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# educa dies

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7g de proteínas aprox. por porción bajo y moderado grasa

| P. ORIGEN ANIMAL | peso g | medida casera | CHO g |
|---|---|---|---|
| Atún | | 30 | 0 |
| Bistec de res | | 35 | 0 |
| Bola de ternera | | 25 | 0 |
| Camarón | 45 | 6 pzas | 0 |
| Carne molida de pollo | | 30 g | 0 |
| Cecina de cerdo | | 25 g | 0 |
| Charales | | 15 g | 0 |
| Escamoles | | 20 | 0 |
| Filete de pescado | | 45 g | 0 |
| Hígado | | 30 g | 0 |
| Jamón virginia | 36 | 2 rbns | 0 |
| Lomo o pierna cerdo | | 30 g | 0 |
| Maciza de res | | 25 g | 0 |
| Machaca | | 12 g | 0 |
| Pechuga de pollo | | 30 g | 0 |
| Pollo deshebrado | 38 | 1/4tza | 0 |
| Tampiqueña | 30 | 1/4 pza | 0 |
| Salchicha pavo | 45 | 1pza | 3 |
| Queso cottage | | 3cdas | 2 |
| Requesón | 36 | 3 cdas | 3 |
| Queso panela | | 40 g | 2 |
| Queso mozzarella | | 25 g | 0 |
| Queso oaxaca | | 30 g | 1 |
| Huevo | | 1pza | 0 |
| Clara de huevo | | 2pzas | 0 |
| Nugget pollo | 34 | 2 pzas | 5 |
| Peperami | 19 | 3/4 pza | 1 |

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## COMIDA RÁPIDA

| Mc donald's® | porciones equivalentes: cereal | leche | p. orig. animal | verdura | grasa | carbohidratos g |
|---|---|---|---|---|---|---|
| Hamburguesa c/queso | 2 | | 2 | | 3 | 36 |
| Big Mac MR | 3 | | 4 | | 6 | 50 |
| Mc Pollo MR | 3 | | 2 | | 4 | 41 |
| Hamb. Pechuga Grill | 2 | | 4 | | 2 | 36 |
| **Mc Nuggets MR 6 pzas** | 1 | | 2 | | 3 | 15 |
| Ens. Pechuga Grill | | | 3 | 2 | 1 | 0 |
| Ens. Pga Empanizada | 1 | | 3 | 2 | 3 | 22 |
| Papas a la francesa chicas | 2 | | | | 2 | 29 |
| Cono de Helado | 1 | | | | 1 | 18 |
| Sunday Chocolate | 3 | | | | 2 | 53 |
| **Domino's® (1/8 pizza)** | | | | | | |
| Hawaiana clásica | 2 | | 1 | | 2 | 30 |
| Hawaiana delgada | 1 | | 1 | | 2 | 15 |
| Pepperoni clásica | 2 | | 1 | | 2 | 30 |
| Pepperoni delgada | 1 | | 1 | | 2 | 15 |
| **Subway ®(sandwich 15cm)** | | | | | | |
| Jamón de Pavo | 3 | | 1 | 1 | 1 | 46 |
| Vegetales | 3 | | | 1 | | 44 |
| Albóndigas | 3 | | 2 | 1 | 2 | 47 |
| Pollo Teriyaki | 4 | | 2 | 1 | 1 | 59 |
| **Starbucks® (Grande con leche descremada)** | | | | | | |
| Caffe Latte | | 1.5 | | | | 19 |
| Cappuccino | | 1 | | | | 12 |
| Caffe Mocha sin crema batida | 1 | 1.5 | | | | 42 |
| Latte Vainilla | 1 | 1.5 | | | | 37 |
| **Varios** | | | | | | |
| Atole 1 taza 240ml | 1.5 | 0.5 | | | | 30 |
| 1 Chocolate Carlos V® | 1 | | | | 1 | 14 |
| 1 Concha Bimbo® | 2 | | | | 2 | 33 |
| 1 Cuernito Tia Rosa | 1 | | | | 1 | 22 |
| 1 Dona Bimbo® | 1 | | | | 1 | 14 |
| 1 Dona original Krispy Kreme® | 1 | | | | 2 | 22 |
| **Platillos** | | | | | | |
| 3 Tacos al pastor | 2 | | 1 | | 2 | 32 |
| 1 Gordita de requesón | 2 | | 1 | | 2 | 32 |
| 1 Sandwich jamón | 2 | | 1 | | 2 | 32 |
| 1 Sincronizada | 2 | | 1 | | 2 | 32 |
| 3 Tacos de canasta | 2 | | 1 | | 2 | 32 |
| 2 Tlacoyos | 2 | | 1 | | 2 | 32 |
| **Otros** | | | | | | |

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Fuentes: Marvén Lavorde Leticia y cols, Sistema Mexicano de Alimentos Equivalentes, 2da edición, México 2000. http://www.dominos.com/home/menu/nutrition.jsp http://www.krispykreme.com/nutrit2.html http://www.mcdonalds.com.mx • http://www.starbucks.com/retail/nutrition_beverages.asp • http://www.subway.com/applications/NutritionInfo • http://www.krispykreme.com/nutrit2.html

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Mi nombre es

Vivo con diabetes tipo: Tipo sangre:

En emergencia llamar a:

Tel:

Si me encuentras desorientado, actuando de manera inusual o inconsciente puedo estar sufriendo una baja de azúcar. Dame medio vaso de jugo o refresco con azúcar. Si estoy inconsciente llama a una ambulancia, 060 emergencias y dile que vivo con diabetes.

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PEGAR CON PESTAÑA "A"

PESTAÑA "A"

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| | | | |
|---|---|---|---|
| Kiwi | 114 | 1 1/2 pza | 17 |
| Mamey | 85 | 1/3 pza | 13 |
| Mandarina | 128 | 2 pzas | 15 |
| Mango manila | 145 | 1 pza | 16 |
| Manzana | 106 | 1 pza | 16 |
| Papaya | 112 | 2/3 tza | 11 |
| Pera | 83 | 1/2 pza | 10 |
| Piña picada | 117 | 3/4 tza | 14 |
| Plátano | 80 | 1/2 pza | 14 |
| Sandía picada | 160 | 1 tza | 11 |
| Uva verde | 100 | 20 pzas | 17 |

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20g carbohidratos + 8g proteínas aprox. por porción

| LEGUMINOSAS | peso g | medida casera | CHO g |
|---|---|---|---|
| Chícharo cocido | 100 | 1/2 tza | 22 |
| Frijol negro cdo | 100 | 1/2 tza | 23 |
| Frijol negro ref | 76 | 1/3 tza | 11 |
| Garbanzo cdo | 82 | 1/2 tza | 22 |
| Haba cocida | 38 | 1/4 tza | 24 |
| Hamburg. soya | 110 | 2 pzas | 18 |
| Lenteja cocida | 100 | 1/2 tza | 20 |

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12g carbohidratos + 9g proteina aprox. por porción

| LECHE | peso g | medida casera | CHO g |
|---|---|---|---|
| Leche de soya | 240 | 1 tza | 4 |
| Leche descrem. | 240 | 1 tza | 12 |
| Yogurt light nat | 160 | 2/3 tza | 14 |
| Yogurt lig. c/fruta | 180 | 3/4 tza | 17 |
| Jocoque | 180 | 3/4 tza | 12 |
| Leche sem. | 240 | 1 tza | 12 |
| Danonino® | 90 | 1 pza | 14 |
| Chocolate Abuelita® | 240 | 1/2 tza | 15 |

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4g carbohidratos aprox. por porción

| VERDURAS | peso g | medida casera | CHO g |
|---|---|---|---|
| Berengena coc. | 91 | 1 tza | 5 |
| Brócoli cocido | 92 | 1/2 tza | 5 |
| Calabacita coc. | 73 | 1/3 tza | 4 |
| Coliflor cocida | 75 | 1/2 tza | 4 |
| Cuitlacoche coc. | 66 | 1/3 tza | 4 |
| Champiñón crud | 70 | 1 tza | 0 |
| Chayote cocido | 80 | 1/2 tza | 0 |
| Ejotes | 125 | 1 tza | 4 |
| Espinaca cocida | 90 | 1/2 tza | 3 |
| Espinaca cruda | 112 | 2 tzas | 4 |
| Flor calabaza | 139 | 3/4 tza | 5 |
| Jícama picada | 50 | 1/2 tza | 5 |
| Jitomate bola | 123 | 1 pza | 4 |
| Jugo zanahoria | 60 | 1/4 tza | 6 |
| Nopal cocido | 150 | 1 tza | 5 |
| Pepino | 156 | 1 1/2 tza | 4 |
| Zanahoria rall. | 60 | 1/2 tza | 4 |

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| | cereal | fruta | legum. | leche | verdura | p.o.anim. | grasa |
|---|---|---|---|---|---|---|---|
| DESAYUNO | | | | | | | |
| colación | | | | | | | |
| COMIDA | | | | | | | |
| colación | | | | | | | |
| CENA | | | | | | | |
| colación | | | | | | | |

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15g carbohidratos aprox. por porción

| CEREALES | peso g | medida casera | CHO g |
|---|---|---|---|
| Arroz cocido | 58 | 1/3 tza | 16 |
| Avena cocida | 165 | 3/4 tza | 19 |
| Bagel | 24 | 1/3 pza | 12 |
| Bolillo | 20 | 1/3 pza | 13 |
| Bollo hamburg. | 25 | 1/3 pza | 12 |
| Corn Flakes | 30 | 3/4 tza | 26 |
| Elote entero | 210 | 3/4 pza | 17 |
| Elote granos | 75 | 1/2 tza | 16 |
| Espagueti cdo. | 47 | 1/3 tza | 13 |
| Fideo | 20 | 1/2 tza | 15 |
| Galletas marías | 20 | 4 pzas | 13 |
| Galletas saladas | 16 | 4 pzas | 11 |
| Granola | 18 | 3 cdas | 14 |
| Hot cake chico | 50 | 1pza | 13 |
| Maíz pozolero | 55 | 1/3 tza | 13 |
| Media noche | 22 | 1/2 pza | 10 |
| Palitos de pan | 18 | 3 pzas | 12 |
| Palomitas | 18 | 2 1/2 tzas | 14 |
| Pan interal | 25 | 1 rbn | 12 |
| Puré de papa | 70 | 1/3 tza | 12 |
| Tortilla harina | 25 | 1 pza | 12 |
| Tortilla maíz | 30 | 1 pza | 13 |
| Tostada | 24 | 2 pzas | 18 |
| CEREAL+ GRASA | 15g carb + 5g grasa | | |
| Barra granola | 30 | 1 pza | 16 |
| Cuernito | 28 | 1/2 pza | 11 |
| Papas fritas | 35 | 7 pzas | 11 |
| Tamal | 38 | 1/4 pza | 8 |

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15g carbohidratos aprox. por porción

| FRUTAS | peso g | medida casera | CHO g |
|---|---|---|---|
| Ciruelas | 106 | 3 pzas | 13 |
| Chabacano | 126 | 4 pzas | 14 |
| Chabac. deshid. | 25 | 7 pzas | 15 |
| Durazno | 153 | 2 pzas | 17 |
| Fresas | 190 | 1 tza | 13 |
| Gajos naranja | 150 | 1 tza | 17 |
| Guayaba | 83 | 2 pzas | 10 |
| Jugo naranja | 120 | 1/2 tza | 13 |

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