Anexo 1: Actividad 3 “análisis cuantitativo” . Nombre:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Alimentos | Porción | Gramos | Energía (kcal) | Proteínas (g) | H de Carbono (g) | Lípidos (g) |
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