

Tabla II			
Ingestas diarias recomendadas de agua, energía, proteínas y minerales en mujeres adultas en periodo fértil* y embarazo			
	Edad*	SEN [†]	Instituto de Medicina ^{††}
Agua (L)	Mujer adulta		2,7 L/día
	Embarazo		3,0 L/día
Energía(kcal)	Mujer adulta	20-39, 2.300	
	Embarazo	40-49, 2.185 +250	+340 kcal/día (2T) +452 kcal/día (3T)
Proteína (g)	Mujer adulta	41	46
	Embarazo	56	75
Calcio (mg)	Mujer adulta	800	1.000
	Embarazo	1.400	1.000
Fósforo (mg)	Mujer adulta	700	700
	Embarazo	1.400	700
Magnesio (mg)	Mujer adulta	330	310
	Embarazo	450	350
Hierro (mg)	Mujer adulta	18	18
	Embarazo	18	27
Cinc (mg)	Mujer adulta	15	8
	Embarazo	20	11
Yodo (mg)	Mujer adulta	110	150
	Embarazo	135	220
Selenio (mg)	Mujer adulta	55	55
	Embarazo	65	60
Fluor (mg)	Mujer adulta		3
	Embarazo		3

*Para el intervalo 20-49 años, si no se detalla de forma específica como la energía según SEN[†]. Embarazo, se refiere a segunda mitad, 2T y 3T, segundo y tercer trimestre, respectivamente.

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4/21/2016/05/13/2008/index US Government-Handy Websites - Fed's / Department. General EDUCATION OF ADULTS. WHAT IS A FOOD ALLERGY? Food allergies can cause reactions in the stomach, intestines, mouth, skin, and other organs. Allergic reactions may make you feel very sick, sometimes for a long time. Some people who have an allergy can feel better when they know what they're about to eat. Allergy symptoms may be different for each person, but some symptoms may include: Hives, rashes, itching, difficulty breathing, skin problems, vomiting, or diarrhea. Other symptoms may include a loss of control over your actions, and abdominal cramps or a headache. Foods that trigger an allergy reaction may cause: Epinephrine. If you have an allergy, your doctor may recommend epinephrine shots. If you have a serious allergy, your doctor may give you medication to keep you from having an allergic reaction. You may need to take epinephrine shots several times a day or get injections of medication as needed. Just how many people have food allergies? Few people know they have a food allergy. About 30 million Americans have allergies. Some people have more than one food allergy. However, about 1 in 5 people have an allergy to one or more foods. This type of allergy is called a food allergy. Food allergies are most common among infants and children, but they can occur in adults, too. Food allergies are very different from food intolerance. Food intolerance is a medical problem with no known cause or cure. People with a food intolerance may not react strongly to a particular food. Some people with food intolerance may not have any reaction at all. Food intolerance can be temporary or it can be a lifelong problem. Most people with food intolerance have a normal immune system. Some types of food intolerance are: Food additives. If a food additive is added to your food, the ingredient may cause a reaction. For example, some sugar is mixed with other substances to make a candy that tastes like sugar. This may make it possible for a person who is allergic to sugar to eat a candy that contains a sugar substitute. Sugar substitute candies have the same taste as sugar but do not contain sugar. Without knowing it, a person who has a food allergy may be 82157476af

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