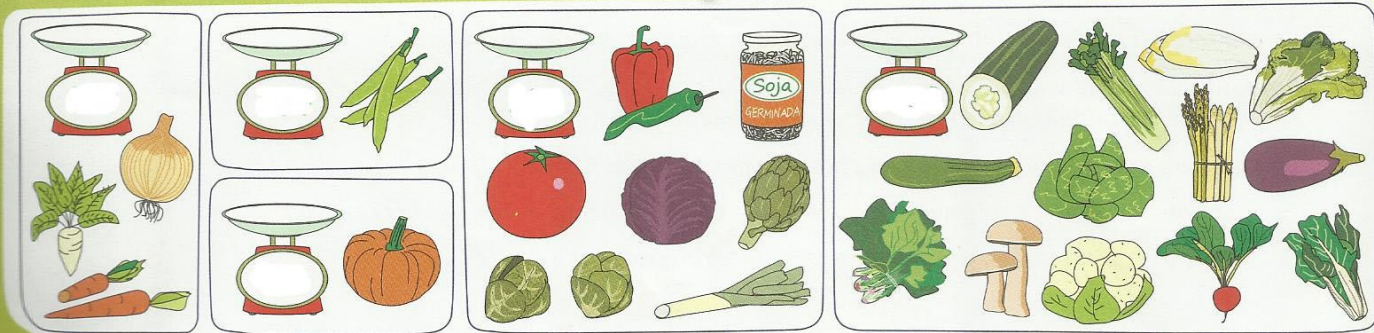
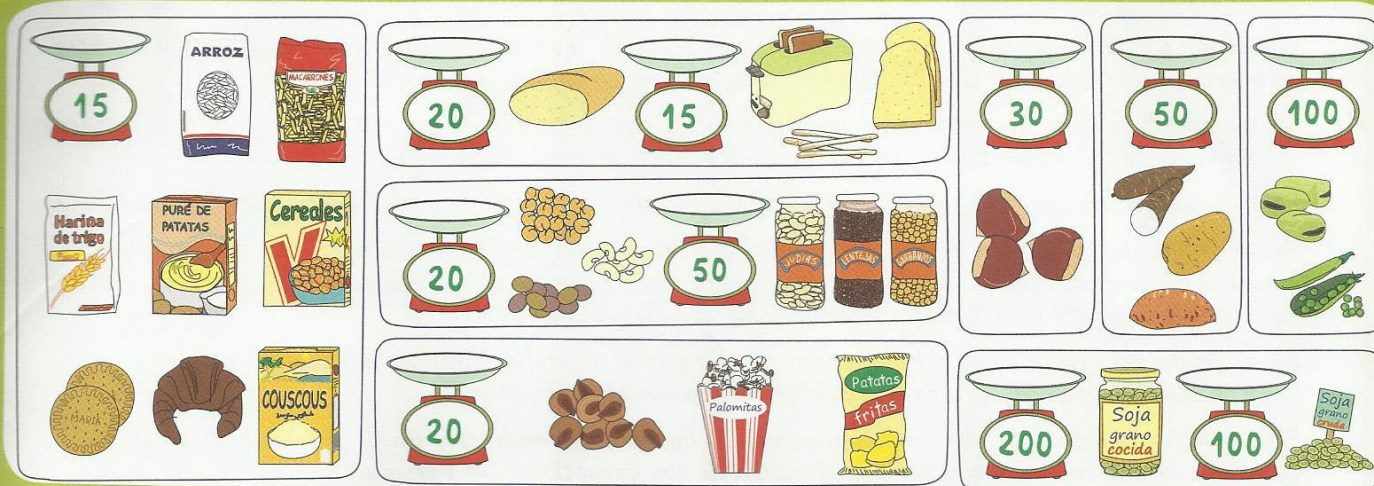


Tabla de equivalencias

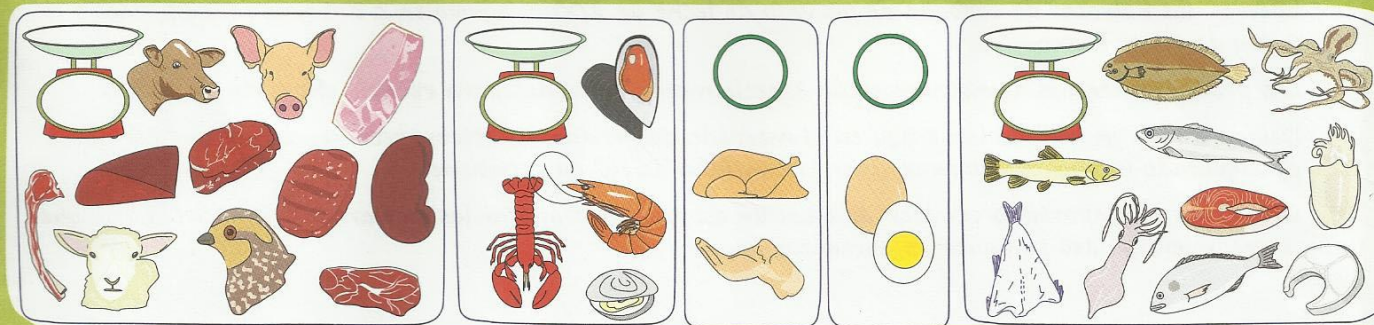
Verduras



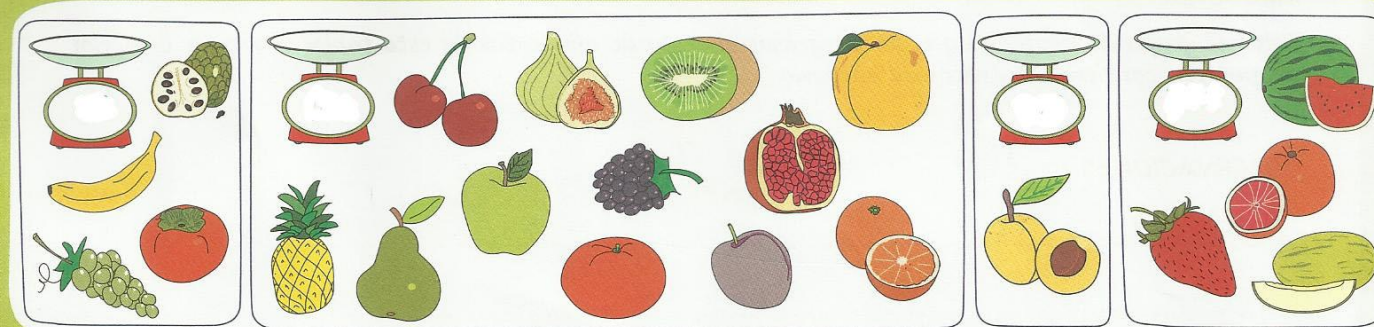
Farinosos



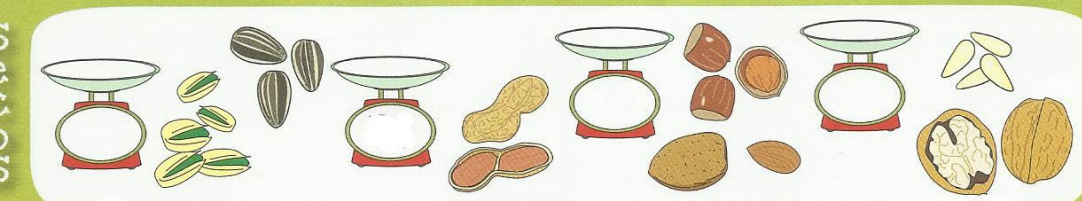
Proteicos



Frutas



Grasas
Lácteos



Cantidades de alimento equivalente a 1 ración (10g) de hidratos de carbono (HC).



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