

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
CARNES Y VISCERAS																											
Aves																											
58	Gallina joven	68.00	61.00	0.00	218.00	0.00	28.10	10.90	78.00	3.18	2.87	2.30	26.00	178.00	1.80	25.00	64.00	282.00	2.90	20.00	0.00	0.05	0.17	5.30	0.40	7.00	0.34
59	Ganso de crianza	81.00	49.70	0.00	371.00	0.00	15.90	33.60	80.00	9.78	16.68	3.34	12.00	288.00	2.50	18.00	73.00	308.00	---	---	---	0.09	0.24	3.60	0.39	4.00	---
60	Guajolote (pavo)	79.00	70.40	0.00	160.00	0.00	20.40	8.00	73.00	2.26	2.34	1.98	15.00	287.00	1.40	22.00	65.00	266.00	2.20	2.00	0.00	0.06	0.16	4.10	0.41	8.00	0.40
61	Hígado de pollo	98.00	73.50	0.00	125.00	3.40	18.00	3.90	300.00	1.30	0.83	0.40	11.00	136.00	8.60	20.00	79.00	228.00	3.07	3630.00	4.00	0.14	1.96	9.20	0.76	738.00	23.00
62	Paloma	77.00	56.60	0.00	294.00	0.00	18.50	23.80	---	8.43	6.26	2.67	17.00	---	1.80	---	---	---	---	---	---	---	---	6.90	---	---	---
63	Pato (de crianza)	65.00	51.80	0.00	337.00	0.00	19.10	28.40	84.00	9.67	11.52	3.36	11.00	174.00	2.70	16.00	59.00	204.00	1.86	63.00	0.00	0.17	0.27	4.80	0.18	6.00	0.30
64	Pollo (pechuga con piel)	---	68.60	0.00	186.00	0.00	20.20	11.10	67.00	3.20	0.60	2.07	11.00	196.00	0.80	23.00	65.00	204.00	0.93	39.00	0.00	0.06	0.09	8.90	0.48	4.00	0.34
65	Pollo (pierna con piel)	65.00	65.40	0.00	237.00	0.00	16.70	18.30	81.00	5.26	6.34	3.55	11.00	---	1.00	19.00	73.00	178.00	1.58	60.00	2.00	0.06	0.15	5.20	0.25	7.00	0.29
66	Pollo (promedio)	64.00	65.90	0.00	215.00	0.00	18.60	15.10	75.00	4.31	5.17	2.88	11.00	270.00	0.90	20.00	70.00	189.00	1.31	41.00	0.00	0.06	0.12	6.80	0.35	6.00	0.31
CARNERO																											
67	Cabeza cocida	---	79.20	0.00	111.00	0.00	14.20	5.60	65.00	3.00	2.00	0.01	17.00	130.00	2.10	15.00	75.00	295.00	---	---	0.00	0.02	0.24	1.80	---	---	---
68	Carne grasosa	---	58.40	0.00	292.00	0.00	15.60	25.00	71.00	15.00	9.00	1.00	5.00	180.00	2.10	15.00	75.00	295.00	2.70	---	0.00	0.14	0.19	4.40	---	---	---
69	Carne magra con hueso	58.00	73.80	0.00	136.00	0.00	19.00	6.10	65.00	4.00	2.00	0.01	7.00	180.00	2.20	15.00	75.00	295.00	---	---	0.00	0.09	0.21	2.90	---	---	---
70	Carne magra sin hueso	80.00	73.80	0.00	136.00	0.00	19.00	6.10	65.00	4.00	2.00	0.01	7.00	188.00	2.20	15.00	75.00	295.00	---	---	0.00	0.09	0.21	2.90	---	---	---
71	Carne semigrasosa	95.00	61.40	0.00	253.00	0.00	18.20	19.40	71.00	12.00	7.00	1.00	7.00	272.00	2.50	15.00	80.00	300.00	2.70	0.00	0.00	0.07	0.15	4.90	---	---	---
72	Hígado	---	70.80	0.00	136.00	2.90	21.00	3.90	300.00	1.50	1.10	0.10	10.00	272.00	10.90	14.00	52.00	202.00	3.90	15000.00	3.00	0.40	3.28	16.90	0.35	220.00	84.00
73	Patatas cocidas	---	76.50	0.00	109.00	0.00	21.00	2.10	---	---	---	---	52.00	---	1.00	---	---	---	---	---	---	0.03	0.13	0.40	---	---	---
74	Riñones	---	76.70	0.00	109.00	0.80	18.00	3.20	375.00	---	---	---	40.00	207.00	4.10	---	---	---	---	300.00	---	0.51	3.00	6.10	---	---	---
CERDO																											
75	Carne magra (pierna o lomo sin grasa)	100.00	73.10	0.00	140.00	0.00	19.80	6.20	65.00	2.14	2.54	0.54	6.00	190.00	1.20	21.00	82.00	34.00	2.86	1.00	0.00	0.87	0.31	4.60	0.90	4.00	0.73
76	Carne promedio (lomo, espaldilla y costilla)	60.00	59.70	0.00	275.00	0.00	16.70	22.60	98.00	8.17	9.59	2.09	6.00	185.00	0.90	19.00	5.50	297.00	2.05	2.00	0.00	0.73	0.23	4.30	0.38	5.00	0.69
77	Carne semigrasosa (lomo)	79.00	54.50	0.00	258.00	0.00	28.80	14.90	94.00	5.15	6.14	1.29	15.00	---	0.80	30.00	67.00	439.00	2.38	2.00	0.00	0.89	0.32	5.20	0.40	9.00	0.70
79	Cecina de cerdo	80.00	61.70	0.00	161.00	0.80	23.90	8.50	70.00	3.00	3.00	2.30	35.00	149.00	4.50	22.00	110.00	340.00	0.90	240.00	0.00	0.12	0.21	7.40	0.45	---	---
80	Cerdo en canal	---	47.80	0.00	398.00	0.00	13.40	37.80	74.00	13.75	16.22	3.64	5.00	---	0.70	13.00	44.00	244.00	1.62	2.00	0.00	0.57	0.21	3.90	0.28	4.00	0.66
81	Chicharrón (con grasa)	100.00	2.60	0.30	596.00	0.00	57.10	39.00	74.00	14.32	13.70	3.61	61.00	198.00	2.80	---	---	---	---	---	0.00	0.11	0.14	3.80	---	---	---
82	Costillas semigrasosas	62.00	56.90	0.00	286.00	0.00	17.10	23.60	78.00	9.30	9.90	2.00	7.00	149.00	1.00	22.00	76.00	259.00	2.70	3.00	0.00	0.62	0.27	4.90	0.42	4.00	0.87
83	Espaldilla	80.00	60.30	0.00	275.00	0.00	16.20	22.90	72.00	8.20	9.72	2.12	5.00	234.00	1.10	17.00	63.00	292.00	2.50	2.00	0.00	0.68	0.26	3.70	0.28	4.00	0.72
84	Hígado de cerdo	100.00	71.10	0.00	134.00	2.50	21.40	3.70	301.00	1.17	0.46	0.35	9.00	278.00	23.30	18.00	87.00	273.00	5.76	3270.00	5.00	0.28	3.01	15.30	0.69	212.00	26.00
85	Moronga	90.00	71.20	0.00	182.00	2.10	13.80	12.90	120.00	5.00	5.60	1.20	10.00	---	45.00	---	---	---	---	20.00	2.00	0.02	0.06	2.10	---	---	---
86	Patatas de cerdo (frescas)	42.00	58.30	0.00	264.00	0.00	22.10	18.80	106.00	6.50	8.15	1.78	59.00	---	---	7.00	62.00	274.00	---	0.00	0.00	0.04	0.10	1.10	0.50	---	1.00
87	Pulmón de cerdo	90.00	79.50	0.00	85.00	0.00	14.10	2.70	320.00	0.96	0.56	0.12	7.00	260.00	18.90	14.00	153.00	303.00	2.03	0.00	0.00	0.09	0.43	3.30	0.10	---	2.75
CORTES DE RES (Carne magra)																											
88	Aguayón	95.00	70.70	0.00	150.00	0.00	24.00	5.30	52.00	2.06	2.02	0.17	9.00	---	1.80	23.00	63.00	358.00	4.36	128.00	0.00	0.11	0.20	4.80	0.23	10.00	2.00
89	Agujas de res	95.00	68.30	0.00	158.00	0.00	20.40	7.90	62.00	3.07	3.01	0.25	9.00	---	1.80	23.00	63.00	358.00	4.36	233.00	0.00	0.06	0.22	3.70	0.23	10.00	2.00
90	Carne de res seca	100.00	16.30	0.00	317.00	0.00	64.80	4.50	---	---	---	---	93.00	170.00	9.70	32.00	3471.00	444.00	5.24	0.00	0.00	0.02	0.25	14.80	---	---	---
91	Carne (molida especial)	100.00	68.30	0.00	179.00	0.00	20.70	10.00	65.00	5.00	4.00	---	12.00	152.00	3.10	21.00	65.00	355.00	---	6.00	0.00	0.09	0.18	5.00	---	---	---
92	Carne (molida regular)	100.00	60.20	0.00	268.00	0.00	17.90	21.20	74.00	10.00	9.00	---	10.00	---	2.70	17.00	65.00	236.00	---	12.00	0.00	0.08	0.16	4.30	---	---	---
CORTES DE RES (Carne magra)																											
93	Cecina de res oreada	99.00	66.60	0.00	198.00	0.00	14.70	14.90	86.00	4.73	6.08	0.38	7.00	---	1.70	14.00	1217.00	297.00	2.85	---	0.00	0.04	0.16	3.70	0.29	---	2.00
94	Chambarete	95.00	70.70	0.00	130.00	0.00	20.40	4.80	47.00	1.87	1.83	0.15	9.00	187.00	1.80	20.00	60.00	300.00	4.30	139.00	0.00	0.07	0.22	3.30	0.23	10.00	2.00
95	Cohete	95.00	80.80	0.00	100.00	0.00	17.00	3.00	47.00	1.17	1.14	0.10	9.00	---	1.80	20.00	60.00	300.00	4.30	130.00	0.00	0.10	0.09	5.70	0.23	10.00	2.00
96	Corazón de res	100.00	75.60	0.00	117.00	2.60	17.00	3.80	140.00	1.13	0.71	0.61	2.00	---	4.60	23.00	63.00	266.00	2.38	15.00	6.00	0.19	1.00	9.50	0.43	2.00	13.70
97	Falda	95.00	75.10	0.00	111.00	0.00	22.40	1.70	47.00	1.00	1.40	0.10	9.00	210.00	1.80	20.00	60.00	300.00	4.30	139.00	0.00	0.17	0.22	5.00	0.23	10.00	2.00
98	Filete	95.00	75.00	0.00	112.00	0.00	24.00	1.00	47.00	1.17	1.14	0.10	9.00	210.00	1.80	20.00	60.00	300.00	4.30	278.00	0.00	0.17	0.19	5.70	0.23	10.00	2.00

99	Higado de res	98.00	69.90	0.00	143.00	5.80	20.00	3.90	354.00	1.50	0.47	0.35	6.00	142.00	6.80	19.00	73.00	323.00	3.92	8660.00	2.00	0.26	2.78	12.80	0.94	248.00	69.00
100	Lengua de res	78.00	64.50	0.00	224.00	3.70	14.90	16.10	87.00	6.89	6.55	0.58	6.00	50.00	3.00	16.00	69.00	315.00	2.87	---	3.10	0.13	0.34	4.20	0.31	7.00	4.00
101	Menudo de res (estómago e intestinos)	95.00	81.40	0.00	98.00	0.00	14.60	4.00	95.00	2.03	1.15	0.05	60.00	170.00	2.00	8.00	46.00	270.00	2.47	21.00	0.00	0.01	0.17	0.10	---	2.00	2.00
102	Pata de res	49.00	---	0.00	81.00	1.10	12.10	2.90	---	---	---	---	101.00	55.00	2.00	---	---	---	---	---	0.00	0.02	0.12	0.70	---	---	---
103	Pescuezo	100.00	71.20	0.00	154.00	0.00	20.70	7.30	61.00	2.46	2.85	0.17	5.00	147.00	1.90	23.00	78.00	328.00	4.30	116.00	0.00	0.10	0.18	4.00	0.43	7.00	2.00
104	Riñones de res	92.00	77.00	0.00	107.00	2.20	16.60	3.10	285.00	0.97	0.55	0.36	6.00	200.00	7.40	17.00	179.00	257.00	1.85	207.00	9.00	0.38	2.55	7.90	0.51	80.00	27.02
105	Sesos de res	98.00	77.30	0.00	126.00	0.00	9.80	9.30	1672.00	2.16	1.48	0.02	8.00	---	2.10	13.00	103.00	321.00	1.22	0.00	7.00	0.15	0.28	4.60	0.26	4.00	11.00
106	Tripas de res	---	63.40	0.00	220.00	0.00	11.30	19.10	150.00	15.00	1.31	1.10	12.00	---	1.80	8.00	46.00	270.00	2.47	53.00	0.00	0.04	0.10	1.50	---	2.00	0.10
107	Ubres	100.00	64.90	0.00	234.00	0.00	15.40	18.70	---	---	---	---	70.00	---	2.60	---	---	---	---	---	0.00	0.09	0.18	1.30	---	---	---
PROCESADAS																											
108	Chorizo	98.00	31.90	0.00	433.00	0.00	24.00	38.30	110.00	14.38	16.31	2.93	42.00	177.00	3.40	20.00	78.00	160.00	1.60	---	0.00	0.59	0.26	4.60	0.07	3.00	1.00
109	Jamón de pavo	100.00	71.40	0.00	128.00	0.40	18.90	5.10	---	1.70	0.95	1.23	10.00	---	2.80	---	996.00	325.00	---	---	0.00	0.05	0.25	3.50	---	---	---
110	Jamón semigraso (cerdo)	100.00	55.30	0.00	302.00	0.60	15.40	26.00	89.00	7.10	9.50	2.50	9.00	---	2.30	16.00	2505.00	160.00	2.30	---	0.00	0.64	0.17	3.60	0.22	0.01	0.01
111	Longaniza	98.00	45.30	0.00	176.00	0.00	16.60	31.70	---	---	---	---	40.00	---	4.70	---	---	---	---	15.00	0.00	0.15	0.15	2.80	---	---	---
112	Mortadela	100.00	52.30	0.00	311.00	3.10	16.40	25.40	56.00	9.51	10.24	2.91	18.00	---	1.40	11.00	1246.00	163.00	2.10	---	6.00	0.12	0.15	2.70	0.12	---	1.48
PROCESADAS																											
113	Pastel de pavo	100.00	65.10	0.00	199.00	100.00	13.70	15.20	99.00	---	---	---	84.00	26.00	1.50	14.00	878.00	199.00	1.74	---	0.00	0.06	0.17	3.50	---	---	---
114	Patatas de cerdo en escabeche	34.00	68.60	0.00	203.00	0.00	13.50	16.10	92.00	5.57	6.98	1.52	32.00	139.00	---	4.00	---	---	1.24	0.00	0.00	0.01	0.04	0.40	---	---	---
115	Paté (hígado no especificado)	100.00	53.90	0.00	319.00	28.00	14.20	28.00	---	---	---	---	70.00	---	5.50	13.00	697.00	138.00	---	990.00	2.00	0.03	0.60	3.30	0.06	60.00	3.20
116	Pepperoni	100.00	27.10	0.00	497.00	2.80	21.00	43.90	---	16.13	18.92	3.74	10.00	149.00	1.40	16.00	2040.00	347.00	2.50	---	---	0.32	0.25	5.00	0.25	---	2.51
117	Queso de puerco	100.00	---	0.00	376.00	---	9.80	37.00	100.00	20.60	19.80	5.20	6.00	---	1.20	---	---	---	---	---	0.00	0.34	0.10	2.30	---	---	---
118	Salami (carne de cerdo y res)	100.00	60.40	0.00	250.00	2.30	13.90	20.10	65.00	8.09	8.30	1.61	13.00	193.00	2.70	15.00	1065.00	198.00	2.14	---	0.00	0.24	0.38	3.60	0.21	2.00	3.65
119	Salchicha	98.00	44.50	0.00	396.00	2.70	13.80	36.20	---	12.96	17.80	3.90	---	108.00	1.10	12.00	805.00	---	1.87	---	0.00	0.36	0.15	3.40	0.05	---	0.43
120	Tocino	100.00	31.60	0.00	556.00	0.00	8.70	57.50	67.00	21.26	24.50	6.00	7.00	---	0.60	9.00	685.00	139.00	1.15	0.00	0.00	0.37	0.10	2.80	0.14	2.00	0.93
RES Y DERIVADOS																											
121	Carne de res grasosa con hueso	56.00	57.70	0.00	297.00	0.00	16.00	25.40	74.00	10.14	9.16	0.62	8.00	0.00	1.80	17.00	59.00	267.00	3.55	12.00	0.00	0.08	0.16	3.50	0.32	7.00	31.00
122	Carne de res grasosa sin hueso	82.00	57.70	0.00	297.00	0.00	16.00	25.40	74.00	10.14	9.16	0.62	8.00	---	1.80	17.00	59.00	267.00	3.55	12.00	0.00	0.08	0.16	3.50	0.32	7.00	31.00
123	Carne de res magra	95.00	71.60	0.00	147.00	0.00	20.90	6.30	62.00	2.45	2.40	0.20	6.00	179.00	2.30	23.00	63.00	358.00	4.36	6.00	0.00	0.11	0.19	3.60	0.43	8.00	3.00
124	Costillas gordas de res	73.00	48.30	0.00	388.00	0.00	14.40	36.20	76.00	15.76	13.73	0.81	9.00	161.00	1.60	14.00	49.00	232.00	3.16	18.00	0.00	0.07	0.12	2.60	0.30	5.00	3.00
125	Carne de res semigrasosa	95.00	61.30	0.00	257.00	0.00	18.30	19.80	69.00	8.46	7.37	0.49	7.00	229.00	2.10	19.00	59.00	303.00	3.98	9.00	0.00	0.11	0.18	3.20	0.38	7.00	3.00
TERNERA																											
126	Ternera en canal	---	71.00	0.00	156.00	0.00	19.70	8.00	90.00	3.40	5.60	0.25	11.00	160.00	3.00	16.00	90.00	320.00	---	---	0.00	0.13	0.24	6.10	0.23	---	1.00

GIMNASIO NUEVO JORDAN
MEXICO