**Anexos**

**Anexo 1**

**VALORES DIARIOS DE REFERENCIA DE NUTRIENTES (VDR) DE DECLARACION OBLIGATORIA (1)**

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| Valor Energético | 2000 kcal — 8400 kJ |
| Carbohidratos |  300 gramos |
| Proteínas | 75 gramos |
| Grasas Totales | 55 gramos |
| Grasas Saturadas | 22 gramos |
| Fibra Alimentaria | 25 gramos |
| Sodio | 2400 miligramos |

**VALORES DE INGESTA DIARIA RECOMENDADA DE NUTRIENTES (IDR) DE DECLARACION VOLUNTARIA: VITAMINAS Y MINERALES:**

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| VITAMINA A (2) | 600 µg |
| VITAMINA D (2) |  5 µg |
| VITAMINA C (2) | 45 mg |
| VITAMINA E (2) | 10 mg |
| TIAMINA (2) | 1,2 mg |
| RIBOFLAVINA (2) | 1,3 mg |
| NIACINA (2) | 16 mg |
| VITAMINA B6 (2) | 1,3 mg |
| ACIDO FOLICO (2) | 400 µg |
| VITAMINA B12 (2) | 2,4 µg |
| BIOTINA (2) | 30 µg |
| ACIDO PANTOTENICO (2) | 5 mg |
| CALCIO (2) | 1000 mg |
| HIERRO (2) | 14 mg |
| MAGNESIO (2) | 260 mg |
| ZINC (2) | 7 mg |
| YODO (2) | 130 µg |
| VITAMINA K (2) | 65 µg |
| FOSFORO (3) | 700 mg |
| FLUOR (3) | 4 mg |
| COBRE (3) | 900 µg |
| SELENIO (2) | 34 µg |
| MOLIBDENO (3) | 45 µg |
| CROMO (3) | 35 µg |
| MANGANESO (3) | 2,3 mg |
| COLINA (3) | 550 mg |

1. FAO/OMS – Diet, Nutrition and Prevention of Chronic Diseases . WHO Technical Report Series 916 Geneva, 2003
2. Human Vitamin and Mineral Requirements , Report 07º Joint FAO/OMS Expert Consultation Bangkok , Thailand , 2001
3. Dietary Reference Intake , Food and Nutrition Broad , Institute of Medicine 1999-2001

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