

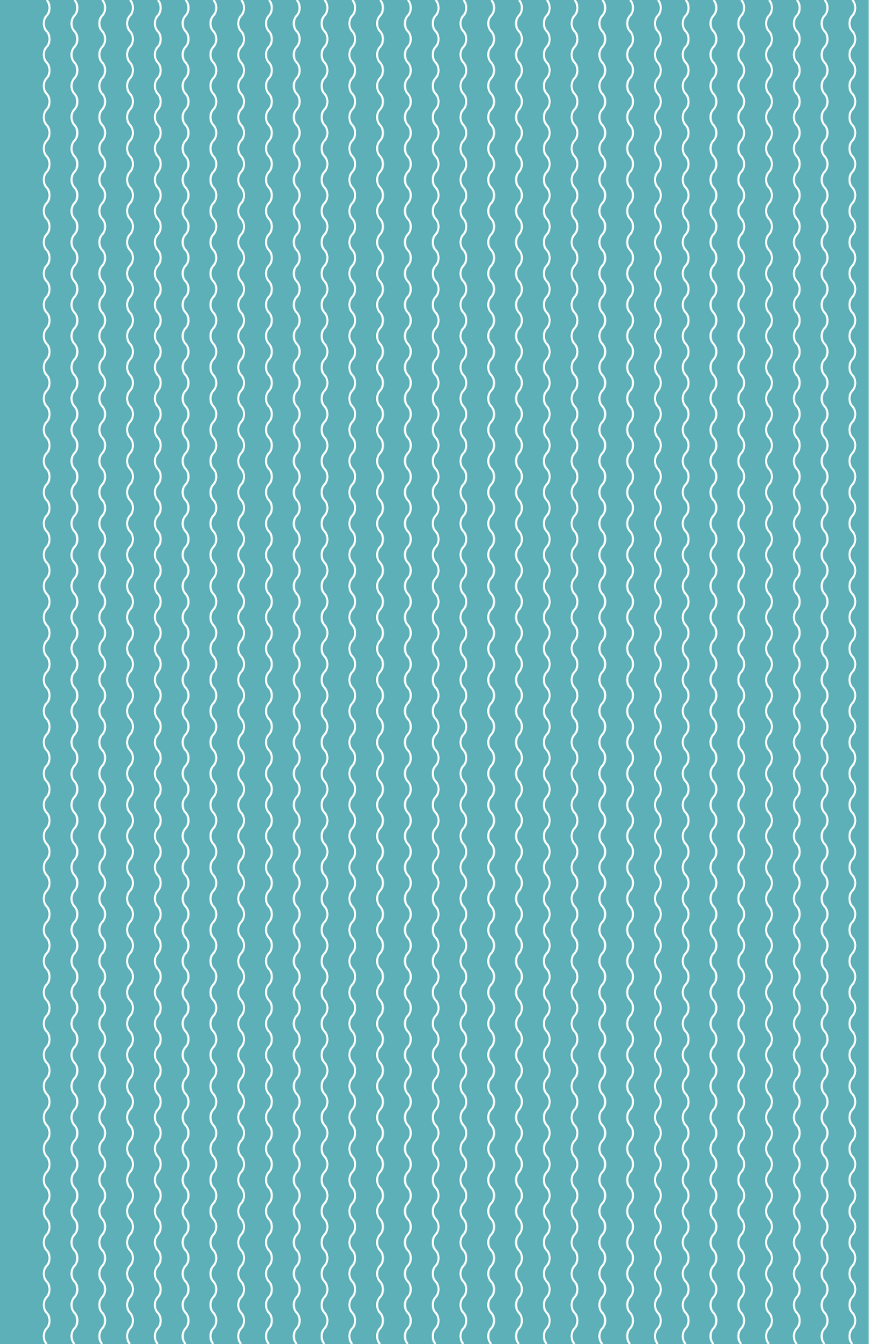
PDF DE  
ACOMPañAMIENTO  
AL AUDIOLIBRO:

Dr. Carlos Jaramillo

# EL MILAGRO

**Aliméntese bien, controle  
su peso y convierta su  
cuerpo en su mejor aliado**

# METABÓLICO



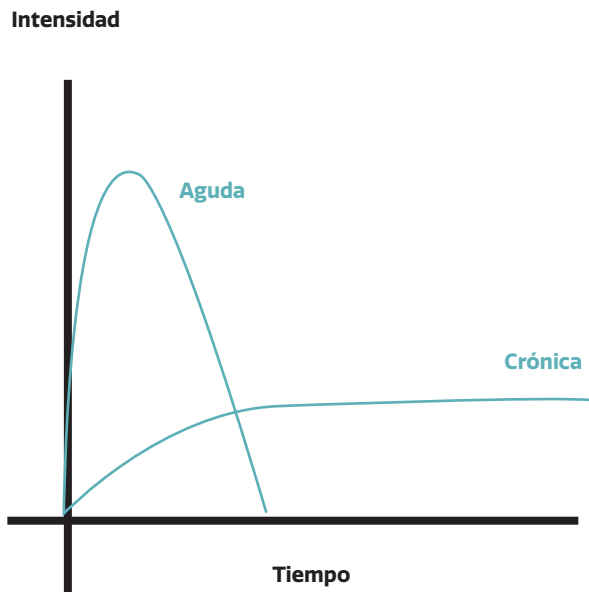
# Introducción

Acá encontrará los gráficos que acompañan el audiolibro, que le ayudarán a entender mejor el texto que escuchará a continuación y que hacen parte de la versión impresa y digital de este título. En el audio se le indicará el momento en que deba ver cada uno, para complementar la información.

## Gráfico 1

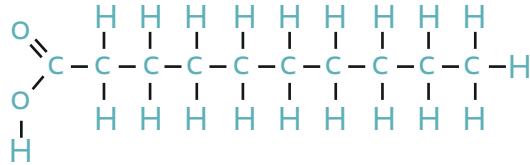


## Gráfico 2

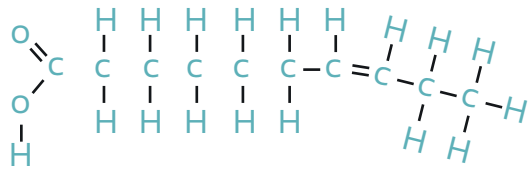


## Gráfico 3

### Saturado



### Insaturado



## Gráfico 4

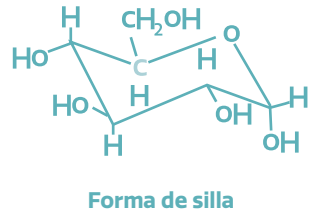
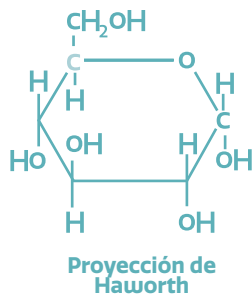
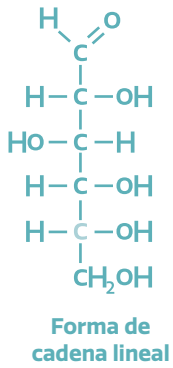


Tabla 1

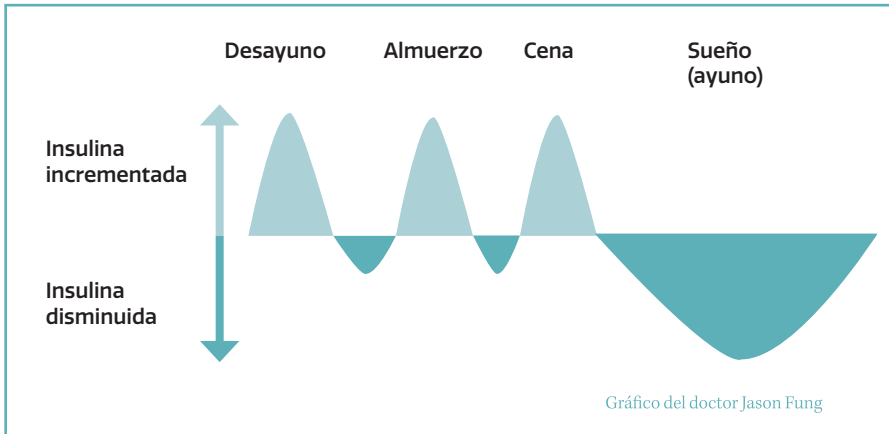
<b>CARNES</b>	
Carne de res (170 gramos)	54 gramos
Pavo, pechuga (170 gramos)	51,4 gramos
Chuleta de cerdo (170 gramos)	49 gramos
Pavo, carne oscura (170 gramos)	48,6 gramos
Hamburguesa (170 gramos)	48,6 gramos
Pollo, carne oscura (170 gramos)	47,2 gramos
Atún (170 gramos)	40,1 gramos
Bistec asado (170 gramos)	38,6 gramos
Pollo, pechuga (170 gramos)	37,8 gramos
Jamón (170 gramos)	35,4 gramos
Salmón (170 gramos)	33,6 gramos

<b>LÁCTEOS / HUEVOS</b>	
Requesón (1 taza)	28,1 gramos
Yogur bajo en grasa (1 taza)	10,7 gramos
Leche descremada (1 taza)	8,3 gramos
Leche entera (1 taza)	8 gramos
Queso amarillo (28 gramos)	7 gramos
Leche de soya (177 mililitros)	6,7 gramos
Huevos (1 grande)	46,3 gramos

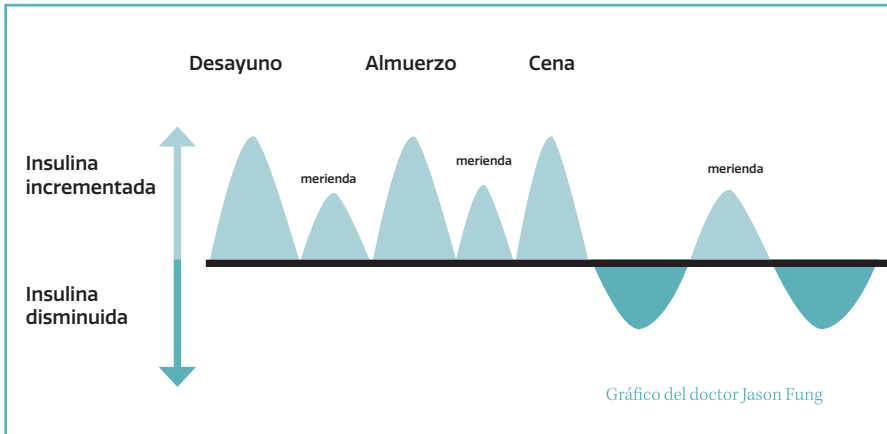
<b>SUSTITUTOS DE LA CARNE, GRANOS, LEGUMBRES Y NUECES</b>	
Hamburguesa de vegetales (170 gramos)	51,4 gramos
Tofu (170 gramos)	13,8 gramos
Mantequilla de maní (2 cucharadas)	8,1 gramos
Mantequilla de almendra (2 cucharadas)	7 gramos
Lentejas (½ taza)	9 gramos
Guisantes (½ taza)	8,1 gramos
Frijoles (½ taza)	7,6 gramos
Semillas de ajonjolí (28 gramos)	7,5 gramos
Caraotas (½ taza)	7,5 gramos
Garbanzos (½ taza)	7,3 gramos
Arvejas (½ taza)	4,1 gramos



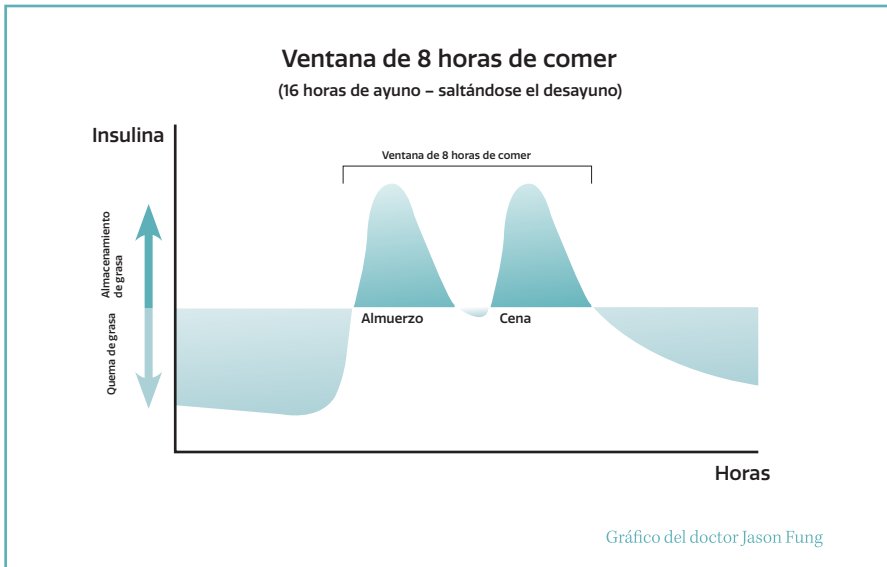
## Gráfico 5

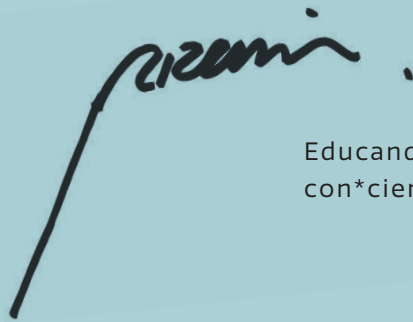


## Gráfico 6



## Gráfico 7



A handwritten signature in black ink, appearing to read 'Marta', is positioned on the left side of a light blue rectangular area. The signature is fluid and cursive, with a long, sweeping underline that extends downwards and to the left.

Educando  
con\*ciencia

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## Primera parte El problema metabólico

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## Segunda parte Los mitos metabólicos

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#### Los alimentos

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