|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **CONCEPTO** | **VENTAJAS** | **DESVENTAJAS** | **ENCONTRAR** | **TIPOS** | **CARACTERISTICAS** | **IMAGEN** |
| **F I B R A** |  |  |  |  |  |  |  |
| **C A R B O H I D R A T O S** |  |  |  |  |  |  |  |
| **P R O T E I N A S** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**V I T A M I N A S**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **M I N E R A L E S** |  |  |  |  |  |  |  |
| **G R A S A S** |  |  |  |  |  |  |  |
| **S A L E S** |  |  |  |  |  |  |  |