

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