

CEREALS AND MILLETS*(Click on page number to go directly to the data table)*

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COMMUNITY FOOD SYSTEM DATA TABLE # 1

Food category: Cereals and Millets

Scientific identification:

Fagopyrum esculentum

Local name & other common names:

荞麦(带皮), qiao mai, Buckwheat (English)

Part(s) used: Buckwheat with hull

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Buckwheat
Energy, Kcal	345.3*
Protein, g	9.5
Fat, g	1.7
Carbohydrate, g	73
Fibre, g	13.3
Ash, g	2.2
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	2.9
Iron, mg	10.1
Calcium, mg	154
Moisture, g	13.6

--- = not analyzed

Type of procurement:

Home harvested or purchased:

Seasonality of use:

Cost of production, if known:

Importance value to the community by age/gender:

Source of nutrient data: The data is sourced from China FCT, 2002. Code #: 019006 (ref # 1). * Energy value was calculated.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 2

Food category: Cereals and Millets

Scientific identification:

Oryza sativa

Local name & other common names:

籼米(标准)[机米], xian mi, Rice, long grain, standard grade (English)

Part(s) used: Grain

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	350.2*
Protein, g	7.9
Fat, g	0.6
Carbohydrate, g	78.3
Fibre, g	0.8
Ash, g	0.6
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	1.47
Iron, mg	1.6
Calcium, mg	12.0
Moisture, g	12.6

--- = not analyzed

Type of procurement:

Home harvested or purchased:

Seasonality of use:

Cost of production, if known:

Importance value to the community by age/gender:

Source of nutrient data: The nutrient data is sourced from China FCT, 2002. Code #: 012202 (ref # 1). * Energy value was calculated.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 3

Food category: Cereals and Millets

Scientific identification:

Oryza sativa

Local name & other common names:

糯米 [江米](均值), nou mi, Rice, Glutinous, regular grade (English)

Part(s) used: Grain

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	351.4*
Protein, g	7.3
Fat, g	1.0
Carbohydrate, g	78.3
Fibre, g	0.8
Ash, g	0.8
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	1.54
Iron, mg	1.4
Calcium, mg	26
Moisture, g	12.6

--- = not analyzed

Type of procurement:

Home harvested or purchased:

Seasonality of use:

Cost of production, if known:

Importance value to the community by age/gender:

Source of nutrient data: The nutrient data is sourced from China FCT, 2002. Code #: 012301 (ref # 1). * Energy value was calculated

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 4

Food category: Cereals and Millets

Scientific identification:

Triticum aestivum

Local name & other common names:

小麦粉(标准粉), xiao mai feng, Wheat flour (English)

小麦, xiao mai, Wheat grain (English)

Part(s) used: Grain, flour

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Flour	Grain
Energy, Kcal	352.7*	360*
Protein, g	11.2	11.9
Fat, g	1.5	1.3
Carbohydrate, g	73.6	75.2
Fibre, g	2.1	10.8
Ash, g	1.0	1.6
Vitamin A, RE- µg	-	-
Vitamin A, RAE- µg	-	-
Beta-carotene, µg	-	-
Retinol, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	-	-
Zinc, mg	1.64	2.33
Iron, mg	3.5	5.1
Calcium, mg	31	34
Moisture, g	12.7	10

--- = not analyzed

Type of procurement:

Home harvested or purchased:

Seasonality of use:

Cost of production, if known:

Importance value to the community by age/gender:

Source of nutrient data: The nutrient data is sourced from China FCT, 2002. Code #: 011201 for flour and code # 011101 for whole grain (ref # 1). * Energy values were calculated.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 5**Food category:** Cereals and Millets**Scientific identification:***Zea Mays***Local name & other common names:**

玉米(黄 , 干), yu mi, Corn, yellow (English)

Part(s) used: Grain**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	361*
Protein, g	8.7
Fat, g	3.8
Carbohydrate, g	73
Fibre, g	6.4
Ash, g	1.3
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	1.7
Iron, mg	2.4
Calcium, mg	14
Moisture, g	13.2

--- = not analyzed

Type of procurement:**Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** The nutrient data is sourced from China FCT 2002. Code #: 013103 (ref # 1). * Energy value was calculated.**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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