

# FRUTALES AMAZONICOS (IIAP)

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GUÍA DE IDENTIFICACIÓN DE BOLSILLO



## Listado de frutos amazónicos

|    |                    |    |             |    |           |
|----|--------------------|----|-------------|----|-----------|
| 1  | Aguaje             | 18 | Granadilla  | 35 | Tumbo     |
| 2  | Almendo            | 19 | Guaba       | 36 | Uvilla    |
| 3  | Anihuayo           | 20 | Guanabana   | 37 | Ubos      |
| 4  | Anona              | 21 | Guayaba     | 38 | Ungurahui |
| 5  | Araza              | 22 | Huasá       | 39 | Yarina    |
| 6  | Cacao              | 23 | Humarí      | 40 | Zapote    |
| 7  | Caimito            | 24 | Leche huayo |    |           |
| 8  | Camucamu           | 25 | Macambo     |    |           |
| 9  | Casho              | 26 | Meto huayo  |    |           |
| 10 | Castaña            | 27 | Mullaca     |    |           |
| 11 | Chambira           | 28 | Palillo     |    |           |
| 12 | Charichuelo liso   | 29 | Papaya      |    |           |
| 13 | Charichuelo rugoso | 30 | Parinari    |    |           |
| 14 | Chope amarillo     | 31 | Piña        |    |           |
| 15 | Cocona             | 32 | Sacha inchi |    |           |
| 16 | Copoazu            | 33 | Sachamango  |    |           |
| 17 | Maracuya           | 34 | Huito       |    |           |

## VALORES NUTRICIONALES PARA NIÑOS DE 3 AÑOS DE EDAD

|            |            |               |          |
|------------|------------|---------------|----------|
| ENERGIA    | : 250 Kcal | VIT. (A)      | : 300 µg |
| PROTEÍNA   | : 23 g     | VIT. (B1)     | : 0.5 mg |
| CALCIO     | : 500 mg   | VIT. (B2)     | : 0.8 mg |
| HIERRO     | : 7 µg     | VIT. (B3)     | : 6 mg   |
| YODO       | : 90 µg    | VIT. (B7, B8) | : 8 µg   |
| ZINC       | : 10 mg    | VIT. (B5)     | : 2 µg   |
| MAGNESIO   | : 80 mg    | VIT. (B6)     | : 0.5 mg |
| FOSFORO    | : 460 mg   | VIT. (B9)     | : 150 µg |
| POTASIO    | : 30 mg    | VIT. (B12)    | : 0.9 µg |
| COBRE      | : 20 µg    | VIT. (C)      | : 15 mg  |
| SELENIO    | : 11 µg    | VIT. (D)      | : 5 µg   |
| CROMO      | : 0.7 µg   | VIT. (E)      | : 6 µg   |
| FLUOR      | : 0.7 µg   | COLINA        | : 200 mg |
| ZINC       | : 0.7 µg   |               |          |
| MOLIBDENO  | : 17 µg    |               |          |
| MANGANESIO | : 1.2 mg   |               |          |

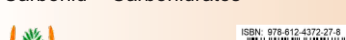


## ¡QUIEREME, ALIMENTAME CON FRUTOS Y VERDURAS!

Kcal = Kilocaloría  
g = gramos (1000 g = 1 kg)  
mg = miligramos (1 mg = 0.001 g)  
µg = microgramos (1 µg = 0.000001 g)

Vit = Vitamina  
Carbohid = Carbohidratos

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## INSTITUTO DE INVESTIGACIONES DE LA AMAZONÍA PERUANA

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(IIAP)

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### Aguaje

*Mauritia flexuosa*

Vit. B2 (1062 mg)  
Proteínas (283 mg)  
Fe (74 mg)  
Lípidos (53.6%)

6-12 años

1 2 3 4 5 6 7 8 9 10 11 12

### Almendo

*Caryocar glabrum*

Calorías (89 mg)  
Carbohid. (21.6 mg)  
Calcio (14 mg)  
Hierro (1.2 mg)

10-15 años

1 2 3 4 5 6 7 8 9 10 11 12

### Anihuayo

*Plinia clausa*

Potasio (1108 mg)  
Magnesio (78.03 mg)  
Calcio (70.13 mg)  
Vit. C (15.94 mg)  
Hierro (2.21 mg)

1 2 3 4 5 6 7 8 9 10 11 12

### Anona

*Rollinia mucosa*

Vit. C (43.4 mg)  
Fósforo (37 mg)  
Calcio (16 mg)

10-15 años

1 2 3 4 5 6 7 8 9 10 11 12

Habitat:  Palmera  Arbol  Arbusto  Liana  Hierba  Huidoso   Inundable  Tierra firme

Albura:  Naranja  Verde  Amarillo  Rojo  Negro  Marrón  Blanco  Gris  Negro  Verde  Marrón  Blanco  Gris

Edad de Fructificación (años/meses):  1-3 años  3-5 años  5-10 años  10-15 años  15-20 años

Fructificación:  No hay  Escasa  Abundante

Masa del fruto:  Pequeña  Mediana  Grande

### Araza

*Eugenia stipitata*

Vit. C (619.06 mg)  
Potasio (37.42 mg)  
Magnesio (2.35 mg)

2 años

1 2 3 4 5 6 7 8 9 10 11 12

### Cacao

*Theobroma cacao*

Fósforo (41 mg)  
Vit. A (32 mg)  
Vit. B1 (1.8 mg)

3 años

1 2 3 4 5 6 7 8 9 10 11 12

### Caimito

*Pouteria caimito*

Vit. C (49 mg)  
Fósforo (45 mg)  
Vit. B3 (3.4 mg)  
Hierro (1.8 mg)

3 años

1 2 3 4 5 6 7 8 9 10 11 12

### Camucamu

*Myrciaria dubia*

Vit. C (2780 mg)  
Calcio (28 mg)  
Fósforo (15 mg)

3 años

1 2 3 4 5 6 7 8 9 10 11 12

### Casho

*Anacardium occidentale*

Vit. C (108 mg)  
Fósforo (30 mg)  
Vit. A (30 mg)  
Hierro (3 mg)

3 años

1 2 3 4 5 6 7 8 9 10 11 12

### Castaña

*Bertholletia excelsa*

Potasio (518 mg)  
Fósforo (93 mg)  
Magnesio (33 mg)  
Zinc (4.2 mg)  
Hierro (1 mg)

10-14 años

1 2 3 4 5 6 7 8 9 10 11 12

### Chambira

*Astrocaryum chambira*

Fósforo (59 mg)  
Calcio (47 mg)  
Hierro (0.6 mg)

5 años

1 2 3 4 5 6 7 8 9 10 11 12

### Charichuelo liso

*Garcinia macrophylla*

Potasio (846.4 mg)  
Hierro (85.7 mg)  
Calcio (325.3 mg)  
Magnesio (309 mg)

5 años

1 2 3 4 5 6 7 8 9 10 11 12

### Charichuelo rugoso

*Rheedia longifolia*

1 2 3 4 5 6 7 8 9 10 11 12

### Chope amarillo

*Gustavia longifolia*

Calcio (467 mg)  
Fósforo (140.18 mg)  
Proteínas (6.95 mg)

5 años

1 2 3 4 5 6 7 8 9 10 11 12

### Cocona

*Solanum sessiliflorum*

Vit. C (27 mg)  
Fósforo (14 mg)  
Carbohid. (6.1 mg)  
Hierro (0.6 mg)

6 años

1 2 3 4 5 6 7 8 9 10 11 12

### Copoazu

*Theobroma grandiflora*

Calorías (68 mg)  
Proteínas (1.55 mg)  
Fibra (1.83 mg)

4-5 años

1 2 3 4 5 6 7 8 9 10 11 12

### Maracuya

*Passiflora edulis*

Vit. C (30 mg)  
Fósforo (17 mg)  
Calcio (13 mg)  
Hierro (1.6)

7-10 años

1 2 3 4 5 6 7 8 9 10 11 12

### Granadilla

*Passiflora nitida*

Fósforo (128 mg)  
Calcio (17 mg)  
Vit. C (15.8 mg)  
Vit. B3 (2.14 mg)  
Hierro (0.4 mg)

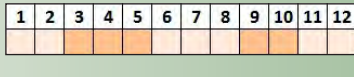
12-16 años

1 2 3 4 5 6 7 8 9 10 11 12



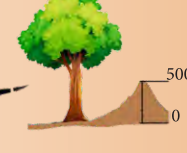
**Guaba**  
*Inga edulis*

- Calcio (24 mg)
- Fósforo (18 mg)
- Vit. B3 (0.5 mg)
- Hierro (0.4 mg)
- Vit. B2 (0.1 mg)



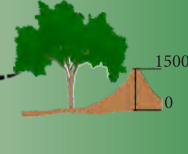
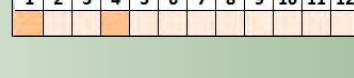
**Guanabana**  
*Annona muricata*

- Calcio (21 mg)
- Vit. A (2 mg)
- Vit. B3 (0.9 mg)
- Hierro (0.5 mg)



**Guayaba**  
*Psidium guajava*

- Vit. C (600 mg)
- Vit. A (208 mg)
- Calcio (49 mg)
- Fósforo (26 mg)
- Vit. B3 (1.6 mg)
- Hierro (1.3 mg)



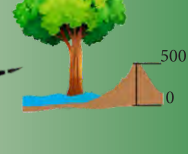
**Huasañ**  
*Euterpe procatoria*

- Calcio (139 mg)
- Fósforo (109 mg)
- Proteínas (3.4 mg)
- Hierro (1.7 mg)
- Vit. B2 (0.21 mg)



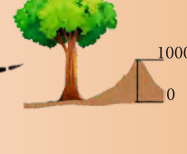
**Humañ**  
*Poraqueiba sericea*

- Lípidos (47.8 mg)
- Energía (289 mg)
- Proteínas (2.9 mg)



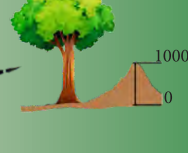
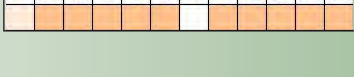
**Leche huayo**  
*Couma macrocarpa*

- Proteínas (19.7%)
- Almidón (17.7%)
- Ac. graso linoléico (72%)



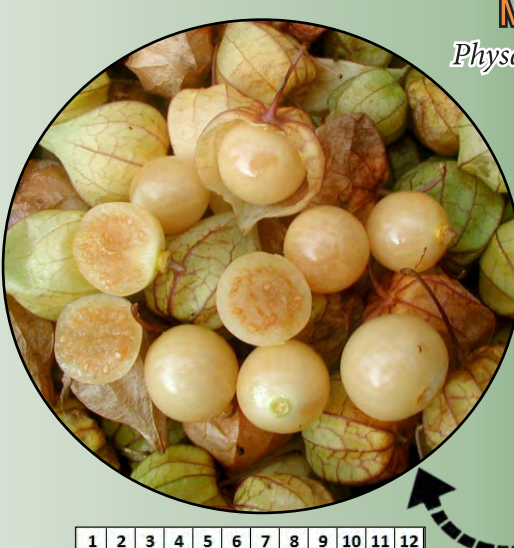
**Macambo**  
*Theobroma bicolor*

- Fósforo (44 mg)
- Vit. A (28 mg)
- Vit. C (22.8 mg)
- Vit. B3 (3.1 mg)
- Hierro (0.5 mg)

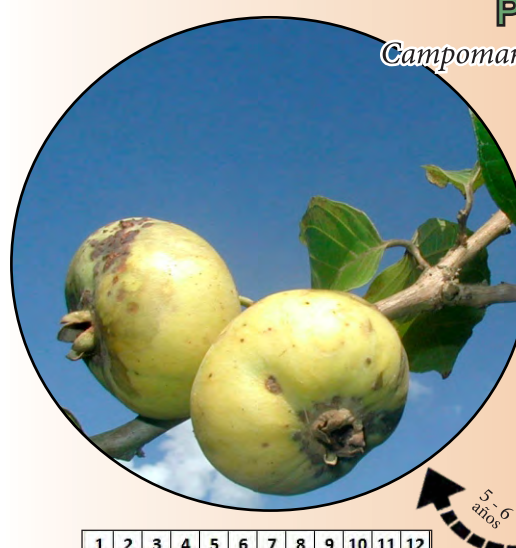
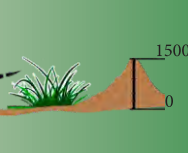
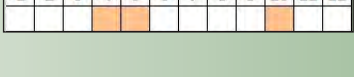


**Meto huayo**  
*Caryodendron orinocense*

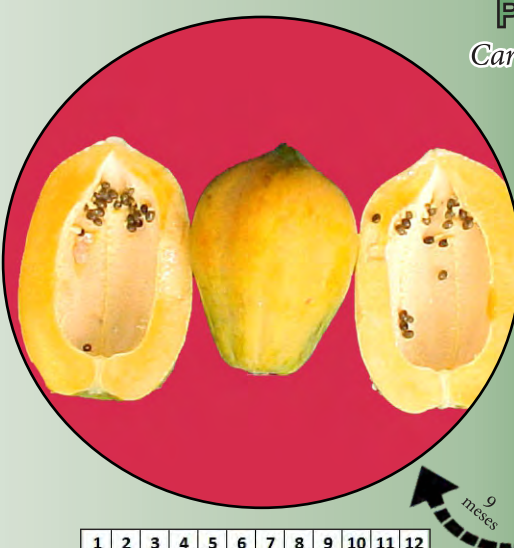
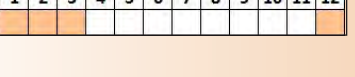
- Proteínas (19.7%)
- Almidón (17.7%)
- Ac. graso linoléico (72%)



**Mullaca**  
*Physalis angulata*

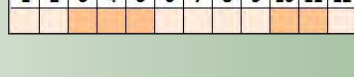


**Paillo**  
*Campomanesia linearifolia*

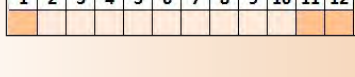


**Papaya**  
*Carica papaya*

- Vit. C (46 mg)
- Vit. A (20 mg)
- Calcio (20 mg)
- Fósforo (13 mg)
- Vit. B3 (0.3 mg)

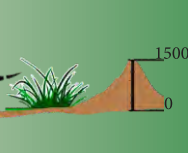
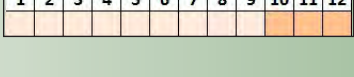


**Pari nari**  
*Couepia subcordata*



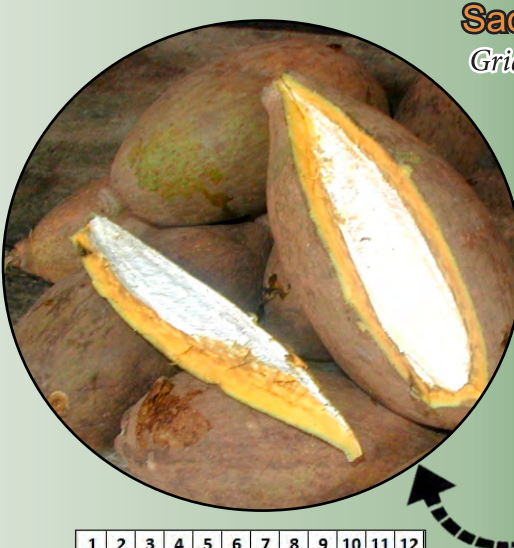
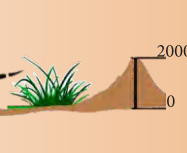
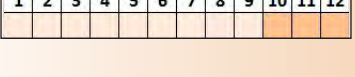
**Piña**  
*Ananas comosus*

- Calcio (18 mg)
- Carbohid. (13.7 mg)
- Hierro (8.05 mg)
- Fósforo (8 mg)



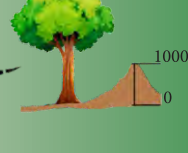
**Sacha Inchi**  
*Plukenetia volubilis*

- Magnesio (340.15 mg)
- Zinc (16.43 mg)



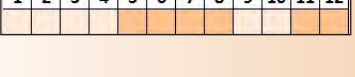
**Sachamango**  
*Grias neuberthii*

- Calcio (215 mg)
- Fósforo (140.82 mg)
- Proteínas (7.47 mg)
- Hierro (1.52 mg)



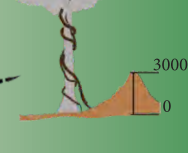
**Huño**  
*Genipa americana*

- Calcio (69 mg)
- Fósforo (21 mg)
- Hierro (0.5 mg)
- Vit. A (30 mg)
- Vit. B (0.63 mg)



**Tumbo**  
*Passiflora quadrangularis*

- Calcio (46 mg)
- Vit. C (33 mg)
- Fósforo (31 mg)
- Vit. A (30 mg)
- Hierro (5.20 mg)
- Vit. B3 (0.30 mg)



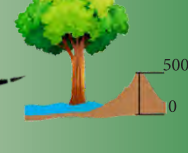
**Uvilla**  
*Pourouma cecropiifolia*

- Calcio (34 mg)
- Fósforo (10 mg)
- Hierro (0.60 mg)
- Vit. B3 (0.30 mg)
- Vit. B2 (0.22 mg)



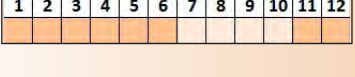
**Ubos**  
*Spondias mombin*

- Potasio (457.30 mg)
- Calcio (46.59 mg)
- Magnesio (41.65 mg)
- Fósforo (31 mg)
- Vit. C (28 mg)
- Vit. A (23 mg)
- Hierro (2.90 mg)
- Vit. B3 (0.5 mg)
- Manganeso (0.16 mg)

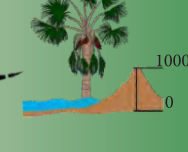
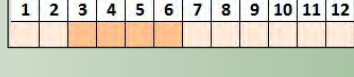


**Ungurahui**  
*Oenocarpus bataua*

- Potasio (364.72 mg)
- Calcio (68.56 mg)
- Lípidos (41.55 mg)
- Magnesio (34.27 mg)
- Hierro (2.72 mg)
- Manganeso (2.40 mg)
- Zinc (1.74 mg)



**Yarina**  
*Phytelphas macrocarpa*



**Zapote**  
*Matisia cordata*

- Calcio (22 mg)
- Vit. C (9.9 mg)
- Hierro (1.8 mg)
- Vit. B3 (0.62 mg)

