|  |
| --- |
| **Aporte nutricional de las carnes** |

Los valores indicados son los promedios de diferentes análisis efectuados, por tanto son orientativos y generales. Puede ocurrir que los valores correspondientes al producto que usted consume difieran a los indicados en esta tabla.   
Las celdas que se indiquen con '-' (guión) no implican que el correspondiente alimento no contenga el nutriente correspondiente a dicha columna. Significa que no se hayan efectuado mediciones, o bien que estas se consideren poco apreciables para el caso.   
Por otra parte, todos los alimentos mencionados cuentan con otros aportes nutricionales, que han sido obviados para no extender la tabla en forma excesiva.

|  |  |
| --- | --- |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **cada 100 gramos** | |  | KCal | Prot. g | Grasa g | sodio mg | calcio mg | hierro mg | fósforo mg | potasio mg | vit.A U.I. | vit.B1 mg | vit.B2 mg |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carne vacuna | magra |  | 200 | 19 | 13 | 70 | 9 | 1.8 | - | - | 20 | 0.05 | 0.14 |
|  | semigorda |  | 255 | 18 | 20 | - | 9 | 1.8 | - | - | 30 | 0.05 | 0.13 |
|  | gorda |  | 305 | 17 | 25 | - | 8 | 1.7 | - | - | 40 | 0.05 | 0.13 |
|  | muy gorda |  | 410 | 14 | 40 | - | 7 | 1.5 | - | - | 60 | 0.05 | 0.11 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carne de ternera | muy magra |  | 175 | 20 | 10 | 70 | 9 | 1.9 | - | - | 20 | 0.05 | 0.14 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cortes americanos | tapa de asado |  | 400 | 15 | 37 | 65 | 9 | 2.2 | 151 | 350 | 70 | 0.06 | 0.13 |
|  | tapa de asado magra |  | 200 | 21 | 12 | 65 | 12 | 3.1 | 208 | 350 | 20 | 0.08 | 0.18 |
|  | bife angosto |  | 380 | 16 | 35 | 65 | 9 | 2.3 | 142 | 355 | 70 | 0.07 | 0.14 |
|  | bife angosto magro |  | 150 | 21 | 8 | 50 | 6 | 3.2 | 220 | 360 | 20 | 0.09 | 0.19 |
|  | vacio |  | 144 | 22 | 6 | 65 | 15 | 3.1 | 200 | 355 | 10 | 0.09 | 0.2 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hamburguesas | promedio (9 marcas) |  | 209 | 18 | 15 | - | - | - | - | - | - | - | - |
|  | mínimo |  | 181 | 18.5 | 11.3 | - | - | - | - | - | - | - | - |
|  | máximo |  | 231 | 14 | 19 | - | - | - | - | - | - | - | - |
| Hamburguesas caseras | desgrasadas |  | 155 | 20 | 8 | - | - | - | - | - | - | - | - |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carne de cerdo | magra |  | 275 | 17 | 23 | - | 10 | 2.5 | 190 | - | - | 0.80 | 0.19 |
|  | semigorda |  | 300 | 16 | 27 | - | 9 | 2.3 | 175 | - | - | 0.75 | 0.18 |
|  | gorda |  | 350 | 15 | 31 | - | 8 | 2.2 | 160 | - | - | 0.70 | 0.17 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Tocino / Panceta |  | 850 | 3 | 85 | 17 | 8 | - | 25 | 10 | - | - | - |
|  | Chicharrón |  | 680 | 20 | 60 | - | 60 | 2.8 | 150 | - | - | - | - |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pollo | con piel |  | 170 | 28 | 10 | 80 | 11 | 2 | 200 | 350 | 65 | 0.08 | 0.15 |
|  | sin piel |  | 115 | 23 | 2 | 50 | 10 | 1.1 | 210 | 320 | 60 | 0.05 | 0.1 |
|  | pechuga |  | 110 | 20 | 2.5 | - | - | - | - | - | - | - | - |
|  | muslo |  | 125 | 20 | 3.5 | - | - | - | - | - | - | - | - |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pavo | sin desgrasar |  | 240 | 19 | 20 | 60 | 20 | 2 | 220 | 250 | 400 | 0.6 | 0.1 |
|  | muslo |  | 130 | 20 | 4 | - | - | - | - | - | - | - | - |
|  | pechuga |  | 115 | 24 | 1.1 | - | - | - | - | - | - | - | - |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carne de cordero | magra |  | 165 | 18 | 10 | 95 | - | - | - | - | - | - | - |
|  | semigorda |  | 315 | 16 | 28 | 75 | - | - | - | - | - | - | - |
|  | gorda |  | 400 | 13 | 40 | 70 | - | - | - | - | - | - | - |

|  |
| --- |
| **Aporte nutricional de huevos y cereales** |

Los valores indicados son los promedios de diferentes análisis efectuados, por tanto son orientativos y generales. Puede ocurrir que los valores correspondientes al producto que usted consume difieran a los indicados en esta tabla.   
Las celdas que se indiquen con '-' (guión) no implican que el correspondiente alimento no contenga el nutriente correspondiente a dicha columna. Significa que no se hayan efectuado mediciones, o bien que estas se consideren poco apreciables para el caso.   
Por otra parte, todos los alimentos mencionados cuentan con otros aportes nutricionales, que han sido obviados para no extender la tabla en forma excesiva.

|  |  |
| --- | --- |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **cada 100 gramos** | |  | KCal | [Prot.](http://www.zonadiet.com/nutricion/proteina.htm)g | Grasa g | sodio mg | calcio mg | hierro mg | fósforo mg | potasio mg | vit.A U.I. | vit.B1 mg | vit.B2 mg | vit.B3 mg |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Huevos | enteros |  | 160 | 12 | 11 | 125 | 55 | 2.3 | 210 | 130 | 1200 | 0.12 | 0.32 | 0.1 |
|  | clara |  | 53 | 11 | 0.2 | 150 | 10 | 0.6 | 18 | 110 | - | 0.02 | 0.25 | 0.3 |
|  | yema |  | 360 | 16 | 30 | 50 | 135 | 6.3 | 560 | 110 | 3400 | 0.25 | 0.4 | 0.1 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **cada 100 gramos** | |  | KCal | [h.de.c.](http://www.zonadiet.com/nutricion/hidratos.htm)g | [Prot.](http://www.zonadiet.com/nutricion/proteina.htm)g | Grasa g | sodio mg | calcio mg | hierro mg | fósforo mg | potasio mg. |
|  |  |  |  |  |  |  |  |  |  |  |  |
| Arroces | blanco |  | 360 | 80 | 6.5 | 0.6 | 05 | 25 | 0.7 | 95 | 95 |
|  | integral |  | 350 | 75 | 6 | 2.0 | 9.5 | 26 | 2 | 250 | 170 |
| Salvado de arroz |  |  | 275 | 61 | 15 | 16 | - | 76 | 20 | 1000 | 1000 |
| Germen de trigo |  |  | 340 | 35 | 24 | 9 | 5 | 70 | 8 | 1000 | 850 |
| Sémola |  |  | 330 | 70 | 8.5 | 1 | 1 | 15 | 1 | - | 110 |
| Fideos laminados |  |  | 380 | 78 | 16 | 1 | 8 | 6 | 3 | 130 | 130 |
| Harinas | de avena |  | 400 | 68 | 10 | 6.5 | 6 | 55 | 4 | 400 | 250 |
|  | de gluten |  | 380 | 45 | 42 | 2 | 2 | 40 | - | 140 | 60 |
|  | de maiz |  | 360 | 75 | 5 | 2.5 | 1 | 10 | 3 | 290 | 290 |
|  | de mandioca |  | 320 | 80 | 1.7 | 0.5 | - | 150 | 5 | 100 | - |
|  | de trigo |  | 340 | 71 | 9 | 1 | 2 | 15 | 2 | 75 | 100 |
| Levadura seca |  |  | 280 | 40 | 35 | 1.5 | 50 | 44 | 16 | 1200 | 1900 |
| Copos de maiz |  |  | 385 | 85 | 8 | 1.0 | 370 | 10 | 2 | 250 | - |
| Fainá |  |  | 180 | 30 | 7 | 4 | - | 35 | 2 | 100 | - |
| Panes | blanco (bolillo) |  | 250 | 50 | 8 | 2 | 250 | - | - | - | - |
|  | de centeno |  | 250 | 50 | 8 | 2 | 350 | - | - | - | - |
|  | de gluten |  | 340 | 30 | 50 | 2 | - | - | - | - | - |
|  | integral |  | 240 | 50 | 9 | 2.5 | 600 | - | - | - | - |
|  | de salvado |  | 240 | 40 | 10 | 3 | 800 | - | - | - | - |
| Pan dulce |  |  | 390 | 65 | 9 | 10 | - | - | - | - | - |
| Pan Lacteado |  |  | 250 | 53 | 7.5 | 1.5 | 500 | - | - | - | - |
| Pan Matze |  |  | 400 | 85 | 10 | 1 | - | - | - | - | - |
| Croissants | (medialunas) |  | 320 | 55 | 9 | 7 | 250 | - | - | - | - |
| Panqueques | (solo masa) |  | 240 | 29 | 9 | 9 | 120 | 100 | - | - | - |
| Galletas | de agua |  | 430 | 70 | 12.5 | 10 | 600 | - | - | - | - |
|  | de agua s/sal |  | 450 | 70 | 14 | 11 | 180 | - | - | - | - |
|  | de centeno |  | 350 | 76 | 13 | 1.2 | 880 | - | - | - | - |
|  | de maizena |  | 450 | 70 | 11.5 | 15 | - | - | - | - | - |
|  | de soja |  | 500 | 70 | 23.5 | 15 | 650 | - | - | - | - |
| Vainillas |  |  | 390 | 82 | 8 | 3.5 | 110 | - | - | - | - |
| Bizcochuelo | (terminado) |  | 310 | 55 | 5.8 | 7.2 | - | - | - | - | - |

|  |
| --- |
| **Aporte nutricional de fiambres y embutidos** |

Los valores indicados son los promedios de diferentes análisis efectuados, por tanto son orientativos y generales. Puede ocurrir que los valores correspondientes al producto que usted consume difieran a los indicados en esta tabla.   
Las celdas que se indiquen con '-' (guión) no implican que el correspondiente alimento no contenga el nutriente correspondiente a dicha columna. Significa que no se hayan efectuado mediciones, o bien que estas se consideren poco apreciables para el caso.   
Por otra parte, todos los alimentos mencionados cuentan con otros aportes nutricionales, que han sido obviados para no extender la tabla en forma excesiva.

|  |  |
| --- | --- |
|  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **cada 100 gramos** |  | KCal | Proteinas g | Grasa g | sodio mg | calcio mg | hierro mg | fósforo mg | potasio mg |
|  |  |  |  |  |  |  |  |  |  |
| Bondiola |  | 260 | 24 | 19 | 4000 | - | - | - | - |
| Chorizo (parrilla) |  | 400 | 15 | 40 | 900 | 15 | 3.5 | 110 | 150 |
| Chorizo colorado (guiso) |  | 390 | 21 | 35 | 1400 | - | - | - | - |
| Jamón cocido (york) |  | 200 | 21 | 8 | 1200 | 15 | 4 | 140 | 160 |
| Jamón crudo |  | 250 | 22 | 18 | 2500 | 50 | 1.4 | 200 | 300 |
| Jamón crudo ahumado |  | 400 | 17 | 32 | 1400 | 10 | 2.0 | 200 | 250 |
| Lomito ahumado |  | 200 | 25 | 8 | 1000 | - | - | - | - |
| Lomo de cerdo |  | 190 | 25 | 7 | 2000 | - | - | - | - |
| Longaniza |  | 400 | 14 | 38 | 2500 | - | - | - | - |
| Matambre |  | 230 | 24 | 14 | 1200 | - | - | - | - |
| Morcilla |  | 260 | 17 | 20 | 1200 | - | - | - | - |
| Mortadela |  | 300 | 18 | 25 | 700 | 40 | - | 150 | 200 |
| Paleta |  | 100 | 16 | 4.5 | 1000 | - | - | - | - |
| Pate |  | 330 | 10.5 | 32 | 400 | - | - | - | - |
| Salame |  | 350 | 20 | 30 | 1200 | 35 | - | 167 | 300 |
| Salchichas (hot-dog) |  | 240 | 14 | 20 | 900 | 13 | 2.5 | 170 | 200 |
| Salchicha (frankfurt) |  | 310 | 12 | 15 | 850 | - | - | - | - |
| Salchicha (parrillera) |  | 410 | 11 | 41 | 900 | - | - | - | - |
| Tocino ahumado (panceta) |  | 440 | 17 | 40 | 1800 | - | - | - | - |
| Tocino crudo (panceta) |  | 660 | 8.5 | 70 | 700 | 13 | 1.0 | 100 | 130 |
| Tocino salado (panceta) |  | 400 | 28 | 27 | 3200 | - | - | - | - |

|  |
| --- |
| **Aporte nutricional de las frutas** |
| Los valores indicados son los promedios de diferentes análisis efectuados, por tanto son orientativos y generales. Puede ocurrir que los valores correspondientes al producto que usted consume difieran a los indicados en esta tabla.  Las celdas que se indiquen con '-' (guión) no implican que el correspondiente alimento no contenga el nutriente correspondiente a dicha columna. Significa que no se hayan efectuado mediciones, o bien que estas se consideren poco apreciables para el caso.  Por otra parte, todos los alimentos mencionados cuentan con otros aportes nutricionales, que han sido obviados para no extender la tabla en forma excesiva. |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Frutas A** | |  |  |  |  |  | Cal c/100g | Sodio mg. Na | Calcio mg. Ca | Hierro mg. Fe | Fósforo mg. P | Potasio mg. K | Vit A U.I. | Vit.B1 mg | Vit.B2 mg | Vit.B3 mg | | Vit.C mg |
| Ananá (piña) | |  |  |  |  |  | 52 | 1 | 16 | 0.5 | 8 | 180 | 34 | 0.07 | 0.05 | 0.28 | | 20 |
| Arándano | |  |  |  |  |  | 42 | 1 | 10 | 0.4 | 10 | 75 | 40 | 0.03 | 0.02 | 0.2 | | 15 |
| Bergamota | |  |  |  |  |  | 50 | 1 | 25 | 0.3 | 18 | 180 | 400 | 0.05 | 0.4 | 0.2 | | 40 |
| Caqui (Kaki) | |  |  |  |  |  | 70 | 4 | 7 | 0.3 | 25 | 170 | 1000 | 0.03 | 0.04 | 0.2 | | 14 |
| Cerezas | |  |  |  |  |  | 70 | 0.4 | 25 | 0.4 | 20 | 200 | 200 | 0.05 | 0.05 | 0.2 | | 12 |
| Ciruelas | |  |  |  |  |  | 45 | 1 | 12 | 0.4 | 27 | 190 | 50 | 0.04 | 0.04 | 0.4 | | 6 |
| Coco | |  |  |  |  |  | 320 | 28 | 20 | 2.0 | 85 | 300 | 10 | 0.05 | 0.03 | 0.5 | | 3 |
| Chirimoya | |  |  |  |  |  | 95 | - | 30 | 0.6 | 35 | - | 20 | 0.09 | 0.12 | 1.1 | | 15 |
| Damasco (albaricoque) | |  |  |  |  |  | 48 | 1 | 15 | 0.7 | 23 | 280 | 700 | 0.04 | 0.07 | 0.4 | | 9 |
| Damasco (sin cáscara) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |
| Durazno | |  |  |  |  |  | 50 | 1 | 10 | 1.0 | 20 | 180 | 800 | 0.02 | 0.05 | 0.9 | | 15 |
| Durazno (sin cáscara) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |
| Frambuesas | |  |  |  |  |  | 50 | 1 | 25 | 1.0 | 30 | 160 | 130 | 0.03 | 0.07 | 0.9 | | 25 |
| Frutilla (fresa) | |  |  |  |  |  | 35 | 1 | 22 | 1.0 | 22 | 160 | 30 | 0.02 | 0.05 | 0.4 | | 70 |
| Grosella | |  |  |  |  |  | 45 | 2 | 30 | 1.0 | 40 | 250 | 150 | 0.02 | 0.03 | 0.4 | | 40 |
| Guayaba (Goiaba) | |  |  |  |  |  | 50 | 3 | 20 | 0.7 | 35 | 250 | 280 | 0.03 | 0.05 | 1.0 | | 75 |
| Guinda | |  |  |  |  |  | 40 | 1 | 22 | 0.2 | 25 | 198 | 290 | 0.04 | 0.02 | 0.4 | | 20 |
| Kiwi | |  |  |  |  |  | 55 | 4 | 30 | 0.4 | 41 | 300 | 175 | 0.02 | 0.05 | 0.5 | | 80 |
| Lima | |  |  |  |  |  | 30 | 2 | 26 | 0.6 | 18 | 140 | 25 | 0.04 | 0.02 | 0.1 | | 52 |
| Limón | |  |  |  |  |  | 30 | 2 | 26 | 0.6 | 18 | 140 | 25 | 0.04 | 0.02 | 0.1 | | 52 |
| Mamón (papaya) | |  |  |  |  |  | 58 | - | 15 | 0.6 | 22 | - | 30 | 0.05 | 0.02 | 0.7 | | 5 |
| Mandarina | |  |  |  |  |  | 45 | 1 | 25 | 0.3 | 18 | 160 | 400 | 0.04 | 0.04 | 0.3 | | 30 |
| Mango | |  |  |  |  |  | 58 | - | 15 | 0.6 | 22 | - | 30 | 0.05 | 0.02 | 0.7 | | 5 |
| Manzana | |  |  |  |  |  | 59 | 1 | 7 | 0.3 | 12 | 110 | 50 | 0.03 | 0.03 | 0.2 | | 6 |
| Manzana (rallada) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |
| Melón | |  |  |  |  |  | 30 | 12 | 14 | 0.4 | 16 | 250 | 1000 | 0.03 | 0.02 | 0.02 | | 30 |
| Membrillo | |  |  |  |  |  | 30 | 12 | 14 | 0.4 | 16 | 250 | 1000 | 0.03 | 0.02 | 0.02 | | 30 |
| Naranja | |  |  |  |  |  | 49 | 1 | 40 | 0.5 | 20 | 180 | 200 | 0.08 | 0.04 | 0.3 | | 55 |
| Papaya | |  |  |  |  |  | 35 | 3 | 20 | 0.3 | 15 | 230 | 1500 | 0.03 | 0.04 | 0.3 | | 60 |
| Pelón | |  |  |  |  |  | 55 | 6 | 4 | 0.3 | 20 | 250 | 900 | 0.01 | 0.04 | 0.9 | | 7 |
| Pera | |  |  |  |  |  | 55 | 2 | 9 | 0.3 | 13 | 125 | 20 | 0.02 | 0.03 | 0.2 | | 5 |
| Pulpa de pera | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |
| Pomelo (toronja) | |  |  |  |  |  | 40 | 1 | 15 | 0.4 | 20 | 180 | 50 | 0.04 | 0.03 | 0.2 | | 45 |
| Sandia | |  |  |  |  |  | 30 | 1 | 10 | 0.4 | 9 | 120 | 350 | 0.03 | 0.03 | 0.2 | | 6 |
| Tamarindo | |  |  |  |  |  | 30 | 1 | 10 | 0.4 | 9 | 120 | 350 | 0.03 | 0.03 | 0.2 | | 6 |
| Zarzamora | |  |  |  |  |  | 50 | 2 | 32 | 0.6 | 25 | 170 | 180 | 0.02 | 0.04 | 0.4 | | 20 |
| **Frutas B** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |
| Banana | |  |  |  |  |  | 90 | 1 | 9 | 0.6 | 28 | 400 | 80 | 0.05 | 0.07 | 0.7 | | 10 |
| Banna (aplastada) | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |
| Higo | |  |  |  |  |  | 80 | 2 | 40 | 0.5 | 30 | 200 | 80 | 0.05 | 0.05 | 0.4 | | 4 |
| Uva | |  |  |  |  |  | 65 | 3 | 14 | 0.5 | 16 | 180 | 100 | 0.05 | 0.04 | 0.4 | | 4 |
| **Aporte nutricional de las hortalizas y verduras** | | | | | | | | | | | | | | | |

Los valores indicados son los promedios de diferentes análisis efectuados, por tanto son orientativos y generales. Puede ocurrir que los valores correspondientes al producto que usted consume difieran a los indicados en esta tabla.   
Las celdas que se indiquen con '-' (guión) no implican que el correspondiente alimento no contenga el nutriente correspondiente a dicha columna. Significa que no se hayan efectuado mediciones, o bien que estas se consideren poco apreciables para el caso.   
Por otra parte, todos los alimentos mencionados cuentan con otros aportes nutricionales, que han sido obviados para no extender la tabla en forma excesiva.

|  |  |
| --- | --- |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hortalizas A** |  |  |  |  |  | Cal c/100g | Sodio mg. Na | Calcio mg. Ca | Hierro mg. Fe | Fósforo mg. P | Potasio mg. K | Vit A U.I. | Vit.B1 mg | Vit.B2 mg | Vit.B3 mg | Vit.C mg |
| Acelga |  |  |  |  |  | 25 | 140 | 90 | 3.5 | 39 | 400 | 6500 | 0.04 | 0.15 | 0.5 | 34 |
| Apio |  |  |  |  |  | 18 | 115 | 30 | 0.5 | 30 | 800 | - | 0.03 | 0.03 | 0.3 | 9 |
| Berenjena |  |  |  |  |  | 25 | 2 | 15 | 0.5 | 30 | 210 | 10 | 0.05 | 0.05 | 0.6 | 5 |
| Pulpa de berenjena |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Berro |  |  |  |  |  | 20 | 50 | 150 | 1.9 | 60 | 282 | 4900 | 0.10 | 0.15 | 0.9 | 75 |
| Broccoli |  |  |  |  |  | 35 | 16 | 105 | 1.3 | 78 | 400 | 2500 | 0.10 | 0.15 | 0.9 | 100 |
| Coliflor |  |  |  |  |  | 28 | 18 | 27 | 1.0 | 56 | 300 | 60 | 0.11 | 0.11 | 0.7 | 75 |
| Esparrago |  |  |  |  |  | 24 | 4 | 24 | 1.0 | 50 | 240 | 855 | 0.12 | 0.12 | 1.4 | 25 |
| Esparrago (puntas) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Espinaca |  |  |  |  |  | 28 | 70 | 80 | 3.5 | 50 | 500 | 5000 | 0.1 | 0.2 | 0.6 | 45 |
| Hinojo |  |  |  |  |  | 25 | 86 | 100 | 2.5 | 55 | 400 | 3500 | 0.23 | 0.11 | 0.2 | 93 |
| Lechuga |  |  |  |  |  | 13 | 9 | 20 | 0.5 | 23 | 175 | 330 | 0.05 | 0.06 | 0.3 | 7 |
| Pepino |  |  |  |  |  | 15 | 5 | 20 | 0.8 | 23 | 170 | 250 | 0.03 | 0.04 | 0.2 | 13 |
| Rabanito |  |  |  |  |  | 15 | 17 | 20 | 1.2 | 35 | 320 | 10 | 0.03 | 0.03 | 0.3 | 26 |
| Radicheta |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Col de bruselas |  |  |  |  |  | 40 | 11 | 22 | 1.5 | 80 | 400 | 550 | 0.11 | 0.14 | 0.9 | 100 |
| Repollo |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomate |  |  |  |  |  | 21 | 3 | 12 | 0.5 | 26 | 240 | 900 | 0.06 | 0.04 | 0.7 | 23 |
| Tomate (pulpa) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Zapallitos (zuchini) |  |  |  |  |  | 18 | 1 | 22 | 0.9 | 22 | 250 | 350 | 0.04 | 0.07 | 0.5 | 19 |
| Zapallitos (pulpa) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Referencias** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alto ácido orgánico |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bajo ácido orgánico |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bajo potasio |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Hortalizas B** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ají |  |  |  |  |  | 30 | 2 | 20 | 1.5 | 30 | 180 | 2000 | 0.08 | 0.07 | 0.8 | 100 |
| Ajo |  |  |  |  |  | 135 | 35 | 30 | 1.4 | 135 | 500 | - | 0.20 | 0.08 | 0.5 | 12 |
| Alcaucil |  |  |  |  |  | 30 | 45 | 45 | 1.0 | 60 | 400 | 150 | 0.08 | 0.1 | 0.8 | 8 |
| Alcaucil (corazón) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Arvejas |  |  |  |  |  | 80 | 2 | 25 | 2.0 | 115 | 310 | 500 | 0.3 | 0.15 | 2.0 | 28 |
| Calabaza |  |  |  |  |  | 28 | 2 | 20 | 0.7 | 40 | 250 | 1600 | 0.04 | 0.04 | 0.5 | 12 |
| Cebolla |  |  |  |  |  | 37 | 10 | 30 | 0.6 | 36 | 150 | 30 | 0.04 | 0.04 | 0.3 | 10 |
| Cebolla de verdeo |  |  |  |  |  | 28 | 3 | 70 | 1.5 | 40 | 300 | 5800 | 0.08 | 0.11 | 0.6 | 50 |
| Chauchas |  |  |  |  |  | 32 | 5 | 55 | 1.1 | 40 | 220 | 500 | 0.08 | 0.15 | 0.8 | 18 |
| Chauchas s/hilo s/grano |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Habas |  |  |  |  |  | 105 | 5 | 29 | 2.3 | 160 | 400 | 210 | 0.25 | 0.2 | 1.5 | 29 |
| Nabos |  |  |  |  |  | 29 | 40 | 35 | 0.5 | 30 | 290 | 7600 | 0.05 | 0.07 | 0.7 | 30 |
| Palmitos |  |  |  |  |  | 26 | 45 | 86 | 0.8 | 79 | 336 | - | 0.04 | 0.09 | 0.7 | 1.3 |
| Palmitos (corazón) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Puerro |  |  |  |  |  | 52 | 5 | 58 | 1.1 | 50 | 320 | 50 | 0.1 | 0.06 | 0.5 | 17 |
| Remolacha |  |  |  |  |  | 45 | 70 | 20 | 1.0 | 35 | 340 | 20 | 0.03 | 0.05 | 0.4 | 10 |
| Zanahoria |  |  |  |  |  | 40 | 45 | 40 | 0.9 | 35 | 400 | 3500 | 0.06 | 0.05 | 0.6 | 8 |
| Zapallo |  |  |  |  |  | 40 | 2 | 25 | 1.0 | 30 | 320 | 3700 | 0.05 | 0.07 | 0.7 | 11 |
| **Hortalizas C** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Batata |  |  |  |  |  | 115 | 6 | 35 | 1.1 | 45 | 400 | 400 | 0.11 | 0.05 | 0.8 | 25 |
| Maiz (Elote) |  |  |  |  |  | 95 | 4 | 6 | 0.8 | 105 | 280 | 400 | 0.12 | 0.09 | 1.7 | 9 |
| Mandioca |  |  |  |  |  | 145 | 2 | 36 | 1.1 | 50 | 350 | 7 | 0.05 | 0.04 | 0.7 | 42 |
| Papa |  |  |  |  |  | 76 | 3 | 7 | 0.8 | 50 | 410 | - | 0.1 | 0.05 | 1.4 | 17 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Referencias** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alto ácido orgánico |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bajo ácido orgánico |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bajo potasio |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |
| --- |
| **Aporte nutricional de los productos lacteos** |

Los valores indicados son los promedios de diferentes análisis efectuados, por tanto son orientativos y generales. Puede ocurrir que los valores correspondientes al producto que usted consume difieran a los indicados en esta tabla.   
Las celdas que se indiquen con '-' (guión) no implican que el correspondiente alimento no contenga el nutriente correspondiente a dicha columna. Significa que no se hayan efectuado mediciones, o bien que estas se consideren poco apreciables para el caso.   
Por otra parte, todos los alimentos mencionados cuentan con otros aportes nutricionales, que han sido obviados para no extender la tabla en forma excesiva.

|  |  |
| --- | --- |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **cada 100 gramos** | |  | KCal | Proteinas g | Grasa g | sodio mg | calcio mg | hierro mg | fósforo mg | potasio mg | vit.A U.I. | vit.B1 mg | vit.B2 mg | vit.B3 mg |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Leche** | entera |  | 60 | 3.0 | 3.0 | 30 | 110 | 0.2 | 80 | 140 | 200 | 0.1 | 0.2 | 0.2 |
|  | parc.desc. |  | 45 | 3.0 | 1.5 | - | 110 | 0.1 | 85 | - | 200 | 0.1 | 0.2 | 0.2 |
|  | descremada |  | 31 | 2.9 | 1.0 | - | 120 | 0.1 | 100 | - | 150 | 0.02 | 0.2 | - |
|  | condensada |  | 320 | 8.2 | 8.2 | 100 | 250 | 0.1 | 200 | 300 | 360 | 0.1 | 0.3 | 0.2 |
|  | chocolatada |  | 80 | 3.3 | 2.5 | 50 | 100 | 0.2 | 90 | 140 | 80 | 0.05 | 0.15 | 0.1 |
| **Yogurt** | cremoso |  | 110 | 3.0 | 6.0 | - | 130 | - | 90 | - | - | - | - | - |
|  | entero |  | 85 | 2.8 | 3.3 | 60 | 150 | 0.1 | 100 | 190 | 1000 | 0.05 | 0.2 | 0.1 |
|  | parc.desc. |  | 75 | 3.0 | 1.5 | - | - | - | - | - | - | - | - | - |
|  | descremado |  | 40 | 4.0 | 0.1 | - | 130 | - | 90 | - | - | - | - | - |
| bebible | parc. desc. |  | 80 | 2.9 | 1.5 | - | 115 | - | - | - | - | - | - | - |
| c/cereales | p.desc. |  | 120 | 5.2 | 1.8 | - | 180 | - | - | - | - | - | - | - |
| leche | cultivada entera |  | 95 | 4.1 | 2.6 | - | 145 | - | - | - | - | - | - | - |
| leche | cultivada desc. |  | 35 | 3.5 | 0.1 | - | - | - | - | - | - | - | - | - |
| **Quesos** | blanco |  | 150 | 11 | 10 | 70 | 150 | - | - | - | - | - | - | - |
| blanco | descremado |  | 110 | 12 | 4.5 | 250 | 150 | 0.5 | 150 | 90 | 15 | 0.02 | 0.2 | 0.1 |
| blanco | cremoso |  | 300 | 18 | 25 | 470 | 300 | 1.0 | 400 | 80 | 500 | 0.03 | 0.4 | 0.1 |
|  | fundido |  | 300 | 15 | 25 | 450 | 300 | - | - | - | - | - | - | - |
| blando | entero |  | 300 | 24 | 23 | 450 | 800 | - | 600 | - | - | - | - | - |
| blando | descremado |  | 240 | 28 | 14 | 450 | 800 | - | 600 | - | - | - | - | - |
|  | mozzarella |  | 240 | 20 | 16 | 750 | 75 | 0.3 | 200 | 110 | 400 | 0.03 | 0.2 | 0.1 |
|  | camembert |  | 300 | 18 | 25 | 900 | 200 | 0.2 | 300 | 100 | 1000 | 0.04 | 0.6 | 0.9 |
|  | cheddar |  | 400 | 25 | 31 | 700 | 750 | 1.0 | 500 | 90 | 1300 | 0.03 | 0.4 | 0.1 |
|  | de máquina |  | 250 | 16 | 17 | 600 | 400 | 0.5 | 330 | - | - | - | - | - |
|  | edam |  | 320 | 25 | 20 | 700 | 700 | 0.6 | 500 | 80 | 500 | 0.06 | 0.3 | 0.1 |
|  | emmenthal |  | 400 | 27 | 28 | 450 | 1000 | 0.3 | 600 | 100 | 600 | 0.05 | 0.3 | 0.2 |
|  | gouda |  | 370 | 25 | 29 | 700 | 700 | 0.5 | 440 | 100 | 400 | 0.03 | 0.2 | 0.1 |
|  | gruyere |  | 400 | 28 | 28 | 380 | 1000 | - | 600 | 100 | - | 0.05 | 0.3 | 0.1 |
|  | parmeggiano / parmesano |  | 390 | 34 | 25 | 700 | 1100 | 0.8 | 800 | 130 | 1000 | 0.02 | 0.6 | 0.2 |
|  | provolone |  | 390 | 28 | 28 | 1100 | 900 | 0.5 | 650 | 70 | 300 | 0.5 | 0.3 | 0.2 |
|  | roquefort |  | 370 | 21 | 30 | 1800 | 500 | 0.5 | 360 | 90 | 1200 | 0.04 | 0.6 | 0.8 |

|  |
| --- |
| **Tipos y características de las carnes de pescado** |

Los valores indicados son los promedios de diferentes análisis efectuados, por tanto son orientativos y generales. Puede ocurrir que los valores correspondientes al producto que usted consume difieran a los indicados en esta tabla.   
Las celdas que se indiquen con '-' (guión) no implican que el correspondiente alimento no contenga el nutriente correspondiente a dicha columna. Significa que no se hayan efectuado mediciones, o bien que estas se consideren poco apreciables para el caso.   
Por otra parte, todos los alimentos mencionados cuentan con otros aportes nutricionales, que han sido obviados para no extender la tabla en forma excesiva.

|  |  |
| --- | --- |
| Esta página se vizualizará  e imprimirá mejor cuando: |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **cada 100 gramos** |  | KCal | Proteinas g | Grasa g | sodio mg | calcio mg | hierro mg | fósforo mg | potasio mg | vit.A U.I. | vit.B1 mg | vit.B2 mg |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Abadejo |  | 85 | 18.5 | 0.5 | 96 | 8 | - | 376 | 400 | - | 0.1 | 0.13 |
| Arenque |  | 170 | 18.5 | 10 | 120 | 100 | 1.2 | 260 | 320 | 110 | 0.03 | 0.2 |
| Atún (Tuna) |  | 170 | 24 | 6 | 40 | 30 | 1 | 200 | - | 450 | 0.15 | 0.15 |
| Bacalao |  | 80 | 17 | 0.4 | 60 | 20 | 0.5 | 190 | 350 | - | 0.05 | 0.05 |
| Bagre |  | 180 | 17 | 17 | 60 | 30 | 0.5 | 190 | 300 | - | 0.04 | 0.08 |
| Besugo |  | 100 | 20 | 2.5 | - | 15 | 1.8 | 220 | - | - | - | - |
| Bonito |  | 150 | 23 | 7 | - | 35 | 1.3 | 200 | - | - | 0.1 | 0.1 |
| Brótola |  | 80 | 17 | 0.8 | 90 | 25 | 2 | 180 | 280 | - | 0.1 | 0.2 |
| Caballa |  | 180 | 20 | 11 | 95 | 15 | 2 | 240 | 380 | 400 | 0.15 | 0.35 |
| Carpa |  | 95 | 16 | 3 | - | 40 | 1.9 | 165 | - | - | 0.04 | 0.05 |
| Congrio |  | 70 | 15 | 0.5 | - | 60 | 1 | 150 | - | - | 0.1 | 0.1 |
| Corvina |  | 90 | 19 | 1.4 | - | 42 | 1 | 200 | - | - | 0.04 | 0.12 |
| Esturión |  | 95 | 18 | 2 | - | - | - | 190 | - | - | - | - |
| Lenguado |  | 82 | 18 | 0.7 | 80 | 30 | 1 | 200 | 330 | - | 0.1 | 0.1 |
| Merluza |  | 80 | 18 | 0.7 | 80 | 25 | 1 | 190 | 300 | - | 0.05 | 0.05 |
| Mero |  | 84 | 18 | 0.8 | - | 25 | 1.5 | 200 | - | - | 0.1 | 0.1 |
| Pejerrey |  | 80 | 18.5 | 0.6 | 65 | 60 | 1.5 | 250 | - | - | 0.01 | 0.05 |
| Róbalo |  | 80 | 18 | 0.6 | 120 | 25 | 1 | 210 | - | - | 0.35 | 0.1 |
| Salmón |  | 180 | 22 | 10 | - | 60 | 0.8 | 200 | - | - | 0.08 | - |
| Sardina |  | 190 | 20 | 13 | 100 | 80 | 2.5 | 300 | - | 55 | 0.02 | 0.1 |
| Surubí |  | 110 | 18 | 4 | 72 | 20 | 2 | 200 | 250 | - | - | - |
| Trucha |  | 110 | 18.5 | 3 | 40 | 15 | 1 | 200 | 400 | - | 0.08 | 0.08 |

|  |
| --- |
| **Aporte Nutricional de los productos McDonalds** |

La siguiente tabla indica los aportes nutriconales de los productos de la cadena de comidas McDonalds.   
Toda la información aquí suministrada es copia fiel de la provista por McDonalds y usted puede obtenerla y complementarla en cualquiera de estas casas de comidas.

|  |  |
| --- | --- |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hamburguers / Hamburguesas** | | | | Porción | | | | | | | | | Kilocalorías | | | | | | | Grasas | | | | | | | | | | | | | Hidratos | | | | | | | | | Proteinas | | | | | | | Colesterol | | | | | | | | | | Sodio | | | | |
| Hamburger | | | | 107 g | | | | | | | | | 270 | | | | | | | 9 | | | | | | | | | | | | | 35 | | | | | | | | | 13 | | | | | | | 30 | | | | | | | | | | 600 | | | | |
| Cheeseburger (hamburguesa c/queso) | | | | 121 g | | | | | | | | | 320 | | | | | | | 13 | | | | | | | | | | | | | 35 | | | | | | | | | 16 | | | | | | | 40 | | | | | | | | | | 830 | | | | |
| Quarter Pounder (cuarto de libra) | | | | 172 g | | | | | | | | | 430 | | | | | | | 21 | | | | | | | | | | | | | 37 | | | | | | | | | 23 | | | | | | | 70 | | | | | | | | | | 840 | | | | |
| Quarter Pounder w/cheese (cuarto de libra c/queso) | | | | 200 g | | | | | | | | | 530 | | | | | | | 30 | | | | | | | | | | | | | 38 | | | | | | | | | 28 | | | | | | | 95 | | | | | | | | | | 1310 | | | | |
| Big Mac | | | | 216 g | | | | | | | | | 570 | | | | | | | 32 | | | | | | | | | | | | | 45 | | | | | | | | | 26 | | | | | | | 85 | | | | | | | | | | 1100 | | | | |
| Mc Royal | | | | 180 g | | | | | | | | | 524 | | | | | | | 30.7 | | | | | | | | | | | | | 32.2 | | | | | | | | | 29.9 | | | | | | | 95.6 | | | | | | | | | | 1236 | | | | |
| Mc Royal Bacon c/queso | | | | 194 g | | | | | | | | | 560 | | | | | | | 28 | | | | | | | | | | | | | 39 | | | | | | | | | 32 | | | | | | | n/d | | | | | | | | | | 1235 | | | | |
| Mc Pollo | | | | 189 g | | | | | | | | | 460 | | | | | | | 25 | | | | | | | | | | | | | 40.3 | | | | | | | | | 18.4 | | | | | | | 10.1 | | | | | | | | | | 831 | | | | |
| McNífica | | | | 249 g | | | | | | | | | 568 | | | | | | | 31.6 | | | | | | | | | | | | | 40 | | | | | | | | | 31 | | | | | | | n/d | | | | | | | | | | 854 | | | | |
| **French Fries / Papas Fritas** | Porción | | | | Kilocalorías | | | | | | | | | Grasas | | | | | | | | | | | Hidratos | | | | | | | | | Proteínas | | | | | | | | | | Colesterol | | | | | | | | | | Sodio | | | | | | | | | |
| Small | 68 | | | | 210 | | | | | | | | | 10 | | | | | | | | | | | 26 | | | | | | | | | 3 | | | | | | | | | | 0 | | | | | | | | | | 135 | | | | | | | | | |
| Medium | 147 | | | | 450 | | | | | | | | | 22 | | | | | | | | | | | 57 | | | | | | | | | 6 | | | | | | | | | | 0 | | | | | | | | | | 290 | | | | | | | | | |
| Large | 176 | | | | 540 | | | | | | | | | 26 | | | | | | | | | | | 68 | | | | | | | | | 8 | | | | | | | | | | 0 | | | | | | | | | | 350 | | | | | | | | | |
| Super Size | 198 | | | | 610 | | | | | | | | | 29 | | | | | | | | | | | 77 | | | | | | | | | 9 | | | | | | | | | | 0 | | | | | | | | | | 390 | | | | | | | | | |
| **Mc Nuggets** | Porción | | | | | | | | | | | Kilocalorías | | | | | | | Grasas | | | | | | | | | Hidratos | | | | | | | Proteínas | | | | | | | | | | Colesterol | | | | | | | | | | Sodio | | | | | | | | |
| 4 piezas | 72 | | | | | | | | | | | 190 | | | | | | | 11 | | | | | | | | | 13 | | | | | | | 10 | | | | | | | | | | 35 | | | | | | | | | | 360 | | | | | | | | |
| 6 piezas | 108 | | | | | | | | | | | 290 | | | | | | | 17 | | | | | | | | | 20 | | | | | | | 15 | | | | | | | | | | 55 | | | | | | | | | | 540 | | | | | | | | |
| 9 piezas | 162 | | | | | | | | | | | 430 | | | | | | | 25 | | | | | | | | | 29 | | | | | | | 23 | | | | | | | | | | 80 | | | | | | | | | | 810 | | | | | | | | |
| **Salads / Ensaladas** | Porción | | | | | Kilocalorías | | | | | | | | | | Grasas | | | | | Carbohidratos | | | | | | | | | | | | | | | Proteínas | | | | | | | | | | Colesterol | | | | | | | | | | Sodio | | | | | | | |
| Garden Salad | 177 | | | | | 35 | | | | | | | | | | 0 | | | | | 7 | | | | | | | | | | | | | | | 2 | | | | | | | | | | 0 | | | | | | | | | | 20 | | | | | | | |
| Grilled Chicken Salad | 257 | | | | | 120 | | | | | | | | | | 1.5 | | | | | 7 | | | | | | | | | | | | | | | 21 | | | | | | | | | | 45 | | | | | | | | | | 240 | | | | | | | |
| del Cheff | 260.5 | | | | | 290 | | | | | | | | | | 12 | | | | | 5.4 | | | | | | | | | | | | | | | 27 | | | | | | | | | |  | | | | | | | | | | 810 | | | | | | | |
| Croutons | 12 | | | | | 50 | | | | | | | | | | 1 | | | | | 9 | | | | | | | | | | | | | | | 1 | | | | | | | | | | 0 | | | | | | | | | | 105 | | | | | | | |
| **Breakfast / Desayunos** | | | Porción | | | | Kilocalorías | | | | | | | | | | Grasas | | | | | | | | | | Carbohidratos | | | | | | | | | | | | | Proteínas | | | | | | | Colesterol | | | | | | | | | | Sodio | | | | | | |
| Egg McMuffin | | | 136 | | | | 290 | | | | | | | | | | 12 | | | | | | | | | | 27 | | | | | | | | | | | | | 17 | | | | | | | 235 | | | | | | | | | | 790 | | | | | | |
| Sausage McMuffin | | | 112 | | | | 360 | | | | | | | | | | 23 | | | | | | | | | | 26 | | | | | | | | | | | | | 13 | | | | | | | 45 | | | | | | | | | | 740 | | | | | | |
| Sausage McMuffin wth Egg | | | 162 | | | | 440 | | | | | | | | | | 28 | | | | | | | | | | 27 | | | | | | | | | | | | | 19 | | | | | | | 255 | | | | | | | | | | 890 | | | | | | |
| English Muffin | | | 55 | | | | 140 | | | | | | | | | | 2 | | | | | | | | | | 25 | | | | | | | | | | | | | 4 | | | | | | | 0 | | | | | | | | | | 210 | | | | | | |
| Sausage Biscuit | | | 127 | | | | 470 | | | | | | | | | | 31 | | | | | | | | | | 35 | | | | | | | | | | | | | 11 | | | | | | | 35 | | | | | | | | | | 1080 | | | | | | |
| Sausage Biscuit with Egg | | | 178 | | | | 550 | | | | | | | | | | 37 | | | | | | | | | | 35 | | | | | | | | | | | | | 18 | | | | | | | 245 | | | | | | | | | | 1160 | | | | | | |
| Bacon, Egg & Cheese Biscuit | | | 168 | | | | 540 | | | | | | | | | | 34 | | | | | | | | | | 36 | | | | | | | | | | | | | 21 | | | | | | | 250 | | | | | | | | | | 1550 | | | | | | |
| Biscuit | | | 84 | | | | 290 | | | | | | | | | | 15 | | | | | | | | | | 34 | | | | | | | | | | | | | 5 | | | | | | | 0 | | | | | | | | | | 780 | | | | | | |
| Ham, Egg & Cheese Bagel | | | 218 | | | | 550 | | | | | | | | | | 23 | | | | | | | | | | 58 | | | | | | | | | | | | | 26 | | | | | | | 255 | | | | | | | | | | 1490 | | | | | | |
| Spanish Omelete Bagel | | | 258 | | | | 690 | | | | | | | | | | 38 | | | | | | | | | | 59 | | | | | | | | | | | | | 27 | | | | | | | 275 | | | | | | | | | | 1560 | | | | | | |
| Steak, Egg & Cheese Bagel | | | 245 | | | | 660 | | | | | | | | | | 31 | | | | | | | | | | 57 | | | | | | | | | | | | | 36 | | | | | | | 285 | | | | | | | | | | 1300 | | | | | | |
| Sausage | | | 43 | | | | 170 | | | | | | | | | | 16 | | | | | | | | | | 0 | | | | | | | | | | | | | 6 | | | | | | | 35 | | | | | | | | | | 290 | | | | | | |
| Scrambles Eggs (2) | | | 102 | | | | 160 | | | | | | | | | | 11 | | | | | | | | | | 1 | | | | | | | | | | | | | 13 | | | | | | | 425 | | | | | | | | | | 170 | | | | | | |
| Hash Browns | | | 53 | | | | 130 | | | | | | | | | | 8 | | | | | | | | | | 14 | | | | | | | | | | | | | 1 | | | | | | | 0 | | | | | | | | | | 330 | | | | | | |
| Hotcakes (plain) | | | 156 | | | | 340 | | | | | | | | | | 8 | | | | | | | | | | 58 | | | | | | | | | | | | | 9 | | | | | | | 20 | | | | | | | | | | 630 | | | | | | |
| Hotcakes (Margarine 2 pats & Syrup) | | | 228 | | | | 600 | | | | | | | | | | 17 | | | | | | | | | | 104 | | | | | | | | | | | | | 9 | | | | | | | 20 | | | | | | | | | | 770 | | | | | | |
| Breakfast Burrito | | | 117 | | | | 320 | | | | | | | | | | 20 | | | | | | | | | | 21 | | | | | | | | | | | | | 13 | | | | | | | 195 | | | | | | | | | | 660 | | | | | | |
| Hocakes (argentina) | | | 301 | | | | 605 | | | | | | | | | | 2.7 | | | | | | | | | | 125 | | | | | | | | | | | | | 19.5 | | | | | | | n/d | | | | | | | | | | 810 | | | | | | |
| McTostado | | | 81 | | | | 200 | | | | | | | | | | 4 | | | | | | | | | | 30 | | | | | | | | | | | | | 11 | | | | | | | n/d | | | | | | | | | | 802 | | | | | | |
| Medialuna | | | 35 | | | | 150 | | | | | | | | | | 7.8 | | | | | | | | | | 12 | | | | | | | | | | | | | 5 | | | | | | | n/d | | | | | | | | | | 225 | | | | | | |
| **Dressings / Condimentos** | | Porción | | | | | | | | | Kilocalorías | | | | | | | Grasas | | | | | | | | Carbohidratos | | | | | | | | | | | | | | | Proteínas | | | | | | | Colesterol | | | | | | | | | | Sodio | | | | | |
| Hot Mustard (1 pkg) | | 28 g | | | | | | | | | 60 | | | | | | | 3.5 | | | | | | | | 7 | | | | | | | | | | | | | | | 1 | | | | | | | 5 | | | | | | | | | | 240 | | | | | |
| Barbeque Sauce (1 pkg) | | 28 g | | | | | | | | | 45 | | | | | | | 0 | | | | | | | | 10 | | | | | | | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | 250 | | | | | |
| Sweet 'N Sour Sauce (1 pkg) | | 28 g | | | | | | | | | 50 | | | | | | | 0 | | | | | | | | 11 | | | | | | | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | 140 | | | | | |
| Honey (1 pkg) | | 14 g | | | | | | | | | 45 | | | | | | | 0 | | | | | | | | 12 | | | | | | | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | 0 | | | | | |
| Honey Mustard (1 pkg) | | 14 g | | | | | | | | | 50 | | | | | | | 4.5 | | | | | | | | 3 | | | | | | | | | | | | | | | 0 | | | | | | | 10 | | | | | | | | | | 85 | | | | | |
| Light Mayonnaise (1 pkg) | | 12 g | | | | | | | | | 40 | | | | | | | 4 | | | | | | | | <1 | | | | | | | | | | | | | | | 0 | | | | | | | 5 | | | | | | | | | | 80 | | | | | |
| Agridulce | | 28.3 g | | | | | | | | | 60 | | | | | | | 0.2 | | | | | | | | 14 | | | | | | | | | | | | | | | 0 | | | | | | | n/d | | | | | | | | | | 190 | | | | | |
| Caesar (1 pkg) | | 59.1 ml | | | | | | | | | 160 | | | | | | | 14 | | | | | | | | 7 | | | | | | | | | | | | | | | 2 | | | | | | | 20 | | | | | | | | | | 450 | | | | | |
| Fat Free Herb Vinaigrette (1 pkg) | | 59.1 ml | | | | | | | | | 50 | | | | | | | 0 | | | | | | | | 11 | | | | | | | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | 330 | | | | | |
| Ranch (1 pkg) | | 59.1 ml | | | | | | | | | 230 | | | | | | | 21 | | | | | | | | 10 | | | | | | | | | | | | | | | 1 | | | | | | | 20 | | | | | | | | | | 550 | | | | | |
| Red French Reduced Calorie (1 pkg) | | 59.1 ml | | | | | | | | | 160 | | | | | | | 8 | | | | | | | | 23 | | | | | | | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | 490 | | | | | |
| **Desserts-Shakes / Postres** | | | | | | | | Porcion | | | | | | | Kilocalorías | | | | | | | | | Grasas | | | | | Carbohidratos | | | | | | | | | | | | | | Proteínas | | | | | | | Colesterol | | | | | | | | | | | | | Sodio |
| Vanilla Reduced Fat Ice Cream Cone | | | | | | | | 90 | | | | | | | 150 | | | | | | | | | 4.5 | | | | | 23 | | | | | | | | | | | | | | 4 | | | | | | | 20 | | | | | | | | | | | | | 75 |
| Strawberry Sunday | | | | | | | | 178 | | | | | | | 290 | | | | | | | | | 7 | | | | | 50 | | | | | | | | | | | | | | 7 | | | | | | | 30 | | | | | | | | | | | | | 95 |
| Hot Caramel Sundae | | | | | | | | 182 | | | | | | | 360 | | | | | | | | | 10 | | | | | 61 | | | | | | | | | | | | | | 7 | | | | | | | 35 | | | | | | | | | | | | | 180 |
| Hot Fudge Sundae | | | | | | | | 179 | | | | | | | 340 | | | | | | | | | 12 | | | | | 52 | | | | | | | | | | | | | | 8 | | | | | | | 30 | | | | | | | | | | | | | 170 |
| Nuts (Sundaes) | | | | | | | | 7 | | | | | | | 40 | | | | | | | | | 3.5 | | | | | 2 | | | | | | | | | | | | | | 2 | | | | | | | 0 | | | | | | | | | | | | | 55 |
| Butterfinger McFlurry | | | | | | | | 348 | | | | | | | 620 | | | | | | | | | 22 | | | | | 90 | | | | | | | | | | | | | | 16 | | | | | | | 70 | | | | | | | | | | | | | 260 |
| M&M McFlurry | | | | | | | | 348 | | | | | | | 630 | | | | | | | | | 23 | | | | | 90 | | | | | | | | | | | | | | 16 | | | | | | | 75 | | | | | | | | | | | | | 210 |
| Nestle Crunch McFlurry | | | | | | | | 348 | | | | | | | 630 | | | | | | | | | 24 | | | | | 89 | | | | | | | | | | | | | | 16 | | | | | | | 75 | | | | | | | | | | | | | 230 |
| Oreo McFlurry | | | | | | | | 337 | | | | | | | 570 | | | | | | | | | 20 | | | | | 82 | | | | | | | | | | | | | | 15 | | | | | | | 70 | | | | | | | | | | | | | 280 |
| Baked Apple Pie | | | | | | | | 77 | | | | | | | 260 | | | | | | | | | 13 | | | | | 34 | | | | | | | | | | | | | | 3 | | | | | | | 0 | | | | | | | | | | | | | 200 |
| Chocolate Chip Cookie | | | | | | | | 35 | | | | | | | 170 | | | | | | | | | 10 | | | | | 22 | | | | | | | | | | | | | | 2 | | | | | | | 20 | | | | | | | | | | | | | 120 |
| McDonaldland Cookies (1 pkg) | | | | | | | | 42 | | | | | | | 180 | | | | | | | | | 5 | | | | | 32 | | | | | | | | | | | | | | 3 | | | | | | | 0 | | | | | | | | | | | | | 190 |
| Vanilla Shake - Small | | | | | | | | 414 | | | | | | | 360 | | | | | | | | | 9 | | | | | 59 | | | | | | | | | | | | | | 11 | | | | | | | 40 | | | | | | | | | | | | | 250 |
| Chocolate Shake - Small | | | | | | | | 414 | | | | | | | 360 | | | | | | | | | 9 | | | | | 60 | | | | | | | | | | | | | | 11 | | | | | | | 40 | | | | | | | | | | | | | 250 |
| Strawberry Shake - Small | | | | | | | | 414 | | | | | | | 360 | | | | | | | | | 9 | | | | | 60 | | | | | | | | | | | | | | 11 | | | | | | | 40 | | | | | | | | | | | | | 180 |
| McSwing con crocante | | | | | | | | 214 | | | | | | | 433 | | | | | | | | | 9 | | | | | 77 | | | | | | | | | | | | | | 10.5 | | | | | | | n/d | | | | | | | | | | | | | 141 |
| McSwing con Oreo | | | | | | | | 204 | | | | | | | 405 | | | | | | | | | 12 | | | | | 63 | | | | | | | | | | | | | | 10 | | | | | | | n/d | | | | | | | | | | | | | 288 |
| Sundae chocolate | | | | | | | | 164 | | | | | | | 319 | | | | | | | | | 9.5 | | | | | 50 | | | | | | | | | | | | | | 7 | | | | | | | 6 | | | | | | | | | | | | | 170 |
| Sundae frutilla | | | | | | | | 164 | | | | | | | 289 | | | | | | | | | 8.7 | | | | | 46.1 | | | | | | | | | | | | | | 6 | | | | | | | 19.5 | | | | | | | | | | | | | 96.4 |
| Sundae Dulce de Leche | | | | | | | | 164 | | | | | | | 340 | | | | | | | | | 9.5 | | | | | 64 | | | | | | | | | | | | | | 7 | | | | | | | 8 | | | | | | | | | | | | | 179 |
| Cono de Vainilla | | | | | | | | 115 | | | | | | | 185 | | | | | | | | | 5.2 | | | | | 30.2 | | | | | | | | | | | | | | 4.3 | | | | | | | 23.5 | | | | | | | | | | | | | 109 |
| Pastel de Manzana | | | | | | | | 85 | | | | | | | 253 | | | | | | | | | 14.3 | | | | | 29.3 | | | | | | | | | | | | | | 187 | | | | | | | 12.4 | | | | | | | | | | | | | 398 |
| **Bebidas** | Tamaño | | | | | | | | | Porción | | | | | | | | | | | | Calorias | | | | | | | | Grasas | | | | | | | Carbohidratos | | | | | | | | | | | | | | Azúcar | | | | | | | | | sodio | | | |
| Coca Cola Classic | Child | | | | | | | | | 12 fl oz - 360 ml | | | | | | | | | | | | 110 | | | | | | | | 0 | | | | | | | 29 | | | | | | | | | | | | | | 29 | | | | | | | | | 10 | | | |
|  | Small | | | | | | | | | 21 fl oz - 480 ml | | | | | | | | | | | | 150 | | | | | | | | 0 | | | | | | | 40 | | | | | | | | | | | | | | 40 | | | | | | | | | 15 | | | |
|  | Medium | | | | | | | | | 21 fl oz - 630 ml | | | | | | | | | | | | 210 | | | | | | | | 0 | | | | | | | 58 | | | | | | | | | | | | | | 58 | | | | | | | | | 20 | | | |
|  | Large | | | | | | | | | 32 fl oz - 960 ml | | | | | | | | | | | | 310 | | | | | | | | 0 | | | | | | | 86 | | | | | | | | | | | | | | 86 | | | | | | | | | 30 | | | |
|  | Super Size | | | | | | | | | 42 fl oz - 1260 ml | | | | | | | | | | | | 410 | | | | | | | | 0 | | | | | | | 113 | | | | | | | | | | | | | | 113 | | | | | | | | | 40 | | | |
| **Bebidas** | Tamaño | | | | | | | | Porción | | | | | | | | | | | | | | Calorias | | | | | | | | | Grasas | | | | | | | Carbohidratos | | | | | | | | | | | | | | Azúcar | | | | | | | | sodio | | |
| diet Coke | Child | | | | | | | | 12 fl oz - 360 ml | | | | | | | | | | | | | | 0 | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | | | | | 0 | | | | | | | | 20 | | |
|  | Small | | | | | | | | 21 fl oz - 480 ml | | | | | | | | | | | | | | 0 | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | | | | | 0 | | | | | | | | 30 | | |
|  | Medium | | | | | | | | 21 fl oz - 630 ml | | | | | | | | | | | | | | 0 | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | | | | | 0 | | | | | | | | 40 | | |
|  | Large | | | | | | | | 32 fl oz - 960 ml | | | | | | | | | | | | | | 0 | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | | | | | 0 | | | | | | | | 60 | | |
|  | Super Size | | | | | | | | 42 fl oz - 1260 ml | | | | | | | | | | | | | | 5 | | | | | | | | | 0 | | | | | | | 0 | | | | | | | | | | | | | | 0 | | | | | | | | 75 | | |
| **Bebidas** | Tamaño | | | | | | | | Porción | | | | | | | | | | | | | | Calorias | | | | | | | | Grasas | | | | | | | Carbohidratos | | | | | | | | | | | | | | Azúcar | | | | | | | | | | sodio | |
| Sprite | Child | | | | | | | | 12 fl oz - 360 ml | | | | | | | | | | | | | | 110 | | | | | | | | 0 | | | | | | | 28 | | | | | | | | | | | | | | 28 | | | | | | | | | | 40 | |
|  | Small | | | | | | | | 21 fl oz - 480 ml | | | | | | | | | | | | | | 150 | | | | | | | | 0 | | | | | | | 39 | | | | | | | | | | | | | | 39 | | | | | | | | | | 55 | |
|  | Medium | | | | | | | | 21 fl oz - 630 ml | | | | | | | | | | | | | | 210 | | | | | | | | 0 | | | | | | | 56 | | | | | | | | | | | | | | 56 | | | | | | | | | | 80 | |
|  | Large | | | | | | | | 32 fl oz - 960 ml | | | | | | | | | | | | | | 310 | | | | | | | | 0 | | | | | | | 83 | | | | | | | | | | | | | | 83 | | | | | | | | | | 115 | |
|  | Super Size | | | | | | | | 42 fl oz - 1260 ml | | | | | | | | | | | | | | 410 | | | | | | | | 0 | | | | | | | 109 | | | | | | | | | | | | | | 109 | | | | | | | | | | 150 | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Bebidas** | Tamaño | Porción | Calorias | Grasas | Carbohidratos | Azúcar | sodio |
| Hi-C Orange Drink | Child | 12 fl oz - 360 ml | 120 | 0 | 32 | 32 | 20 |
|  | Small | 21 fl oz - 480 ml | 160 | 0 | 44 | 44 | 30 |
|  | Medium | 21 fl oz - 630 ml | 240 | 0 | 64 | 64 | 40 |
|  | Large | 32 fl oz - 960 ml | 350 | 0 | 94 | 94 | 60 |
|  | Super Size | 42 fl oz - 1260 ml | 460 | 0 | 124 | 124 | 75 |