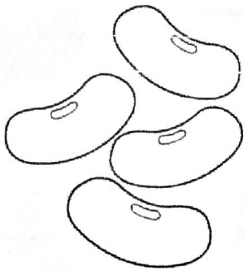


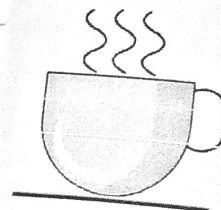
Leguminosas

Frijol	1/2 taza	86g	57.89	298.42 kcal
Garbanzos	1/2 taza	76g	46.36	289.56 kcal
Lentijas	1/2 taza	84g	49.308	285.6 kcal
Haba	1/2 taza	73g	46.063	258.42 kcal



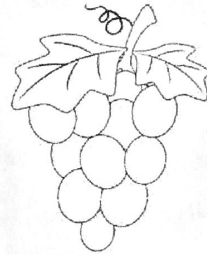
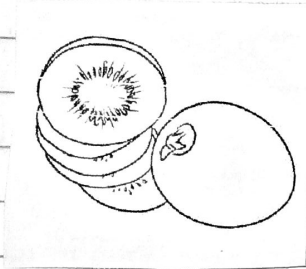
Lacteos

Leche hervida	1 taza	240g	12.48	165.6 kcal
Leche entera	1 taza	240g	11.78	148.8 kcal
Yogurt	1/2 taza	150g	10.5	94.5 kcal
Yogurt natural	1/2 taza	150g	7.05	94.5 kcal
Leche entera en polvo	1 cucharada	6g	2.304	29.94 kcal



Frutas

Kiwi	1 pz grande	164g	24.4	109.9 kcal
Toronja	1/2 pz	190g	21.6	99.5 kcal
Durazno	1 pz	160g	18.7	81.6 kcal
Uva roja	12 pz	103g	18.3	81.4 kcal
Piña	3/4 taza	130g	16.1	71.5 kcal



Cereales

Espaguetti	1 taza	75g	60.0	274 kcal
Bolillo	1 pz	70g	43.5	211 kcal
Avena	1/4 taza	24g	16.1	94 kcal
Elote	1/4 taza	41g	13.4	64 kcal
Palomitas	1 taza	8g	5.7	30 kcal

