

Tabla comparativa de Maltas Disponibles en Miami

	India Light	Pony	Fress	India	Sunchy	Yarima	El Sol	Polar	Goya
Capacity - Oz.	7	8.5	7	7	7	7	7	8.45	7
Calories	52	110	101.8	107	110	110	120	150	130
Sodium (mg)	3	0	14.1	9	12	7	25	60	32
Carbohydrates (g)	6	28	24.8	26	27	27	29	36	32
Proteins (g)	0.4	0.99	0.8	0.6	1	1	1	2	1
Sugars (g)	2.8	28	24.8	12	27	27	21	29	32
Price	2.29	3.89	1.5	2.29	1.79	1.5	2.49	2.5	2.35
Price/oz	0.33	0.46	0.21	0.33	0.26	0.21	0.36	0.30	0.34

Tabla Normalizada a Envase de 7 Oz.

	India Light	Pony	Fress	India	Sunchy	Yarima	El Sol	Polar	Goya
Capacity - Oz.	7	7	7	7	7	7	7	7	7
Calories	52	91	101.8	107	110	110	120	124	130
Sodium (mg)	3	0	14.1	9	12	7	25	50	32
Carbohydrates (g)	6	23	24.8	26	27	27	29	30	32
Proteins (g)	0.4	1	0.8	0.6	1	1	1	2	1
Sugars (g)	2.8	23	24.8	12	27	27	21	24	32
Price/Oz	0.33	0.46	0.21	0.33	0.26	0.21	0.36	0.30	0.34

	Iberia	CAWY	Vita	Batey	Hatuey	Cristal	Vitarroz	Power	Power w/Ginger
Capacity - Oz.	7	12	11.2	7	7	7	12	11.2	11.2
Calories	130	230	220	140	140	140	250	240	240
Sodium (mg)	32	42	30	15	15	15	35	30	30
Carbohydrates (g)	32	55	53	35	35	35	58	15	50
Proteins (g)	1	2	2	1	1	1	0	2	2
Sugars (g)	32	56	42	26	26	26	43	40	40
Price	1.85	2.29	4.99	1.69	2.17	2.19	2.57	4.79	4.79
Price/oz	0.26	0.19	0.45	0.24	0.31	0.31	0.21	0.43	0.43

Tabla Normalizada a Envase de 7 Oz.

	Iberia	CAWY	Vita	Batey	Hatuey	Cristal	Vitarroz	Power	Power w/Ginger
Capacity - Oz.	7	7	7	7	7	7	7	7	7
Calories	130	134	138	140	140	140	146	150	150
Sodium (mg)	32	25	19	15	15	15	20	19	19
Carbohydrates (g)	32	32	33	35	35	35	34	9	31
Proteins (g)	1	1	1	1	1	1	0	1	1
Sugars (g)	32	33	26	26	26	26	25	25	25
Price/Oz	0.26	0.19	0.45	0.24	0.31	0.31	0.21	0.43	0.43