

Num.	Nombre del alimento	Porción Comestible %	Humedad %	Fibra g	Energía Kcal	Acidos grasos					Minerales						Vitaminas										
						Hidratos de Carbono g	Proteínas Totales g	Grasas Totales g	Colesterol mg	Saturados Totales g	Monoinsaturados (oléico) g	Poliinsaturados (linoléico) g	Calcio mg	Fósforo mg	Hierro mg	Magnesio mg	Sodio mg	Potasio mg	Zinc mg	Retinol mcg	Acido Ascórbico mg	Tiamina mg	Riboflavina mg	Niacina mg	Piridoxina mg	Acido Fólico mcg	Cobalamina mcg
BEBIDAS ALCOHOLICAS Y REFRESCOS EMBOTELLADOS																											
39	Cerveza (alcohol 4.5%)	100.00	92.10	0.00	46.00	3.90	0.20	0.20	0.00	0.00	---	---	5.00	12.00	0.00	6.00	5.00	25.00	0.02	0.00	---	0.01	0.03	0.40	0.05	6.00	0.02
40	Cerveza light (alcohol 4.0%)	100.00	95.20	0.00	28.00	1.30	0.20	0.00	0.00	---	---	---	5.00	12.00	0.00	5.00	3.00	18.00	0.03	0.00	---	0.01	0.03	0.40	0.03	4.00	0.01
41	Licor de cafe (26.5% alcohol)	100.00	31.00	0.00	336.00	46.80	0.10	0.30	0.00	0.11	0.02	1.00	1.00	1.00	0.10	3.00	8.00	30.00	0.03	0.00	---	0.01	0.01	0.10	---	---	---
42	Pulque	100.00	97.70	0.00	43.00	6.10	0.40	0.00	0.00	---	---	---	11.00	34.00	0.70	---	---	---	---	0.00	0.00	5.00	0.02	0.03	0.40	---	---
43	Vino (12.2% alcohol) *	100.00	88.90	0.00	70.00	1.40	0.20	0.00	0.00	0.00	0.00	0.00	8.00	9.00	0.40	---	8.00	89.00	0.07	0.00	0.00	0.01	0.01	0.10	0.02	1.10	0.01
44	Vino (18.8% alcohol)**	100.00	76.70	0.00	137.00	7.70	0.10	0.00	0.00	0.00	0.00	0.00	8.00	14.00	---	---	4.00	75.00	---	0.00	0.00	0.01	0.02	0.20	---	---	---
BEBIDAS ALCOHOLICAS DESTILADAS																											
45	Aguardiente (50% alcohol)	100.00	56.00	0.00	280.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	---	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
46	Ginebra (45% alcohol)	100.00	62.10	0.00	263.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	---	2.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
47	Ron (40% alcohol)	100.00	66.60	0.00	231.00	---	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.00	0.10	0.00	1.00	1.00	0.07	0.00	0.00	0.01	0.01	0.00	0.00	0.00	0.00
48	Vodka (40% alcohol)	100.00	66.60	0.00	231.00	0.00	---	---	0.00	0.00	0.00	0.00	0.00	5.00	0.00	0.00	1.00	1.00	0.00	0.00	0.00	0.01	0.01	0.00	0.00	0.00	0.00
49	Whisky (43% alcohol)	100.00	63.90	0.00	250.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	0.00	1.00	2.00	0.05	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00
BEBIDAS CARBONATADAS NO ALCOHOLICAS																											
50	Agua mineral	100.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	0.00	1.00	21.00	2.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
51	Agua Quina	100.00	91.10	0.00	34.00	8.90	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	---	4.00	---	---	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
52	Bebidas de Cola	100.00	89.10	0.00	44.00	10.90	0.00	0.00	0.00	0.00	0.00	0.00	3.00	12.00	0.00	1.00	4.00	1.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BEBIDAS EMBOTELLADAS																											
53	Bebidas con fruta	100.00	87.30	0.30	49.00	12.30	0.00	0.00	0.00	0.00	0.00	0.00	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
54	Ginger Ale	100.00	91.20	0.00	34.00	8.70	0.00	0.00	0.00	0.00	0.00	0.00	3.00	0.00	0.20	1.00	7.00	1.00	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
55	Sabor de naranja y toronja	100.00	87.60	0.00	48.00	12.30	0.00	0.00	0.00	0.00	0.00	0.00	5.00	1.00	0.10	1.00	12.00	2.00	0.10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
56	Sabor de uva, limón y lima	100.00	89.50	0.00	41.00	10.40	0.00	0.00	0.00	0.00	0.00	0.00	2.00	0.00	0.10	1.00	11.00	1.00	0.05	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
JARABES DE SABORES																											
57	Jarabes de sabores	100.00	35.10	0.00	231.00	64.40	0.30	0.00	0.00	0.00	0.00	0.00	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

GIMNASIO NUEVO JORDAN
MEXICO