

STAPLES, ROOT CROPS, CEREALS AND GRAIN PRODUCTS *(Continued from the Fruit section)**Please click on the page number to go directly to the table*

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COMMUNITY FOOD SYSTEM DATA TABLE # 60

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

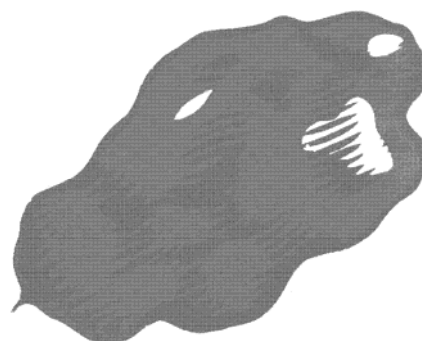
Dioscorea alata Linn.

Local name & other common names:

ubi, Yam (English)

Part(s) used: Fruit

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	95*	73*
Protein, g	1.7	1.0
Fat, g	0.2	0.2
Carbohydrate, g	21.5	16.9
Calcium, mg	19	14
Iron, mg	0.7	0.5
Retinol, µg	-	-
Beta-carotene, µg	0	0
Vitamin A, RE-µg	0	0
Vitamin A, RAE-µg	0	0
Riboflavin, mg	0.02	0.02
Niacin, mg	0.5	0.4
Ascorbic acid, mg	6.0	6.0

--- = 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:

- Eaten as a vegetable by the Aetas.

Source of nutrient data: The data is sourced from ref # 1 (page # 77). * 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 # 61

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

Dioscorea divaricata Blco.

Local name & other common names:

buloy

Part(s) used: Fruit

Preparation: Boiled or cooked with coconut milk.



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	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, obtained from the forest.

Home harvested or purchased: Grows in the forest. When it is mature it can be dug up and cooked.

Seasonality of use: Can be obtained only during the rainy season.

Importance value to the community by age/gender:

- Not customarily given to infants.
- Considered one of the most delicious foods in the community but not nutritious.
- Like “Kalot” it is also considered as an important food because during WW II it was used to fill hunger.
- When available, buloy is eaten at least once a day.

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 # 62

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

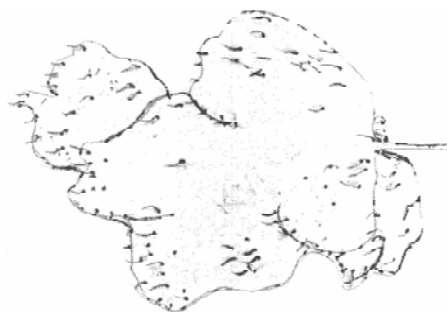
Dioscorea hispida Dennst.

Local name & other common names:

kalot or nami, Yam (English)

Part(s) used: Fruit

Preparation: Cut into thin slices, soaked in brine to remove from it a substance which causes dizziness. Then it is either roasted or fried before eating; takes about 3 days to 1 week of roasting before it can be eaten.



Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Brined
Energy, Kcal	103*	63*
Protein, g	2.3	1.0
Fat, g	0.3	0.2
Carbohydrate, g	22.7	14.3
Calcium, mg	35	15
Iron, mg	1.2	1.2
Retinol, µg	-	-
Beta-carotene, µg	70	70
Vitamin A, RE-µg	12	12
Vitamin A, RAE-µg	6	6
Riboflavin, mg	0.20	0.01
Niacin, mg	0.6	Trace
Ascorbic acid, mg	24.0	2.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated and gathered in the community; not sold.

Home harvested or purchased: Grows in the forest.

Seasonality of use: Available only during the rainy season (June-Nov).

Importance value to the community by age/gender:

- Eaten only by adults.
- Claimed by older people to fill hunger during WWII but rarely eaten by natives these days because it requires a lot of time and effort to prepare.

Source of nutrient data: The data is sourced from ref # 1 (page # 69).

* 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 # 63

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

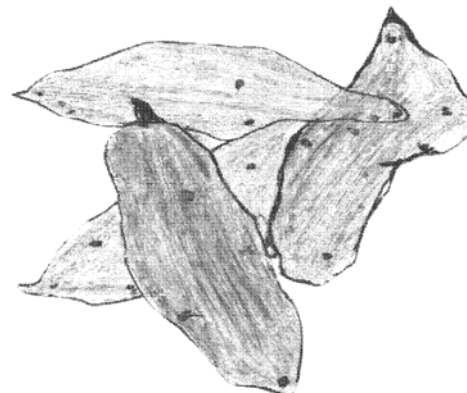
Ipomea batatas Linn. Lamk

Local name & other common names:

kamote, Sweet potato (English)

Part(s) used: Fruit

Preparation: Boiled or broiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Potato: Raw	Potato: Boiled
Energy, Kcal	132	125*
Protein, g	1.1	1.0
Fat, g	0.4	0.6
Carbohydrate, g	31.1	28.8
Calcium, mg	55	66
Iron, mg	0.7	0.8
Retinol, µg	-	-
Beta-carotene, µg	540	615
Vitamin A, RE-µg	90	103
Vitamin A, RAE-µg	45	51
Riboflavin, mg	0.04	0.04
Niacin, mg	0.6	0.6
Ascorbic acid, mg	35.0	31.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: Cultivated and gathered in the community.

Home harvested or purchased: Home harvested and sold in the market at P3.00-11.00 per kilo, depending upon availability.

Seasonality of use: Year-round availability (not seasonal).

Importance value to the community by age/gender:

- No specific preference by age and gender.
- Considered as one of the most nutritious and delicious foods in the community.
- Infants are allowed to eat but only in limited amounts because it is believed to cause flatulence when eaten excessively.
- A common food among the Aetas; eaten usually daily by adults.
- A staple food, next to rice; can in fact be used as substitute for rice when it is not available.
- Considered important by older people since it was used to fill their hunger during WW II.

Source of nutrient data: The data is sourced from ref # 1(page # 70). * 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 # 64**Food category:** Staples, Root Crops, Cereals and Grain Products**Scientific identification:***Manihot esculenta* Crantz**Local name & other common names:**

kamoteng-kahoy, Cassava (English)

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

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	139	106
Protein, g	0.6	0.6
Fat, g	0.2	0.1
Carbohydrate, g	33.7	25.7
Calcium, mg	30	16
Iron, mg	1.1	0.4
Retinol, µg	-	-
Beta-carotene, µg	10	Trace
Vitamin A, RE-µg	2	Trace
Vitamin A, RAE-µg	1	Trace
Riboflavin, mg	0.02	0.02
Niacin, mg	0.6	0.6
Ascorbic acid, mg	50.0	34.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested and sold for P3.00-4.00 per kilo.**Seasonality of use:** Year-round availability.**Importance value to the community by age/gender:**

- Considered as delicious but can also cause stomach pains.
- No specific preferences by age and gender.

Source of nutrient data: The data is sourced from ref 3 (page # 71).**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 # 65

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

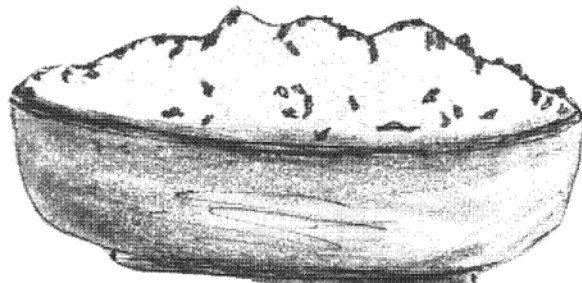
Oryza sativa Linn.

Local name & other common names:

bigas, Rice (English)

Part(s) used: Whole grain

Preparation: Boiled, powdered, roasted and ground to make rice coffee; powdered or ground then cooked with water until it becomes thick (cooked ground rice); also made into native delicacies.



Nutrient	Nutrient Composition/100g (edible portion)		
	Rice: Raw	Rice: Boiled	Rice coffee
Energy, Kcal	354*	128*	399*
Protein, g	7.4	2.1	8.3
Fat, g	0.5	0.2	0.5
Carbohydrate, g	80.0	29.5	90.2
Calcium, mg	27	11	121
Iron, mg	1.0	0.6	1.5
Retinol, µg	-	-	-
Beta-carotene, µg	-	-	-
Vitamin A, RE-µg	-	-	-
Vitamin A, RAE-µg	-	-	-
Riboflavin, mg	0.05	0.02	-
Niacin, mg	2.8	0.5	1.5
Ascorbic acid, mg	-	-	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Both planted/harvested and bought.

Home harvested or purchased: Both

Seasonality of use: Year-round availability.

Importance value to the community by age/gender:

- No specific preferences by age and gender.
- Main staple food of the community.
- Considered as an important food to sustain life; very filling; can be eaten even without other foods.
- Cooked ground rice is used to treat diarrhea in children-it is believed to replace the fluid lost during diarrhea.
- Rich coffee is used as a substitute for commercially prepared coffee especially when they have no money to buy commercial coffee.
- Rice made into native delicacies are usually served during special occasions.
- A child with indigestion is fed roasted rice and water.
- Eaten 2-3 times a day.
- Rice variety used by Kanawan natives cannot be identified; they just call it "Palaygasak" which means "rice harvested from the mountains".

Source of nutrient data: The data is sourced from ref # 1 (page # 65). * 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 # 66

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

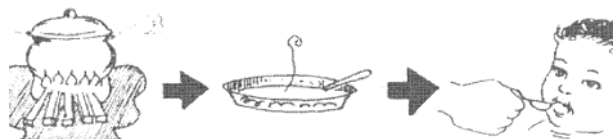
Oryza sativa Linn.

Local name & other common names:

lugaw, Rice gruel (English)

Part(s) used: Whole grain

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)
	Lugaw: Plain
Energy, Kcal	30*
Protein, g	0.6
Fat, g	0.1
Carbohydrate, g	6.6
Calcium, mg	13
Iron, mg	0.2
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	0.01
Niacin, mg	0.1
Ascorbic acid, mg	-

--- = not analyzed

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

- Infant's first weaning food; good for the infant because it is both nutritious and delicious.
- Given when the child has diarrhea; believed to harden stool.

Source of nutrient data: The data is sourced from ref # 1 (Page # 73). * 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 # 67

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

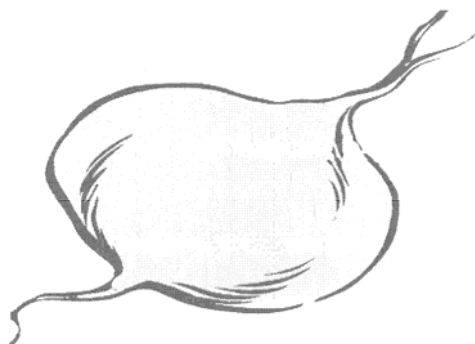
Pachyrizus erosus Linn. Urb.

Local name & other common names:

singkama, Yam bean (English)

Part(s) used: Fruit

Preparation: None



Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	38
Protein, g	1.1
Fat, g	0.1
Carbohydrate, g	8.2*
Calcium, mg	9.3
Iron, mg	14
Retinol, µg	-
Beta-carotene, µg	Trace
Vitamin A, RE-µg	Trace
Vitamin A, RAE-µg	Trace
Riboflavin, mg	0.02
Niacin, mg	0.2
Ascorbic acid, mg	14.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered

Home harvested or purchased: Home harvested

Seasonality of use: Summer (March-May)

Importance value to the community by age/gender:

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 76). * The carbohydrate value was calculated based on the energy value.

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 # 68

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

Schefflera odorata, Blanco Merr. and Rolfe

Local name & other common names:

lima-lima

Part(s) used: Leaves and roots

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	-

--- = 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:

- Unknown except that it is eaten only by the Aetas and not by the lowlanders.

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 # 69

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

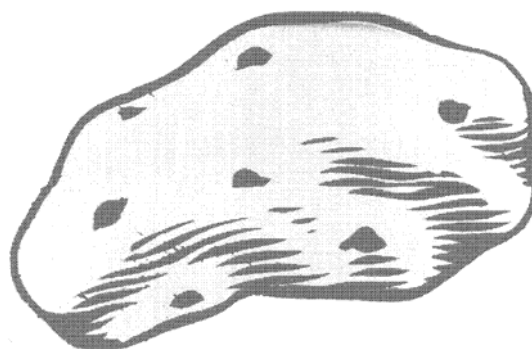
Solanum tuberosum Linn.

Local name & other common names:

patatas, Potatoes (English)

Part(s) used: Fruit

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	76*	61*
Protein, g	2.4	1.7
Fat, g	0.1	0.1
Carbohydrate, g	16.4	13.4
Calcium, mg	36	34
Iron, mg	1.0	0.8
Retinol, µg	-	-
Beta-carotene, µg	0	Trace
Vitamin A, RE-µg	0	Trace
Vitamin A, RAE-µg	0	Trace
Riboflavin, mg	0.06	0.05
Niacin, mg	2.2	1.7
Ascorbic acid, mg	31.0	24.0

--- = 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:

- Food for babies/children.

Source of nutrient data: The data is sourced from ref # 1 (page # 75). * 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 # 70**Food category:** Staples, Root Crops, Cereals and Grain Products**Scientific identification:***Zea mays* Linn.**Local name & other common names:**

mais, Corn (English)

Part(s) used: Fruit**Preparation:** Boiled and sautéed with other foods, especially leafy greens.**Wild, hunted/gathered, or cultivated:** Cultivated and gathered.**Home harvested or purchased:** Home harvested and sold in the market at P10.00 per kilo.**Seasonality of use:** Rainy season (June-Nov)**Importance value to the community by age/gender:**

- Not given to infants but enjoyed by adults and considered as nutritious and delicious.
- One respondent mentioned that it is good for the eyes.
- When in season, it is eaten 1-3 times a day and serves as either a viand or snack, depending on how it is cooked.

Source of nutrient data: The data is sourced from ref # 1 (page # 74). * The energy values were calculated.

Nutrient	Nutrient Composition/100g (edible portion)			
	Yellow corn: Raw	Yellow corn: Boiled	White corn: Raw	White corn: Boiled
Energy, Kcal	168*	163*	140*	134*
Protein, g	4.4	4.1	4.4	5.0
Fat, g	1.5	1.5	0.8	2.3
Carbohydrate, g	34.3	33.2	28.7	23.3
Calcium, mg	8	13	13	13
Iron, mg	0.8	1.5	0.7	0.8
Retinol, µg	-	-	-	-
Beta-carotene, µg	210	130	-	-
Vitamin A, RE-µg	35	22	-	-
Vitamin A, RAE-µg	18	11	-	-
Riboflavin, mg	0.13	0.10	0.10	0.09
Niacin, mg	1.6	1.1	1.8	1.4
Ascorbic acid, mg	11.0	6.0	6.0	6.0

--- = 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 # 71

Food category: Staples, Root Crops, Cereals and Grain Products

Scientific identification:

Unknown (plant not available)

Local name & other common names:

bulaig

Part(s) used: Peel and 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	-

--- = not analyzed

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

- Delicious
- Serves as pig's food when unripe

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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