

MEATS (INCLUDING ANIMALS, BIRDS, AND DAIRY) (Continued from Cereals, Grain and Pulses section)

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COMMUNITY FOOD SYSTEM DATA TABLE # 110**Food category:** Animals**Scientific identification:***Bos Taurus***Local name & other common names:**

gorur mangshaw, Cow (English)

Preparation:

Meat is prepared in different forms: as a curry, roasted or buna.

Nutrient	Nutrient Composition/100g (edible portion)
	Meat
Energy, Kcal	114
Protein, g	22.6
Fat, g	2.6
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.0
Vitamin A, RE- µg	18
Vitamin A, RAE- µg	18
Retinol, µg	18
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2
Zinc, mg	-
Iron, mg	0.8
Calcium, mg	10
Moisture, g	74.3

--- = not analyzed

The nutrient table indicates that the meat is high in protein, moderate in iron and low in calcium, vitamin C and fat.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:**

Community people enjoy beef very much. They think it is good for their health as well as a good source of protein and fat. Beef is considered a traditional food that is often served on special occasions. For economic purposes cow is very helpful to the farmers. For cultivation of the fields communities from Badarkhali and Shaplapur still depend on cows.

Notes on samples needed for analysis:

Nutrient data sourced from Bangladesh FCT 1988, food code 1001 (ref # 15).

Reference to Sample Collection Sheets: NR**Use and cost**

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 111**Food category:** Animals**Scientific identification:***Bulbus bubalis***Local name & other common names:**

mohisher mangshaw, Buffalo (English)

Part(s) used: Flesh**Preparation:** Buna or curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh
Energy, Kcal	94.7*
Protein, g	19.4
Fat, g	1.9
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.0
Vitamin A, RE- µg	5
Vitamin A, RAE- µg	5
Retinol, µg	5
Beta carotene, µg	1
Total carotene, µg	-
Folic acid, µg	7.8
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	3
Moisture, g	78.7

--- = not analyzed

The nutrient table indicates that this meat is high in protein and low in fat and calcium.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Very popular meat item, enjoyed by all ages but men like it most. Its skin is used in the manufacturing of leather.**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 1002 (ref # 15). * Energy value was calculated.

Reference to Sample Collection Sheets: NR**Use and cost**

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 112**Food category:** Animals**Scientific identification:***Capra hyrcus***Local name & other common names:**

kasheer mangshaw, Goat (English)

Part(s) used: Flesh**Preparation:** Roasted, buna, kabab or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh
Energy, Kcal	122.4*
Protein, g	21.4
Fat, g	3.6
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.1
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	4.5
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	12
Moisture, g	74.2

--- = not analyzed

The nutrient table indicates that this meat is high in protein, low in calcium and fat.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Popular food item for all ages.

Nayakrishi and Mog people like to eat it, but it is costly. On occasion it is eaten as a traditional food. Its milk is ideal food for children. Its skin is manufactured as leather.

Notes on samples needed for analysis:

Nutrient data sourced from Bangladesh FCT 1988, food code 1005 (ref # 15). * Energy value was calculated.

Reference to Sample Collection Sheets: NR**Use and cost**

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 113**Food category:** Animals**Scientific identification:***Monopterus cuchia/Amphipnous cuchia***Local name & other common names:**

kuchia, koocha machli

Part(s) used: Flesh**Preparation:** Fried or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	92.0
Protein, g	18.7
Fat, g	0.8
Carbohydrate, g	2.4
Fiber, g	-
Ash, g	1.4
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	185
Moisture, g	76.7

--- = not analyzed

Wild, hunted, gathered, or cultivated: Wild
Home harvested or purchased: Purchased
Seasonality of use: August-October
Cost of production (if known): n/a
Importance value to the community by age/gender: Traditional food for Mog people. They believe it is good for health. It is not often available.
Notes on samples needed for analysis: Nutrient data sourced from Indian FCT 2002. SI# 352 (ref # 1).
Reference to Sample Collection Sheets: NR

Use and cost

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 114**Food category:** Animals**Scientific identification:***Ovis aries (Bovidae)***Local name & other common names:**

vera mangso, Sheep (English)

Part(s) used: Flesh**Preparation:** Buna or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	194
Protein, g	18.5
Fat, g	13.3
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	9
Folic acid, µg	5.8
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	2.5
Calcium, mg	150
Moisture, g	71.5

--- = not analyzed

The nutrient table indicates that this meat is high in protein, fat, iron and calcium.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** 2500 taka**Importance value to the community by age/gender:** Another tasty meat. All ages enjoy it. It has high economic value. From its wooly

skin clothes are made.

Notes on samples needed for analysis:Nutrient data sourced from Indian FCT 2002.
SI# 410 (ref # 1).**Reference to Sample Collection Sheets:** NR**Use and cost**

Price \ 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 # 115**Food category:** Animals**Scientific identification:***Sus cristatus wagner***Local name & other common names:**

sukorer mangso, Pork (English)

Part(s) used: Flesh**Preparation:** Fried or as a curry and others.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	114
Protein, g	18.7
Fat, g	4.4
Carbohydrate, g	-
Fiber, g	-
Ash	1.0
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2.0
Zinc, mg	-
Iron, mg	2.2
Calcium, mg	30
Moisture, g	77.4

--- = not analyzed

The nutrient table indicates that this meat is high in protein, moderate in fat and calcium.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a

Importance value to the community by age/gender: Favorite meat among Mog people, all ages enjoy eating it, especially young men and women. Good for health and rich in protein. On special occasions it is cooked and served with local wine.

Notes on samples needed for analysis:

Nutrient data sourced from Bangladesh FCT 1988, food code 1010 (ref # 15).

Use and cost

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 116**Food category:** Animals**Scientific identification:***Trypanchan vaaina***Local name & other common names:**

cheoya

Part(s) used: Flesh**Preparation:** Fried, bhorta or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

Wild, hunted, gathered, or cultivated: Wild
Home harvested or purchased: Purchased
Seasonality of use: July-August
Cost of production (if known): n/a
Importance value to the community by age/gender: Another food eaten only by the Mog community. Women like it more. Young children like to eat it too. It is only available for two months of the year.
Notes on samples needed for analysis: No data available (has not been analyzed).
Reference to Sample Collection Sheets: NR

Use and cost

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 117**Food category:** Animals**Scientific identification:***Kachuga tecta***Local name & other common names:**

kochhop, jagol, Indian roofed turtle (English)

Part(s) used: Flesh**Preparation:** Buna or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh
Energy, Kcal	86
Protein, g	16.5
Fat, g	1.5
Carbohydrate, g	1.5
Fiber, g	-
Ash, g	1.1
Vitamin A, RE- µg	5
Vitamin A, RAE- µg	5
Retinol, µg	5
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	7
Moisture, g	79.4

--- = not analyzed

The nutrient table indicates that this meat is high in protein and low in fat and calcium.

Wild, hunted, gathered, or cultivated: Wild

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Another tasty food for Mog community. All ages enjoy it. It is a good source of protein.**Notes on samples needed for analysis:**
Nutrient data sourced from Bangladesh FCT 1988, food code 1013 (ref # 15).**Reference to Sample Collection Sheets:** NR**Use and cost**

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

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BIRDS**COMMUNITY FOOD SYSTEM DATA TABLE # 118****Food category:** Birds**Scientific identification:***Anas platyrhynchos***Local name & other common names:**

hansh, Duck, Domesticated mallard (English)

Part(s) used: Flesh and egg**Preparation:** Roasted, buna or curry.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	130
Protein, g	21.6
Fat, g	4.8
Carbohydrate, g	0.1
Fiber, g	-
Ash, g	1.2
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	4
Moisture, g	72.3

--- = not analyzed

The nutrient table indicates that this meat is high in protein, moderate in fat and low in calcium.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** 1500 taka**Importance value to the community by age/gender:** Very tasty, liked by all ages.

Traditionally it is eaten more in the winter. Its egg is a very important food. Young men like it most. It has high economic value.

Notes on samples needed for analysis:

Nutrient data sourced from Indian FCT, 2002.

SI# 400 (ref # 1).

Reference to Sample Collection Sheets: NR**Use and cost**

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 119**Food category:** Birds**Scientific identification:***Alcedo atthis***Local name & other common names:**

bak, common Kingfisher (English)

Part(s) used: Meat**Preparation:** Roasted, fried or as curry

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Fiber, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

Wild, hunted, gathered, or cultivated: Wild**Home harvested or purchased:** Purchased**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** All ages enjoy this tasty meat.
Men and young children prefer it most. In winter it is tastier.**Notes on samples needed for analysis:** Not analyzed.**Reference to Sample Collection Sheets:** NR**Use and cost**

Price \ 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 # 120**Food category:** Birds**Scientific identification:***Columba livia intermedia***Local name & other common names:**

pyara, Pigeon (English)

Part(s) used: Meat**Preparation:** Fried, roast, bhuna or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh
Energy, Kcal	137
Protein, g	23.3
Fat, g	4.9
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.4
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	12
Moisture	70.4

--- = not analyzed

The nutrient table shows that this meat is high in protein, moderate in fat and low in calcium.

Wild, hunted, gathered, or cultivated:

Cultivated/Wild

Home harvested or purchased: Both**Seasonality of use:** June-December**Cost of production (if known):** 800 taka/kg

Importance value to the community by age/gender: This bird is very familiar to women and children. Its meat is very tasty and not costly. Each month a pigeon lays 2 eggs and after incubation 2 chicks are born. So in 12 months one pigeon can yield 24 chicks, which can be sold in the market. Most families have pigeons however they can be found wild in the jungle. Women prepare pigeon meat for sick people to provide good nutrition.

Notes on samples needed for analysis: This food was previously analyzed by INFS lab (ref # 2).

Reference to Sample Collection Sheets: NR**Use and cost**

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 121**Food category:** Birds**Scientific identification:***Gallus bankiva murghi***Local name & other common names:**

murgi/kurrua, Chicken (English)

Part(s) used: Flesh and eggs**Preparation:** As a curry, roasted, buna and others

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh
Energy, Kcal	109
Protein, g	25.9
Fat, g	0.6
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	25
Moisture, g	72.2

--- = not analyzed

The nutrient table indicates that this meat is high in protein and low in fat and calcium.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** 1000 taka**Importance value to the community by age/gender:**

One of the tastiest meats, all ages enjoy it both Mog and Nayakrishi but it is costly. Eggs are very important food for the community as well. Both meat and eggs are good for health and have high economic value.

Notes on samples needed for analysis:

Nutrient data sourced from Indian FCT 2002.

SI # 405 (ref # 1).

Reference to Sample Collection Sheets: NR**Use and cost**

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

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AMPHIBIANS**COMMUNITY FOOD SYSTEM DATA TABLE # 122****Food category:** Amphibians**Scientific identification:***Rana tigerina***Local name & other common names:**

bang, Frog (English)

Part(s) used: Flesh**Preparation:** Fried, boiled or in a curry

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

Wild, hunted, gathered, or cultivated: Wild**Home harvested or purchased:** Usually it is collected.**Seasonality of use:** February-November**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Only Mog community eats this meat, both the young and the adults like this food. The meat is very tasty. Its fat is preserved for making oily medicine.**Notes on samples needed for analysis:** Not analyzed.**Reference to Sample Collection Sheets:** NR**Use and cost**

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

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DAIRY**COMMUNITY FOOD SYSTEM DATA TABLE # 123****Food category:** Dairy**Scientific identification:***Bos Taurus***Local name & other common names:**

garu mangso, Cow milk (English)

Part(s) used: Milk**Preparation:** Butter, ghee, cream and curd are prepared from milk

Nutrient	Nutrient Composition/100g (edible portion)
	Milk
Energy, Kcal	49.7*
Protein, g	3.2
Fat, g	4.1
Carbohydrate, g	-
Fiber, g	-
Ash, g	0.8
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2.0
Zinc, mg	-
Iron, mg	0.2
Calcium, mg	120
Moisture, g	-

--- = not analyzed

The nutrient table indicates that milk is high in calcium, moderate in protein and fat and low in iron and vitamin C.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Milk is considered very important for good health, especially for babies and children. All ages of people like milk. From milk, women prepare ghee, butter and curd**Notes on samples needed for analysis:** This food was previously analyzed by INFS lab (ref # 2). * The energy value was calculated.**Reference to Sample Collection Sheets:** NR**Use and cost**

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 124**Food category:** Dairy**Scientific identification:***Bulbus bubalis***Local name & other common names:**

mohisher mangso, Buffalo milk (English)

Part(s) used: Milk**Preparation:** Butter, ghee, cream and curd are prepared from milk

Nutrient	Nutrient Composition/100g (edible portion)
	Milk
Energy, Kcal	117
Protein, g	4.3
Fat, g	6.5
Carbohydrate, g	5.0
Fiber, g	-
Ash, g	0.8
Retinol, µg	48
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	5.6
Vitamin C, mg	1
Zinc, mg	-
Iron, mg	0.2
Calcium, mg	210
Moisture, g	81

--- = not analyzed

The nutrient table indicates that this milk is high in fat and calcium, and moderate in protein.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:** A special curd can be made from buffalo milk. Its ghee is very nutritious and highly enjoyed by both communities.**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002.

SI# 419 (ref # 1).

Reference to Sample Collection Sheets: NR**Use and cost**

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

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