

| Num. | Nombre del alimento | Porción Comestible % | Humedad % | Fibra g | Energía Kcal | Acidos grasos | | | | | Minerales | | | | | | Vitaminas | | | | | | | | | | |
|---|-------------------------------|----------------------|-----------|---------|--------------|-----------------------|---------------------|------------------|---------------|---------------------|----------------------------|-------------------------------|-----------|------------|-----------|-------------|-----------|------------|---------|-------------|--------------------|------------|----------------|------------|---------------|------------------|----------------|
| | | | | | | Hidratos de Carbono g | Proteínas Totales g | Grasas Totales g | Colesterol mg | Saturados Totales g | Monoinsaturados (oléico) g | Poliinsaturados (linoléico) g | Calcio mg | Fósforo mg | Hierro mg | Magnesio mg | Sodio mg | Potasio mg | Zinc mg | Retinol mcg | Acido Ascórbico mg | Tiamina mg | Riboflavina mg | Niacina mg | Piridoxina mg | Acido Fólico mcg | Cobalamina mcg |
| BEBIDAS ALCOHOLICAS Y REFRESCOS EMBOTELLADOS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 39 | Cerveza (alcohol 4.5%) | 100.00 | 92.10 | 0.00 | 46.00 | 3.90 | 0.20 | 0.20 | 0.00 | 0.00 | --- | --- | 5.00 | 12.00 | 0.00 | 6.00 | 5.00 | 25.00 | 0.02 | 0.00 | --- | 0.01 | 0.03 | 0.40 | 0.05 | 6.00 | 0.02 |
| 40 | Cerveza light (alcohol 4.0%) | 100.00 | 95.20 | 0.00 | 28.00 | 1.30 | 0.20 | 0.00 | 0.00 | --- | --- | --- | 5.00 | 12.00 | 0.00 | 5.00 | 3.00 | 18.00 | 0.03 | 0.00 | --- | 0.01 | 0.03 | 0.40 | 0.03 | 4.00 | 0.01 |
| 41 | Licor de cafe (26.5% alcohol) | 100.00 | 31.00 | 0.00 | 336.00 | 46.80 | 0.10 | 0.30 | 0.00 | 0.11 | 0.02 | 1.00 | 1.00 | 1.00 | 0.10 | 3.00 | 8.00 | 30.00 | 0.03 | 0.00 | --- | 0.01 | 0.01 | 0.10 | --- | --- | --- |
| 42 | Pulque | 100.00 | 97.70 | 0.00 | 43.00 | 6.10 | 0.40 | 0.00 | 0.00 | --- | --- | --- | 11.00 | 34.00 | 0.70 | --- | --- | --- | --- | 0.00 | 0.00 | 5.00 | 0.02 | 0.03 | 0.40 | --- | --- |
| 43 | Vino (12.2% alcohol) * | 100.00 | 88.90 | 0.00 | 70.00 | 1.40 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.00 | 9.00 | 0.40 | --- | 8.00 | 89.00 | 0.07 | 0.00 | 0.00 | 0.01 | 0.01 | 0.10 | 0.02 | 1.10 | 0.01 |
| 44 | Vino (18.8% alcohol)** | 100.00 | 76.70 | 0.00 | 137.00 | 7.70 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 8.00 | 14.00 | --- | --- | 4.00 | 75.00 | --- | 0.00 | 0.00 | 0.01 | 0.02 | 0.20 | --- | --- | --- |
| BEBIDAS ALCOHOLICAS DESTILADAS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 45 | Aguardiente (50% alcohol) | 100.00 | 56.00 | 0.00 | 280.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | --- | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 46 | Ginebra (45% alcohol) | 100.00 | 62.10 | 0.00 | 263.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | --- | 2.00 | 0.00 | 0.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 47 | Ron (40% alcohol) | 100.00 | 66.60 | 0.00 | 231.00 | --- | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.10 | 0.00 | 1.00 | 1.00 | 0.07 | 0.00 | 0.00 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 |
| 48 | Vodka (40% alcohol) | 100.00 | 66.60 | 0.00 | 231.00 | 0.00 | --- | --- | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 1.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 |
| 49 | Whisky (43% alcohol) | 100.00 | 63.90 | 0.00 | 250.00 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 1.00 | 2.00 | 0.05 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| BEBIDAS CARBONATADAS NO ALCOHOLICAS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50 | Agua mineral | 100.00 | 100.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 1.00 | 21.00 | 2.00 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 51 | Agua Quina | 100.00 | 91.10 | 0.00 | 34.00 | 8.90 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | --- | 4.00 | --- | --- | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 52 | Bebidas de Cola | 100.00 | 89.10 | 0.00 | 44.00 | 10.90 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.00 | 12.00 | 0.00 | 1.00 | 4.00 | 1.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| BEBIDAS EMBOTELLADAS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 53 | Bebidas con fruta | 100.00 | 87.30 | 0.30 | 49.00 | 12.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 54 | Ginger Ale | 100.00 | 91.20 | 0.00 | 34.00 | 8.70 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.20 | 1.00 | 7.00 | 1.00 | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 55 | Sabor de naranja y toronja | 100.00 | 87.60 | 0.00 | 48.00 | 12.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 1.00 | 0.10 | 1.00 | 12.00 | 2.00 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 56 | Sabor de uva, limón y lima | 100.00 | 89.50 | 0.00 | 41.00 | 10.40 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 0.00 | 0.10 | 1.00 | 11.00 | 1.00 | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| JARABES DE SABORES | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 57 | Jarabes de sabores | 100.00 | 35.10 | 0.00 | 231.00 | 64.40 | 0.30 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |

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