

Num.	Nombre del alimento	Isoleucina mg	Leucina mg	Lisina mg	Metionina mg	Fenilalanina mg	Treonina mg	Triptofano mg	Valina mg	Arginina mg	Histidina mg
CEREALES											
1	Amaranto	695.00	1030.00	970.00	344.00	707.00	676.00	51.00	842.00	1449.00	451.00
2	Avena Harina	526.00	1012.00	517.00	234.00	698.00	462.00	176.00	711.00	876.00	292.00
3	Arroz moreno	300.00	648.00	299.00	183.00	406.00	307.00	98.00	433.00	650.00	197.00
4	Arroz pulido	296.00	581.00	255.00	150.00	342.00	234.00	95.00	408.00	454.00	165.00
5	Cebada	4211.00	784.00	406.00	196.00	603.00	389.00	180.00	592.00	555.00	248.00
6	Centeno harina integral	414.00	728.00	401.00	172.00	522.00	395.00	87.00	561.00	541.00	261.00
7	Maíz en grano o harina	350.00	1190.00	254.00	182.00	464.00	342.00	67.00	461.00	398.00	258.00
8	Trigo grano entero	426.00	871.00	374.00	196.00	589.00	382.00	142.00	577.00	602.00	299.00
9	Trigo germen	889.00	1710.00	1608.00	482.00	1015.00	1047.00	261.00	1240.00	2026.00	711.00
10	Trigo salvado	451.00	896.00	583.00	220.00	568.00	482.00	173.00	680.00	1058.00	421.00
11	Trigo harina 70%-80% extrac.	435.00	840.00	248.00	174.00	581.00	321.00	128.00	493.00	422.00	248.00
12	Trigo harina 60%-70% extrac.	349.00	644.00	182.00	140.00	468.00	246.00	93.00	386.00	311.00	195.00
13	Tortilla	351.00	953.00	147.00	112.00	258.00	240.00	32.00	310.00	247.00	160.00
14	Pan de sal	425.00	660.00	212.00	140.00	459.00	279.00	90.00	430.00	---	---
LEGUMINOSAS Y OLEAGINOSAS											
15	Alverjón	961.00	1530.00	1692.00	205.00	1033.00	914.00	202.00	1058.00	2142.00	514.00
16	Alubia	974.00	1656.00	1382.00	116.00	1342.00	1319.00	252.00	471.00	---	---
17	Frijol	927.00	1685.00	1593.00	234.00	1154.00	878.00	223.00	1016.00	1257.00	627.00
18	Frijol de arbol	648.00	1316.00	1607.00	107.00	1727.00	608.00	117.00	751.00	1015.00	775.00
19	Garbanzo	891.00	1505.00	1376.00	209.00	1151.00	756.00	174.00	913.00	1891.00	531.00
20	Haba seca	936.00	1659.00	1513.00	172.00	1011.00	786.00	202.00	1030.00	2082.00	554.00
21	Lenteja	1045.00	1847.00	1739.00	194.00	1266.00	960.00	231.00	1211.00	2101.00	662.00
22	Soya	1889.00	3232.00	2653.00	525.00	2055.00	1603.00	532.00	1995.00	3006.00	1051.00
23	lbes	977.00	1604.00	1466.00	246.00	1195.00	823.00	199.00	1015.00	1169.00	621.00

24	Almendra marañón	1057.00	1684.00	942.00	309.00	873.00	666.00	378.00	1188.00	2124.00	420.00
25	Ajonjolí	773.00	1433.00	585.00	602.00	947.00	763.00	287.00	985.00	2586.00	523.00
26	Avellana	1463.00	1455.00	690.00	188.00	833.00	623.00	263.00	1500.00	3506.00	424.00
27	Almendra	700.00	1267.00	454.00	518.00	975.00	492.00	172.00	1053.00	1976.00	450.00
28	Cacao	736.00	1392.00	784.00	80.00	928.00	528.00	208.00	848.00	---	---
29	Cacahuete	933.00	1766.00	98.00	317.00	1374.00	726.00	287.00	1154.00		
30	Coco (desecado)	305.00	524.00	275.00	150.00	354.00	265.00	85.00	424.00	1028.00	160.00
31	Nuez	717.00	1376.00	285.00	247.00	753.00	494.00	185.00	809.00	2261.00	359.00
32	Pistache	881.00	1523.00	1080.00	367.00	1088.00	613.00	225.00	1344.00	1859.00	471.00
33	Semilla calabaza	1855.00	2604.00	1508.00	617.00	1868.00	997.00	597.00	1792.00	---	---
34	Semilla (girasol)	635.00	954.00	536.00	283.00	662.00	547.00	202.00	754.00	1188.00	345.00
RAICES FECULENTAS											
35	Ñame	89.00	154.00	97.00	38.00	114.00	86.00	30.00	110.00	181.00	45.00
36	Papa	76.00	121.00	96.00	26.00	80.00	75.00	33.00	93.00	100.00	30.00
37	Camote	48.00	71.00	45.00	22.00	51.00	50.00	22.00	59.00	64.00	18.00
38	Malanga	59.00	124.00	70.00	18.00	96.00	65.00	30.00	112.00	153.00	32.00
39	Yuca Harina	46.00	64.00	67.00	22.00	41.00	43.00	19.00	54.00	178.00	34.00
VERDURAS											
40	Acelga	124.00	157.00	114.00	8.00	95.00	120.00	29.00	114.00	---	---
41	Aguacate	47.00	76.00	59.00	29.00	48.00	40.00	---	63.00	47.00	25.00
42	Apio	44.00	76.00	27.00	25.00	51.00	38.00	14.00	54.00	45.00	17.00
43	Berenjena	52.00	72.00	63.00	13.00	49.00	44.00	12.00	61.00	59.00	25.00
44	Betabel	44.00	80.00	96.00	34.00	65.00	60.00	17.00	44.00	119.00	22.00
45	Brócoli	186.00	236.00	218.00	61.00	177.00	161.00	46.00	210.00	242.00	78.00
46	Calabaza amarilla	37.00	52.00	43.00	9.00	33.00	27.00	11.00	48.00	36.00	16.00
47	Cebolla	20.00	37.00	63.00	16.00	38.00	20.00	20.00	30.00	256.00	14.00
48	Col	50.00	86.00	50.00	17.00	49.00	61.00	17.00	68.00	135.00	41.00
49	Col de Bruselas	230.00	257.00	252.00	43.00	172.00	199.00	58.00	228.00	289.00	108.00

50	Coliflor	136.00	196.00	160.00	44.00	101.00	119.00	39.00	156.00	130.00	54.00
51	Chícharos	273.00	457.00	479.00	61.00	289.00	247.00	66.00	311.00	575.00	140.00
52	Chile (promedio)	---	---	252.00	40.00	---	---	---	41.00	---	---
53	Ejotes	89.00	164.00	131.00	31.00	101.00	92.00	33.00	116.00	101.00	56.00
54	Elotes	122.00	363.00	122.00	60.00	184.00	134.00	20.00	206.00	---	---
55	Espárrago	55.00	96.00	96.00	28.00	55.00	60.00	25.00	79.00	83.00	34.00
56	Espinaca	106.00	208.00	159.00	46.00	133.00	116.00	34.00	133.00	139.00	56.00
57	Endivia	72.00	123.00	78.00	22.00	78.00	71.00	30.00	81.00	76.00	31.00
58	Guaje (semilla)	505.00	548.00	357.00	17.00	261.00	252.00	60.00	261.00	---	---
59	Hongos	83.00	136.00	165.00	17.00	77.00	100.00	38.00	94.00	218.00	50.00
60	Jitomate	20.00	30.00	32.00	7.00	20.00	25.00	9.00	24.00	24.00	17.00
61	Lechuga	50.00	83.00	50.00	24.00	67.00	54.00	10.00	71.00	59.00	21.00
62	Malva	187.00	215.00	118.00	---	---	168.00	86.00	323.00	---	---
63	Nabo	22.00	36.00	17.00	10.00	18.00	25.00	11.00	22.00	14.00	7.00
64	Nopales	69.00	88.00	69.00	12.00	92.00	82.00	14.00	65.00	---	---
65	Pepino	25.00	34.00	35.00	8.00	19.00	21.00	6.00	28.00	61.00	11.00
66	Perejil	---	---	531.00	18.00	---	---	74.00	---	---	---
67	Rábano	54.00	75.00	48.00	10.00	48.00	42.00	4.00	71.00	126.00	29.00
68	Romeritos	158.00	212.00	122.00	18.00	162.00	122.00	39.00	126.00	---	---
69	Zanahoria	33.00	50.00	44.00	4.00	70.00	16.00	2.00	23.00	---	---
F R U T A S											
70	Chabacano	14.00	23.00	23.00	4.00	13.00	16.00	---	19.00	10.00	13.00
71	Dátil (seco)	95.00	150.00	95.00	80.00	104.00	215.00	---	140.00	135.00	40.00
72	Durazno	13.00	29.00	30.00	31.00	18.00	27.00	4.00	40.00	17.00	17.00
73	Fresa	18.00	42.00	32.00	1.00	23.00	25.00	9.00	23.00	35.00	16.00
74	Guayaba	---	---	24.00	8.00	---	---	8.00	---	---	---
75	Guanábana	---	---	106.00	12.00	---	---	17.00	---	---	---
76	Higo	36.00	51.00	48.00	10.00	28.00	38.00	10.00	46.00	27.00	17.00

77	Mango	---	---	65.00	6.00	---	---	12.00	---	---	---
78	Manzana	13.00	23.00	22.00	3.00	10.00	14.00	3.00	15.00	10.00	7.00
79	Mandarina	---	---	35.00	14.00	---	---	6.00	---	---	---
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80	Mamey	---	---	136.00	23.00	---	---	19.00	---	---	---
81	Melón	---	---	15.00	6.00	---	---	3.00	---	---	---
82	Naranja	23.00	22.00	43.00	12.00	30.00	12.00	6.00	31.00	52.00	12.00
83	Piña	---	---	14.00	2.00	---	---	8.00	---	---	---
84	Plátano	32.00	53.00	46.00	22.00	44.00	38.00	---	45.00	84.00	84.00
85	Papaya	---	---	24.00	2.00	---	---	8.00	---	---	---
86	Sandia	1203.00	1963.00	833.00	648.00	1690.00	1076.00	458.00	1373.00	4344.00	716.00
87	Tamarindo	978.00	1279.00	1111.00	169.00	584.00	394.00	57.00	677.00	1186.00	301.00
88	Toronja	---	---	10.00	---	---	---	2.00	---	---	---
89	Tuna	40.00	52.00	40.00	7.00	54.00	48.00	8.00	37.00	38.00	15.00
90	Uva	6.00	14.00	15.00	23.00	14.00	19.00	3.00	19.00	51.00	25.00
CARNES Y VISCERAS											
100	Cerdo	608.00	897.00	961.00	321.00	496.00	583.00	162.00	616.00	756.00	391.00
101	Carnero, cordero	778.00	1203.00	1275.00	383.00	625.00	733.00	198.00	790.00	1075.00	428.00
102	Chorizo	1164.00	1718.00	1932.00	506.00	876.00	982.00	204.00	1207.00	---	---
103	Grenetina (polvo)	1316.00	3290.00	4512.00	846.00	1890.00	1598.00	9.00	2538.00	---	---
104	Hígado de res y cerdo	1093.00	1929.00	1563.00	491.00	1053.00	993.00	313.00	1312.00	---	---
105	Res y ternera	852.00	1435.00	1573.00	478.00	778.00	812.00	198.00	886.00	1118.00	603.00
106	Riñones de res	879.00	1376.00	1467.00	417.00	690.00	741.00	195.00	932.00	---	---
107	Salchicha	750.00	932.00	1035.00	349.00	498.00	523.00	---	678.00	970.00	349.00
108	Sesos	530.00	770.00	614.00	312.00	499.00	---	135.00	499.00	---	---
109	Pollo	1069.00	1472.00	1590.00	502.00	800.00	794.00	205.00	1018.00	1114.00	525.00
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110	Pato	829.00	1238.00	1376.00	397.00	929.00	698.00	---	766.00	---	---
111	Guajolote (pavo)	1055.00	1538.00	1819.00	555.00	804.00	848.00	---	993.00	---	---
112	Conejo	1051.00	1589.00	1765.00	225.00	769.00	991.00	---	991.00	---	---
113	Iguana	2124.00	2331.00	2266.00	626.00	787.00	1797.00	257.00	1283.00	1340.00	764.00

PESCADOS Y MARISCOS

114	Acociles	975.00	1060.00	855.00	239.00	547.00	667.00	171.00	684.00	---	---
115	Atún enlatado	1307.00	1355.00	2347.00	653.00	968.00	1137.00	290.00	1479.00	---	---
116	Camarón	1160.00	1856.00	1879.00	603.00	882.00	951.00	232.00	1160.00	---	---
117	Carpa	832.00	1437.00	1590.00	665.00	645.00	789.00	184.00	1164.00	1166.00	469.00
118	Charales secos	3620.00	5054.00	5464.00	1434.00	2117.00	3005.00	615.00	3552.00	---	---
119	Crustáceos	745.00	1388.00	1262.00	466.00	645.00	730.00	184.00	765.00	1326.00	300.00
120	H. de pescado	3228.00	5424.00	5808.00	2052.00	2892.00	3180.00	720.00	3816.00	4608.00	1932.00
121	Pescado congelado	924.00	1373.00	1993.00	488.00	689.00	780.00	244.00	945.00	1713.00	620.00
122	Pescado fresco (1)	900.00	1445.00	1713.00	539.00	737.00	861.00	211.00	1150.00	1066.00	665.00
123	Pescado fresco (2)	1056.00	1763.00	1802.00	621.00	925.00	1027.00	214.00	1229.00	1267.00	614.00
124	Pescado fresco (3)	815.00	1259.00	1604.00	469.00	671.00	786.00	199.00	959.00	1017.00	547.00
125	Pescado fresco (4)	797.00	1213.00	1605.00	484.00	639.00	718.00	185.00	1102.00	960.00	604.00
126	Pescado fresco (5)	822.00	1344.00	1631.00	396.00	650.00	799.00	250.00	909.00	1027.00	458.00
127	Pescado salado (seco)	2080.00	3238.00	3680.00	1274.00	1594.00	1990.00	422.00	2323.00	2419.00	1242.00
128	Moluscos	472.00	773.00	797.00	274.00	414.00	469.00	130.00	626.00	752.00	238.00

(1) Pescado fresco, todos los tipos

(2) Sardina Boquerón Aronque

(3) Trucha, Salmón

(4) Jurel, cabrilla, mero, corvina

(5) Lenguado

129	Salmón enlatado	955.00	1519.00	1476.00	608.00	803.00	1020.00	239.00	1107.00	---	---
130	Sardina enlatada	860.00	1346.00	1571.00	524.00	2560.00	804.00	187.00	972.00	---	---

LECHE Y PRODUCTOS LACTEOS

131	Leche fresca de vaca (cruda)	162.00	328.00	268.00	86.00	185.00	153.00	48.00	199.00	113.00	92.00
132	Leche pasteurizada	219.00	430.00	248.00	86.00	239.00	153.00	50.00	255.00	88.00	118.00
133	Leche esterilizada	213.00	373.00	239.00	79.00	192.00	148.00	51.00	246.00	99.00	106.00
134	Leche evaporada	481.00	726.00	480.00	142.00	328.00	332.00	91.00	448.00	220.00	153.00
135	Leche en polvo	1346.00	2526.00	1848.00	657.00	1236.00	1073.00	363.00	1640.00	869.00	730.00

136	Calostro (vaca)	705.00	1358.00	1201.00	284.00	672.00	1043.00	---	1158.00	634.00	362.00
137	Leche de cabra	197.00	353.00	196.00	50.00	142.00	164.00	45.00	242.00	50.00	137.00
138	Leche humana	48.00	104.00	81.00	19.00	41.00	53.00	20.00	54.00	46.00	30.00
139	Queso (todos los tipos)	956.00	1864.00	1559.00	530.00	950.00	725.00	217.00	1393.00	651.00	556.00
HUEVOS											
140	Huevo de gallina	778.00	1091.00	863.00	416.00	709.00	634.00	184.00	847.00	754.00	301.00
141	Clara	571.00	922.00	739.00	441.00	662.00	532.00	176.00	536.00	635.00	262.00
142	Yema	820.00	1370.00	1202.00	364.00	728.00	753.00	240.00	998.00	1143.00	400.00
BEBIDAS											
143	Pulque	---	13.00	18.00	5.00	12.00	6.00	3.00	7.00	---	---

GIMNASIO NUEVO JORDAN
MEXICO