

Num.Nombre del alimento	Porción Comestible %	Humedad %	Fibra g	Energía Kcal	Hidratos de			Proteínas Totales g	Grasas Totales g	Colesterol mg	Acidos grasos			Minerales						Vitaminas								
					Carbono g	Totales g	Saturados Totales g				Monoinsa- turados (oléico) g	Poliinsa- turados (linoléico) g	Calcio mg	Fósforo mg	Hierro mg	Magnesio mg	Sodio mg	Potasio mg	Zinc mg	Retinol mcg	Acido		Ribofla- vina		Niacina mg	Piridoxina mg	Acido Fólico mcg	Cobalamina mcg
																					Ascórbico mg	Tiamina mg	mg	mg				
<b>CEREALES</b>																												
127	Amaranto	100.00	12.30	6.70	358.00	65.10	12.90	7.20	0.00	---	---	---	247.00	500	3.40	---	---	---	---	0.00	0.00	0.14	0.32	1.00	---	---	---	
128	Amaranto tostado	100.00	4.30	10.00	386.00	71.10	13.50	8.20	0.00	---	---	---	292.00	517	1.60	---	---	---	---	0.00	0.00	0.00	0.32	1.10	---	---	---	
129	Arroz (harina de)	100.00	5.40	0.60	363.00	79.70	6.90	0.60	0.00	---	---	---	9.00	104	1.30	---	---	214.00	0.00	0.00	0.08	0.03	1.60	---	---	---	---	
130	Arroz inflado	100.00	2.50	2.80	396.00	88.60	6.40	0.40	0.00	---	---	---	18.00	---	2.50	42.00	734.00	95.00	1.66	0.00	4.00	0.40	0.10	7.10	0.16	11.00	0.29	
131	Arroz inflado con cocoa	100.00	2.50	0.90	387.00	88.80	5.30	1.40	---	---	---	---	18.00	---	6.30	33.00	765.00	148.00	5.30	440.00	---	1.30	1.50	17.60	1.80	353.00	0.00	
132	Arroz integral	100.00	12.00	4.10	360.00	77.40	7.50	1.90	0.00	---	---	---	32.00	231	1.60	106.00	9.00	214.00	0.20	0.00	0.00	0.34	0.05	4.70	0.30	---	---	
133	Arroz precocido	100.00	9.60	0.40	374.00	82.50	7.50	0.20	0.00	---	---	---	5.00	---	2.90	---	1.00	---	0.00	0.00	0.44	1.20	3.50	0.30	---	---	---	
134	Arroz pulido	100.00	11.20	1.90	364.00	78.80	7.40	1.00	0.00	---	---	---	10.00	104	1.10	28.00	9.00	214.00	0.02	0.00	0.23	0.03	1.60	0.30	6.00	0.00		
135	Avena (hojuelas)	100.00	6.30	6.60	385.00	67.00	16.20	6.30	0.00	1.16	2.21	2.44	52.00	264	4.20	148.00	4.00	350.00	3.07	0.00	0.00	0.73	0.14	0.80	0.12	32.00	---	
136	Cebada	100.00	10.50	6.50	348.00	75.40	9.70	1.90	0.00	---	---	---	55.00	341	4.50	124.00	---	---	---	0.00	0.00	0.38	0.20	7.20	---	---	---	
137	Cebada (perla)	100.00	12.10	0.50	344.00	76.20	9.50	1.00	0.00	---	---	---	12.00	181	2.10	37.00	3.00	160.00	---	0.00	0.00	0.27	0.06	4.80	---	---	---	
138	Centeno (pan de)	100.00	35.00	0.40	261.00	53.40	9.20	0.70	0.00	---	---	---	38.00	---	2.80	---	557.00	145.00	---	0.00	0.00	0.19	0.08	1.10	---	---	---	
139	Centeno (grano)2	100.00	11.00	2.00	334.00	73.40	12.10	1.70	0.00	---	---	---	38.00	376	3.70	115.00	---	---	---	0.00	0.00	0.43	0.22	1.60	---	---	---	
140	Centeno (harina integral de)	100.00	11.00	1.00	350.00	74.80	11.40	1.70	0.00	---	---	---	27.00	376	2.60	---	1.00	203.00	---	0.00	0.00	0.30	0.12	2.50	---	---	---	
141	Centeno (pan negro)	100.00	28.80	1.00	265.00	58.30	8.00	2.10	---	---	---	---	49.00	139	9.10	42.00	557.00	145.00	---	0.00	0.00	0.23	0.14	1.30	---	---	---	

**GIMNASIO NUEVO JORDAN**  
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