Information on the Mexico Database

The Mexican foods database is available for download for use with The Food Processor® and Genesis® R&D software programs. The database includes 1,779 foods consumed in Mexico. The data is available, as is from the source, in weight measures with Spanish food names. The following chart lists the nutrients available in the database and the percent completeness of the nutrient data.

The database offers Spanish food names, brand names, and source or manufacturer names. Many types of foods are included, such as cereals, legumes, seeds, fungi, fruits, vegetables, tubers, dairy products, meats, fish, insects, sugars, baby foods, and alcoholic beverages.

Source:

Tables of Composition of Mexican Foods

Tablas de Composicion de Alimentos Mexican
Instituto Nacional de Ciencias Medicas y Nutricion
Salvador Zubiran. Mexico, 2000.

Nutrient	Number Included	Percent Included
Calories	1779	100
Ash	1718	96.6
Water	1750	98.4
Protein	1779	100
Carbohydrate	1779	100
Dietary Fiber	87	4.9
Insoluble Fiber	12	0.7
Sugar	57	3.2
Lactose	49	2.8
Starch	2	0.1
Fat	1779	100
Saturated Fat	21	1.2
Cholesterol	41	2.3
Vitamin A_IU	127	7.1
Beta-carotene	500	28.1
Vitamin B1	684	38.4
Vitamin B2	692	38.9
Vitamin B3	635	35.7
Vitamin C	546	30.7
Calcium	767	43.1
Copper	57	3.2
Iron	678	38.1
Magnesium	90	5.1
Manganese	7	0.4
Phosphorus	627	35.2
Potassium	122	6.9
Selenium	12	0.7
Sodium	241	13.5
Zinc	112	6.3