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# Análisis y evaluación de etiquetas de alimentos

*Ejercicio de práctica*

## Objetivo

*Determinar si un refrigerio es nutricionalmente adecuado a partir de la etiqueta de información nutricional.*

## Competencias del curso CCCS ECE 2051

9. Evaluar planes de comidas y menús para asegurar que las comidas y refrigerios sean nutricionalmente adecuados, según las políticas del programa y las necesidades especiales de los niños.

## Instrucciones

Imagine que dirige un centro de cuidado infantil para niños en edad preescolar. Su cocinera está pensando en cambiar algunos de los refrigerios que se ofrecen por la tarde. Le entregó la información nutricional de cuatro refrigerios diferentes y le pide que seleccione dos que quiera comenzar a ofrecer. Analice las etiquetas y decida cuáles son las dos mejores opciones nutricionales para los niños. Indique qué dos opciones seleccionó y por qué. Su respuesta debe tener entre 300 y 400 palabras. Tenga en cuenta lo siguiente al hacer su selección y redactar su justificación:

- Tamaño de las porciones
- Calorías
- Grasas (incluidas grasas saturadas y grasas trans)
- Fibra
- Azúcares (5 g de azúcar = aproximadamente 1 cucharadita)
- Proteína
- Contenido de vitaminas y otros nutrientes

Refrigerio A

| Nutrition Facts                                                                                                                     |           |                      |         |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|---------|
| Serving size 20g                                                                                                                    |           |                      |         |
| Servings Per Container 12                                                                                                           |           |                      |         |
| Amount per Serving                                                                                                                  |           |                      |         |
| Calories 100                                                                                                                        |           | Calories from Fat 45 |         |
| % Daily Value*                                                                                                                      |           |                      |         |
| Total Fat                                                                                                                           | 5g        |                      | 8%      |
| Saturated Fat                                                                                                                       | 3g        |                      | 15%     |
| Trans Fat                                                                                                                           | 0g        |                      |         |
| Cholesterol                                                                                                                         | 0mg       |                      | 0%      |
| Sodium                                                                                                                              | 65mg      |                      | 3%      |
| Total Carbohydrate                                                                                                                  | 13g       |                      | 4%      |
| Dietary Fibers                                                                                                                      | 0g        |                      | 0%      |
| Sugars                                                                                                                              | 10g       |                      |         |
| Protein                                                                                                                             | 1g        |                      |         |
| Vitamin A 0%                                                                                                                        |           | Calcium 2%           |         |
| Vitamin C 0%                                                                                                                        |           | Iron 2%              |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |                      |         |
|                                                                                                                                     | Calories  | 2,000                | 2,500   |
| Total Fat                                                                                                                           | Less than | 65g                  | 80g     |
| Sat Fat                                                                                                                             | Less than | 20g                  | 25g     |
| Cholesterol                                                                                                                         | Less than | 300mg                | 300mg   |
| Sodium                                                                                                                              | Less than | 2,400mg              | 2,400mg |
| Total Carbohydrate                                                                                                                  |           | 300g                 | 375g    |
| Dietary Fiber                                                                                                                       |           | 25g                  | 30g     |

Refrigerio B

| Nutrition Facts                                                                                                                     |           |                       |         |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------|---------|
| Serving size 28g                                                                                                                    |           |                       |         |
| Servings Per Container about 6                                                                                                      |           |                       |         |
| Amount per Serving                                                                                                                  |           |                       |         |
| Calories 170                                                                                                                        |           | Calories from Fat 130 |         |
| % Daily Value*                                                                                                                      |           |                       |         |
| <b>Total Fat</b>                                                                                                                    | 15g       |                       | 23%     |
| Saturated Fat                                                                                                                       | 1g        |                       | 5%      |
| Trans Fat                                                                                                                           | 0g        |                       |         |
| Monounsaturated Fat                                                                                                                 | 9g        |                       |         |
| <b>Cholesterol</b>                                                                                                                  | 0mg       |                       | 0%      |
| <b>Sodium</b>                                                                                                                       | 160mg     |                       | 7%      |
| <b>Total Carbohydrate</b>                                                                                                           | 6g        |                       | 2%      |
| Dietary Fibers                                                                                                                      | 3g        |                       | 12%     |
| Sugars                                                                                                                              | 2g        |                       |         |
| <b>Protein</b>                                                                                                                      | 6g        |                       |         |
| Vitamin A 0%                                                                                                                        |           | Calcium 6%            |         |
| Vitamin C 0%                                                                                                                        |           | Iron 6%               |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |                       |         |
|                                                                                                                                     | Calories  | 2,000                 | 2,500   |
| Total Fat                                                                                                                           | Less than | 65g                   | 80g     |
| Sat Fat                                                                                                                             | Less than | 20g                   | 25g     |
| Cholesterol                                                                                                                         | Less than | 300mg                 | 300mg   |
| Sodium                                                                                                                              | Less than | 2,400mg               | 2,400mg |
| Total Carbohydrate                                                                                                                  |           | 300g                  | 375g    |
| Dietary Fiber                                                                                                                       |           | 25g                   | 30g     |

Refrigerio C

| Nutrition Facts                                                                                                                     |           |                      |         |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|---------|
| Serving size 16g                                                                                                                    |           |                      |         |
| Servings Per Container about 28                                                                                                     |           |                      |         |
| Amount per Serving                                                                                                                  |           |                      |         |
| Calories 80                                                                                                                         |           | Calories from Fat 40 |         |
| % Daily Value*                                                                                                                      |           |                      |         |
| Total Fat                                                                                                                           | 4.5g      |                      | 7%      |
| Saturated Fat                                                                                                                       | 1g        |                      | 5%      |
| Trans Fat                                                                                                                           | 0g        |                      |         |
| Cholesterol                                                                                                                         | 0mg       |                      | 0%      |
| Sodium                                                                                                                              | 135mg     |                      | 6%      |
| Total Carbohydrate                                                                                                                  | 10g       |                      | 3%      |
| Dietary Fibers                                                                                                                      | 0g        |                      | 0%      |
| Sugars                                                                                                                              | 1g        |                      |         |
| Protein                                                                                                                             | 1g        |                      |         |
| Vitamin A 0%                                                                                                                        |           | Calcium 2%           |         |
| Vitamin C 0%                                                                                                                        |           | Iron 2%              |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |                      |         |
|                                                                                                                                     | Calories  | 2,000                | 2,500   |
| Total Fat                                                                                                                           | Less than | 65g                  | 80g     |
| Sat Fat                                                                                                                             | Less than | 20g                  | 25g     |
| Cholesterol                                                                                                                         | Less than | 300mg                | 300mg   |
| Sodium                                                                                                                              | Less than | 2,400mg              | 2,400mg |
| Total Carbohydrate                                                                                                                  |           | 300g                 | 375g    |
| Dietary Fiber                                                                                                                       |           | 25g                  | 30g     |

Refrigerio D

| Nutrition Facts                                                                                                                     |           |                      |         |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|---------|
| Serving size 30g                                                                                                                    |           |                      |         |
| Servings Per Container about 12                                                                                                     |           |                      |         |
| Amount per Serving                                                                                                                  |           |                      |         |
| Calories 130                                                                                                                        |           | Calories from Fat 45 |         |
| % Daily Value*                                                                                                                      |           |                      |         |
| Total Fat                                                                                                                           | 5g        |                      | 8%      |
| Saturated Fat                                                                                                                       | 1g        |                      | 5%      |
| Cholesterol                                                                                                                         | 0mg       |                      | 0%      |
| Sodium                                                                                                                              | 360mg     |                      | 15%     |
| Total Carbohydrate                                                                                                                  | 21g       |                      | 7%      |
| Dietary Fibers                                                                                                                      | 1g        |                      | 4%      |
| Sugars                                                                                                                              | 2g        |                      |         |
| Protein                                                                                                                             | 2g        |                      |         |
| Vitamin A 0%                                                                                                                        |           | Calcium 0%           |         |
| Vitamin C 0%                                                                                                                        |           | Iron 6%              |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |                      |         |
| Calories                                                                                                                            |           | 2,000                | 2,500   |
| Total Fat                                                                                                                           | Less than | 65g                  | 80g     |
| Sat Fat                                                                                                                             | Less than | 20g                  | 25g     |
| Cholesterol                                                                                                                         | Less than | 300mg                | 300mg   |
| Sodium                                                                                                                              | Less than | 2,400mg              | 2,400mg |
| Total Carbohydrate                                                                                                                  |           | 300g                 | 375g    |
| Dietary Fiber                                                                                                                       |           | 25g                  | 30g     |