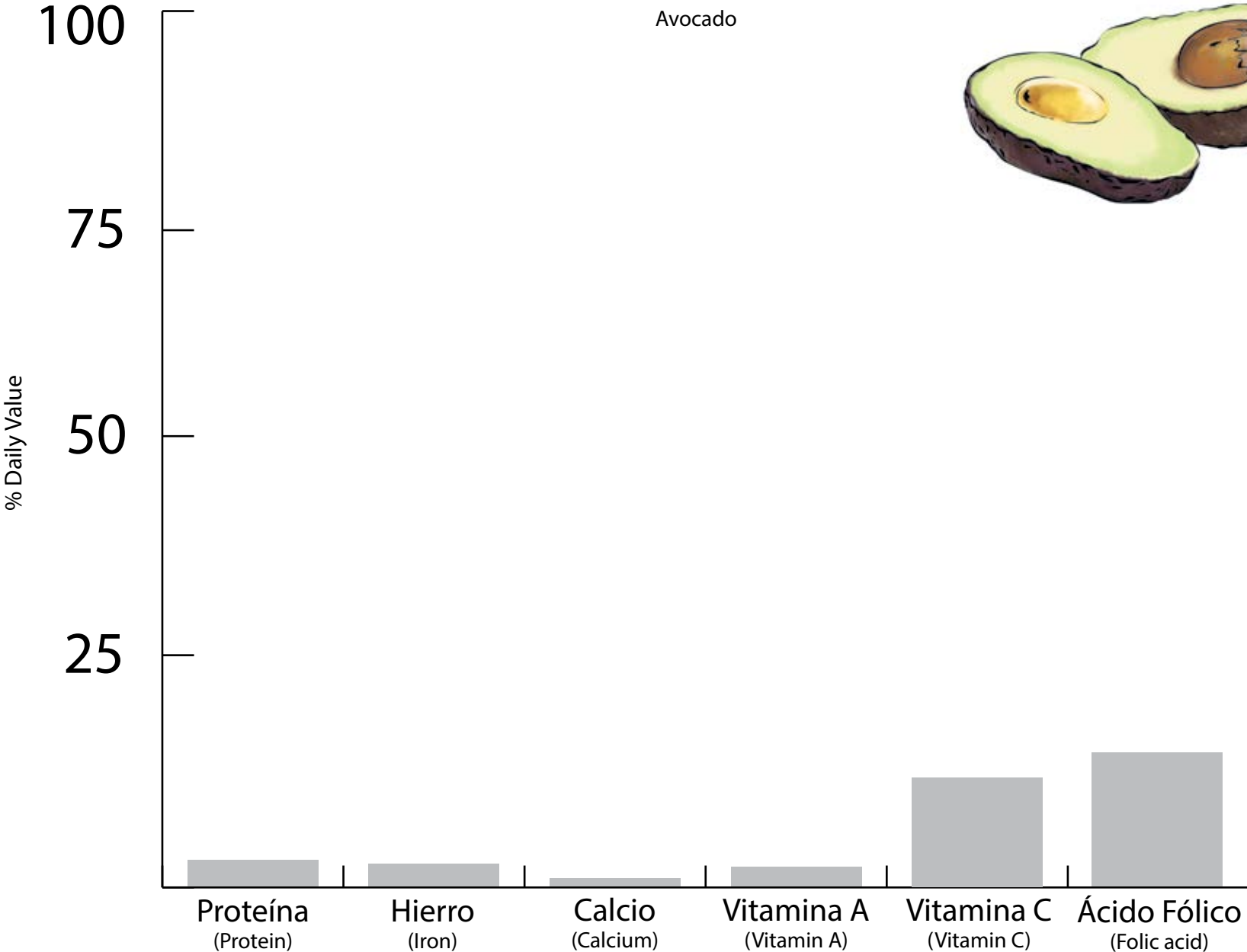


International Nutrition Education Resources Central America

Nutrient Comparison Charts

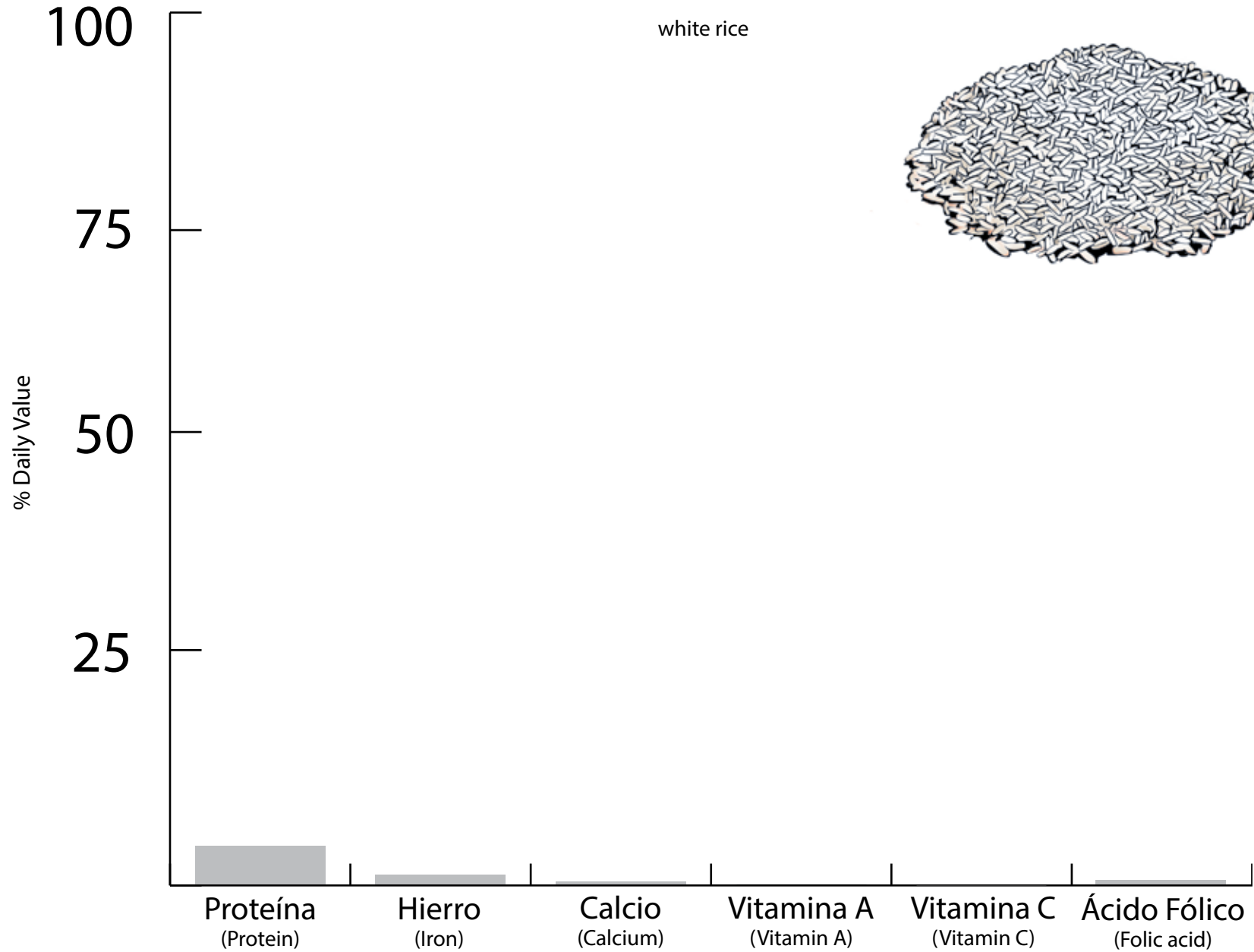
AGUACATE

Avocado



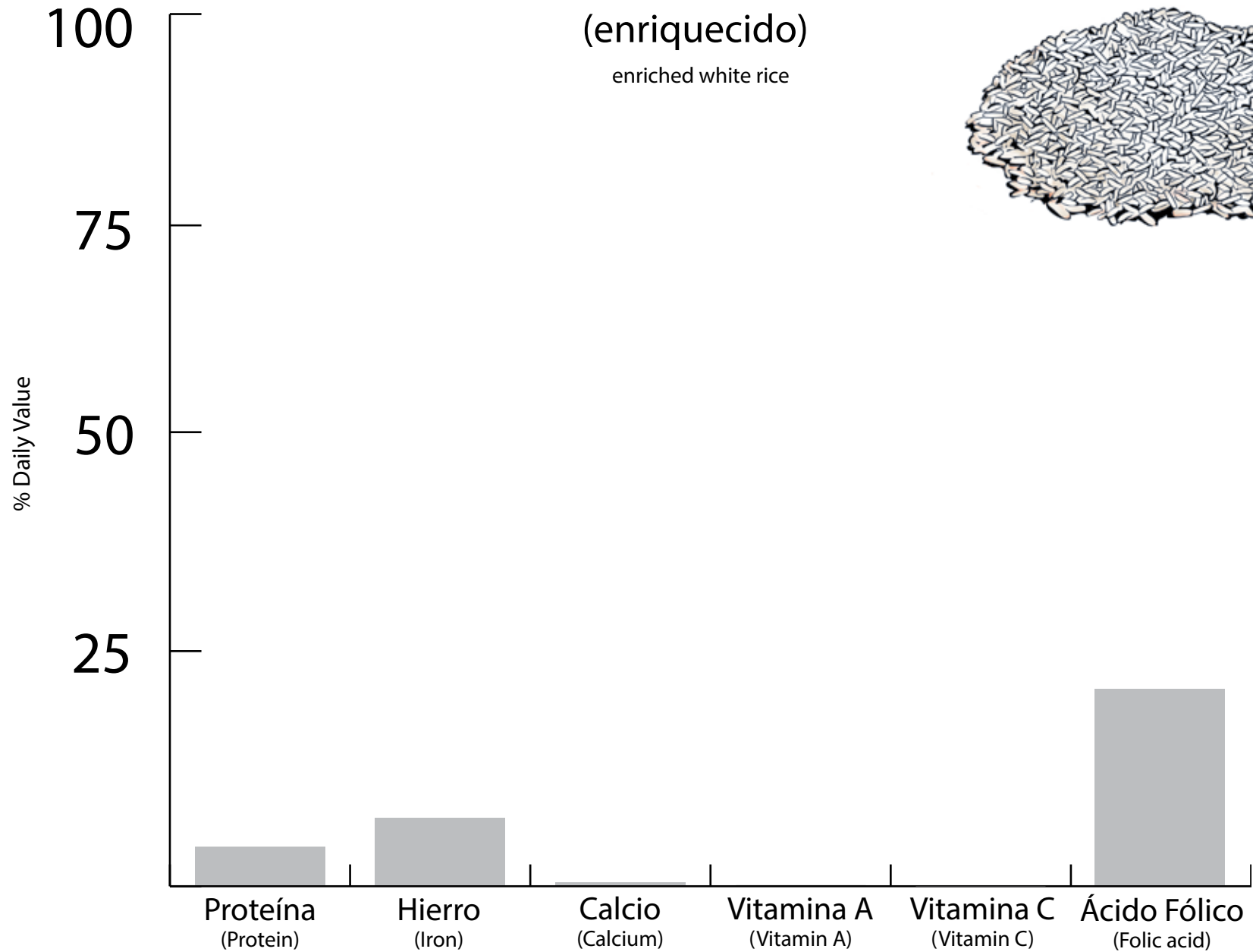
ARROZ

white rice



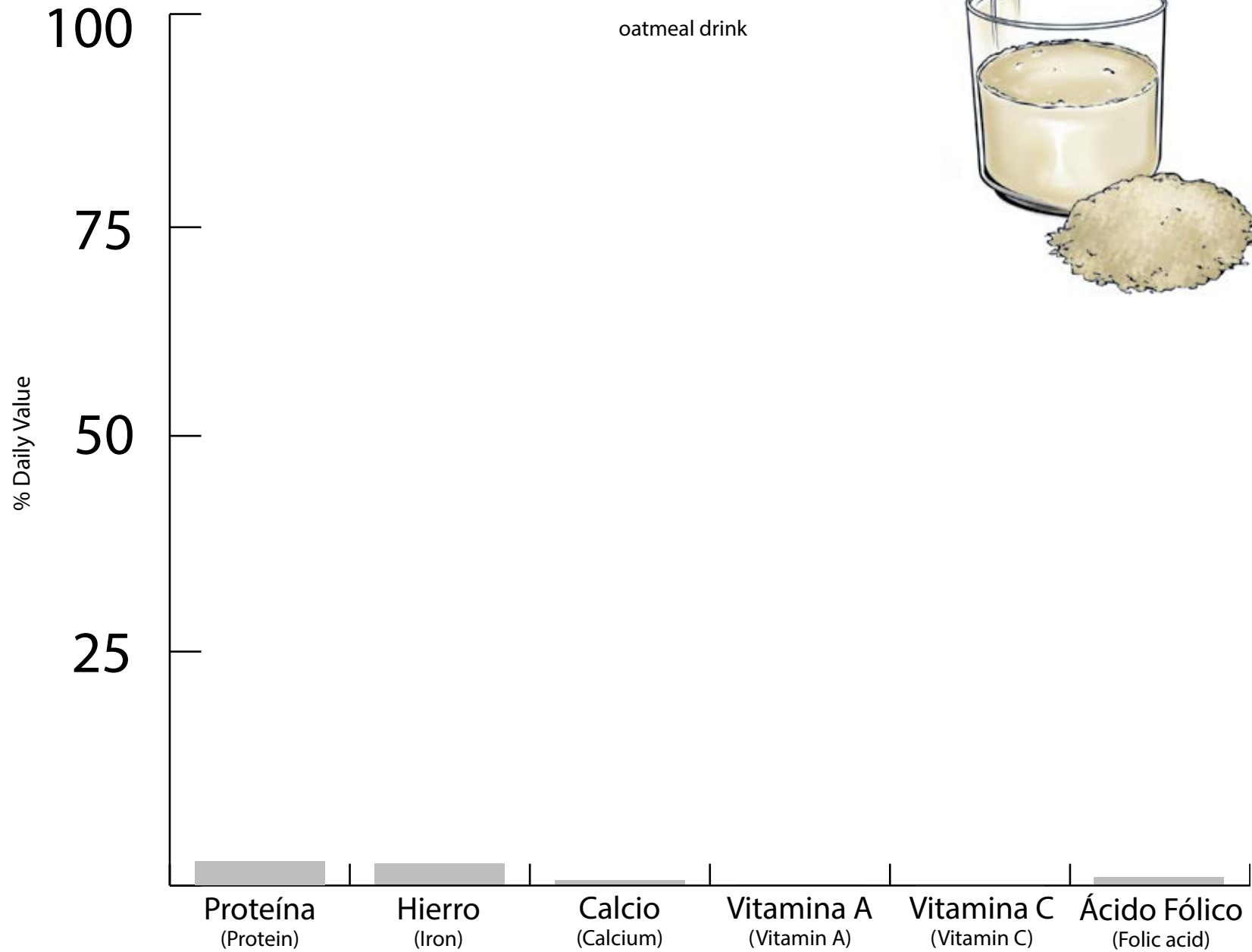
ARROZ

(enriquecido)
enriched white rice



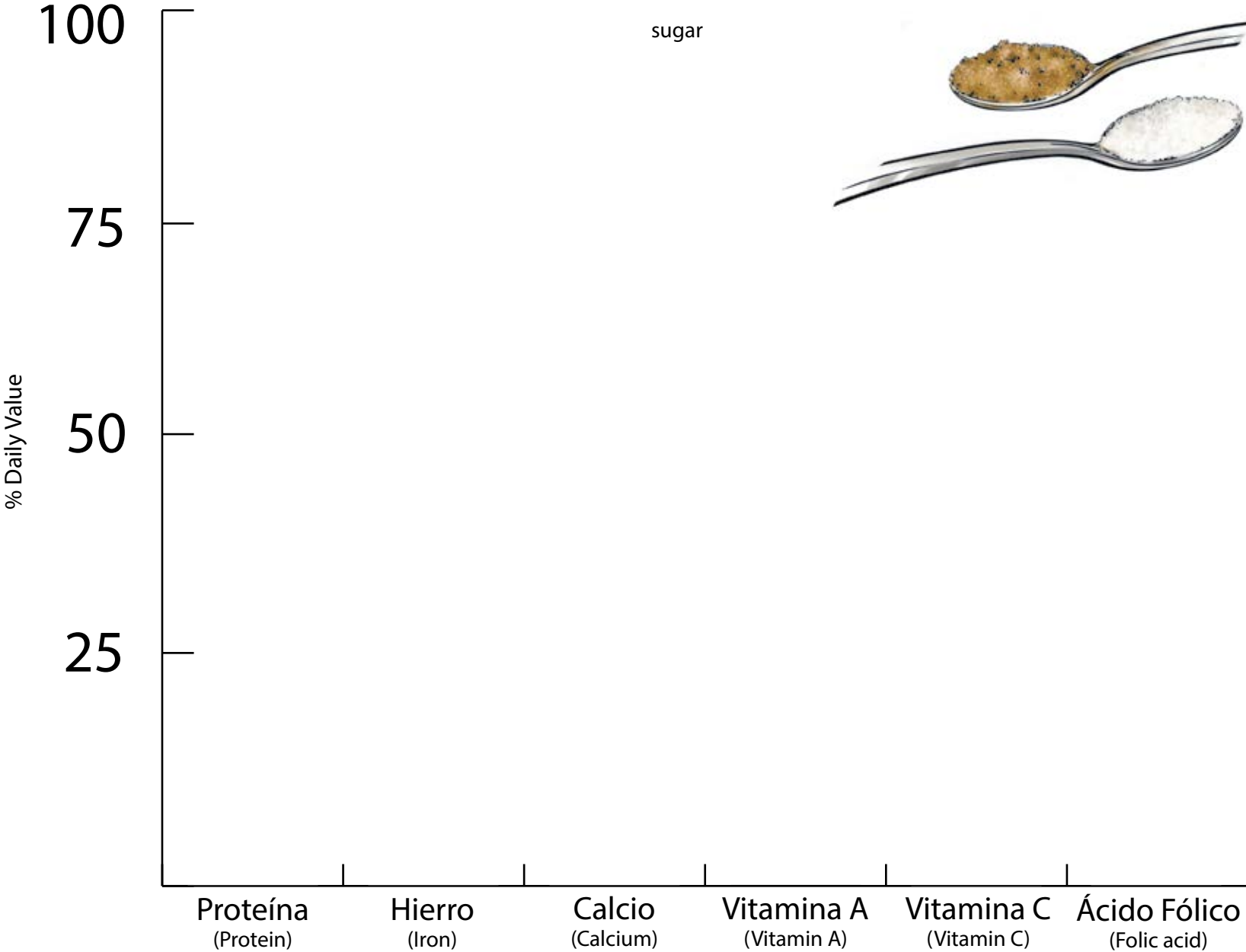
AVENA

oatmeal drink



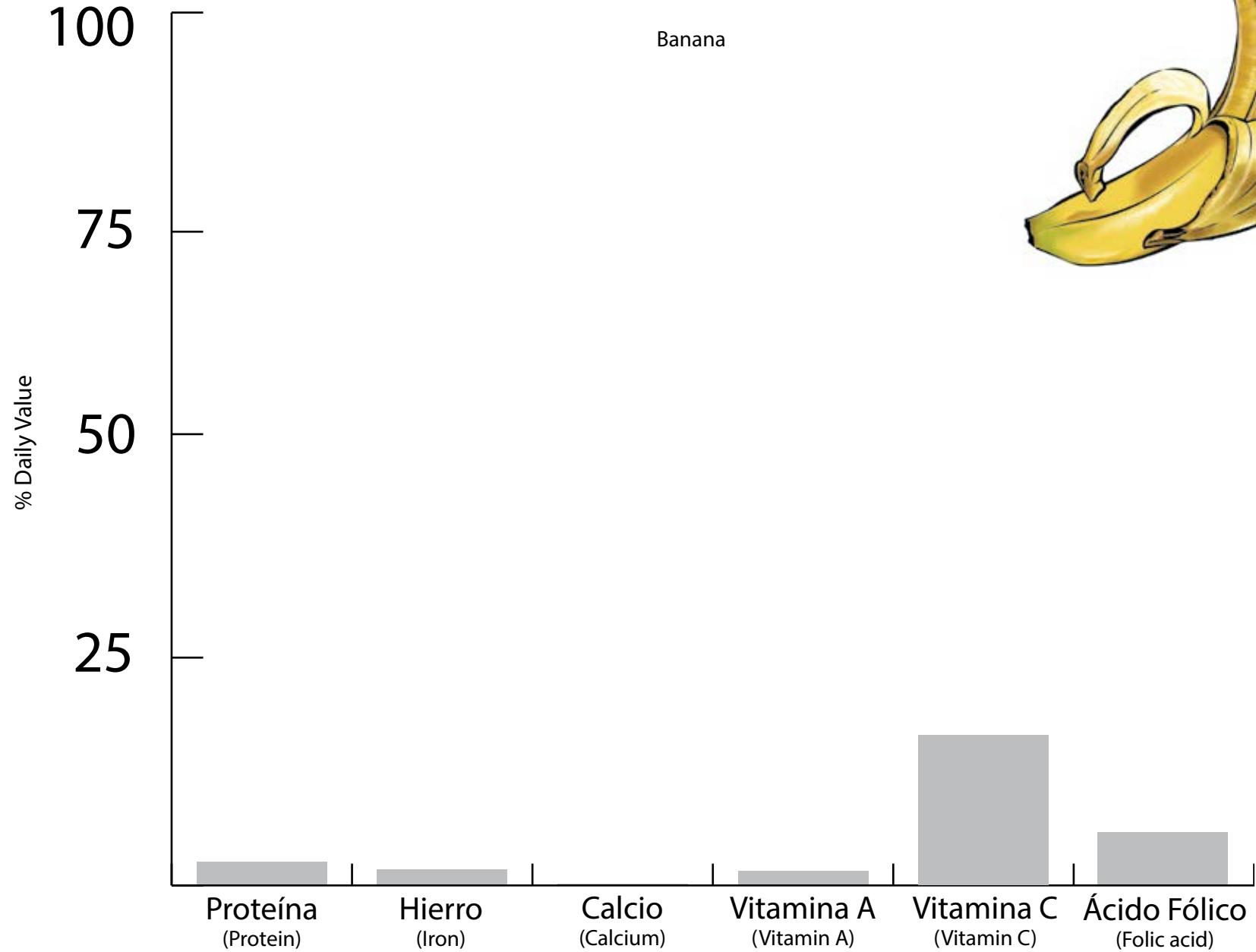
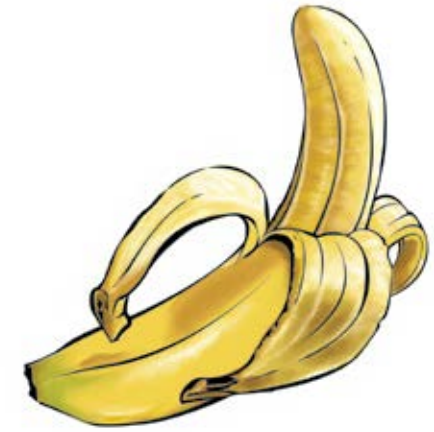
AZÚCAR

sugar



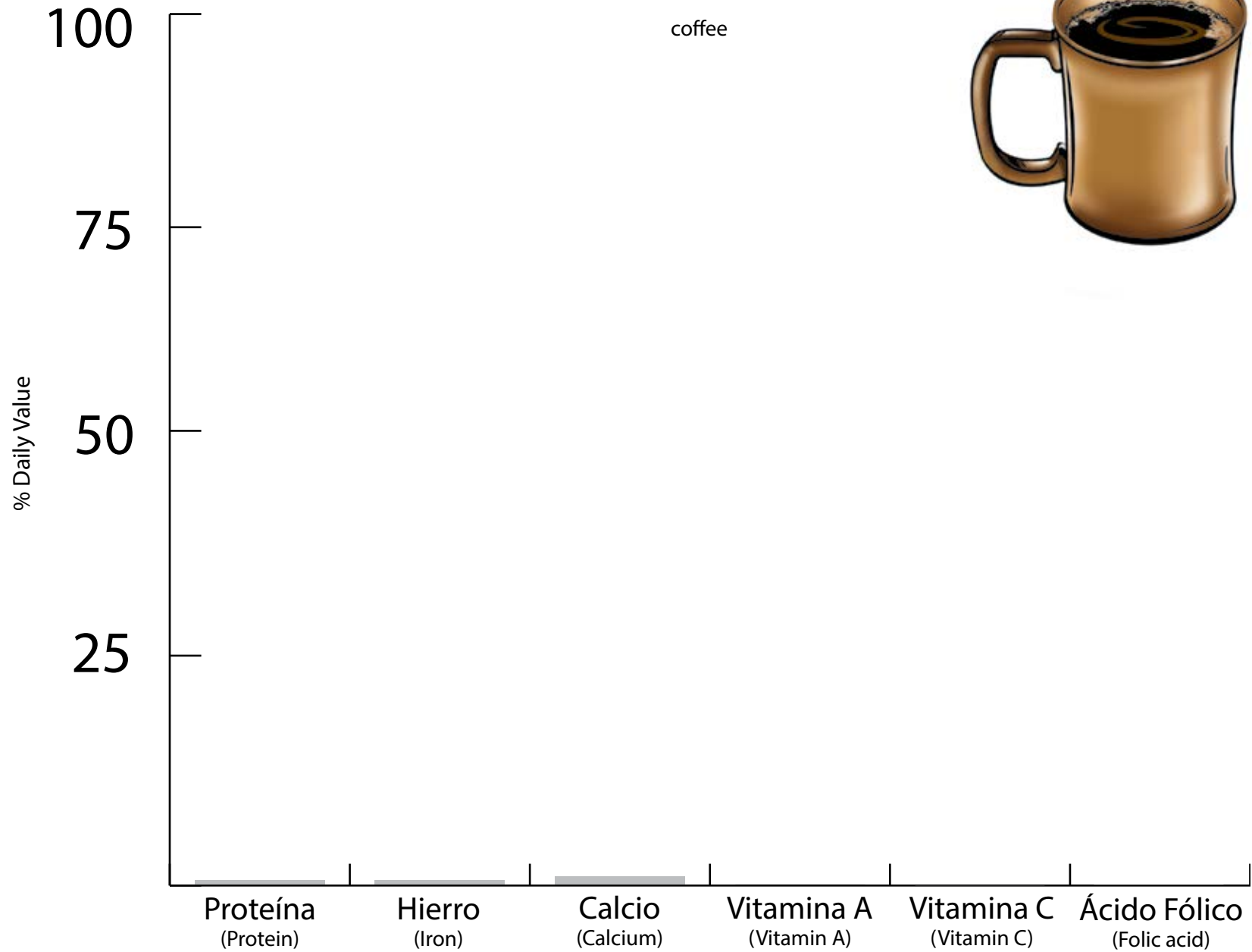
BANANO

Banana



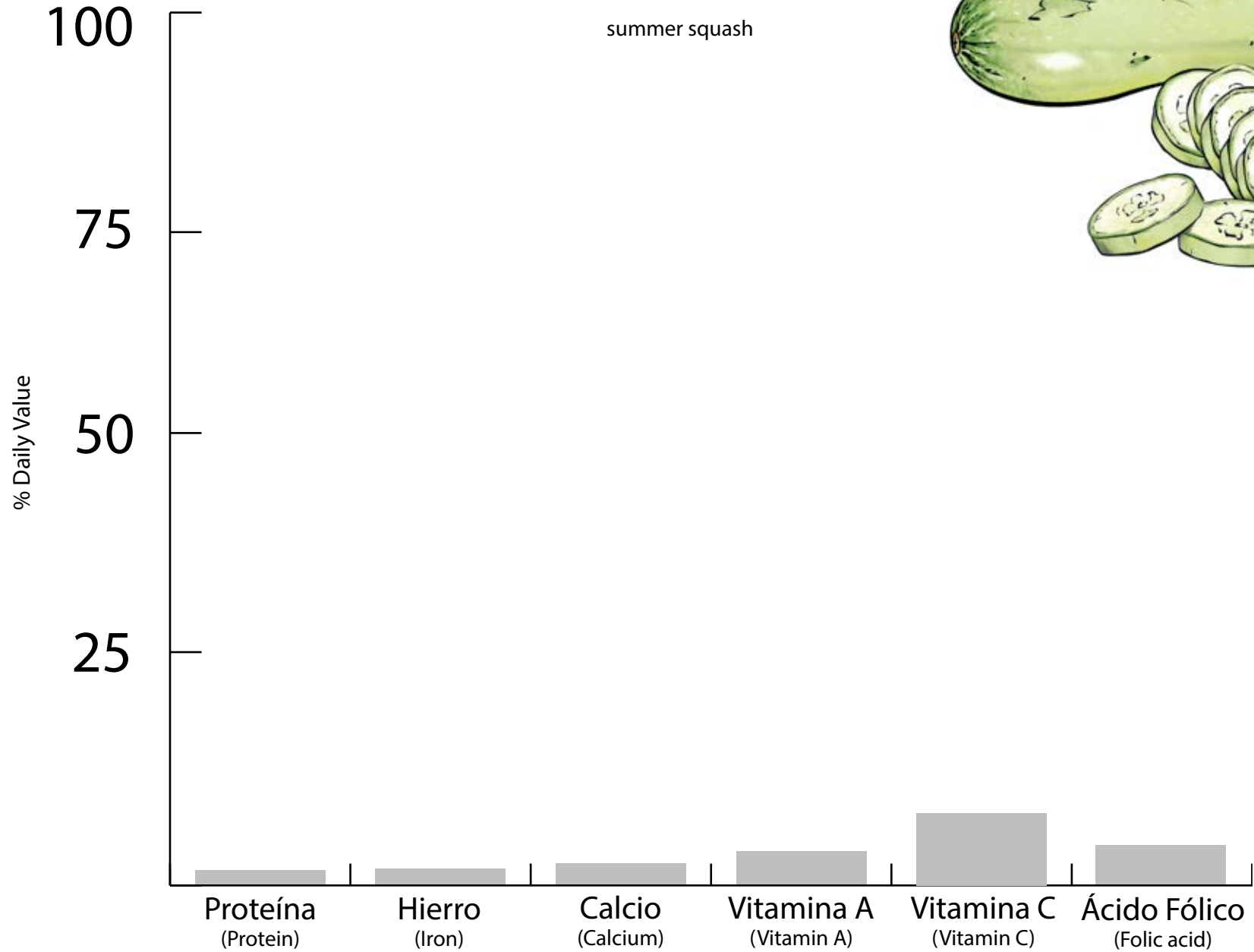
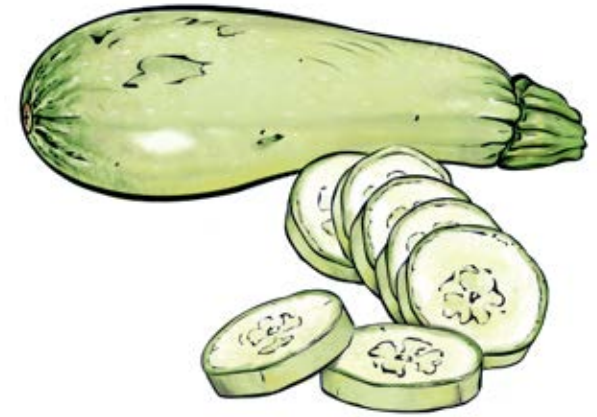
CAFÉ

coffee



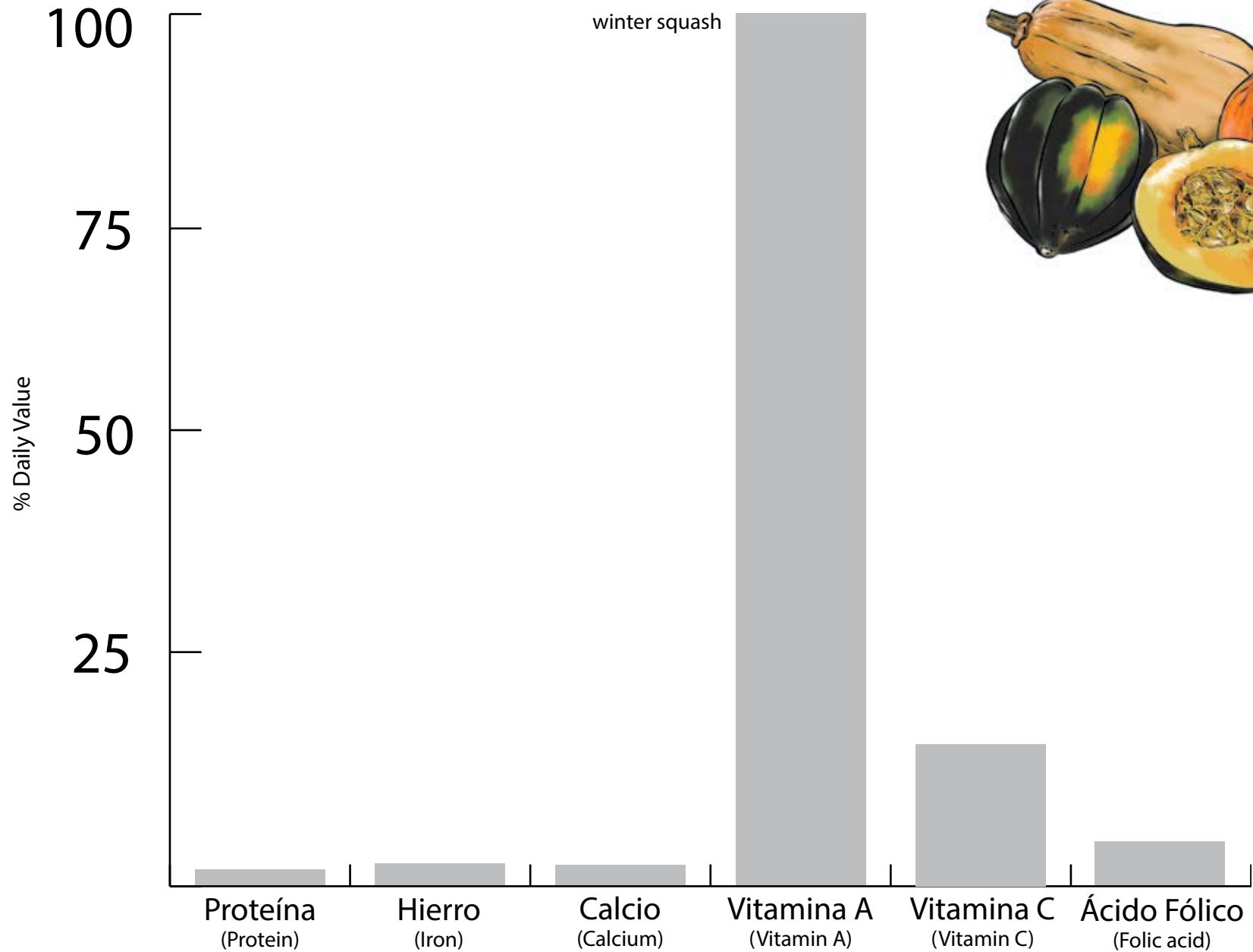
CALABACITA

summer squash



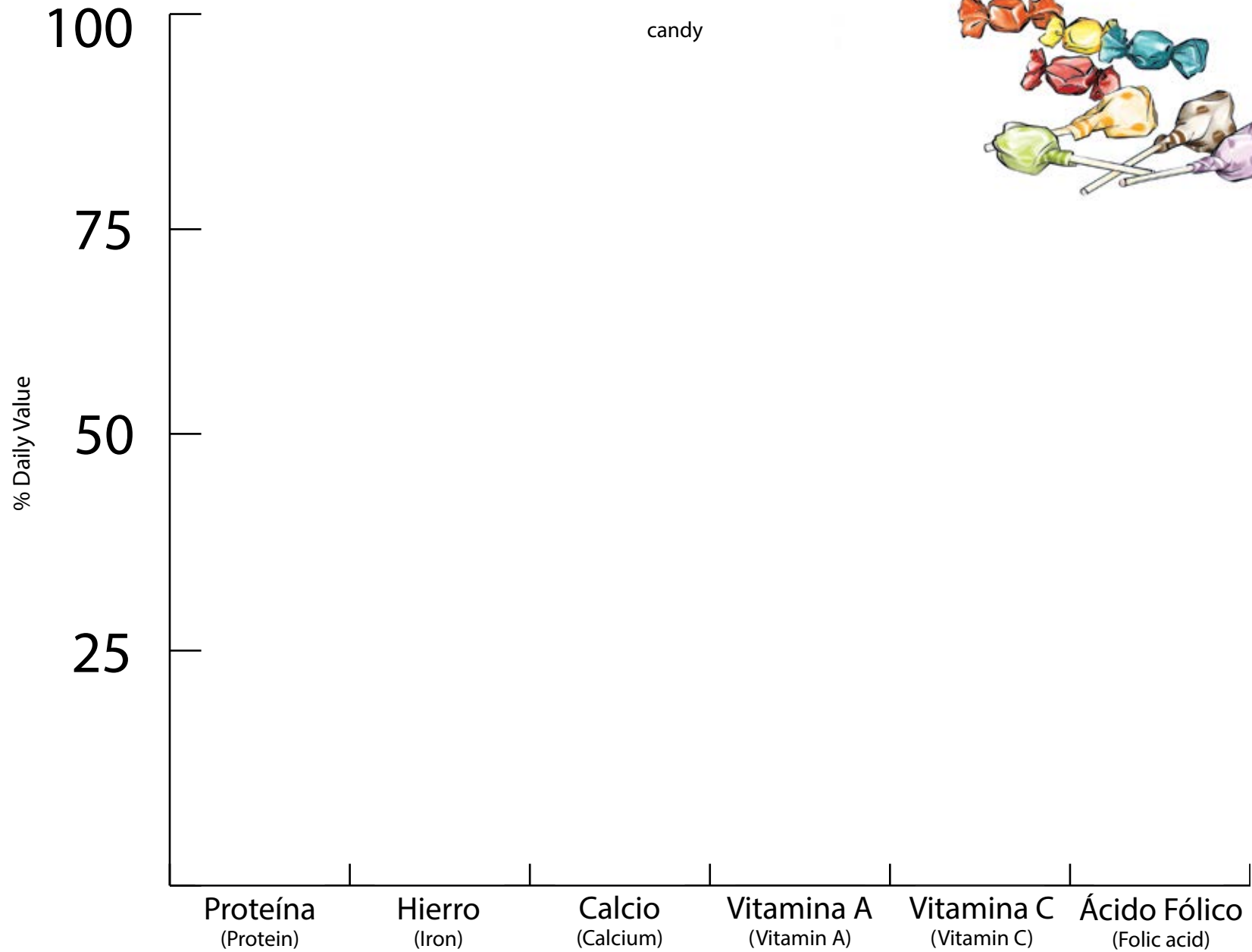
CALABASA

winter squash



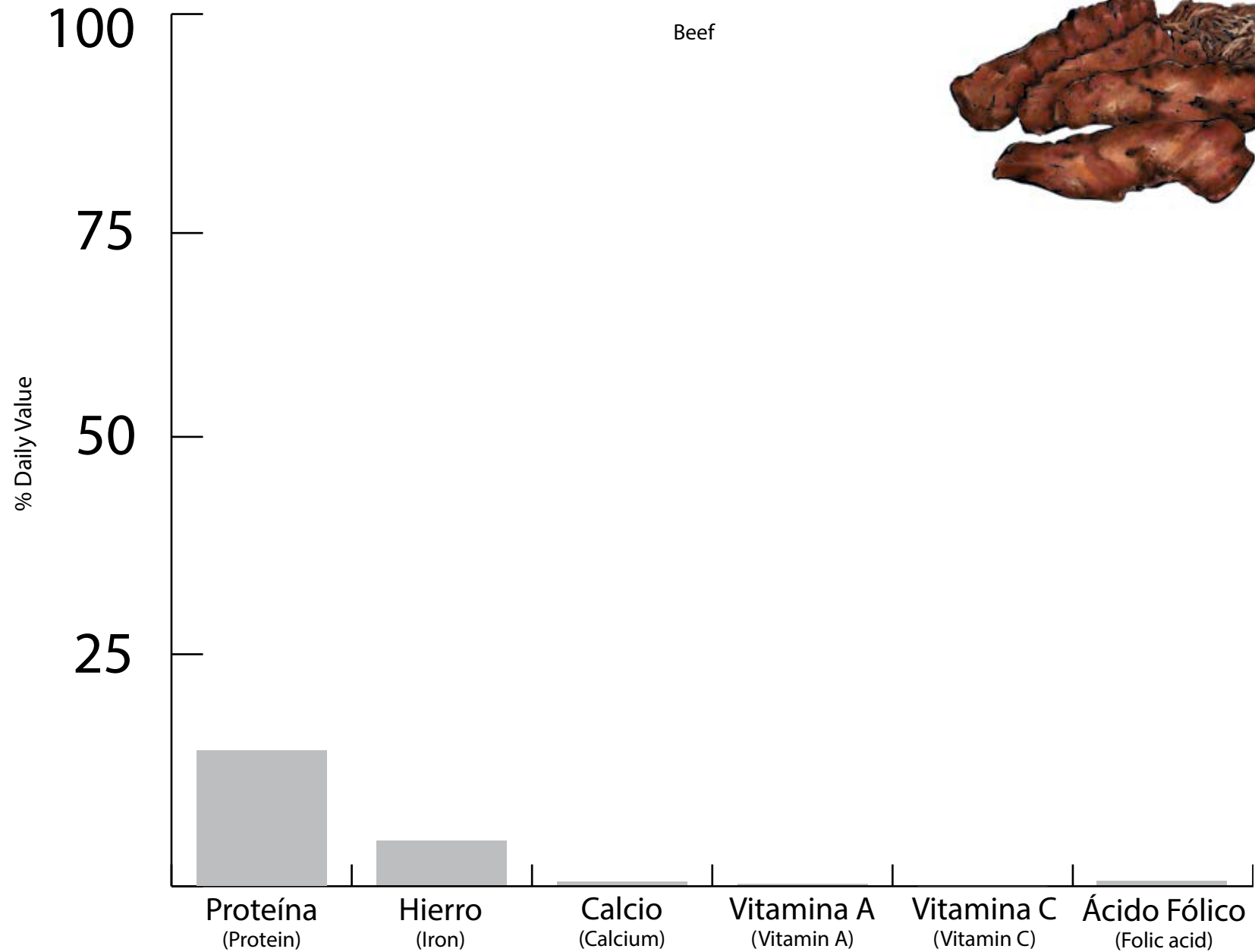
CARAMELO

candy



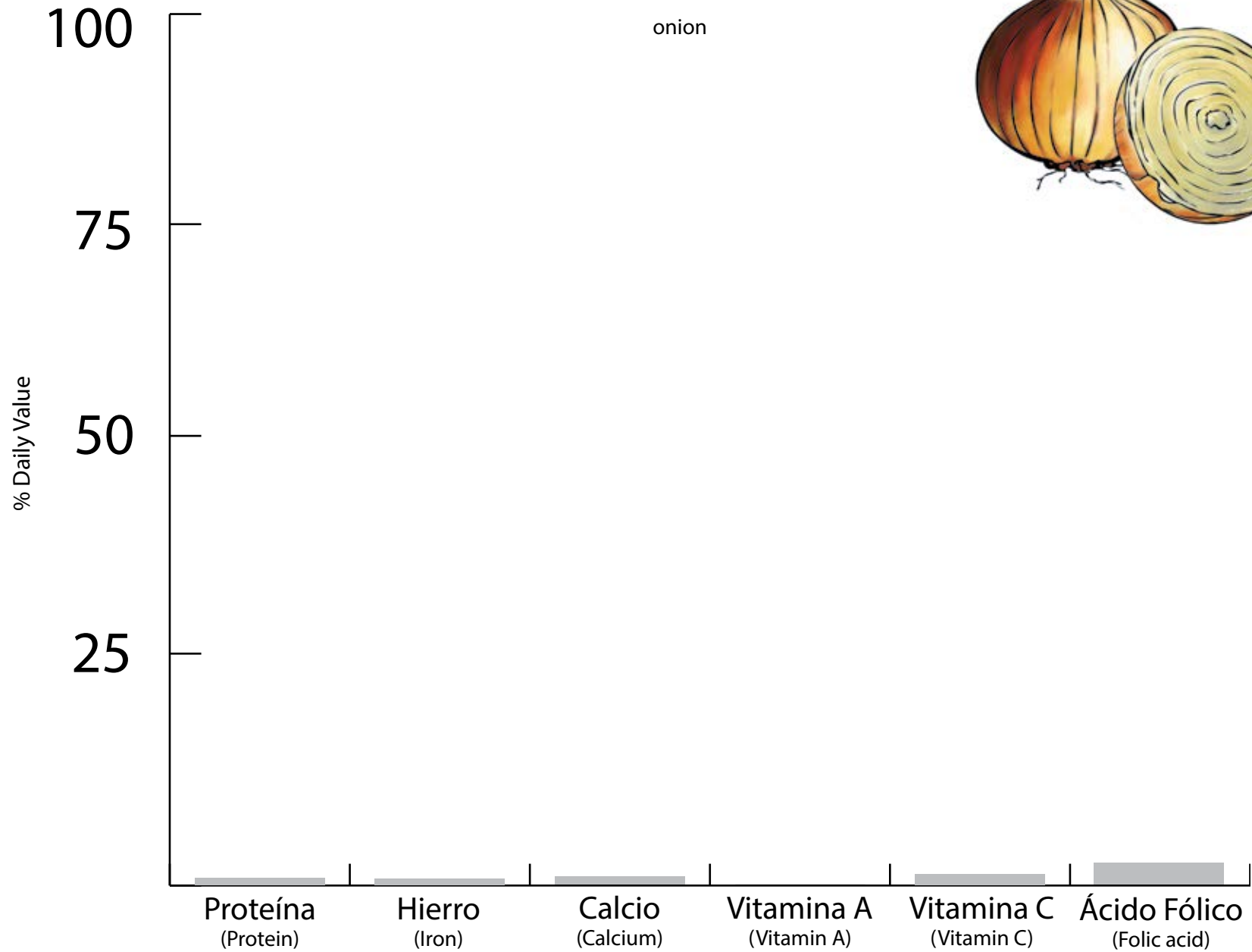
CARNE DE RES

Beef



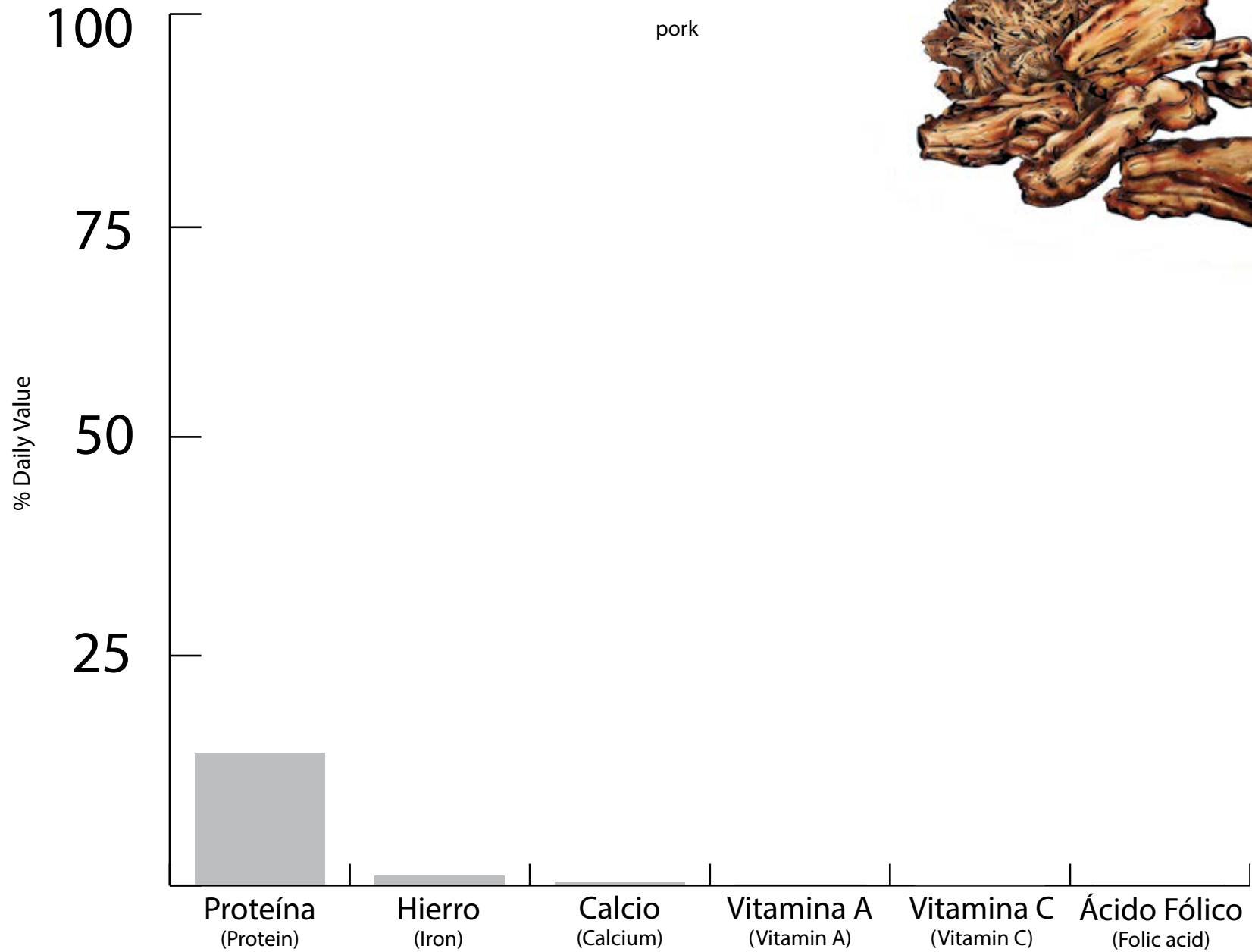
CEBOLLA

onion



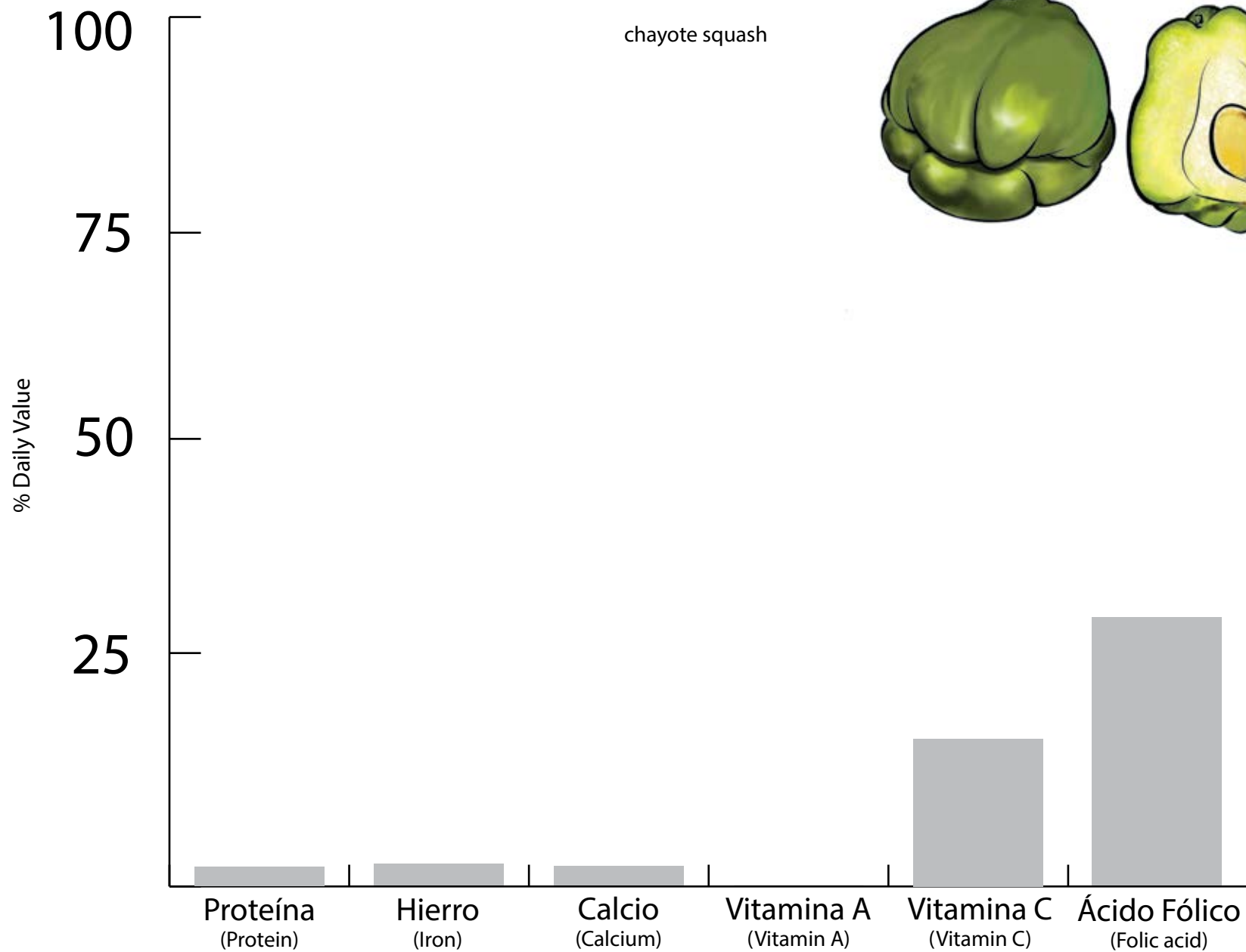
CERDO

pork



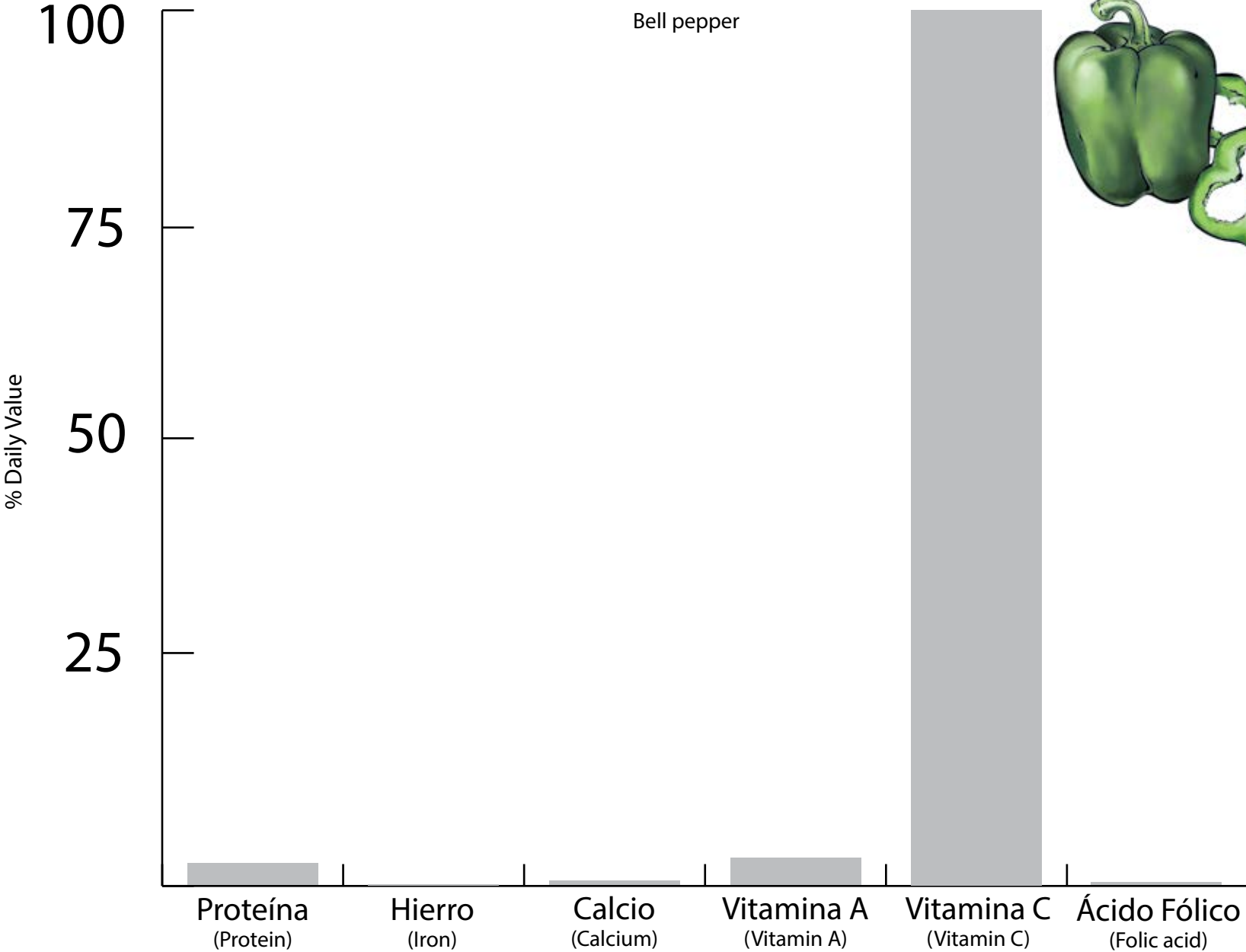
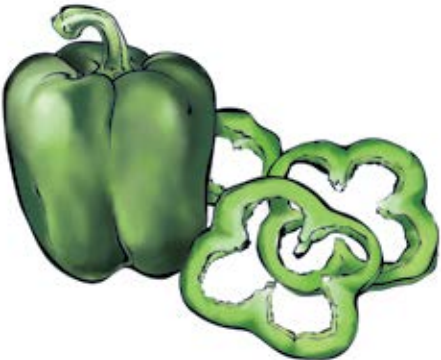
CHAYOTE

chayote squash



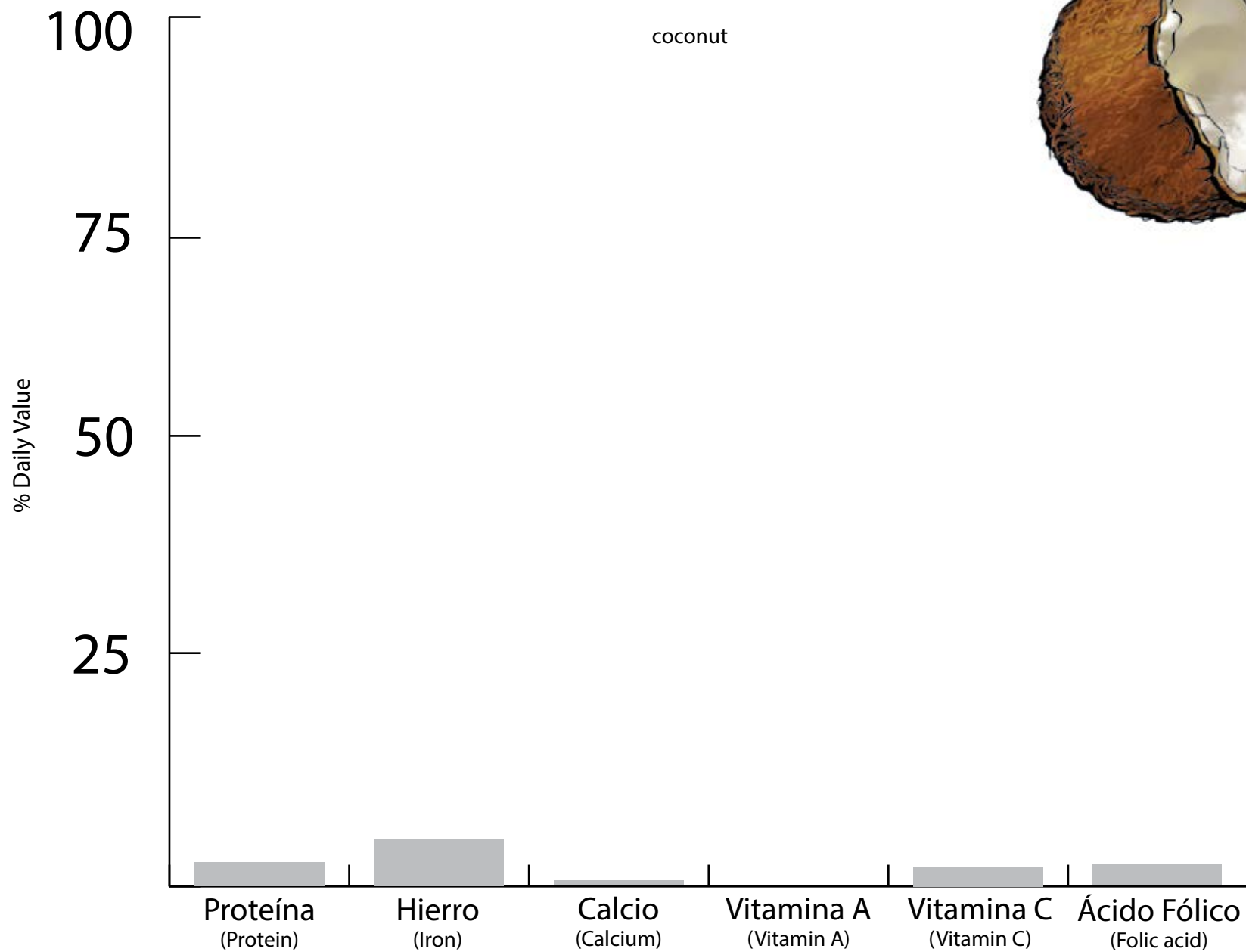
CHILI VERDE

Bell pepper



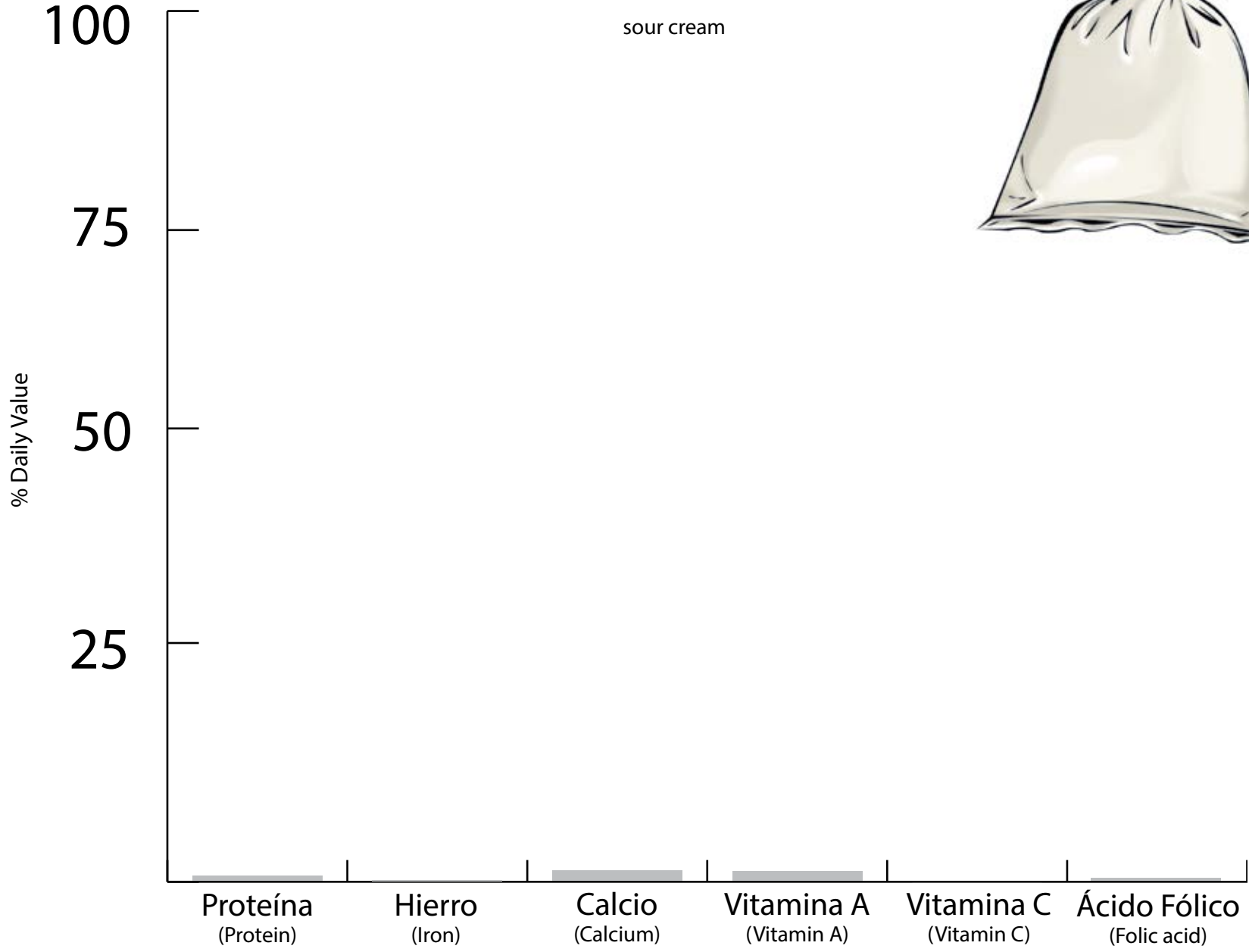
COCO

coconut



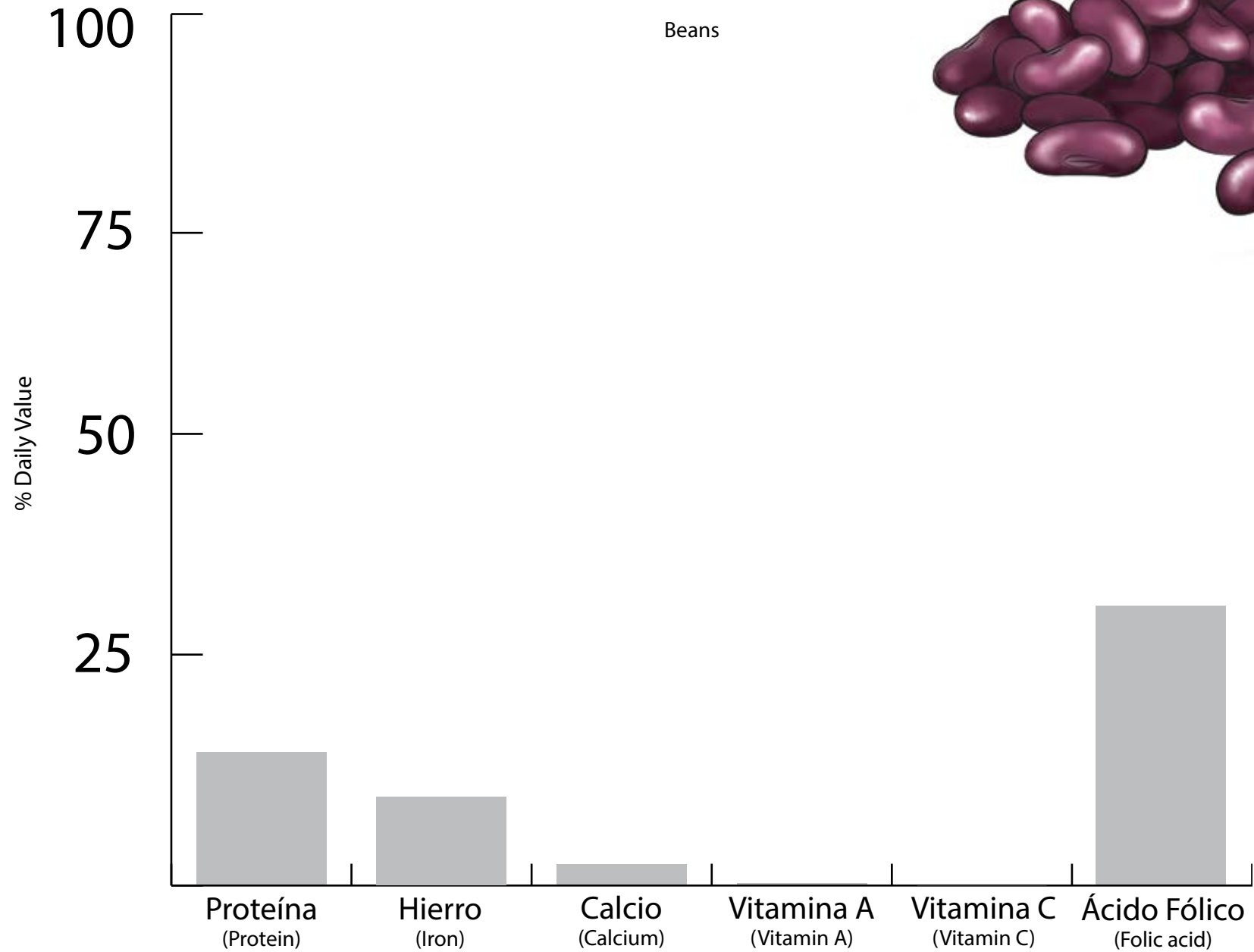
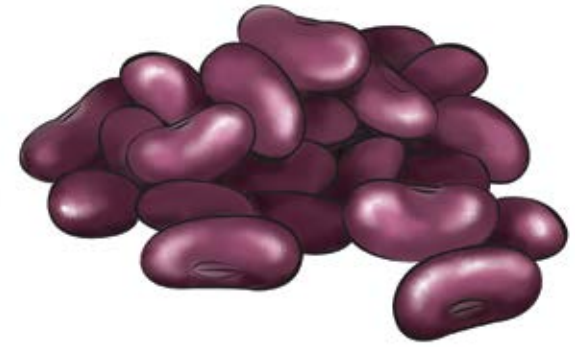
CREMA

sour cream



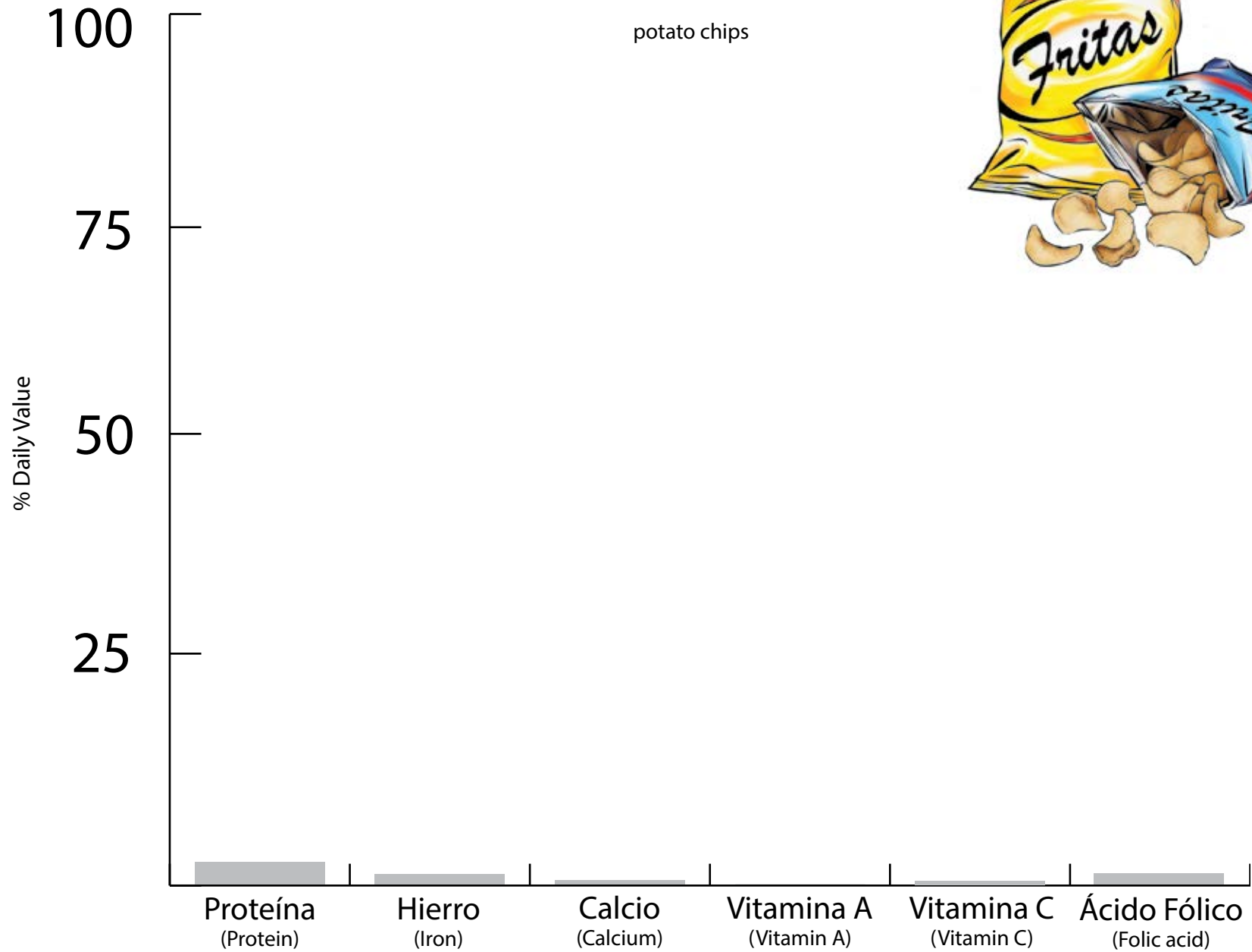
FRIJOLES

Beans



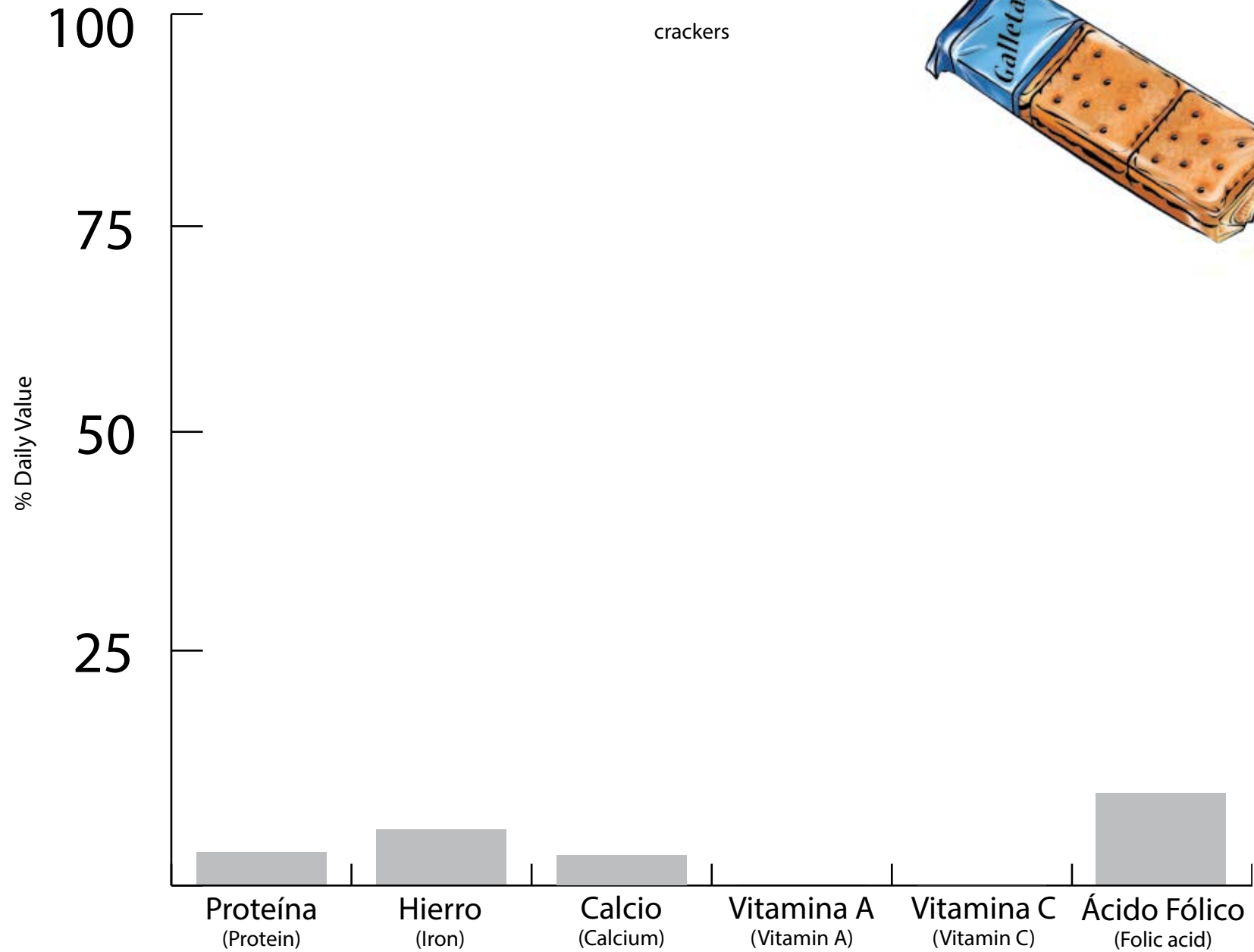
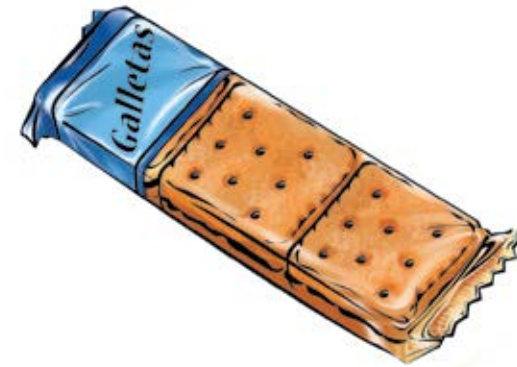
FRITAS

potato chips



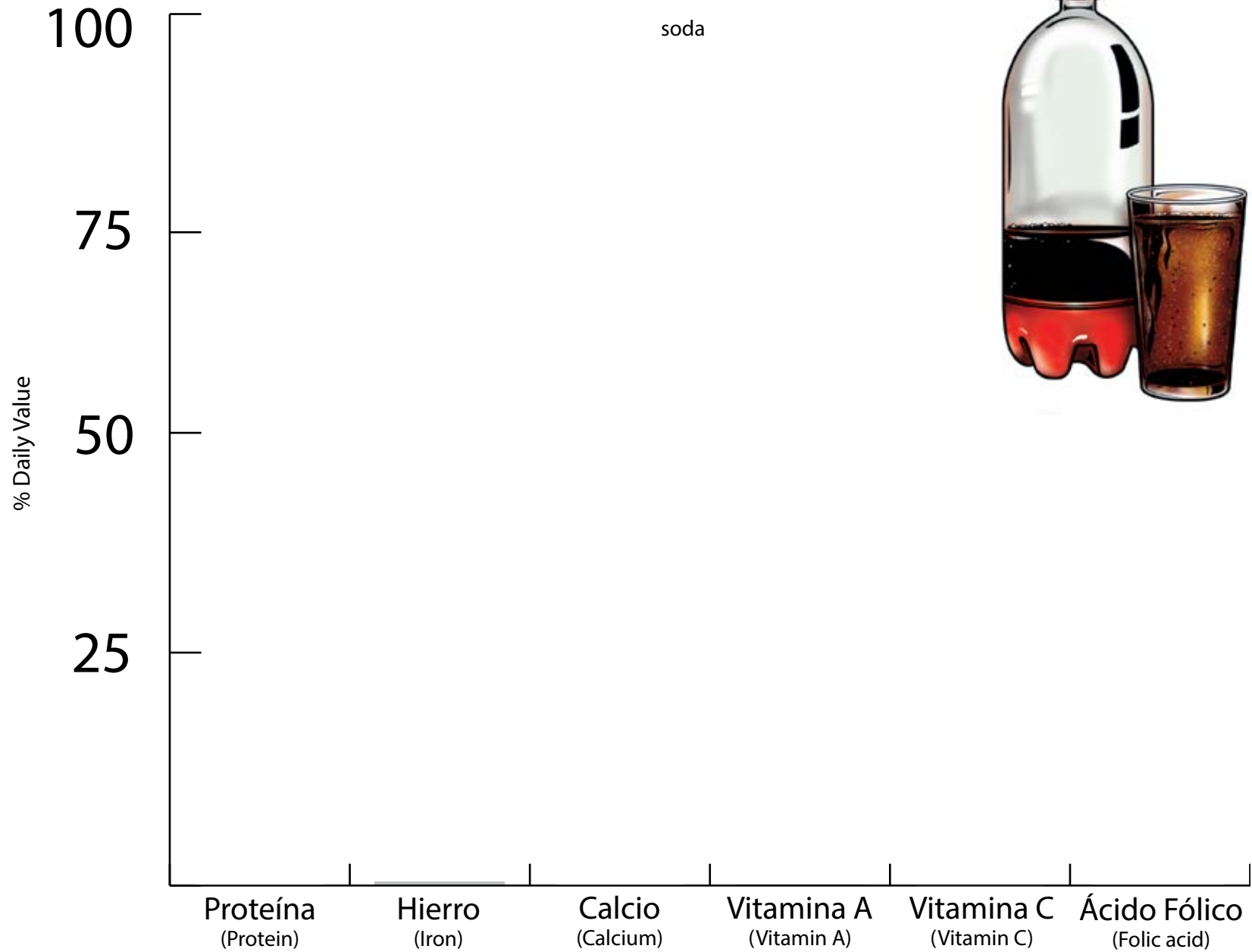
GALLETAS

crackers



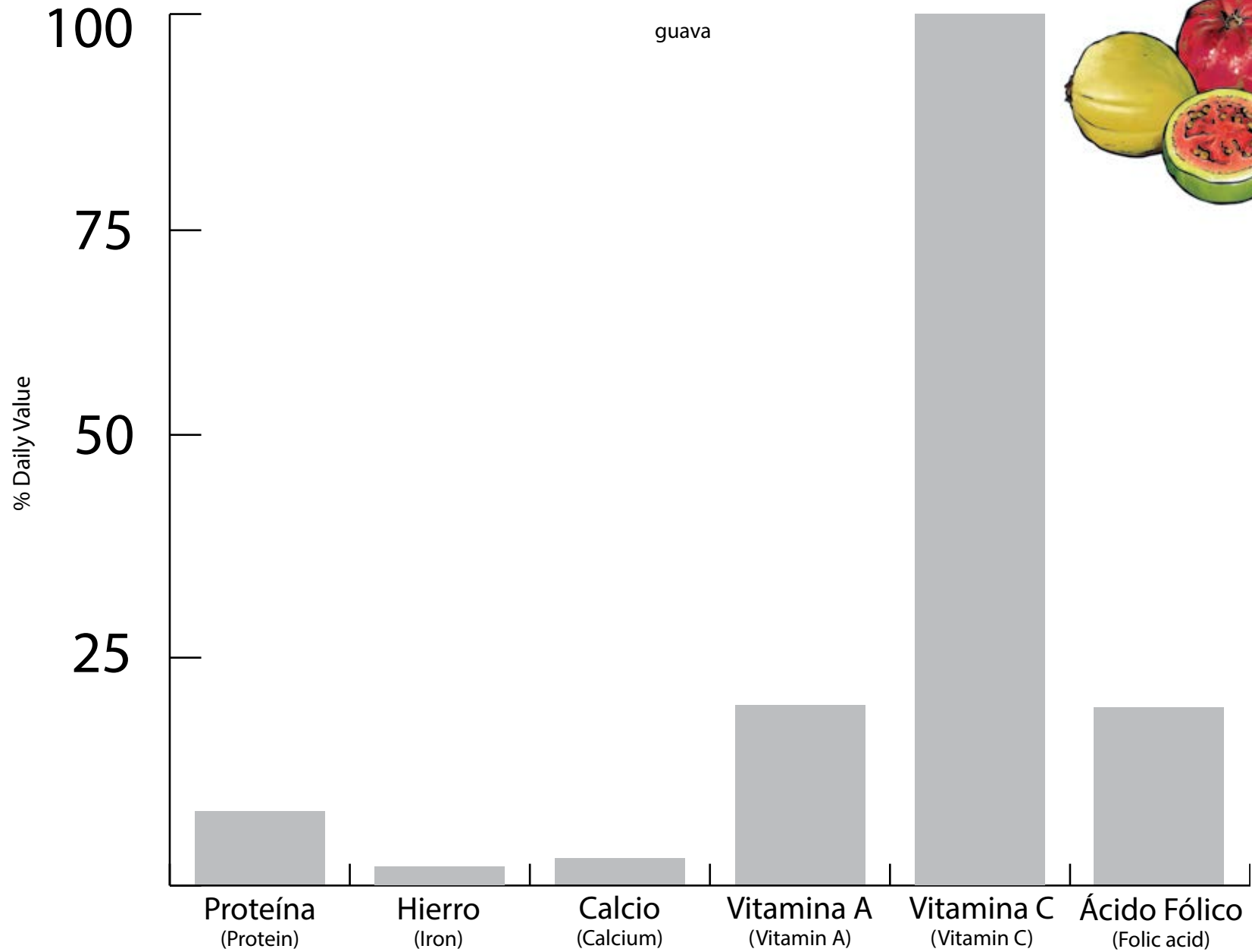
GASEOSA

soda

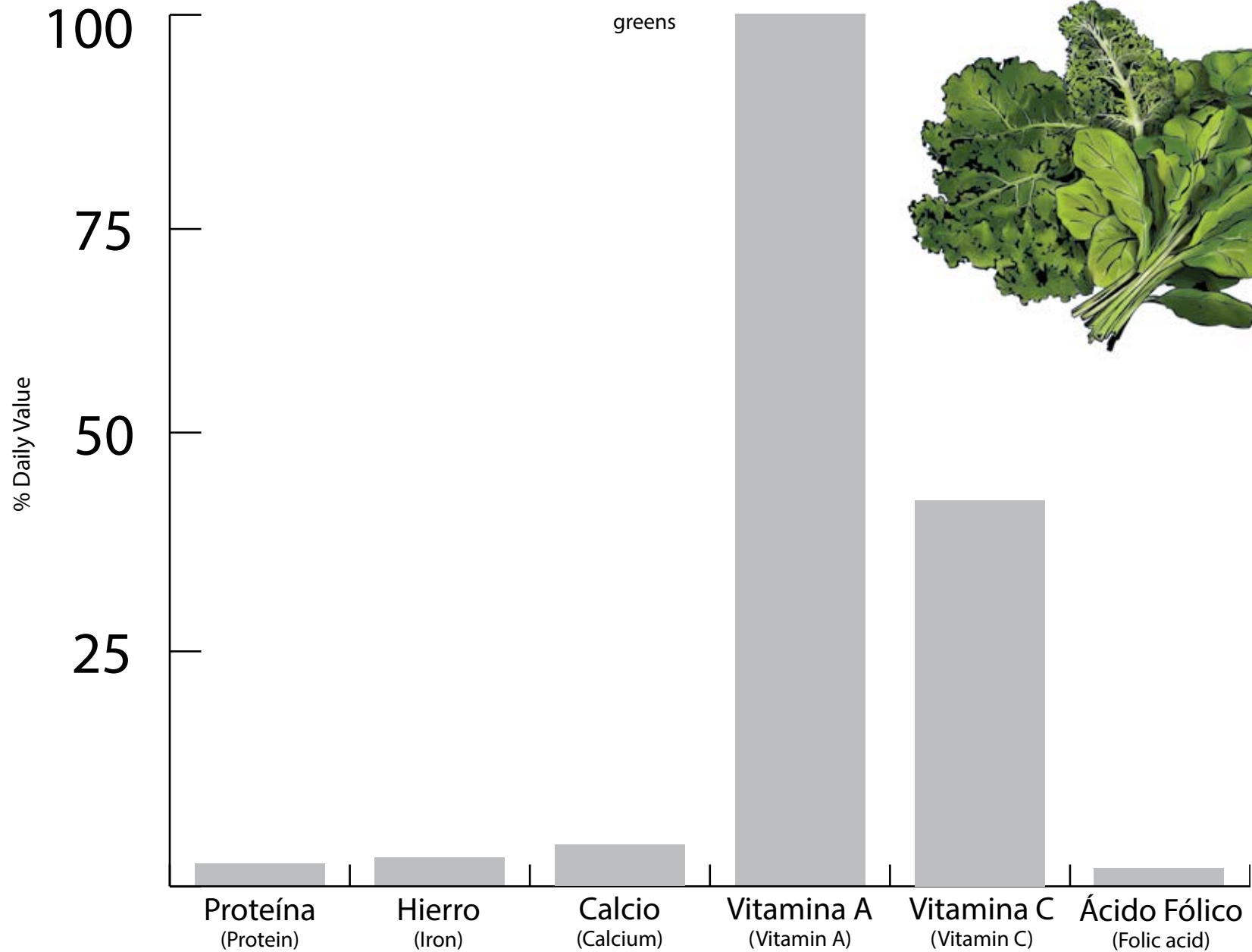


GUAVA

guava

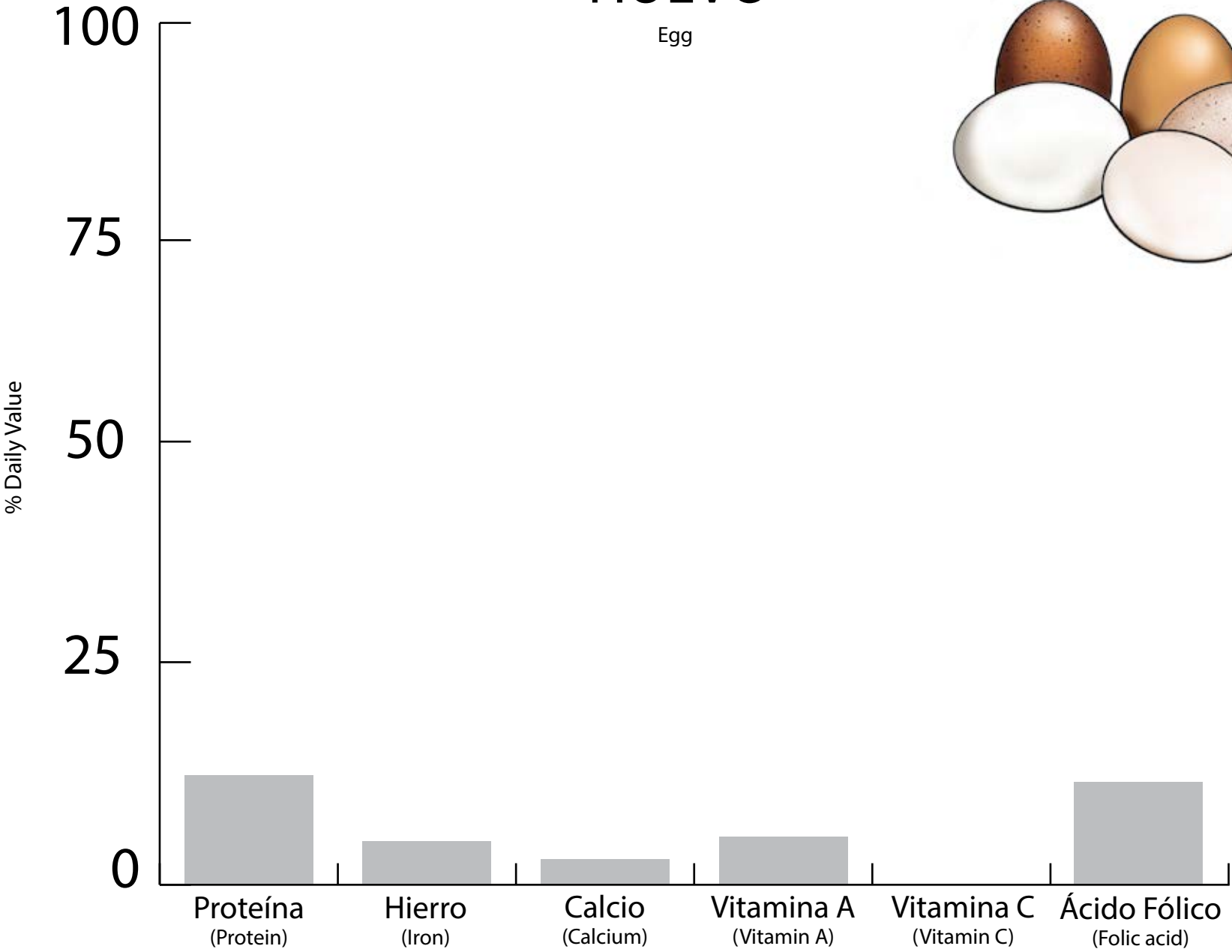
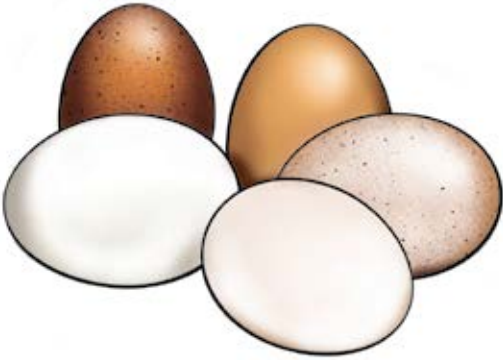


HOJAS VERDES OSCUROS



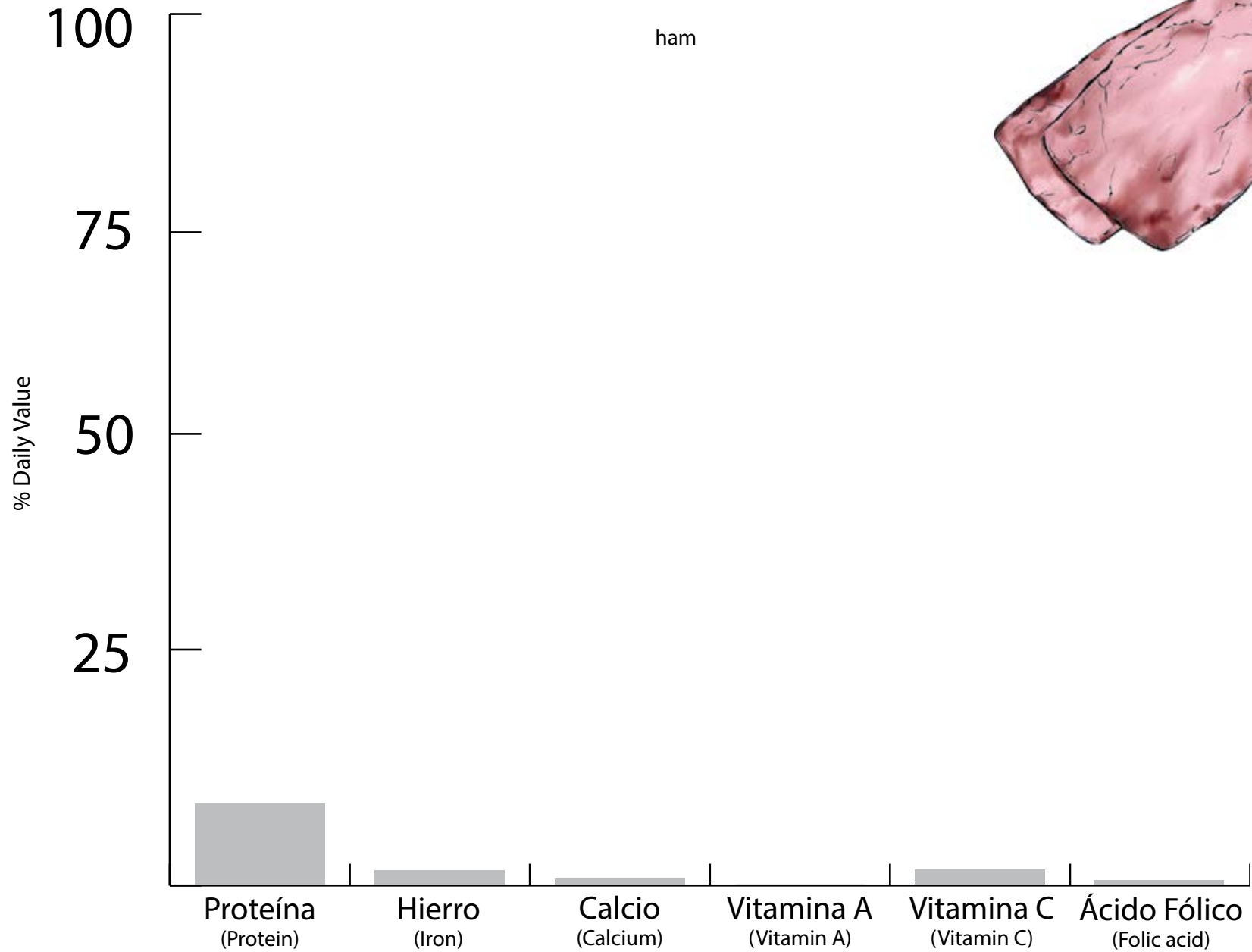
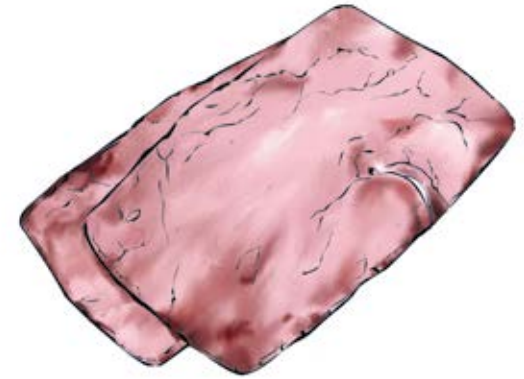
HUEVO

Egg



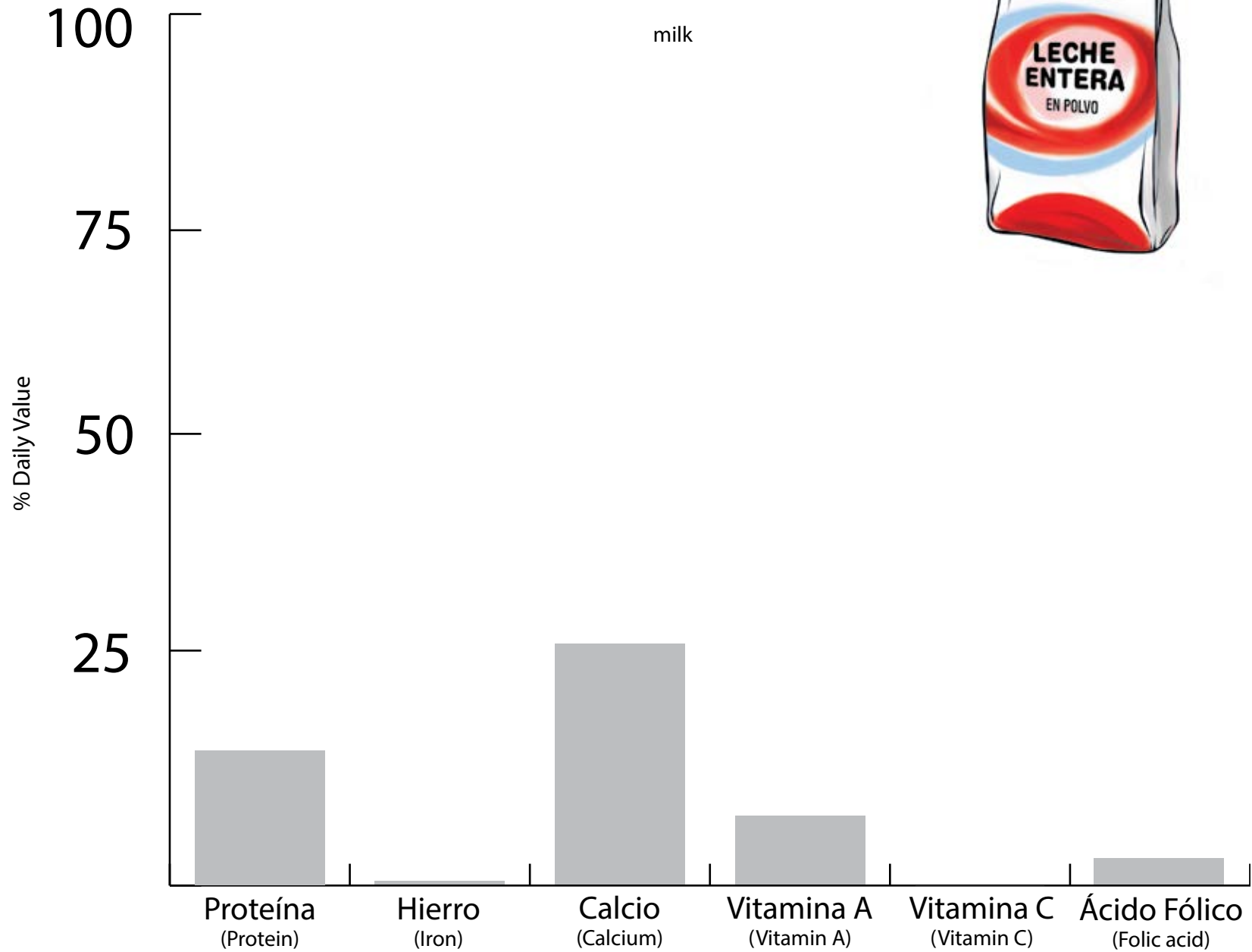
JAMÓN

ham



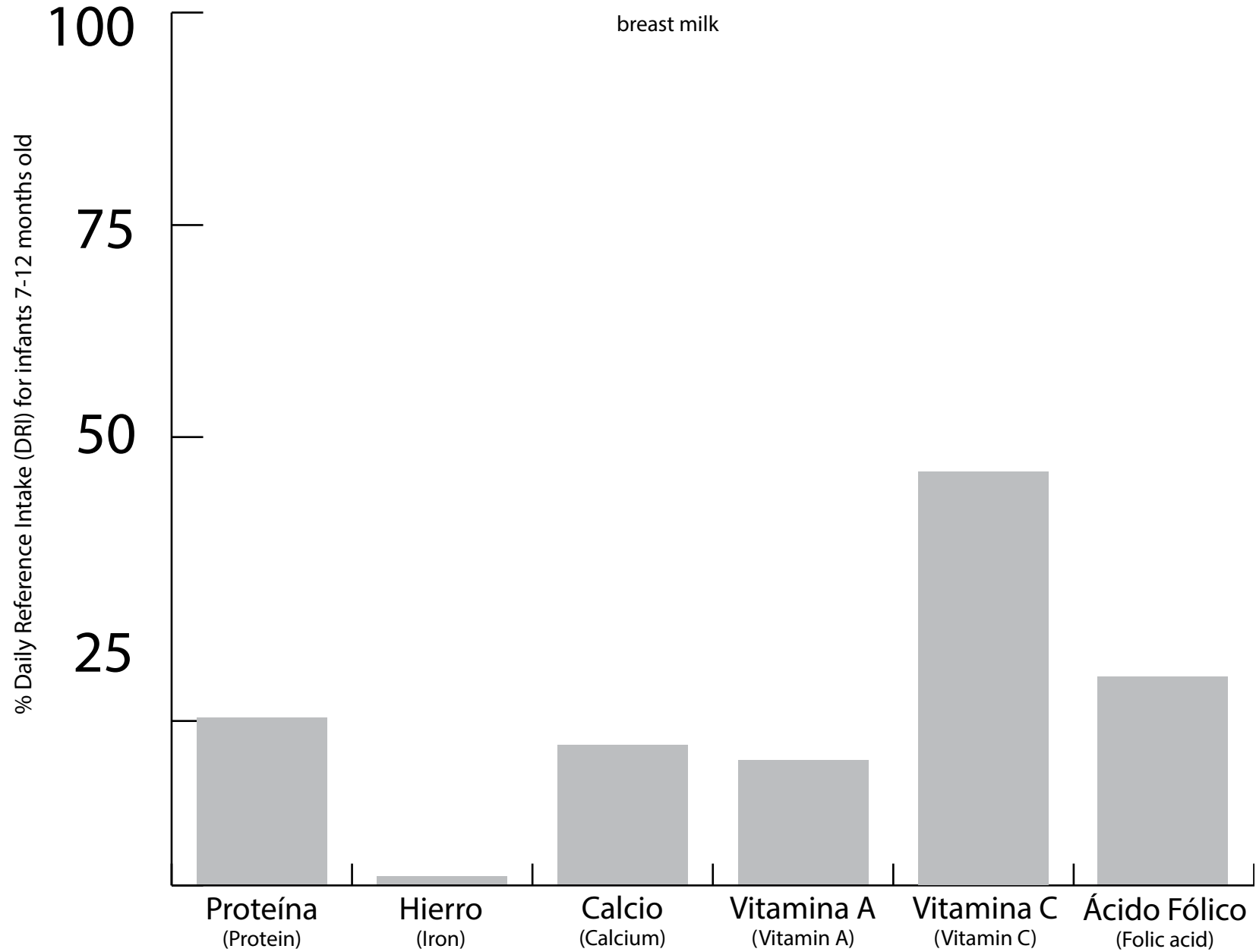
LECHE

milk



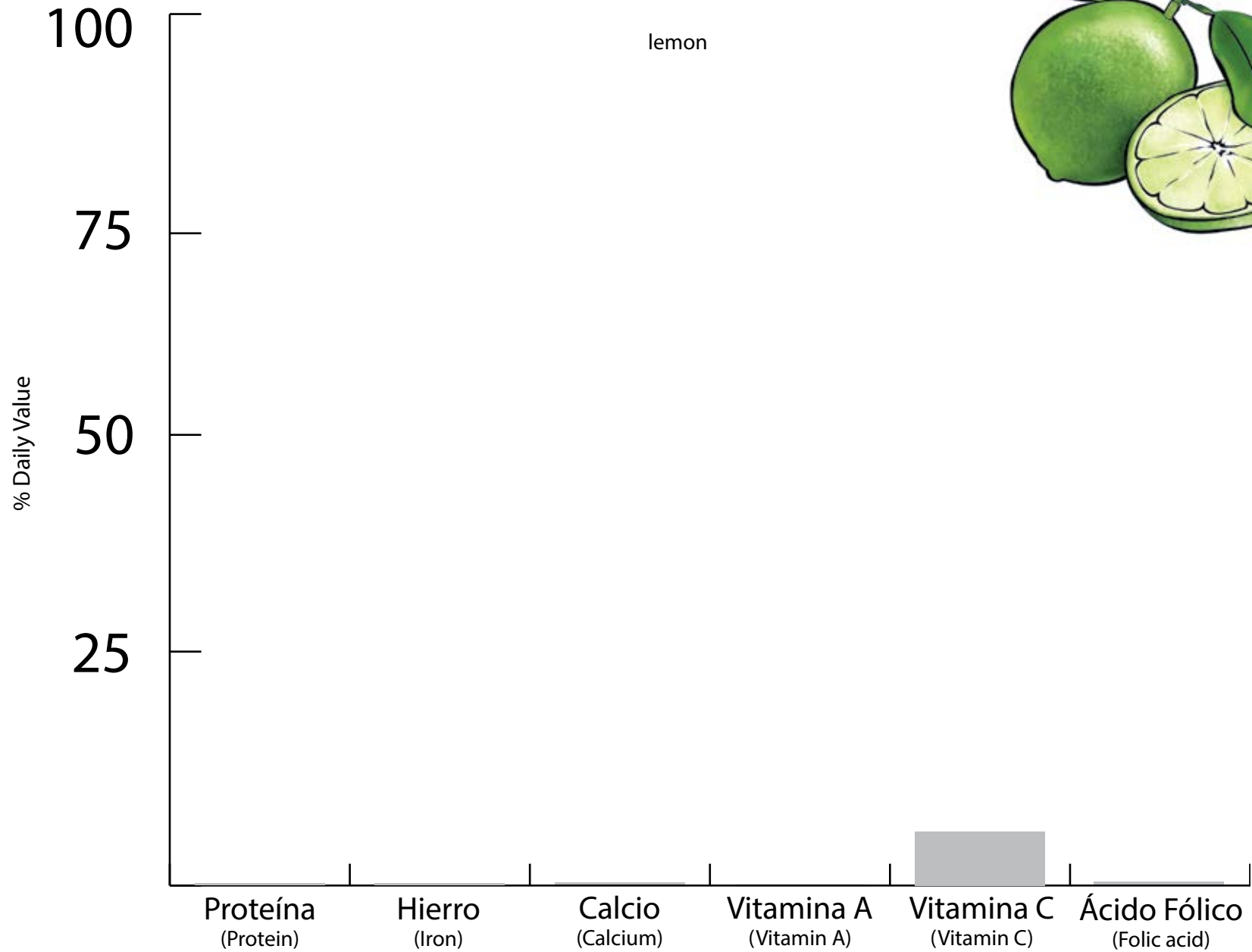
LECHE MATERNAL

breast milk



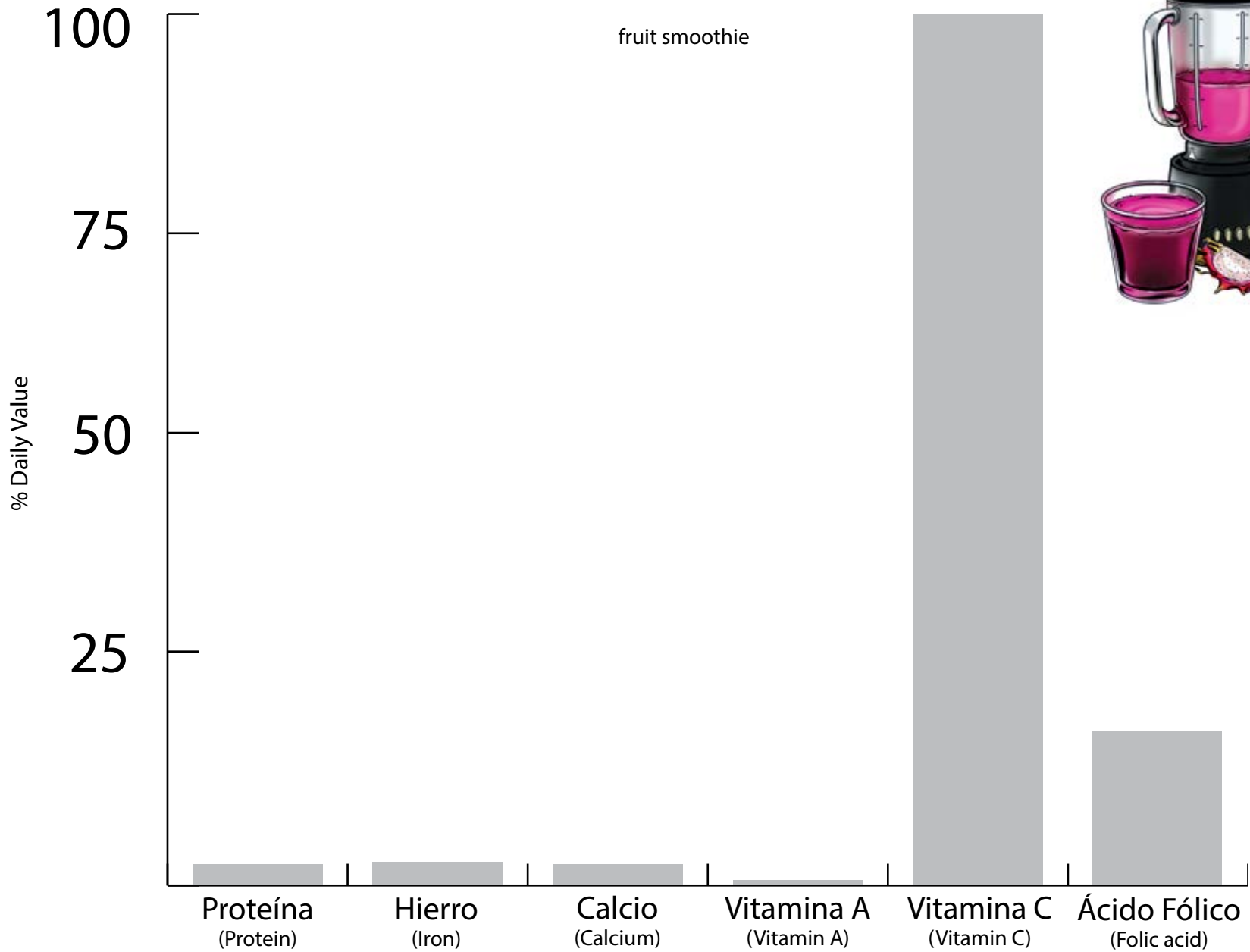
LIMÓN

lemon



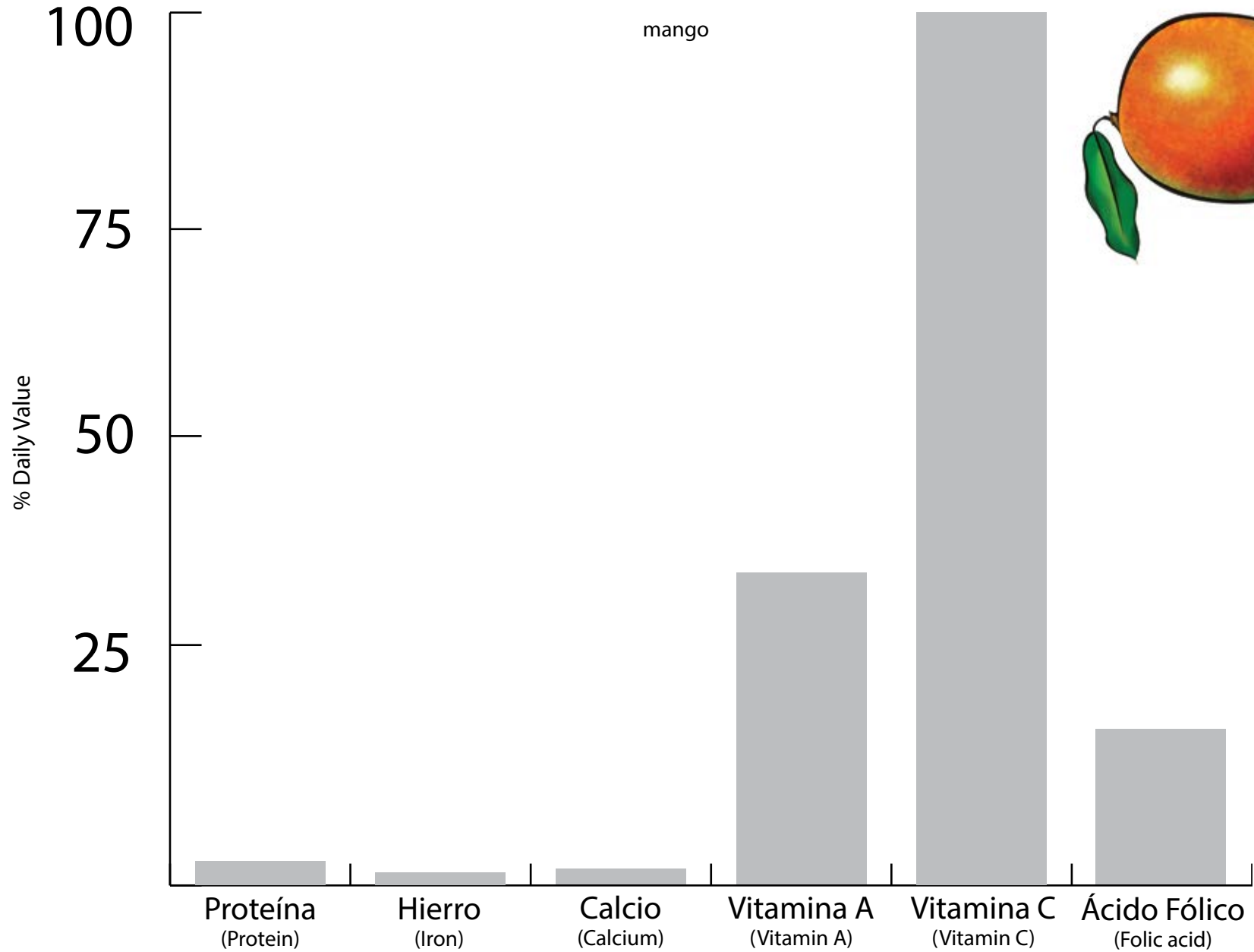
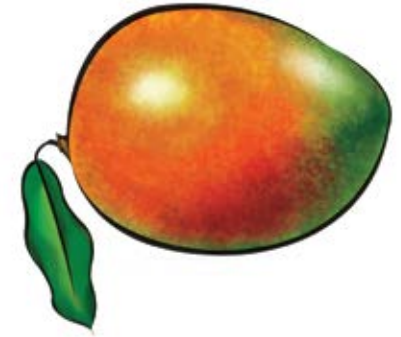
LIQUADO

fruit smoothie



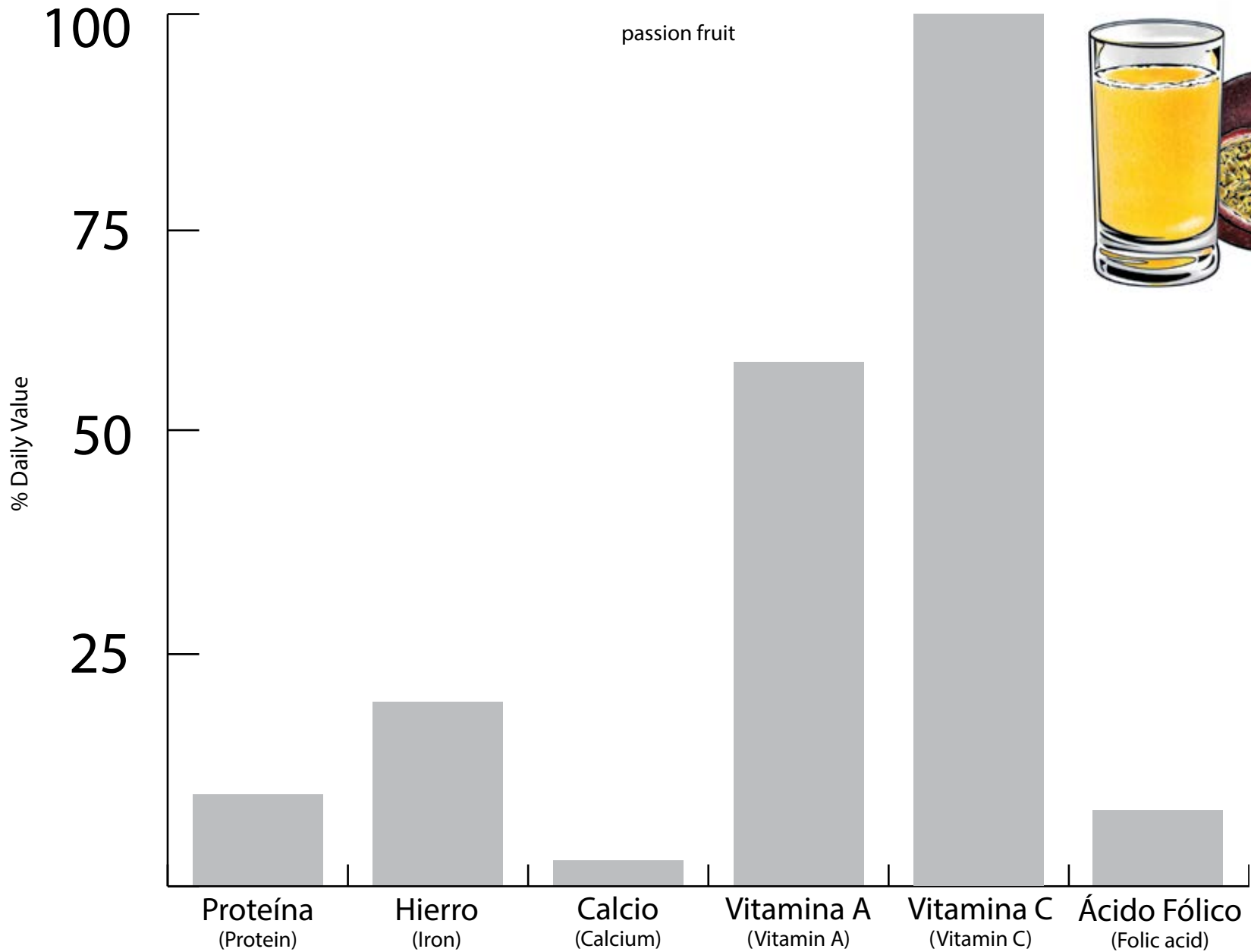
MANGO

mango



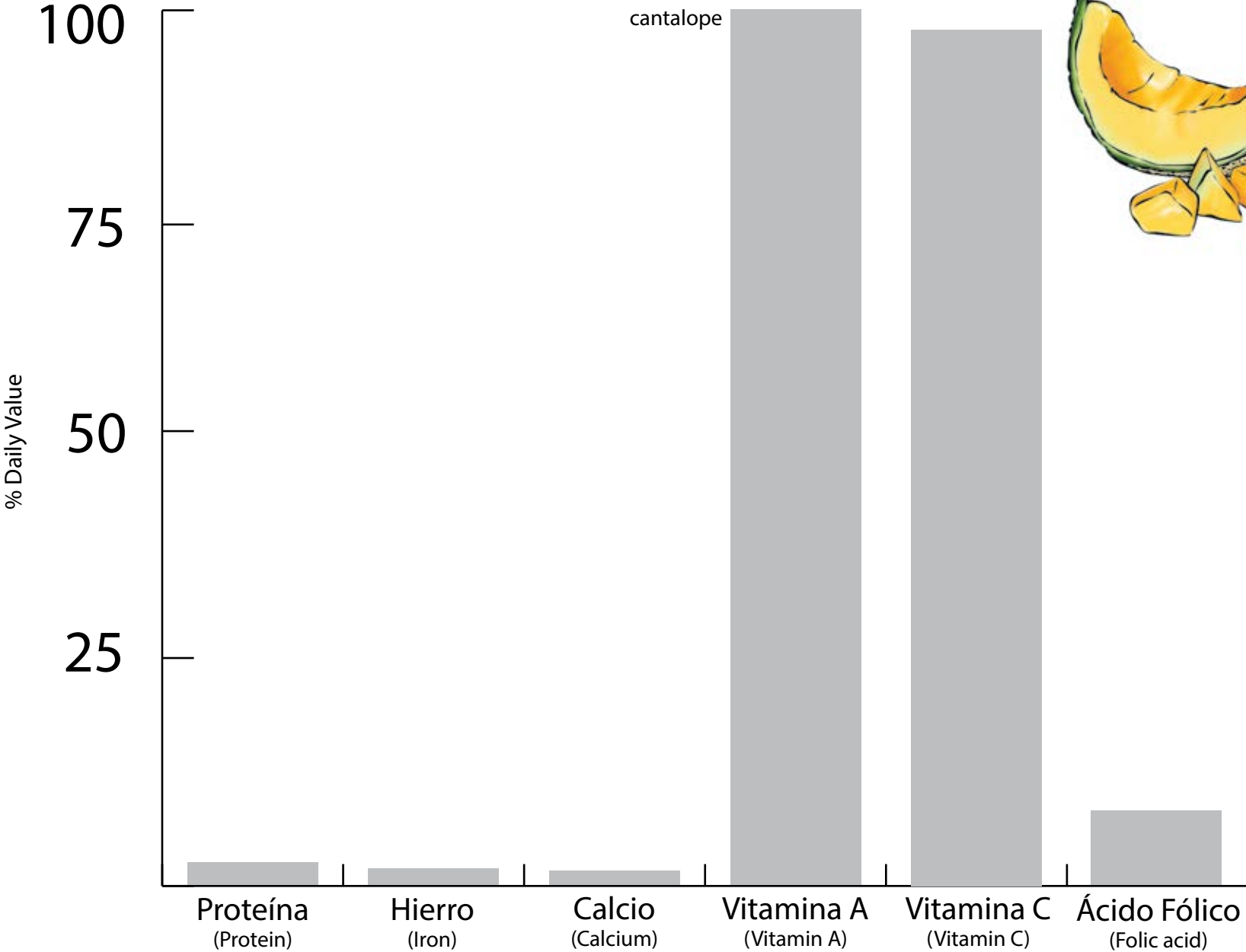
MARACUYÁ

passion fruit



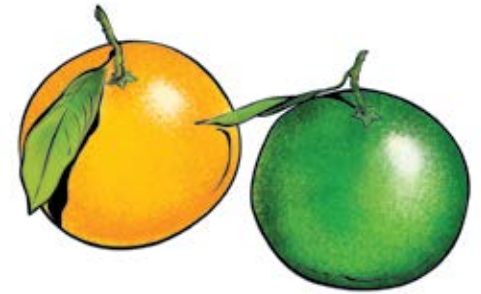
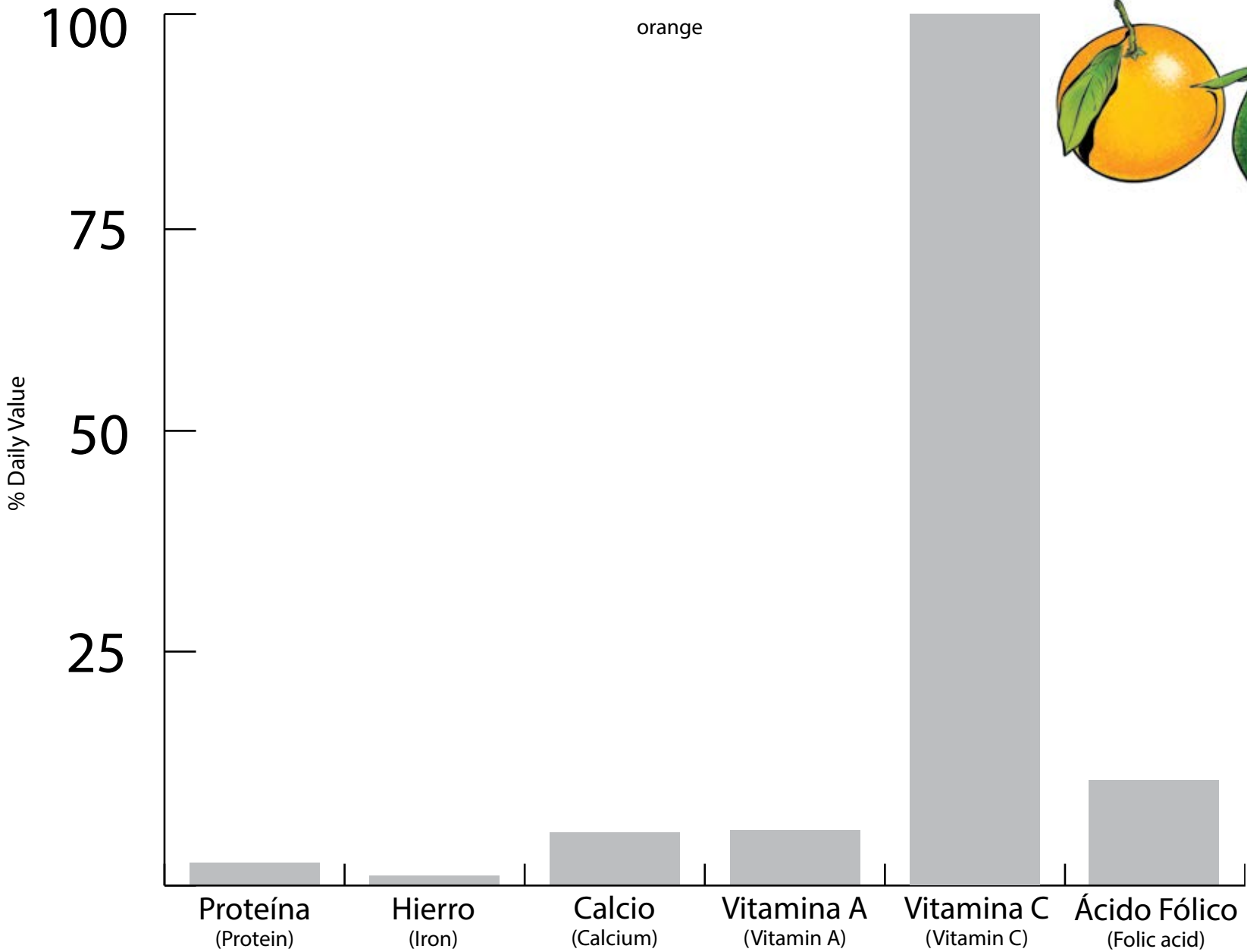
MELÓN

cantalope



NARANJA

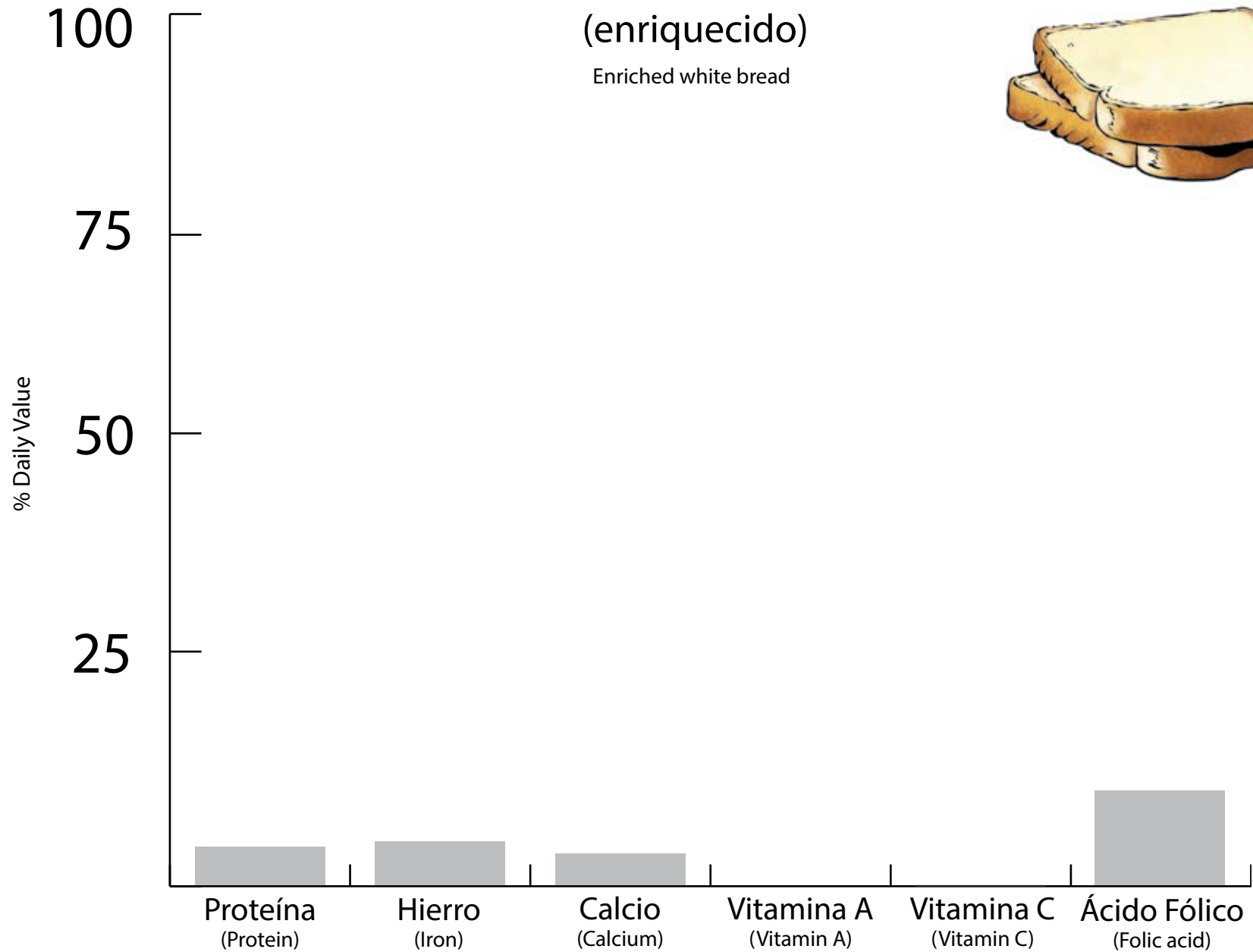
orange



PAN BLANCO

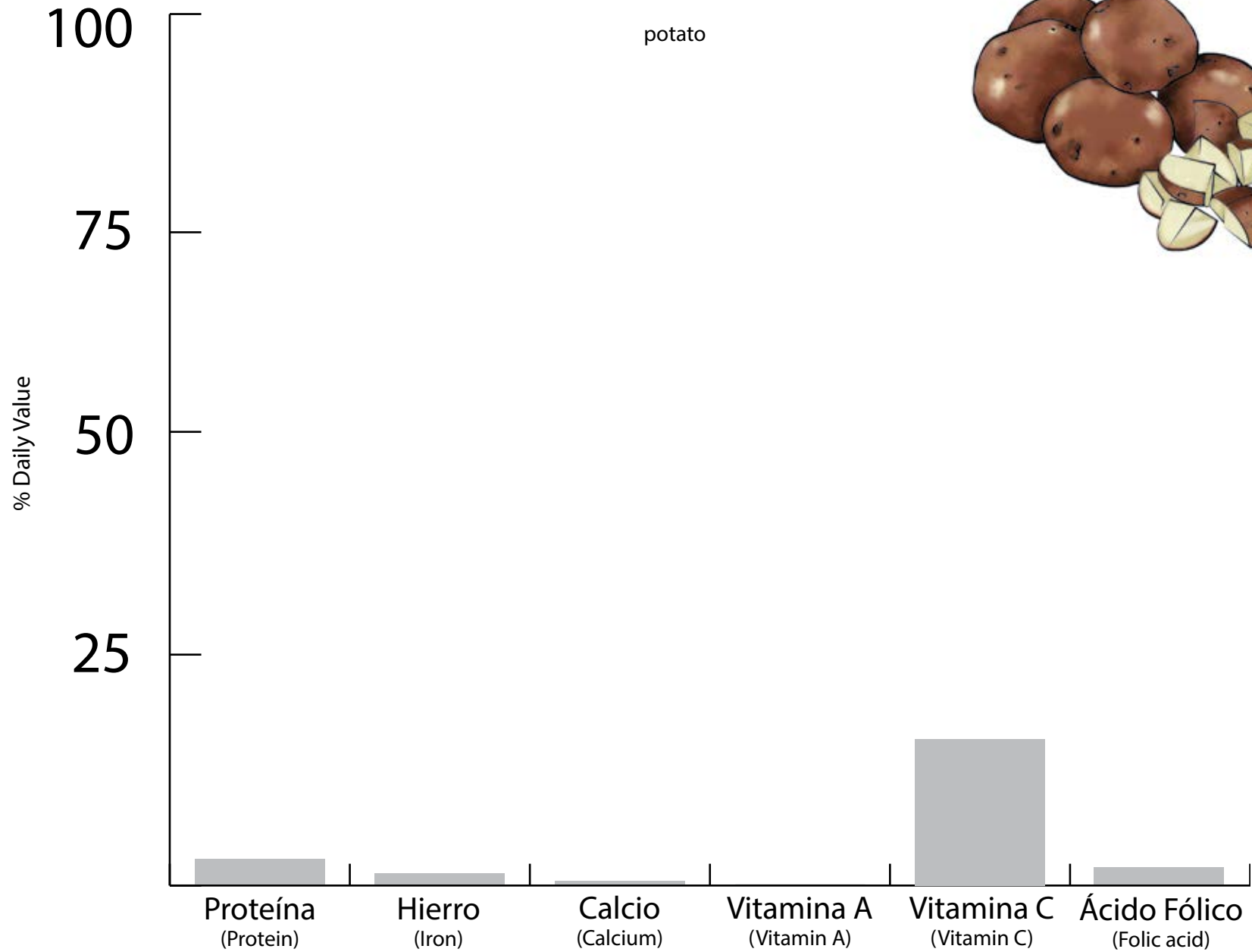
(enriquecido)

Enriched white bread



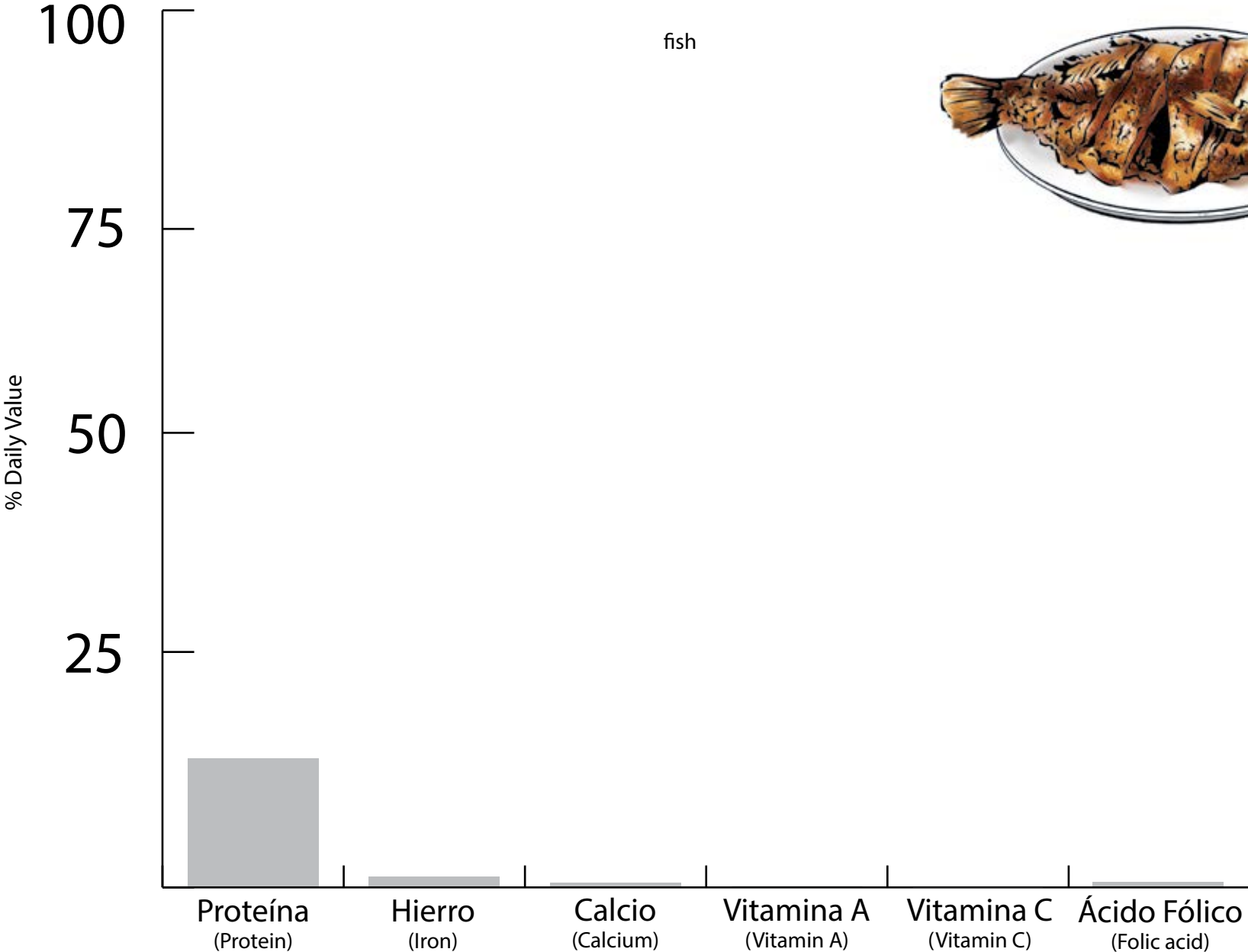
PAPA

potato



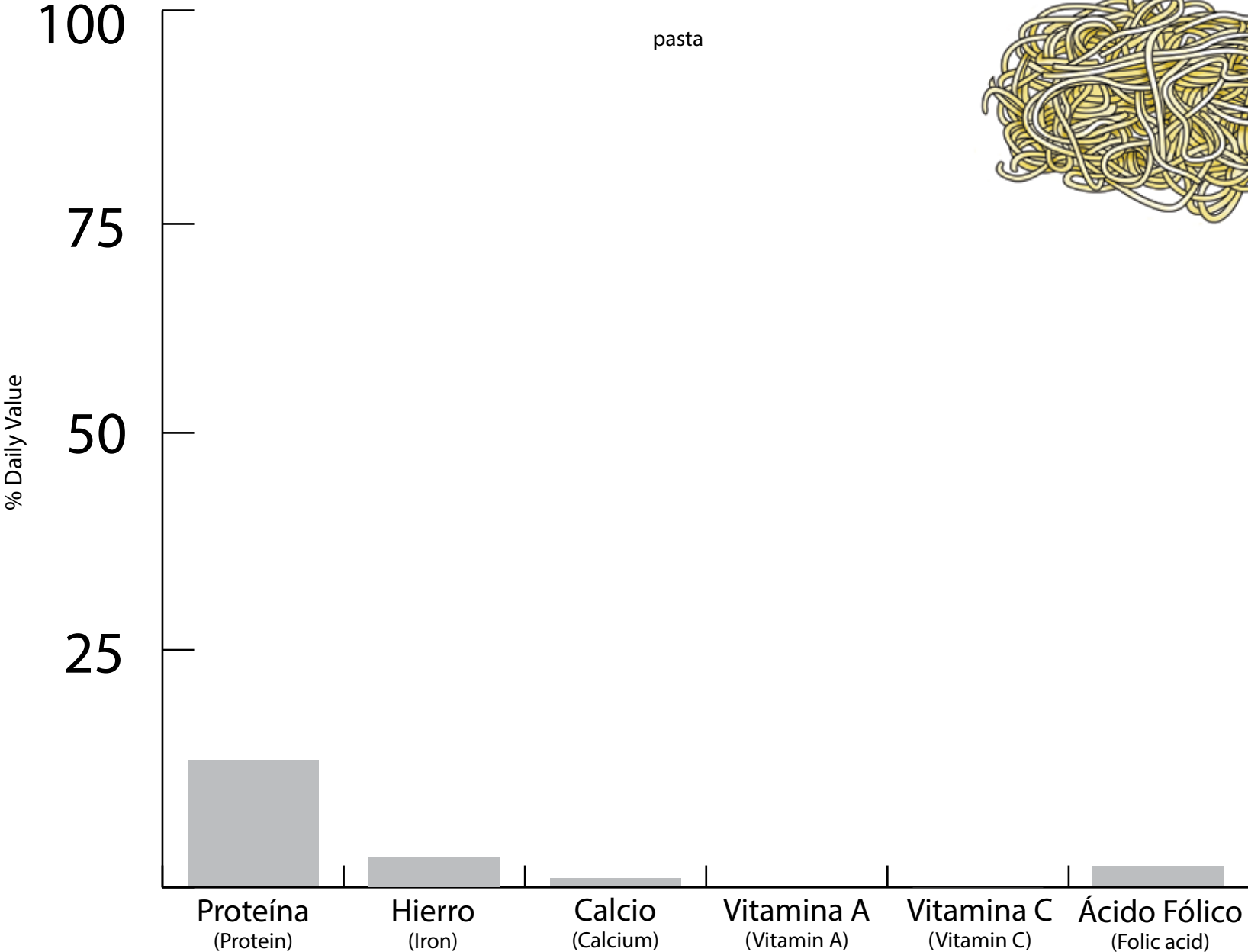
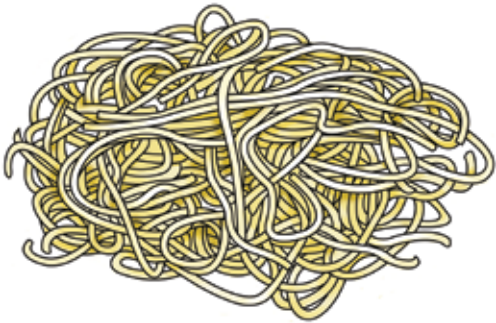
PESCADO

fish



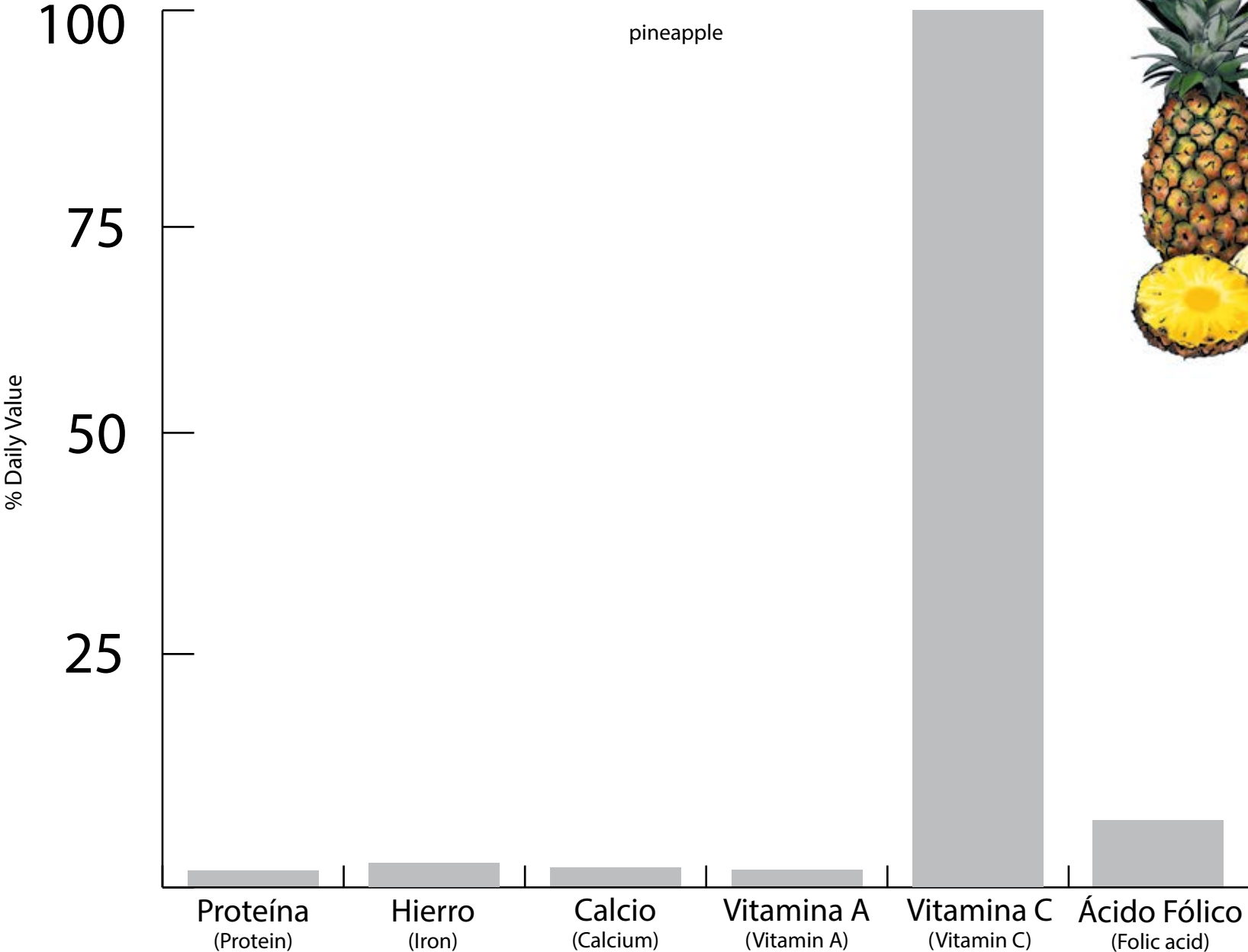
PASTA

pasta



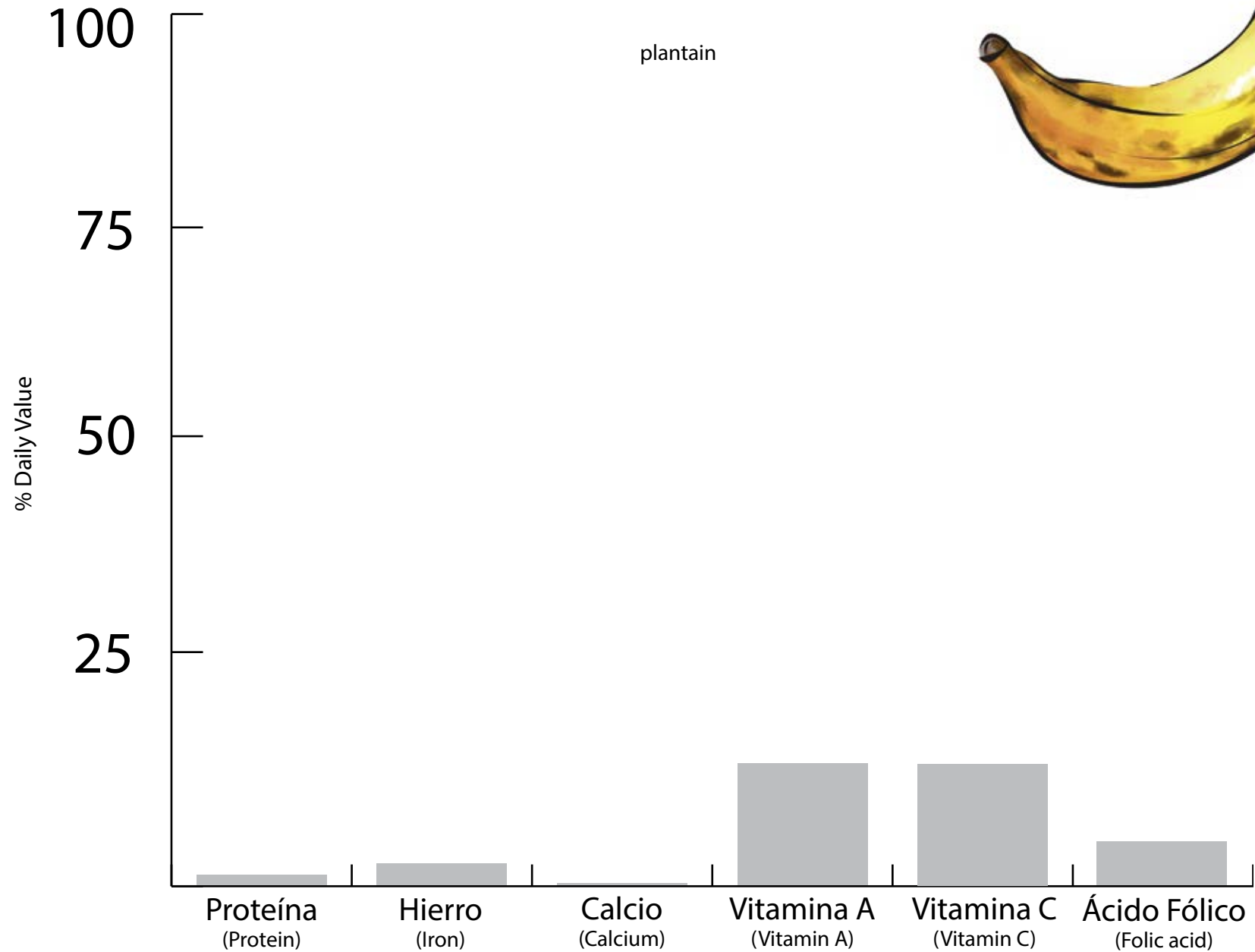
PIÑA

pineapple



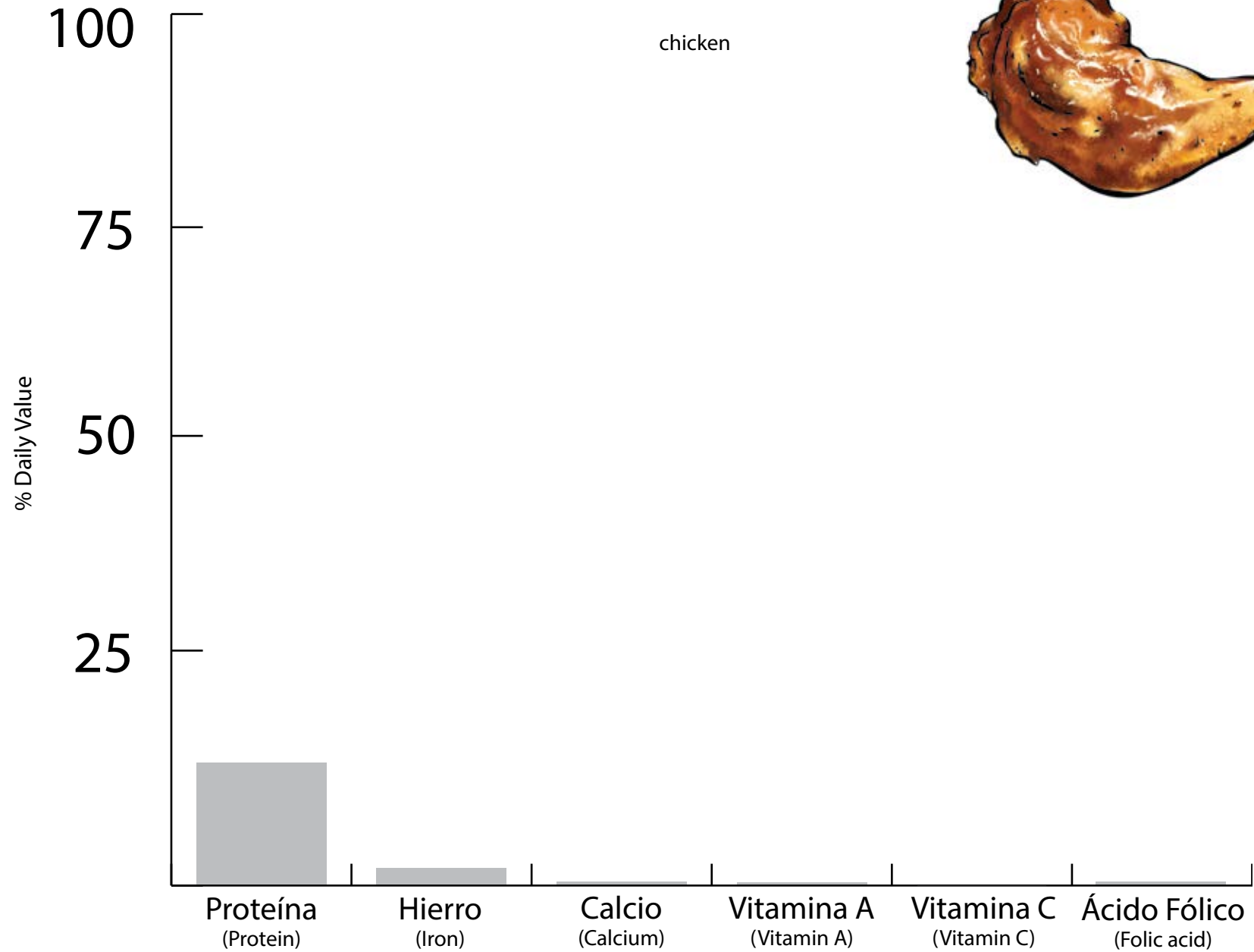
PLÁTANO

plantain



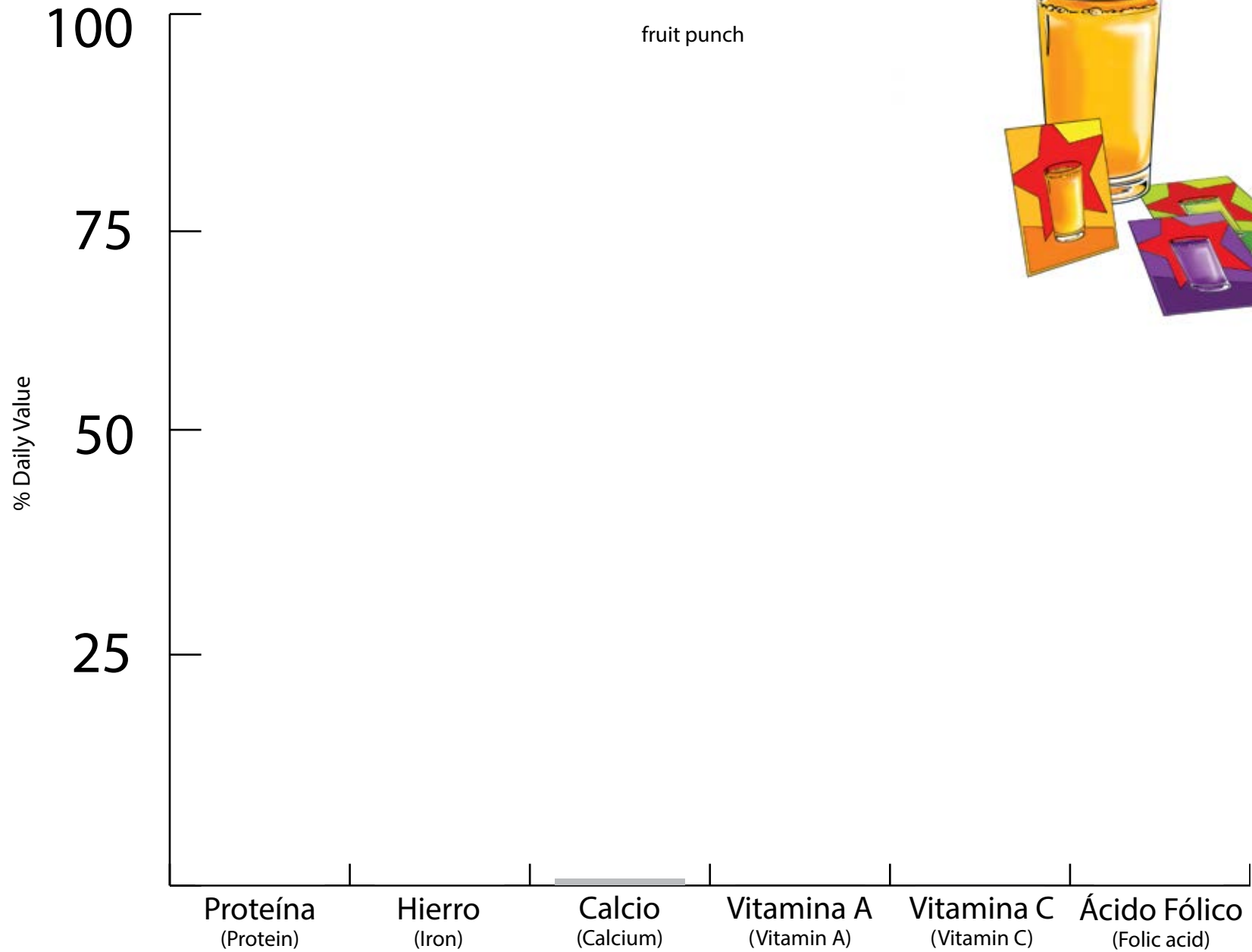
POLLO

chicken



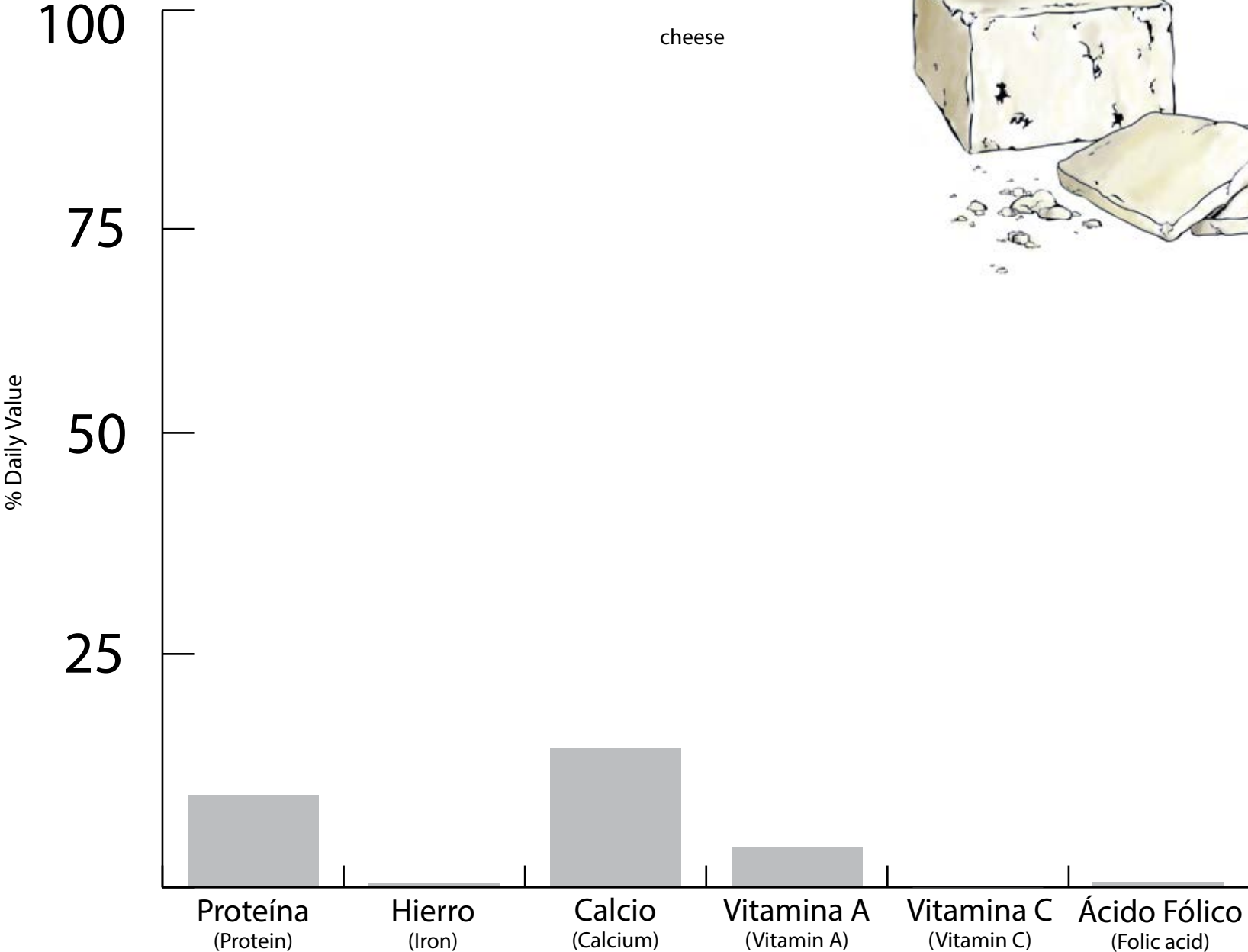
PONCHE DE FRUTAS

fruit punch



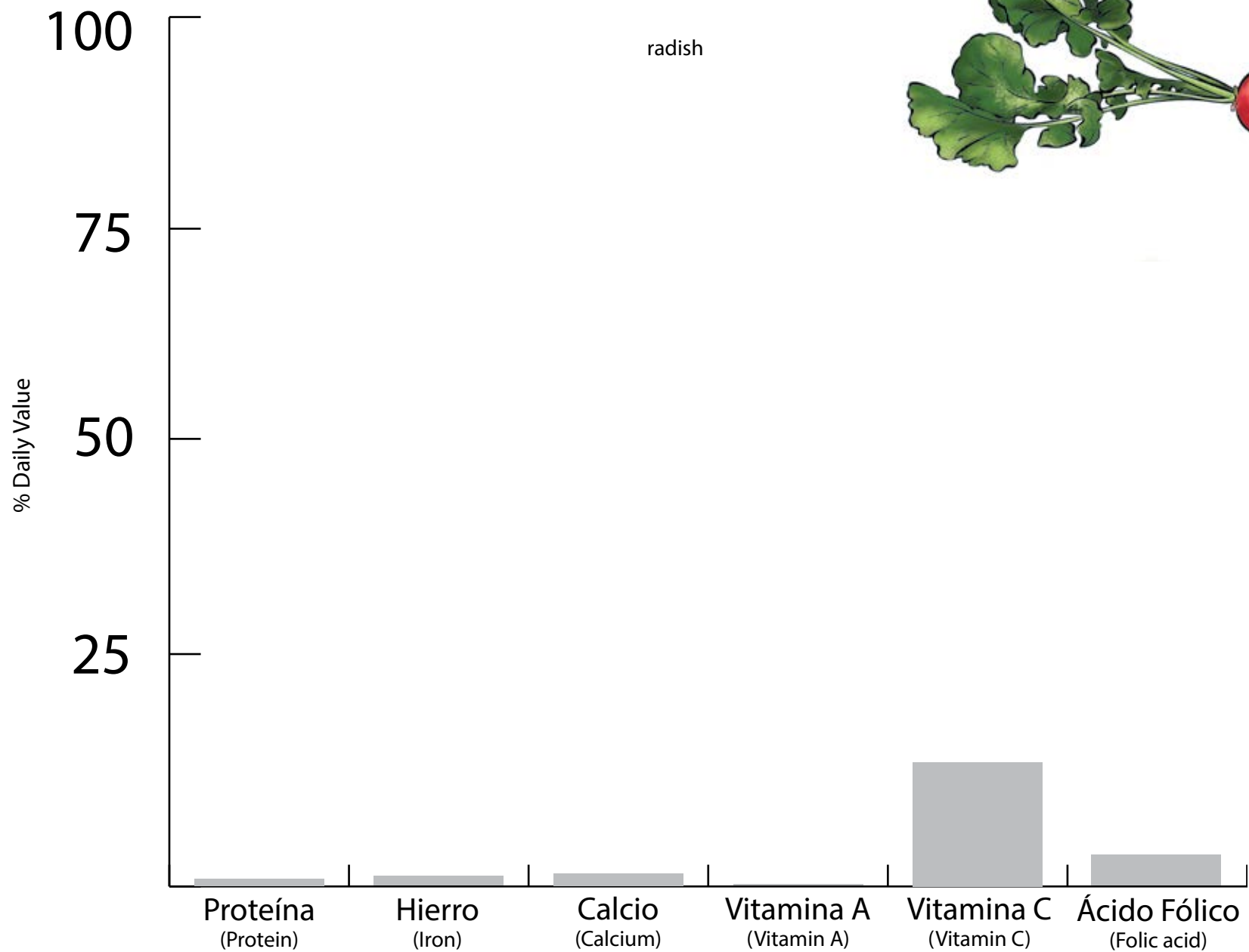
QUESO

cheese



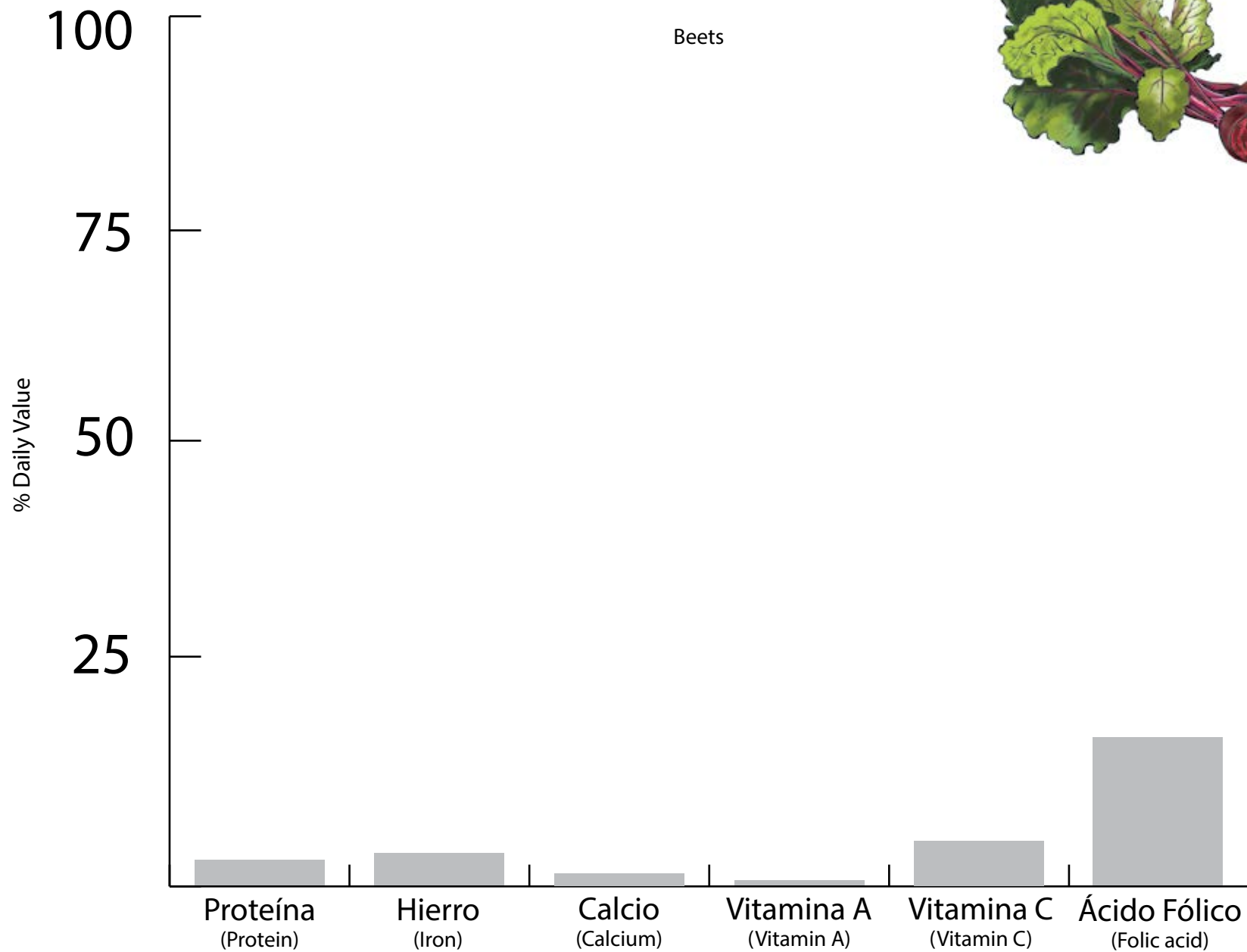
RÁBANO

radish



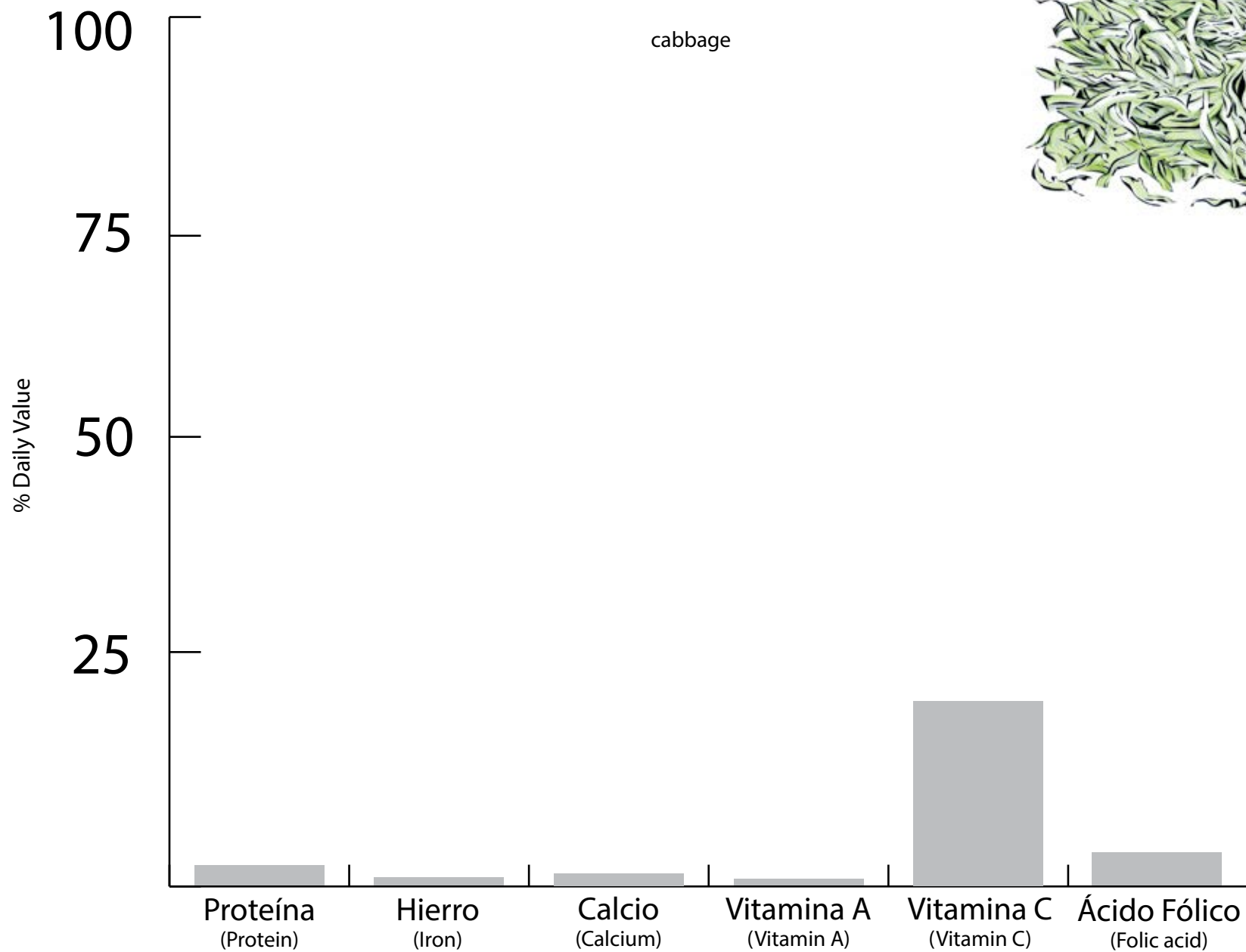
REMOLACHA

Beets



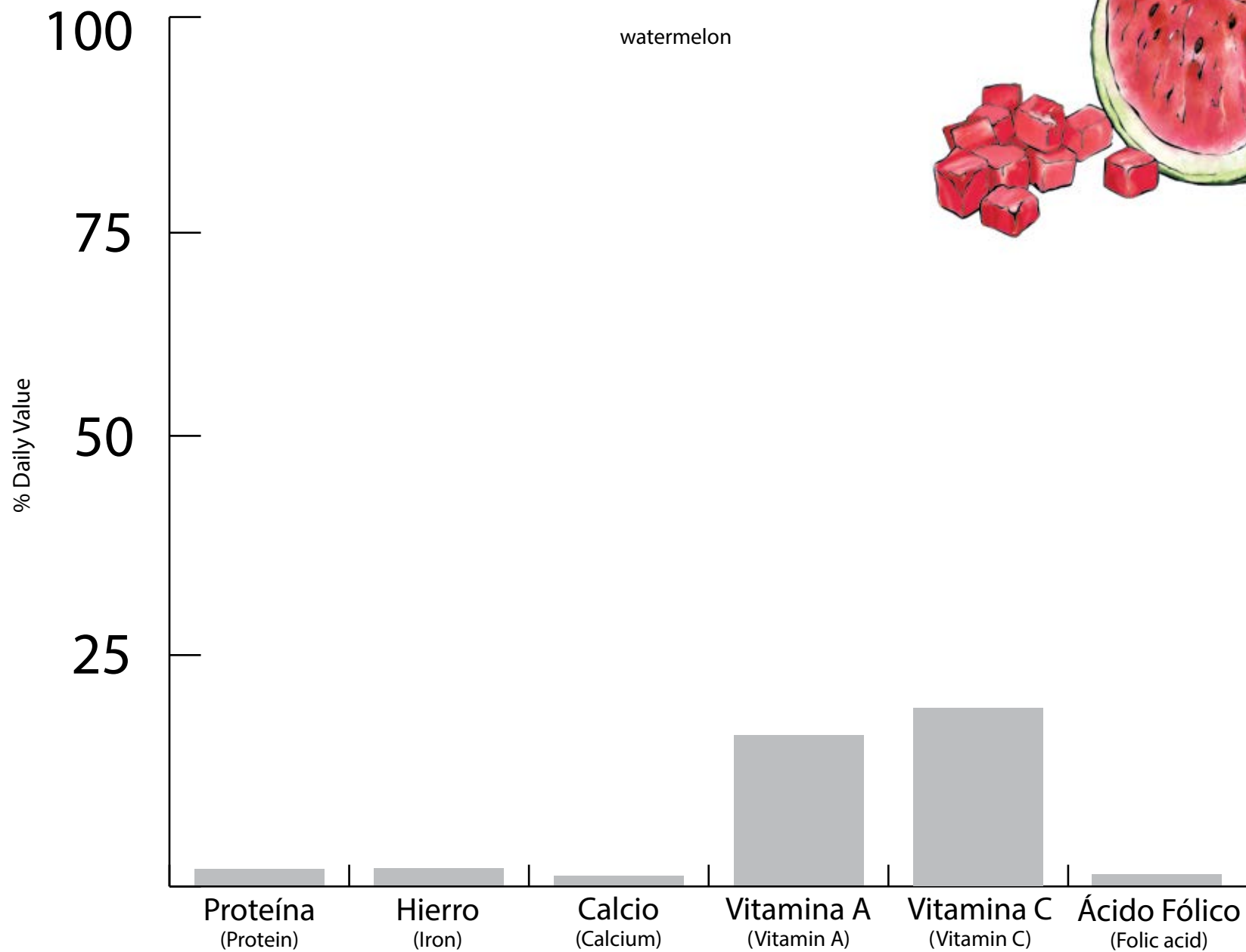
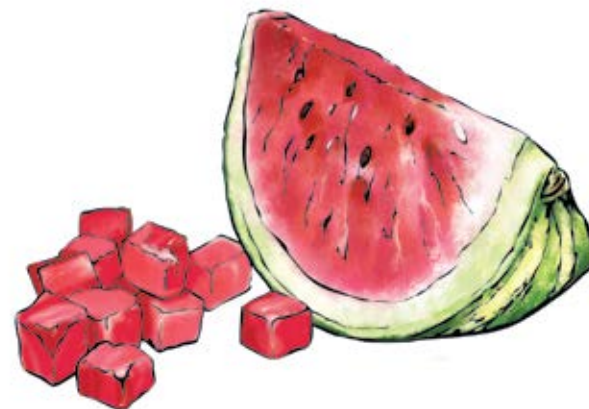
REPOLLO

cabbage



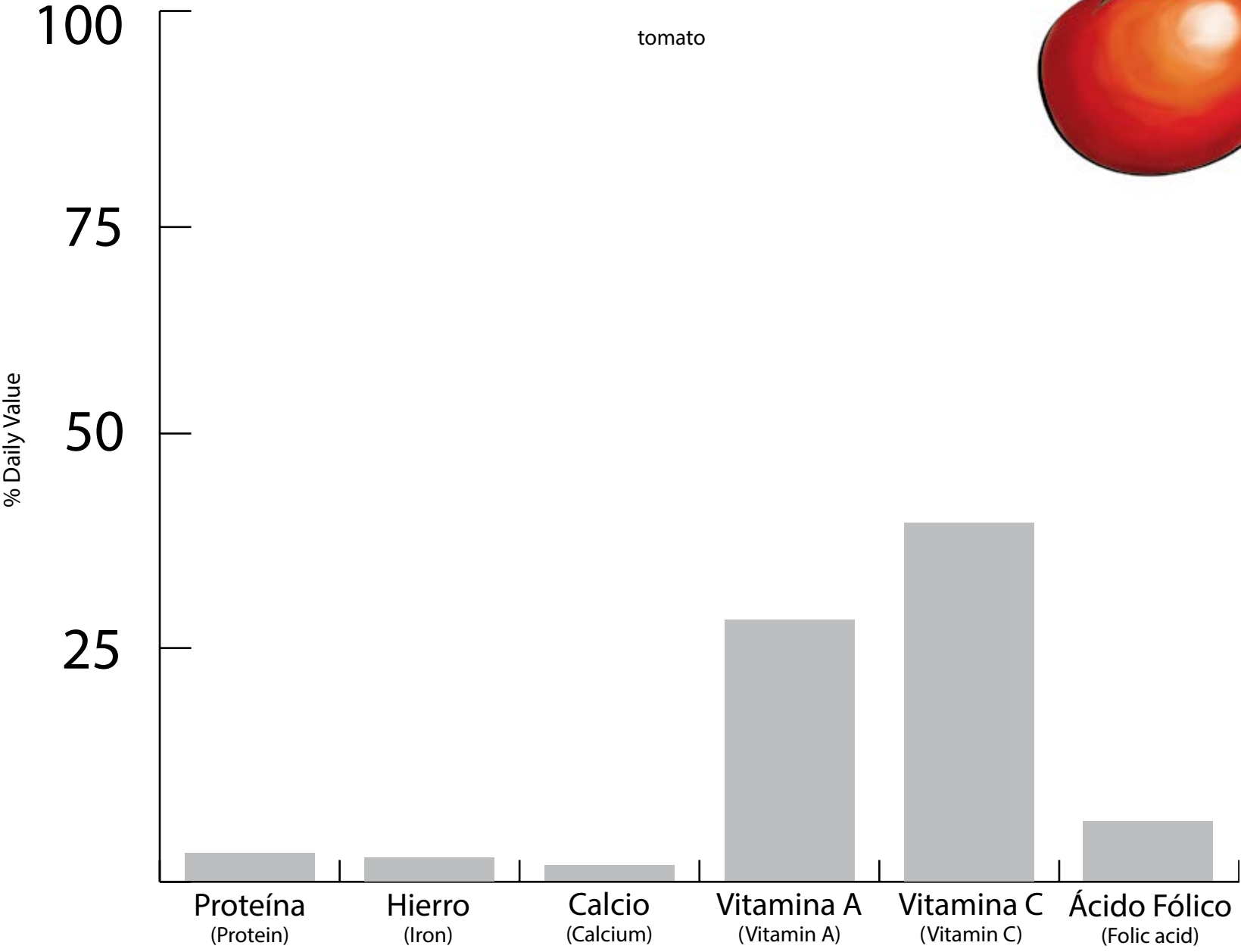
SANDÍA

watermelon



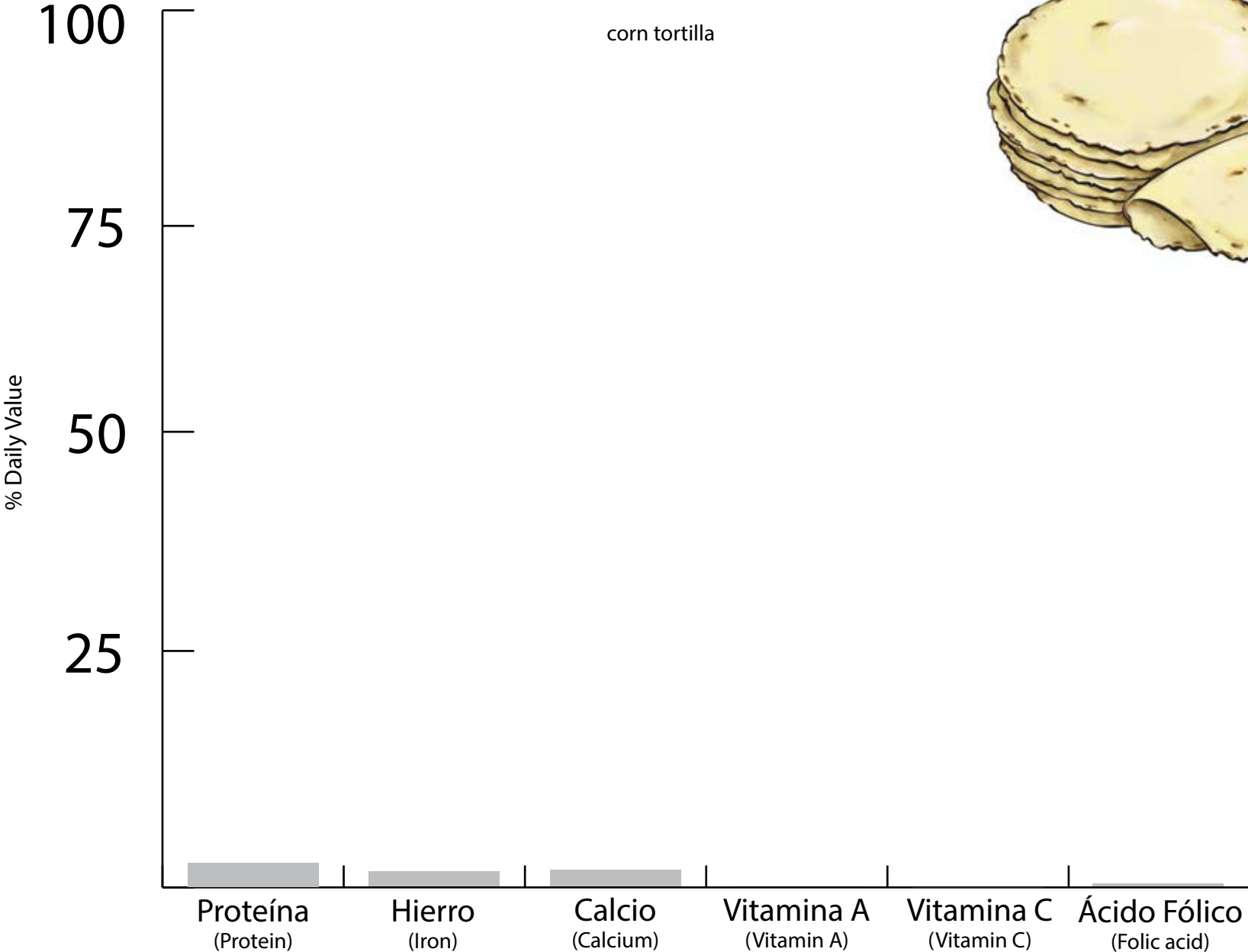
TOMATE

tomato



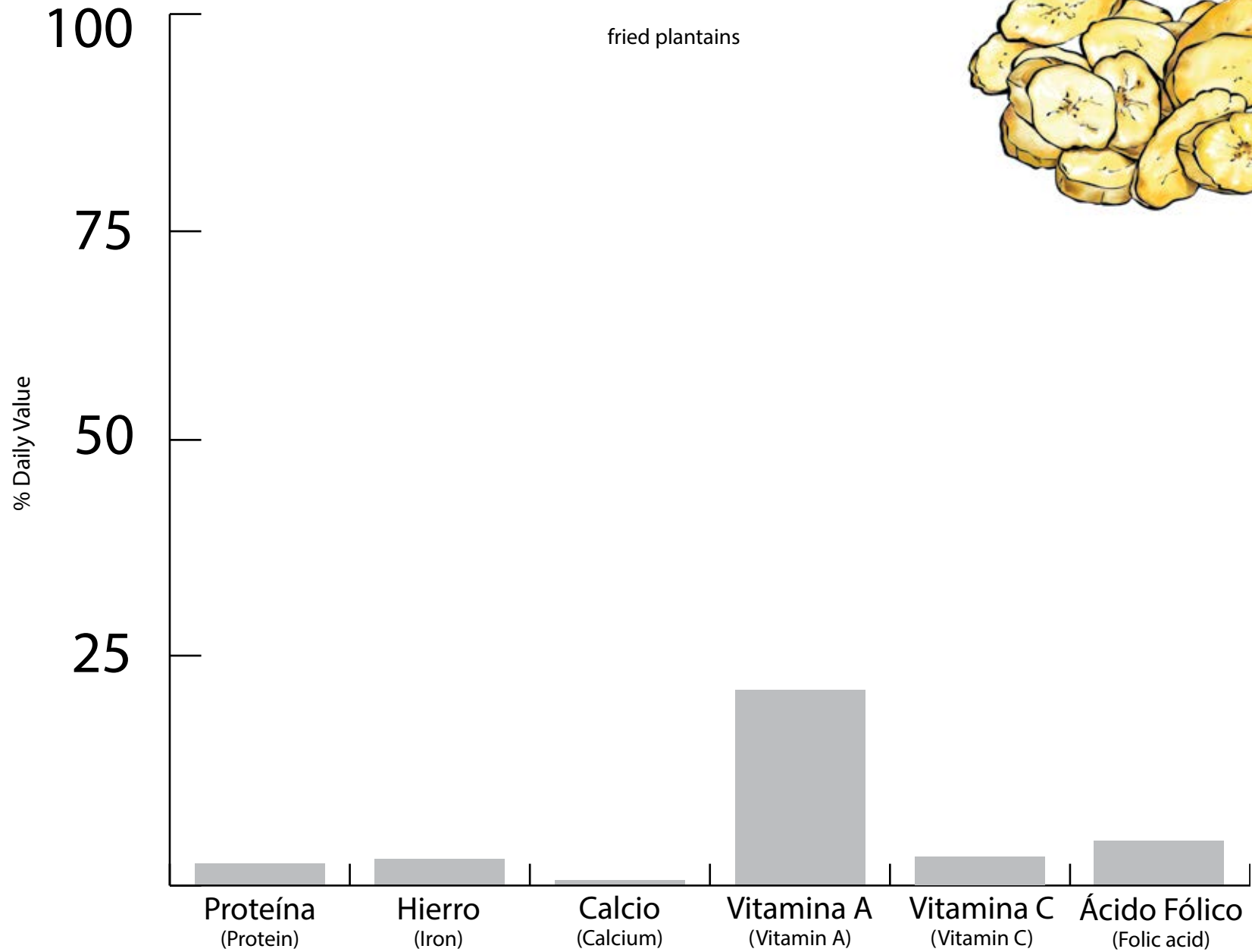
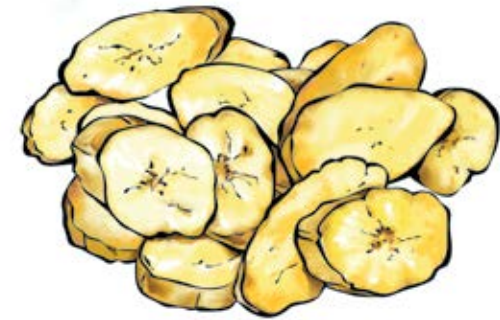
TORTILLA DE MAIZ

corn tortilla



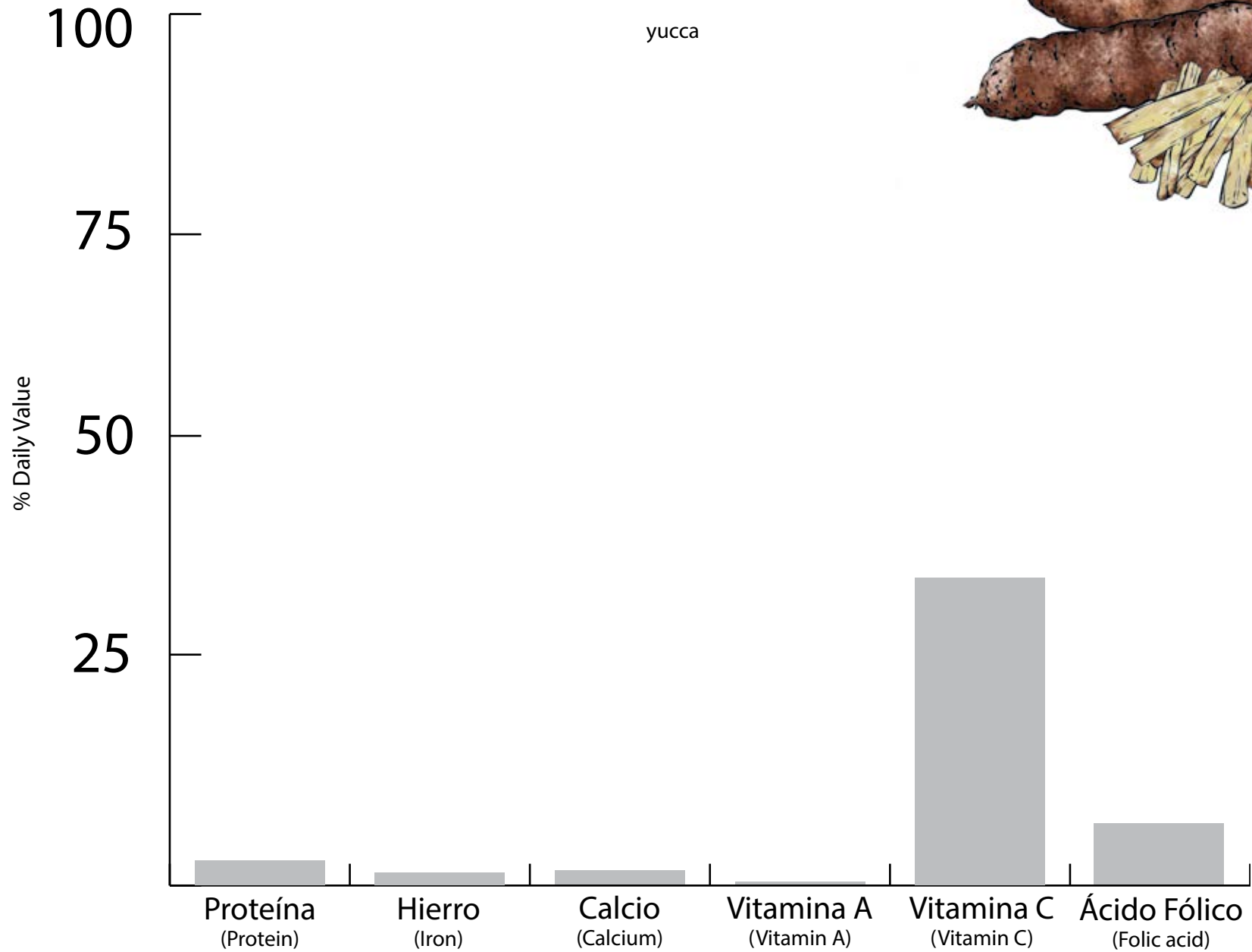
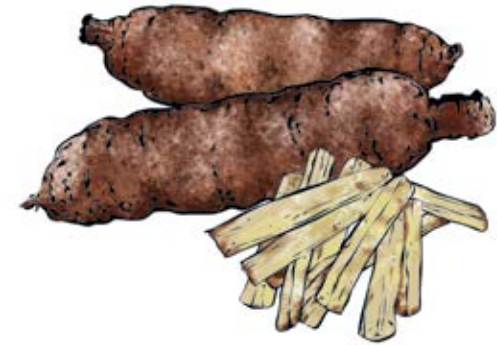
TOSTONES

fried plantains



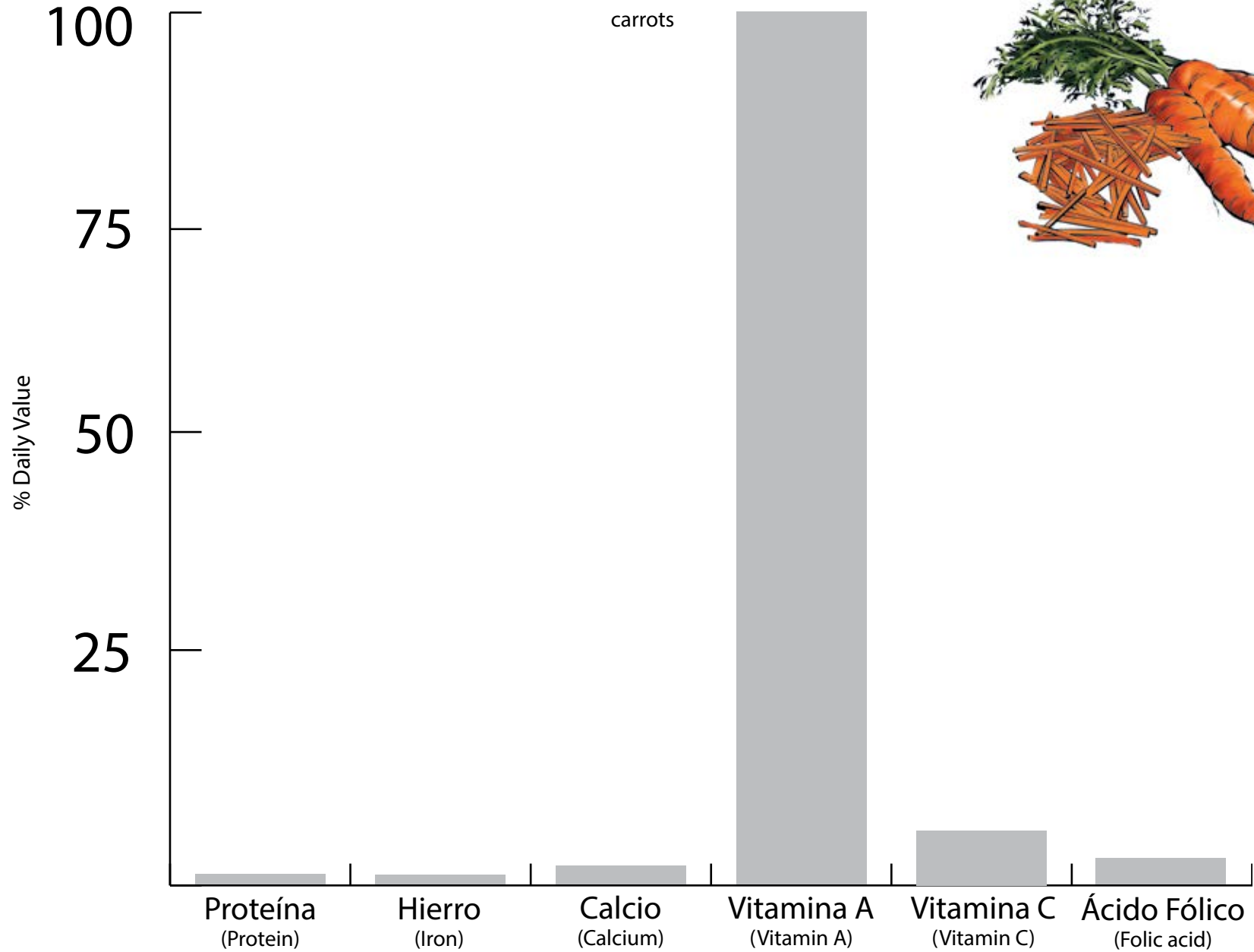
YUCA

yucca



ZANAHORIA

carrots



References

American Academy of Pediatrics Committee on Nutrition. Pediatric Nutrition. 7th Ed. Elk Grove Village, Ill: American Academy of Pediatrics; 2014: 1431.

Institute of Medicine. Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Washington, D.C.: The National Academies Press, 1997.

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Institute of Medicine. Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids. Washington, D.C.: The National Academies Press, 2000.

U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015.