

FORMATO DE SOLICITUD DE PRÉSTAMO DE **REPLICAS DE ALIMENTOS**
LABORATORIO DE EVALUACIÓN DEL ESTADO DE NUTRICIÓN

SOLICITANTE: _____ SEMESTRE Y LICENCIATURA: _____ TEL/CEL: _____
FECHA SOLICITUD: _____ FECHA DEVOLUCION: _____ E-MAIL: _____ **TOTAL DE REPLICAS** _____

CANTIDAD	DESCRIPCION	CLAVE	ENTREGA	DEVOLUCIÓN
	FRUTAS Y VERDURAS			
	DURAZNOS ENTEROS (PEACH, WHOLE, FRESH, 2 ¾" DIAMETER, 114 GRAMS)	WA9748		
	DURAZNOS EN MITAD (PEACHES, CANNED, 2 HALVES)	W5654		
	PLATANOS ENTEROS (BANANA, WHOLE, W/O SKIN)	WA00749		
	PLATANOS EN MITAD (BANANA, HALF, 50 GRAMS)	W06712 WA863		
	ENSALADA PLATO (TOSSED SALAD, 2/3 to 1 CUP)	W07364		
	MELONES EN REBADAS (CANTALOUPE, ¼ SMALL, 11 OUNCES)	WA03488		
	ESPÁRRAGO (ASPARAGUS, ½ CUP)	W06683		
	BROCOLI (BROCCOLI, ½ CUP)	W05765		
	COLIFLOR (CAULIFLOWER, ½ CUP, COOKED)	W07367		
	CIRUELAS PASAS (PRUNES, COGED, 3 MEDIUM)	WA09747		
	ZANAHORIAS (RAW CARROT STICKS, 2 STICKS, ¼ CUP)	W5764 (WA23612)		
	ZANAHORIAS EN RODAJAS (CARROTS, ½ CUP, COOKED)	W05650		
	ESPINACAS (SPINACH, ½ CUP, COOKED)	W05827		
	NARANJAS PELADAS (ORANGE, SMALL, NAVEL, PEELED)	W05829		
	PASITAS (RAISINS, 15 GRAMS, ABOUT 2 TABLESPOONS)	W06685		
	REMOLACHAS (BEETS, COGED OR CANNED, ½ CUP)	W05651		
	FRESAS (6 PZAS C/PAQ) (STRAWBERRIES, 6)	W6357		
	TORONJAS A LA MITAD (GRAPEFRUIT, HALF, GOLDEN)	W06635		
	PIÑA REBANADAS (PINEAPPLE SLICES, 80 GRAMS)	W06633		
	LECHUGAS LEAF LETTUCE, LARGE LEAF	W05652		
	PURE MANZANA PLATO (APPLESAUCE, CANNED, ½ CUP)	W07402		
	PURÉ DE TOMATE CUCHARA (DRESSING, FRENCH, 1 TABLESPOON IN MEASURING SPOON)	W06688		
	JUGO DE TOMATE VASO (TOMATO JUICE, 4 OUNCE GLASS)	W06356		
	JUGO DE JAMAICA VASO (GRAPE JUICE, 6 OUNCE)	WA16046		
	JUGO DE NARANJA VASO (ORANGE JUICE, 6 OUNCE GLASS)	WA16047		
	SOPA DE VERDURA 1 TAZA (VEGETABLE SOUP, 1 CUP)	W07386		
	CHICHAROS (PEAS, FROZEN, 1/2 CUP)	W5647		

<i>CANTIDAD</i>	<i>DESCRIPCION</i>	<i>CLAVE</i>	<i>ENTREGA</i>	<i>DEVOLUCION</i>
	LEGUMINOSAS Y ALIMENTOS DE ORIGEN ANIMAL			
	FRIJOL EN GRANO (BAKED BEANS, 1/3 CUP, NO PORK)	WA18150		
	FRIJOLES REFRITOS REFRIED BEANS, ½ CUP	WA00863		
	EJOTES (GREEN BEANS, COOKED OR CANNED ½ CUP)	W05646		
	CARNE DE HAMBURGUESA (HAMBURGER/BEEF PATTY, BROILED, 3 OZ, 85 GRS, 85% LEAN)	WA12532		
	CARNE DE HAMBURGUESA (HAMBURGER, 4 OZ, FREÍD)	W5771		
	HUEVOS EN MITAD (HARD-COOKED EGG, ½)	W5768		
	HUEVOS ESTRELLADOS FREÍD EGG, SUNNY-SIDE UP	W5656		
	TROZO DE CARNE HADDOCK, 3 OUNCES, BROILED, SQUARE	W05774		
	CHULETA DE PUERCO 85 GRS. PORK CHOP, LOIN, COGED	WA12533		
	CHULETA PUERCO FRITA PORK CHOP, FREÍD, 3 ½ OZ, THICK CUT BONE	W5642		
	CHULETA FRITA 227 GRS. STEAK, STRIP, FREÍD, 8 OZ	W5641		
	BEEF ROAST	W5770		
	LOMO DE PUERCO DE 3 PZAS C/PAQ. EYE OF ROUND ROAST, COGED, 3 OUNCES	WA12531		
	TOCINOS BACON, 2 SLICES, FREÍD, 10 GRAMS	W5773		
	CARNE CRUDA STEAK, SIRLOIN	W07399		
	CAMARONES SHRIMP, 1 OUNCE, 4 SHRIMP, BOILED	W5775		
	LECHE 1 VASO SKIM MILK, 8 OUNCE GLASS	W06354		
	PECHUGAS DE POLLO CHICKEN THIGH, 3 OUNCES, FREÍD	W5819		
	MUSLO DE POLLO CHICKEN BREAST, 3 OUNCE, FREÍD	W5818		
	PIERNA DE POLLO CHICKEN LEG, DRUMSTICK, 3 OUNCES, FRIED	W5817		
	QUESO AMARILLO AMERICAN CHEESE SLICE, 1 OUNCE	W6634		
	QUESO MANCHEGO SWISS CHEESE SLICE, 1 OUNCE	W5776		
	QUESO COTTAGE COTTAGE CHEESE, ¼ CUP	W5777		
	QUESOS EN CUBO CHEESE CUBE	WA4168		
	SALCHICHAS WIENER, RAW, 1 ½ OUNCES BEEF, SINGLE LINK	W7144		
	SALCHICHAS PORK SAUSAGE, COOKED, SINGLE LINK, 1 OUNCE	WA18237		
	MANTEQUILLAS BUTTER PAT, PKG. OF 5	WA02349		
	SOPA DE VEGETALES CON CARNE BEEF STEW, WITH VEGETABLES, 1 CUP, 1 OUNCE BEEF	W7388		
	TACO (TACO, CRISP, 1)	WA00870		
	ENCHILADAS ENCHILADAS, BEEF OR CHEESE 2	WA00856		
	JAMÓN BOLOGNA, LARGE ROUND SLICE, 1 OUNCE	W05772		
	JAMÓN SERRANO HAM SLICES, COLD, 2 OUNCES	W7392		
	ATUN TUNA, ¼ CUP CANNED	WA20491		
	CREMA DE MANI PEANUT BUTTER, DAB, 1 TABLESPOON	W6649		
	HELADOS DE COCO ICE CREAM, VANILLA, ONE SIZE 8 SCOOP	W05830		
	HELADOS DE CHOCOLATE CHOCOLATE ICE CREAM, 4 OUNCES	WA13612		

CANTIDAD	DESCRIPCION	CLAVE	ENTREGA	DEVOLUCION
	CEREALES			
	GALLETAS CHOCOCHIPS (CHOCOLATE CHIP COOKIE, 4" DIAMETER)	WA18282		
	AVENA PLATO CHICO (OATMEAL, ½ CUP)	W06690		
	CEREAL PLATO CHICO (CORNFLAKES, DRY CEREAL, ¾ CUP)	WA04172		
	PANQUE REBANADAS (CORNBREAD, 2" X 2" X 2")	WA20488		
	ELOTES (WHOLE KERNEL CORN, CANNED, ½ CUP)	W5644		
	PASTEL DE 3 LECHES (SHEET CAKE, YELLOW, WITH ICING, 2" X 2", 5 CM X 5 CM.)	WA20492		
	PURÉ DE PAPA (MASHED POTATOES, ½ CUP)	W06643		
	PAN INTEGRAL REBANADA (BREAD, WHOLE WHEAT, 25 GRAMS)	W6628		
	HOT CAKE (PANCAKES, 4" DIAMETER, 2 PIECES, 54 GRAMS)	W07407		
	PAN DULCE (DANISH, RASPBERRY)	WA13655		
	CHEESE CAKE (ANGEL FOOD CAKE, MIX MADE W/WATER, WEDGE, 25 GRAMS)	W6682		
	SOPA CODITOS (MACARONI, ½ CUP)	W06641		
	CAMOTE PEDAZOS (YAM, ½ CUP)	WA18314		
	PIZZA (PIZZA, SAUSAGE AND PEPPERONI, ONE 5 ½" SECTOR, 1/8 OF A 14" DIAMETER, 75 GRAMS)	W07379		
	PAN DE HAMBURGUESA (HAMBURGER BUN, 2 HALVES, WHITE, MEDIUM SIZE)	W05824		
	TORTILLAS DE HARINA (TORTILLA, FLOUR, ONE 6" DIAMETER)	WA23104		
	PAPA AL HORNO (BAKED POTATO, OPENED, 200 GRAMS BEFORE BAKING)	W05766		
	PAN CON CREMA MANI (BREAD AND PEANUT BUTTER, 2 TABLESPOONS)	W06648		
	ARROZ BLANCO (RICE, WHITE, COGED, 1/3 CUP)	WA09745		
	ARROZ A LA MEXICANA (SPANISH RICE, ½ CUP)	WA00869		
	ARROZ CAFE (RICE, BROWN, COGED, 1/3 CUP)	WA9744		
	SPAGUETTI (SPAGHETTI AND MEATBALLS, 1 CUP ON PLATE)	W07387		
	PAY DE MANZANA DE 135 GR (APPLE PIE, 2 CRUST, 4" SECTOR, 1/7 OF 9" DIAMETER, 135 GRAMS)	W07375		
	CEREAL INTEGRAL PLATO (BRAN CEREAL, ½ CUP IN BOWL)	WA08840		
	GALLETAS (GRAHAM CRACKERS, 3)	WA09754		
	GALLETAS SODA (SODA CRACKERS, 6 SALTED, 3 OUNCES)	W6119		
	GELATINA (GELATIN MOLD, W/OUT FRUTI, ½ CUP, INDIVIDUAL MOLD)	W07393		
	SOPA CHILI W/O MACARONI, 1 CUP	WA13582		

FIRMA DEL SOLICITANTE

AUTORIZA

Vo. Bo.

Matrícula:

Responsable del Laboratorio

Coordinadora de Nutrición