<b>797.00</b>	1213.00	<b>1605.00</b>	484.00	<b>639.00</b>	718.00	<b>185.00</b>	1102.00	<b>960.00</b>	604.00
126	Pescado fresco (5)	<b>822.00</b>	1344.00	<b>1631.00</b>	396.00	<b>650.00</b>	799.00	<b>250.00</b>	909.00	<b>1027.00</b>	458.00
127	Pescado salado (seco)	<b>2080.00</b>	3238.00	<b>3680.00</b>	1274.00	<b>1594.00</b>	1990.00	<b>422.00</b>	2323.00	<b>2419.00</b>	1242.00
128	Moluscos	<b>472.00</b>	773.00	<b>797.00</b>	274.00	<b>414.00</b>	469.00	<b>130.00</b>	626.00	<b>752.00</b>	238.00

(1) Pescado fresco, todos los tipos

(2) Sardina Boquerón Aronque

(3) Trucha, Salmón

(4) Jurel, cabrilla, mero, corvina

(5) Lenguado

129	Salmón enlatado	<b>955.00</b>	1519.00	<b>1476.00</b>	608.00	<b>803.00</b>	1020.00	<b>239.00</b>	1107.00	---	---
130	Sardina enlatada	<b>860.00</b>	1346.00	<b>1571.00</b>	524.00	<b>2560.00</b>	804.00	<b>187.00</b>	972.00	---	---

**LECHE Y PRODUCTOS LACTEOS**

131	Leche fresca de vaca (cruda)	<b>162.00</b>	328.00	<b>268.00</b>	86.00	<b>185.00</b>	153.00	<b>48.00</b>	199.00	<b>113.00</b>	92.00
132	Leche pasteurizada	<b>219.00</b>	430.00	<b>248.00</b>	86.00	<b>239.00</b>	153.00	<b>50.00</b>	255.00	<b>88.00</b>	118.00
133	Leche esterilizada	<b>213.00</b>	373.00	<b>239.00</b>	79.00	<b>192.00</b>	148.00	<b>51.00</b>	246.00	<b>99.00</b>	106.00
134	Leche evaporada	<b>481.00</b>	726.00	<b>480.00</b>	142.00	<b>328.00</b>	332.00	<b>91.00</b>	448.00	<b>220.00</b>	153.00
135	Leche en polvo	<b>1346.00</b>	2526.00	<b>1848.00</b>	657.00	<b>1236.00</b>	1073.00	<b>363.00</b>	1640.00	<b>869.00</b>	730.00

136	Calostro (vaca)	<b>705.00</b>	1358.00	<b>1201.00</b>	284.00	<b>672.00</b>	1043.00	---	1158.00	<b>634.00</b>	362.00
137	Leche de cabra	<b>197.00</b>	353.00	<b>196.00</b>	50.00	<b>142.00</b>	164.00	<b>45.00</b>	242.00	<b>50.00</b>	137.00
138	Leche humana	<b>48.00</b>	104.00	<b>81.00</b>	19.00	<b>41.00</b>	53.00	<b>20.00</b>	54.00	<b>46.00</b>	30.00
139	Queso (todos los tipos)	<b>956.00</b>	1864.00	<b>1559.00</b>	530.00	<b>950.00</b>	725.00	<b>217.00</b>	1393.00	<b>651.00</b>	556.00
<b>HUEVOS</b>											
140	Huevo de gallina	<b>778.00</b>	1091.00	<b>863.00</b>	416.00	<b>709.00</b>	634.00	<b>184.00</b>	847.00	<b>754.00</b>	301.00
141	Clara	<b>571.00</b>	922.00	<b>739.00</b>	441.00	<b>662.00</b>	532.00	<b>176.00</b>	536.00	<b>635.00</b>	262.00
142	Yema	<b>820.00</b>	1370.00	<b>1202.00</b>	364.00	<b>728.00</b>	753.00	<b>240.00</b>	998.00	<b>1143.00</b>	400.00
<b>BEBIDAS</b>											
143	Pulque	---	13.00	<b>18.00</b>	5.00	<b>12.00</b>	6.00	<b>3.00</b>	7.00	---	---

***GIMNASIO NUEVO JORDAN***  
**MEXICO**