

FRUITS (Continued from the Vegetables section)

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COMMUNITY FOOD SYSTEM DATA TABLE # 39**Food category:** Fruit**Scientific identification:***Ananas comosus* (Linn.) Merr.**Local name & other common names:**

pinya, Pineapple (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	54*
Protein, g	0.4
Fat, g	0.2
Carbohydrate, g	12.6
Calcium, mg	19
Iron, mg	0.2
Retinol, µg	-
Beta-carotene, µg	10
Vitamin A, RE-µg	2
Vitamin A, RAE-µg	1
Riboflavin, mg	0.04
Niacin, mg	0.2
Ascorbic acid, mg	20.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Summer fruit (March-May)**Importance value to the community by age/gender:**

- A common food for the lowlanders.

Source of nutrient data: The data is sourced from ref # 1 (page # 58).

* The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*	*							
Medium												
Low	*	*				*	*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 40**Food category:** Fruit**Scientific identification:***Annona muricata* Linn.**Local name & other common names:**

guyabano, Soursop (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	68*
Protein, g	1.1
Fat, g	0.1
Carbohydrate, g	15.6
Calcium, mg	16
Iron, mg	0.6
Retinol, µg	-
Beta-carotene, µg	0
Vitamin A, RE-µg	0
Vitamin A, RAE-µg	0
Riboflavin, mg	0.07
Niacin, mg	0.9
Ascorbic acid, mg	27.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered

Home harvested or purchased: Home harvested**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 50).

* The energy value was calculated

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 41

Food category: Fruit

Scientific identification:

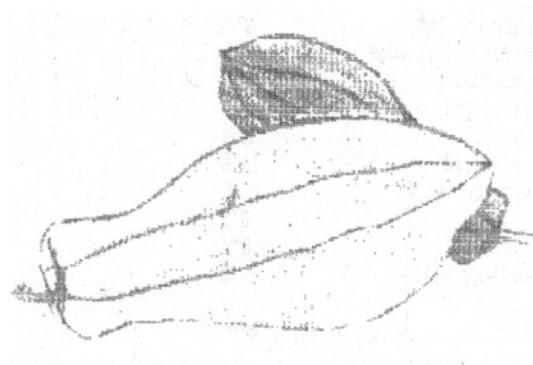
Carica papaya Linn.

Local name & other common names:

papaya, Papaya (English)

Part(s) used: Fruit, ripe or unripe

Preparation: Eaten raw when ripe; boiled in stew and soups when unripe.



Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Ripe	Fruit: Partially ripe
Energy, Kcal	50*	50*
Protein, g	0.5	0.7
Fat, g	0.3	0.2
Carbohydrate, g	11.4	11.3
Calcium, mg	34	59
Iron, mg	1.0	0.5
Retinol, µg	-	-
Beta-carotene, µg	450	355
Vitamin A, RE-µg	75	59
Vitamin A, RAE-µg	38	30
Riboflavin, mg	0.04	0.05
Niacin, mg	0.5	0.3
Ascorbic acid, mg	74.0	81.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered and cultivated

Home harvested or purchased: Home harvested and sold in the market for P7.00-15.00 per kilo.

Seasonality of use: Year-round availability, with greatest intake in April, May, October and November which are the harvest seasons.

Importance value to the community by age/gender:

- No specific preferences by age-gender
- Used both as a fruit or vegetable dish; a good source of vitamin A.
- Nutritious.
- One of the most frequently sold fruits at PRPC market.
- Eaten 1 to 3 times a day when in season
- Hardens baby's stool; given when baby is having diarrhea.

Source of nutrient data: The data is sourced from ref # 1 (page # 57).

* The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High				*	*					*	*	
Medium	*	*	*			*	*	*	*			*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 42**Food category:** Fruit**Scientific identification:***Chrysophyllum cainito* Linn.**Local name & other common names:**

kaymito, Star apple (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)	
	Green fruit: Raw	Purple fruit: Raw
Energy, Kcal	71*	76*
Protein, g	0.7	0.3
Fat, g	1.1	0.6
Carbohydrate, g	14.6	17.4
Calcium, mg	17	14
Iron, mg	0.4	0.2
Retinol, µg	-	-
Beta-carotene, µg	5	Trace
Vitamin A, RE- µg	1	Trace
Vitamin A, RAE- µg	-	Trace
Riboflavin, mg	0.02	0.01
Niacin, mg	0.8	0.9
Ascorbic acid, mg	7.0	8.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home-harvested**Seasonality of use:** Summer fruit (March - May)**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 48).

* The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium			*	*	*							
Low												
None	*	*				*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 43**Food category:** Fruit**Scientific identification:***Citrillus vulgaris* Schrad.**Local name & other common names:**

pakwan, Watermelon (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	29*
Protein, g	0.1
Fat, g	0.2
Carbohydrate, g	6.7
Calcium, mg	8
Iron, mg	0.2
Retinol, µg	-
Beta-carotene, µg	100
Vitamin A, RE-µg	17
Vitamin A, RAE-µg	8
Riboflavin, mg	0.03
Niacin, mg	0.2
Ascorbic acid, mg	7.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Summer/dry season (March-May)**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 56).

* The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*	*							
Medium												
Low	*	*				*	*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 44**Food category:** Fruit**Scientific identification:***Citrus nobilis* Lour.**Local name & other common names:**

orange, Orange (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)	
	Ladu	Szinkom
Energy, Kcal	34*	61*
Protein, g	0.4	0.3
Fat, g	0.2	0.2
Carbohydrate, g	7.7	14.6
Calcium, mg	28	31
Iron, mg	0.6	0.3
Retinol, µg	-	-
Beta-carotene, µg	45	40
Vitamin A, RE-µg	8	7
Vitamin A, RAE-µg	4	3
Riboflavin, mg	0.03	0.03
Niacin, mg	0.2	0.1
Ascorbic acid, mg	24.0	31.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: n/a**Home harvested or purchased:** Purchased**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Delicious but rarely bought by the lowlanders
- Expensive

Source of nutrient data: The data is sourced from ref # 1 (page # 55).

* The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 45**Food category:** Fruit**Scientific identification:***Corypha elata* Roxb.**Local name & other common names:**

buli or ubod ng buli, Buri palm tree, tree trunk flesh (English)

Part(s) used: Fruit and tree trunk flesh.**Preparation:** None for fruit; boiled for tree trunk flesh.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	70*
Protein, g	0.7
Fat, g	0.1
Carbohydrate, g	16.5
Calcium, mg	14
Iron, mg	0.2
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	0.02
Niacin, mg	0.6
Ascorbic acid, mg	11.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 46).

* The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 46**Food category:** Fruit**Scientific identification:***Cucumis melo* Linn.**Local name & other common names:**

milon, Melon (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)		
	Spanish melon: Raw	Musk melon: Raw	Honey dew melon: Raw
Energy, Kcal	23*	19*	40*
Protein, g	0.6	0.3	0.3
Fat, g	0.1	0.4	0.3
Carbohydrate, g	4.8	3.6	9.1
Calcium, mg	15	26	18
Iron, mg	0.5	0.4	0.4
Retinol, µg	-	-	-
Beta-carotene, µg	1 285	220	10
Vitamin A, RE-µg	214	37	2
Vitamin A, RAE-µg	107	18	1
Riboflavin, mg	0.02	0.02	0.01
Niacin, mg	0.8	0.3	0.4
Ascorbic acid, mg	34.0	22.0	8.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: n/a
Home harvested or purchased: Purchased by the lowlanders
Seasonality of use: Summer fruit (March-May)
Importance value to the community by age/gender:

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 54). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*	*							
Medium												
Low	*	*				*	*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 47**Food category:** Fruit**Scientific identification:***Mangifera indica* Linn. or *Mangifera philippinensis* Mukh.**Local name & other common names:**

mangga, 2 varieties: kalabaw (Manila delicious), paho or pahutan, Mango (English)

Part(s) used: Fruit**Preparation:** Eaten raw when ripe: boiled in stew and soups when unripe.**Wild, hunted/gathered, or cultivated:** Gathered and cultivated**Home harvested or purchased:** Home harvested and sold in the market for P12.00-20.000 per kilo**Seasonality of use:** Dry season (March-May)**Importance value to the community by age/gender:**

- No specific preferences by age/gender
- A good source of vitamin A.
- One of the most frequently sold fruits at PRPC market (when in season).
- Eaten twice a day when in season

Source of nutrient data: The data is sourced from ref # 1 (page # 51).

* The energy values were calculated.

Nutrient	Nutrient Composition/100g (edible portion)							
	Kalabaw mango			Piko mango			Paho mango	Supsupin:
	Unripe	Ripe	Partially ripe	Unripe	Ripe	Partially ripe	Ripe	Ripe
Energy, Kcal	62*	68*	64*	67*	79*	82*	65*	89*
Protein, g	0.5	0.6	0.4	0.5	0.7	0.3	0.7	1.2
Fat, g	0.2	0.2	0.4	0.4	0.2	0.9	0.6	0.5
Carbohydrate, g	14.5	16.0	14.8	15.4	18.5	18.2	14.1	20.0
Calcium, mg	34	10	10	14	15	18	95	7
Iron, mg	0.3	0.3	0.6	0.4	0.5	0.4	1.2	0.3
Retinol, µg	-	-	-	-	-	-	-	-
Beta-carotene, µg	80	1 165	130	50	1 500	90	80	1 400
Vitamin A, RE-µg	13	194	22	8	250	15	13	233
Vitamin A, RAE-µg	7	97	11	4	125	8	7	117
Riboflavin, mg	0.04	0.07	0.02	0.03	0.08	0.02	0.10	0.12
Niacin, mg	0.2	0.8	0.3	0.3	0.6	0.3	0.4	1.2
Ascorbic acid, mg	70.0	46.0	49.0	65.0	46.0	51.0	93.0	27.0

--- = not analyzed

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*	*							
Medium												
Low	*	*				*	*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 48**Food category:** Fruit**Scientific identification:***Musa sapientum* Linn. var. cinerea**Local name & other common names:**

saging or latundan, Banana (English)

Part(s) used: Fruit**Preparation:** Eaten raw

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	103*
Protein, g	1.2
Fat, g	0.3
Carbohydrate, g	23.9
Calcium, mg	17
Iron, mg	0.7
Retinol, µg	-
Beta-carotene, µg	30
Vitamin A, RE-µg	5
Vitamin A, RAE-µg	3
Riboflavin, mg	0.02
Niacin, mg	0.6
Ascorbic acid, mg	21.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Usual crop in the community
- One of the first weaning foods for infants
- Given to infants with diarrhea; believed to cure diarrhea by hardening stools.
- Nutritious

Source of nutrient data: The data is sourced from ref # 1 (page # 59).

* The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 49**Food category:** Fruit**Scientific identification:***Musa sapientum* Linn. var. compressa**Local name & other common names:**

saging or saba, Banana (English)

Part(s) used: Fruit**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Boiled
Energy, Kcal	108*
Protein, g	1.1
Fat, g	0.4
Carbohydrate, g	24.9
Calcium, mg	23
Iron, mg	0.9
Retinol, µg	-
Beta-carotene, µg	190
Vitamin A, RE-µg	32
Vitamin A, RAE-µg	16
Riboflavin, mg	0.06
Niacin, mg	0.7
Ascorbic acid, mg	32.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Usual crop in the community
- Nutritious

Source of nutrient data: The data is sourced from ref # 1 (page # 60).

* The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 50**Food category:** Fruit**Scientific identification:***Persea americana* Mill**Local name & other common names:**

abokado, Avocado (English)

Part(s) used: Fruit**Preparation:** Eaten raw.

Nutrient	Nutrient Composition/100g (edible portion)	
	Green fruit: Raw	Red fruit: Raw
Energy, Kcal	96*	96*
Protein, g	0.9	0.9
Fat, g	6.2	7.6
Carbohydrate, g	9.1	6.0
Calcium, mg	16	11
Iron, mg	0.8	0.8
Retinol, µg	-	-
Beta-carotene, µg	130	45
Vitamin A, RE-µg	22	8
Vitamin A, RAE-µg	11	4
Riboflavin, mg	0.06	0.07
Niacin, mg	0.9	1.3
Ascorbic acid, mg	14.0	13.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 43).

* The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 51

Food category: Fruit**Scientific identification:***Pouteria campechiana* (H.B.K.) *Baehni* var. *nervosa* (A.D.C.)**Local name & other common names:**

tiesa, Carristel (English)

Part(s) used: Fruit**Preparation:** Eaten raw

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	142*
Protein, g	2.5
Fat, g	0.6
Carbohydrate, g	31.6
Calcium, mg	40
Iron, mg	1.1
Retinol, µg	-
Beta-carotene, µg	1 235
Vitamin A, RE-µg	206
Vitamin A, RAE-µg	103
Riboflavin, mg	0.03
Niacin, mg	2.5
Ascorbic acid, mg	40.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: Not cultivated, carristel trees just grow naturally.**Home harvested or purchased:** n/a**Seasonality of use:** Rainy season, mostly in June.**Importance value to the community by age/gender:**

- Known to be a food which is good for the eyes.
- It is delicious and nutritious.
- Good for infants, although not usually enjoyed by them because they don't like the taste (cannot describe exactly how it tastes).
- When in season, it is eaten twice a month.

Source of nutrient data: The data is sourced from ref # 1 (page # 64). * The energy value was calculated.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High						*						
Medium												
Low	*	*	*	*	*		*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 52

Food category: Fruit

Scientific identification:

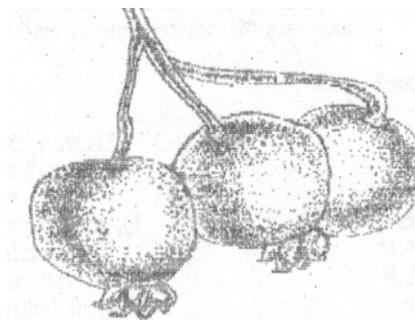
Psidium guajava Linn

Local name & other common names:

bayabas, Guava (English)

Part(s) used: Fruit and leaves

Preparation: Fruit is eaten raw, leaves are boiled and chewed.



Nutrient	Nutrient Composition/100g (edible portion)	
	Red fruit: Raw	White fruit: Raw
Energy, Kcal	83*	54*
Protein, g	0.9	0.2
Fat, g	0.4	0.3
Carbohydrate, g	19.0	12.6
Calcium, mg	34	31
Iron, mg	0.6	0.9
Retinol, µg	-	-
Beta-carotene, µg	65	40
Vitamin A, RE-µg	11	7
Vitamin A, RAE-µg	5	3
Riboflavin, mg	0.04	0.05
Niacin, mg	1.4	1.2
Ascorbic acid, mg	158.0	127.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:
Cultivated

Home harvested or purchased: Home harvested

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- Juices of the leaves are given to babies to treat diarrhea.
- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 45). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 53

Food category: Fruit**Scientific identification:***Pyrus malus* Linn.**Local name & other common names:**

mansanas, Apple (English)

Part(s) used: Fruit**Preparation:** Eaten raw or boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	60*	65*
Protein, g	0.5	0.7
Fat, g	0.1	0.1
Carbohydrate, g	14.2	15.2
Calcium, mg	10	9
Iron, mg	0.1	0.2
Retinol, µg	-	-
Beta-carotene, µg	20	25
Vitamin A, RE-µg	3	4
Vitamin A, RAE-µg	2	2
Riboflavin, mg	0.02	0.01
Niacin, mg	0.1	0.1
Ascorbic acid, mg	2.0	1.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Unknown

Home harvested or purchased:

Purchased

Seasonality of use: Unknown**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The nutrient data is sourced from ref # 1 (page # 53).

* The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 54

Food category: Fruit**Scientific identification:***Sandoricum koetjape* (Burm. F.) Merr.**Local name & other common names:**

santol, Santol (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	63*
Protein, g	0.7
Fat, g	1.0
Carbohydrate, g	12.7
Calcium, mg	12
Iron, mg	1.2
Retinol, µg	-
Beta-carotene, µg	Trace
Vitamin A, RE-µg	Trace
Vitamin A, RAE-µg	Trace
Riboflavin, mg	0.02
Niacin, mg	0.9
Ascorbic acid, mg	13.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Summer fruit (March-May)**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 62).

* The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*	*							
Medium												
Low	*	*				*	*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 57**Food category:** Fruit**Scientific identification:***Sizygium cumini* (Linn.) Skeels**Local name & other common names:**

duhat, Black or Java plum (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	70*
Protein, g	0.8
Fat, g	0.4
Carbohydrate, g	15.7
Calcium, mg	23
Iron, mg	0.4
Retinol, µg	-
Beta-carotene, µg	0
Vitamin A, RE-µg	0
Vitamin A, RAE-µg	0
Riboflavin, mg	0.02
Niacin, mg	0.3
Ascorbic acid, mg	18.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered

Home harvested or purchased: Home harvested**Seasonality of use:** Summer fruit (March-May)**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 49).

* The energy value was calculated.

Seasonality

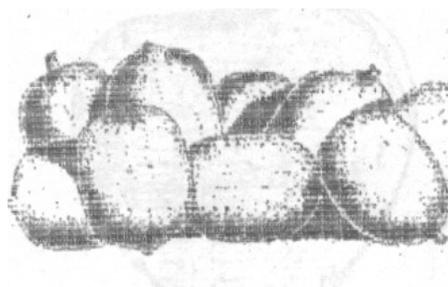
Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium			*	*	*							
Low	*	*				*	*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 56

Food category: Fruit**Scientific identification:***Spondias purpuria* Linn.**Local name & other common names:**

siniguelas, Spanish plum (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	86*
Protein, g	0.9
Fat, g	0.2
Carbohydrate, g	20.1
Calcium, mg	22
Iron, mg	0.9
Retinol, µg	-
Beta-carotene, µg	225
Vitamin A, RE- µg	38
Vitamin A, RAE- µg	19
Riboflavin, mg	0.06
Niacin, mg	0.4
Ascorbic acid, mg	50.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Summer fruit (March-May)**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 63).

* The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*	*							
Medium												
Low												
None	*	*				*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 57

Food category: Fruit**Scientific identification:***Tamarindus indica* Linn.**Local name & other common names:**

sampalok, Tamarind (English)

Part(s) used: Fruit**Preparation:** Raw; boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	74*	247*
Protein, g	0.9	2.0
Fat, g	0.3	0.6
Carbohydrate, g	16.8	58.5
Calcium, mg	68	94
Iron, mg	0.5	0.9
Retinol, µg	-	-
Beta-carotene, µg	10	0
Vitamin A, RE-µg	2	0
Vitamin A, RAE-µg	1	0
Riboflavin, mg	0.06	0.10
Niacin, mg	0.4	1.0
Ascorbic acid, mg	20.0	4.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Summer fruit (March-May)**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 61). * The energy values were calculated.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*	*							
Medium												
Low	*	*					*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 58**Food category:** Fruit**Scientific identification:***Unknown***Local name & other common names:**

alupag

Part(s) used: Fruit**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

Wild, hunted/gathered, or cultivated:
Gathered
Home harvested or purchased: n/a
Seasonality of use: Unknown
**Importance value to the community by
age/gender:** Unknown
Source of nutrient data: Not analyzed.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 59**Food category:** Fruit**Scientific identification:***Unknown***Local name & other common names:**

kahil, Orange-Sunkist (English)

Part(s) used: Fruit**Preparation:** Raw

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	55*
Protein, g	1.0
Fat, g	0.2
Carbohydrate, g	12.2
Calcium, mg	41
Iron, mg	0.4
Retinol, µg	-
Beta-carotene, µg	100
Vitamin A, RE-µg	17
Vitamin A, RAE-µg	8
Riboflavin, mg	0.04
Niacin, mg	0.4
Ascorbic acid, mg	50.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: n/a
Home harvested or purchased: Purchased
Seasonality of use: Year-round availability
Importance value to the community by age/gender:

- Delicious but expensive.

Source of nutrient data: The data is sourced from ref # 1 (page # 149).

* The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low	*	*	*	*	*	*	*	*	*	*	*	*
None												

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