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<th>ALIMENTO</th>
<th>PORCIÓN</th>
<th>CHO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aguacate (180 g)</td>
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<tr>
<td>Babaco (100 g)</td>
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</tr>
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<td>Badea (100 g)</td>
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<tr>
<td>Banano sin cáscara (65 g)</td>
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</tr>
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<td>Capull (100 g)</td>
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<td>Chirimoya (75 g)</td>
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</tr>
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<td>Claudia (120 g)</td>
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<td>Mortíño (150 g)</td>
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<td>Nispero (65 g)</td>
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<td>Papaya (115 g)</td>
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<tr>
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<td>Pita y haya (75 g)</td>
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<tr>
<td>Sandía (200 g)</td>
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<td>Tamarindo (28 g)</td>
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<tr>
<td>Taxo (150 g)</td>
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<td>Tomate de árbol (100 g)</td>
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<td>Tuna (150 g)</td>
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<td>Uvas (75 g)</td>
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<tr>
<td>Coco fresco (90 g)</td>
<td>1 1/2 taza</td>
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</tr>
<tr>
<td>Coco seco rallado (45 g)</td>
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**Panes, cereales y granos**

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<th>ALIMENTO</th>
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<tbody>
<tr>
<td>Arroz (58 g)</td>
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<td>Arveja tierna (100 g)</td>
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</tr>
<tr>
<td>Avena hojuelas (24 g)</td>
<td>3 cucharadas</td>
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<tr>
<td>Bolón de verde (150 g)</td>
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<td>Choclo (120 g)</td>
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<tr>
<td>Choclo desgranado (75 g)</td>
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<td>Empanada (90 g)</td>
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<td>30 g</td>
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<td>Fríjol (100 g)</td>
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<td>Galletas saltinas (20 g)</td>
<td>6 cuadritos-3 u</td>
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<tr>
<td>Garbanzo (75 g)</td>
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<tr>
<td>Granola (18 g)</td>
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<td>Habas con cáscara (85 g)</td>
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<td>Harina (25 g)</td>
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<tr>
<td>Lenteja (90 g)</td>
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<tr>
<td>Maduro (55 g)</td>
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<tr>
<td>Maicena (15 g)</td>
<td>1/4 taza</td>
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<tr>
<td>Mote (54 g)</td>
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<td>1 rebanada</td>
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<td>Pan de yuca (10 g)</td>
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<td>Pan integral (25 g)</td>
<td>1 rebanada</td>
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<tr>
<td>Pan redondo (25 g)</td>
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<td>Papa (85 g)</td>
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<td>Pasta, Fideo (47 g)</td>
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<td>Pastel sin cubierta (90 g)</td>
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<tr>
<td>Puré de papa (110 g)</td>
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<tr>
<td>Quinua cruda (25 g)</td>
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<tr>
<td>Sushi rollo california (45 g)</td>
<td>1 rollo medio</td>
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<td>Sopa tipo crema (240 ml)</td>
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<td>Tortilla de trigo (28 g)</td>
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<td>Tortillas de maíz (30 g)</td>
<td>1/2 grande</td>
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<td>Tostado (25 g)</td>
<td>1/4 taza</td>
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<tr>
<td>Verde (55 g)</td>
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</tr>
<tr>
<td>Yuca (40 g)</td>
<td>1/3 unidad</td>
<td>15 g</td>
</tr>
<tr>
<td>Zanahoria blanca (50 g)</td>
<td>1/2 unidad</td>
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**Lácteos**

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<tr>
<td>Leche (240 ml)</td>
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<td>12 g</td>
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<tr>
<td>Leche semidescremada (240 ml)</td>
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<td>12 g</td>
</tr>
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<td>Leche evaporada (125 ml)</td>
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<td>14 g</td>
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<tr>
<td>Leche en polvo (28 g)</td>
<td>3 cucharadas</td>
<td>12 g</td>
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<tr>
<td>Leche condensado</td>
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<td>15 g</td>
</tr>
<tr>
<td>Leche de soya (240 ml)</td>
<td>1 taza</td>
<td>4 g</td>
</tr>
<tr>
<td>Helado de vainilla (125 g)</td>
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<tr>
<td>Yogurt natural (180 ml)</td>
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<td>12 g</td>
</tr>
<tr>
<td>Yogurt light (180 ml)</td>
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### Proteínas, carne, huevo y embutidos

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<tr>
<td>Atún (60 g)</td>
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</tr>
<tr>
<td>Camarón (45 g)</td>
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</tr>
<tr>
<td>Carne Blanca (90 g)</td>
<td>1 pedazo</td>
<td>0 g</td>
</tr>
<tr>
<td>Carne de res magra (90 g)</td>
<td>1 filete</td>
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<tr>
<td>Carne molida (60 g)</td>
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<td>0 g</td>
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<td>Corvina/merluza (90 g)</td>
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<td>Hígado (90 g)</td>
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<tr>
<td>Jamón (50 g)</td>
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<tr>
<td>Mariscos (60 g)</td>
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</tr>
<tr>
<td>Pechuga de pollo (90 g)</td>
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</tr>
<tr>
<td>Salchicha (45 g)</td>
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<td>3 g</td>
</tr>
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<td>2 g</td>
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<tr>
<td>Queso mozzarella (25 g)</td>
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<td>0 g</td>
</tr>
<tr>
<td>Queso (36 g)</td>
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</tr>
<tr>
<td>Calamar (120 g)</td>
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### Semillas, nueces y frutos secos

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<td>Aceituna verde (115 g)</td>
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<td>2-5 g</td>
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<td>Almendrilla (12 g)</td>
<td>1½ cucharadas</td>
<td>1 g</td>
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<tr>
<td>Almendra (12 g)</td>
<td>12 cucharaditas</td>
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<tr>
<td>Ciruela pasa (27 g)</td>
<td>4 unidades</td>
<td>16 g</td>
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<tr>
<td>Maní/cacahuate (70 g)</td>
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<td>15 g</td>
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<tr>
<td>Nueces (105 g)</td>
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<tr>
<td>Pepas de sambo (28 g)</td>
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### Otros

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<td>Azúcar morena (5 g)</td>
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<td>5 g</td>
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<td>Coca sin azúcar (16 g)</td>
<td>1 cucharadita</td>
<td>3,5 g</td>
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<tr>
<td>Fructosa en polvo (16 g)</td>
<td>4 cucharaditas</td>
<td>16 g</td>
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<td>Mermelada (20 g)</td>
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<td>Miel de abeja (21 g)</td>
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<tr>
<td>Salsa de soya (10 ml)</td>
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### Vegetales

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</tr>
<tr>
<td>Crudos</td>
<td>1 taza</td>
<td>5 g</td>
</tr>
<tr>
<td>Aguacate (180 g)</td>
<td>1/2 taza</td>
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<tr>
<td>Ajo (3 g)</td>
<td>1 cucharadita</td>
<td>1 g</td>
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<tr>
<td>Alcaparras (80 g)</td>
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<tr>
<td>Apio (100 g)</td>
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<td>3,5 g</td>
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<tr>
<td>Beringena (100 g)</td>
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<tr>
<td>Brócoli (100 g)</td>
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<tr>
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<td>Cebolla (58 g)</td>
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<td>6 g</td>
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<tr>
<td>Champiñón (150 g)</td>
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<td>2,5 g</td>
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<tr>
<td>Col (75 g)</td>
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<tr>
<td>Col de bruselas (100 g)</td>
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<tr>
<td>Espinaca/Aceituna (83 g)</td>
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<td>Lechuga (40 g)</td>
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<td>Pepinillo (100 g)</td>
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<td>Remolacha (50 g)</td>
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<td>Tomate (120 g)</td>
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<tr>
<td>Zanahoria (50 g)</td>
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<tr>
<td>Zapallo (70 g)</td>
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### Bebidas

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<td>1 vaso</td>
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<tr>
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<td>Bebida gaseosa (350 ml)</td>
<td>1 vaso grande</td>
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<tr>
<td>Cola light (240 ml)</td>
<td>1 vaso</td>
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<tr>
<td>Jugo con agua (240 ml)</td>
<td>1 vaso</td>
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<tr>
<td>Jugo puro (120 ml)</td>
<td>1/2 vaso</td>
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<tr>
<td>Vino (150 ml)</td>
<td>1 copa</td>
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<td>Cerveza (350 g)</td>
<td>1 vaso grande</td>
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### Grasas

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<td>Crema de leche (40 g)</td>
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</tr>
<tr>
<td>Manteca (24 g)</td>
<td>4 cucharaditas</td>
<td>0 g</td>
</tr>
<tr>
<td>Mayonesa (15 g)</td>
<td>1 cucharadita</td>
<td>0 g</td>
</tr>
</tbody>
</table>

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Nota: Para los alimentos procesados se debe revisar las etiquetas con la información nutricional.