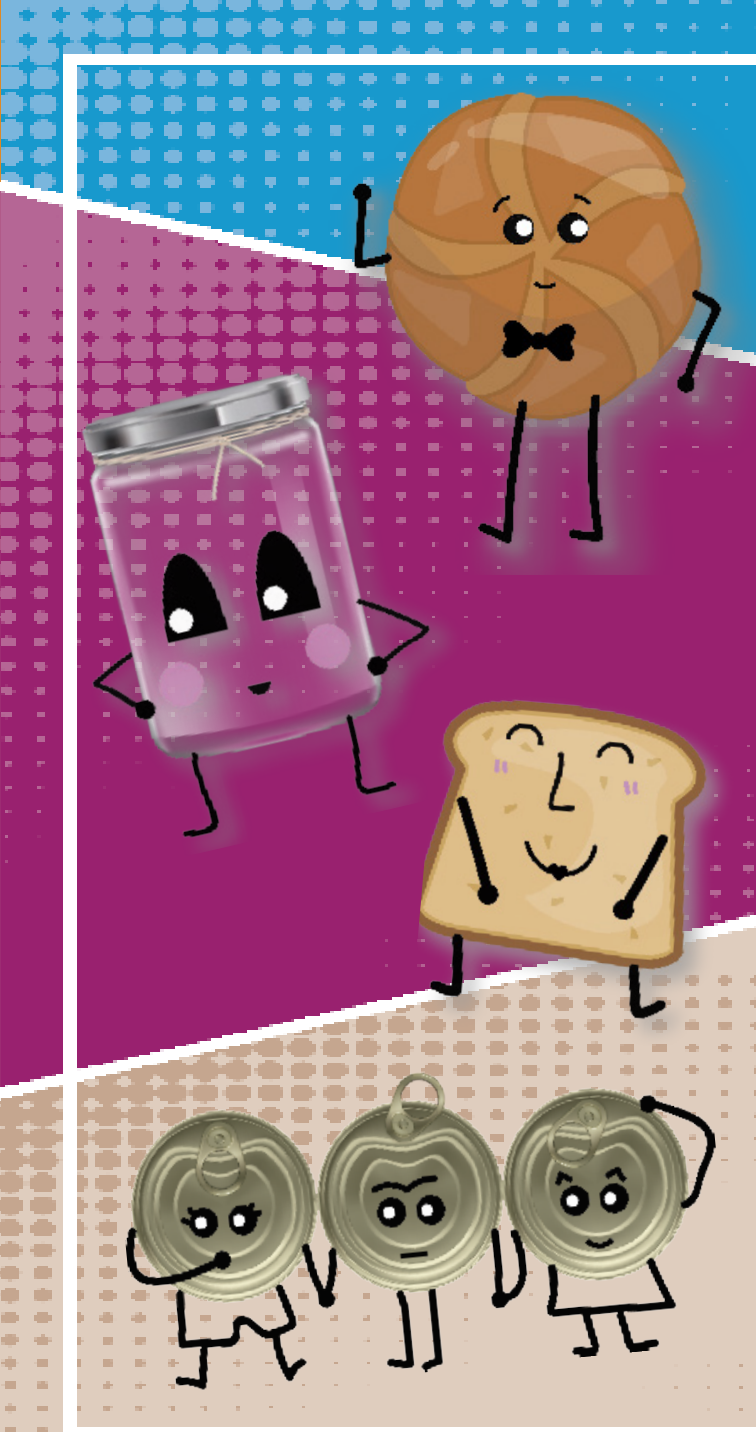


## THE OBJECTIVES OF THIS PROGRAM ARE:

1. Promote the consumption of canned fish and shellfish among the children and young people of the autonomous community.
2. Familiarize the children of our community with the world of fish and shellfish canning to increase their knowledge and interest in this product.
3. Convey the importance of canned fish and shellfish in the diet in relation to their nutritional contributions.
4. Bring the students closer to the knowledge of the different species of fish and mollusks and their nutritional characteristics.
5. Value the role of consumers as a collective, including the smallest ones, when it comes to preserving the resources of the sea.
6. Learn to know and manipulate seafood from a gastronomic point of view using canned food as a basis for simple dishes, recipes, etc.





XUNTA DE GALICIA

AS CONSERVAS  
DO MAR SON A  
MELLOR COMPANHIA  
PARA O TEU  
BOCATA!



fai clic ao teu  
bocata

**Anchoas en  
aceite de  
oliva 100g**



Calorias	253 kcal		
Graxa	15,20 g		
Colesterol	70,60 mg		
Sodio	3,93 mg		
Carboidratos	0,37 g		
Fibra	0 g		
Açúcar	0,37 g		
Proteínas	28,620 g		
Vitamina A	67,40 ug	Vitamina C	0 mg
Vitamina B12	3,40 ug	Calcio	273 mg
Ferro	4,20 mg	Vitamina B3	9,15 mg

Calorias	99,40 kcal
Graxa	0,60 g
Colesterol	51 mg
Sodio	320 mg
Carboidratos	0 g
Fibra	0 g
Açúcar	0 g
Proteínas	23,50 g

Vitamina A	60 ug	Vitamina C	0 mg
Vitamina B12	4 ug	Calcio	28 mg
Ferro	1 mg	Vitamina B3	18,78 mg

**Atum ao  
natural  
100g**



**Mexilhões  
ao  
natural  
100g**



Calorias	82,10 kcal
Graxa	2,90 g
Colesterol	100 mg
Sodio	296 mg
Carboidratos	2 g
Fibra	0 g
Açúcar	2 g
Proteínas	12 g

Vitamina A	53,10 ug	Vitamina C	0 mg
Vitamina B12	7,70 ug	Calcio	80 mg
Ferro	4,50 mg	Vitamina B3	3 mg



**Atún en  
aceite  
de oliva  
100g**



Calorias	708 kcal
Graxa	12,10 g
Colesterol	39,80 mg
Sodio	291 mg
Carboidratos	0 g
Fibra	0 g
Azucres	0 g
Proteínas	24,80 g
Vitamina A	62,20 ug
Vitamina B12	5 ug
Ferro	1,20 mg
Vitamina C	0 mg
Calcio	27,70 mg
Vitamina B1	18,20 mg

Calorias	218 kcal
Graxa	13,60 g
Colesterol	65 mg
Sodio	366 mg
Carboidratos	0 g
Fibra	0 g
Azucres	0 g
Proteínas	23,93 g
Vitamina A	49 ug
Vitamina B12	29,60 ug
Ferro	2,90 mg
Vitamina C	0 mg
Calcio	314 mg
Vitamina B3	12,57 mg

**Sardiñas  
en aceite  
de oliva  
100g**



**Cabala en  
aceite de  
oliva  
100g**



Calorias	217 kcal
Grasa	13,80 g
Colesterol	66,90 mg
Sodio	382 mg
Carbohidratos	0,60 g
Fibra	0 g
Azucere	0,60 g
Proteinas	22,50 g
Vitamina A	125 ug
Vitamina B12	9,80 ug
Ferro	1,01 mg
Vitamina C	0,09 mg
Calcio	17,20 mg
Vitamina B3	17,10 mg

Calorias	195 kcal
Grasa	15,20 g
Colesterol	169,60 mg
Sodio	110 mg
Carbohidratos	1,50 g
Fibra	0 g
Azucere	1,50 g
Proteinas	13,12 g

Vitamina A	302,10 ug
Vitamina B12	1,30 ug
Ferro	0,85 mg
Vitamina C	0 mg
Calcio	45,53 mg
Vitamina B3	7 mg

**Calamares  
en salsa  
americana  
100g**



Calorias	48 kcal
Grasa	9,5 g
Colesterol	40 mg
Sodio	3,52 mg
Carbohidratos	0 g
Fibra	0 g
Azucere	0 g
Proteinas	90,5 g

Vitamina A	250 ug
Vitamina B12	0 ug
Ferro	124 mg
Vitamina C	0 mg
Calcio	128 mg
Vitamina B3	4,1 mg

**Berberechos  
ao natural  
100g**

