

FISH AND SEAFOOD (Continued from the Staples, root crops, cereals, grain products section)

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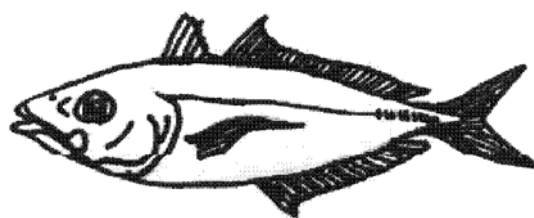
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Unknown	97
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Unknown	99
talipis/anko	99
Unknown	100
tikday	100

COMMUNITY FOOD SYSTEM DATA TABLE # 72

Food category: Fish and Seafood**Scientific identification:***Caranx crumenophthalmus***Local name & other common names:**

matang baka, Big-eyed scad (English)

Part(s) used: Whole fish**Preparation:** Boiled or fried.

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	84*
Protein, g	20.4
Fat, g	0.3
Carbohydrate, g	0
Calcium, mg	36
Iron, mg	0.7
Retinol, µg	70
Beta-carotene, µg	-
Vitamin A, RE-µg	70
Vitamin A, RAE-µg	70
Riboflavin, mg	0.09
Niacin, mg	7.4
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 106). * The energy value was calculated.**Seasonality**

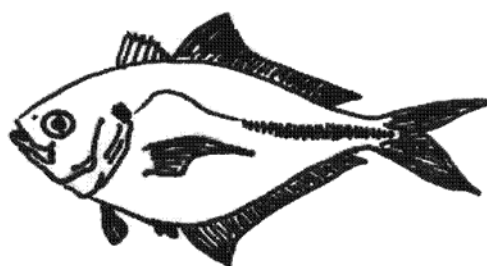
Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 73

Food category: Fish and Seafood**Scientific identification:***Caranx djedaba***Local name & other common names:**

salay-salay lalaki, Even-bellied crevalle - male species (English)

Part(s) used: Whole fish**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	85*
Protein, g	17.7
Fat, g	1.6
Carbohydrate, g	0
Calcium, mg	94
Iron, mg	1.2
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Riboflavin, mg	0.06
Niacin, mg	3.4
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 112). * 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 # 74

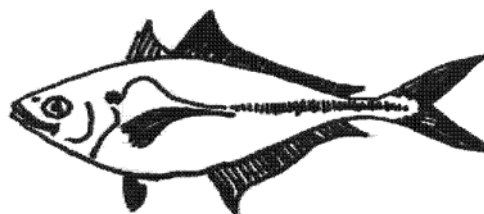
Food category: Fish and Seafood**Scientific identification:***Caranx kalla***Local name & other common names:**

salay-salay aso, Deep-bellied crevalle (English)

Part(s) used: Whole fish**Preparation:** Boiled or broiled.

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	87*
Protein, g	19.4
Fat, g	1.0
Carbohydrate, g	0
Calcium, mg	93
Iron, mg	1.2
Retinol, µg	60
Beta-carotene, µg	15
Vitamin A, RE-µg	63
Vitamin A, RAE-µg	61
Riboflavin, mg	0.12
Niacin, mg	4.2
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 111). * 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 # 75

Food category: Fish and Seafood**Scientific identification:***Caranx sexfasciatus***Local name & other common names:**

talakitok, Banded cavalla (English)

Part(s) used: Whole fish**Preparation:** Boiled or fried.

Nutrient	Nutrient Composition/100g (edible portion)	
	Fish: Raw	Fish: Boiled
Energy, Kcal	122*	160*
Protein, g	21.4	20.2
Fat, g	4.0	8.8
Carbohydrate, g	0	0
Calcium, mg	70	86
Iron, mg	1.2	2.7
Retinol, µg	140	80
Beta-carotene, µg	60	10
Vitamin A, RE-µg	150	82
Vitamin A, RAE-µg	145	81
Riboflavin, mg	0.13	0.13
Niacin, mg	4.8	3.2
Ascorbic acid, mg	-	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 114). * The energy values were calculated.**Seasonality**

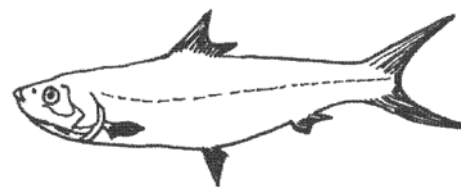
Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 76

Food category: Fish and Seafood**Scientific identification:***Chanos chanos***Local name & other common names:**

bangos, Milkfish (English)

Part(s) used: Whole fish**Preparation:** Boiled, broiled or fried.

Nutrient	Nutrient Composition/100g (edible portion)		
	Fish: Raw	Fish: Broiled	Fish: Fried
Energy, Kcal	128*	152*	218*
Protein, g	18.4	23.4	23.6
Fat, g	6.0	4.8	10.4
Carbohydrate, g	0	3.6	7.2
Calcium, mg	48	109	116
Iron, mg	1.0	1.2	1.0
Retinol, µg	120	80	55
Beta-carotene, µg	10	25	-
Vitamin A, RE-µg	122	84	55
Vitamin A, RAE-µg	121	82	55
Riboflavin, mg	0.06	0.08	0.11
Niacin, mg	7.7	8.6	8.8
Ascorbic acid, mg	-	-	-

--- = 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:**

- Meat substitute.

Source of nutrient data: The data is sourced from ref # 1 (page # 97).

* 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 # 77

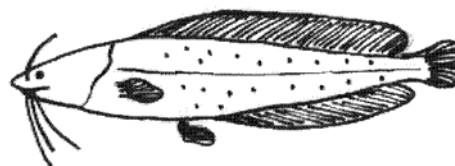
Food category: Fish and Seafood**Scientific identification:***Claria batrachus***Local name & other common names:**

hito, Freshwater catfish (English)

Part(s) used: Whole fish**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	80*
Protein, g	18.7
Fat, g	0.6
Carbohydrate, g	0
Calcium, mg	46
Iron, mg	0.3
Retinol, µg	190
Beta-carotene, µg	35
Vitamin A, RE- µg	196
Vitamin A, RAE- µg	193
Riboflavin, mg	0.05
Niacin, mg	2.5
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 103). * 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 # 78

Food category: Fish and Seafood

Scientific identification:

Cyprinus carpio

Local name & other common names:

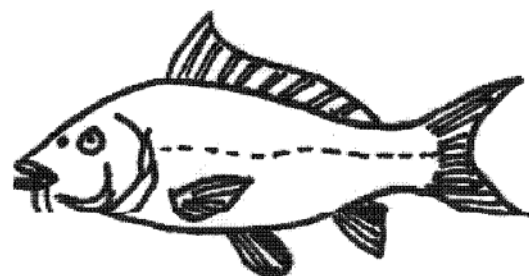
karpa, Carp (English)

Part(s) used: Whole fish

Preparation: Boiled

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	185*
Protein, g	17.8
Fat, g	12.6
Carbohydrate, g	0
Calcium, mg	36
Iron, mg	1.0
Retinol, µg	45
Beta-carotene, µg	20
Vitamin A, RE-µg	48
Vitamin A, RAE-µg	47
Riboflavin, mg	0.17
Niacin, mg	3.9
Ascorbic acid, mg	-

--- = 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
Source of nutrient data: The data is sourced from ref # 1 (page # 104). * 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 # 79

Food category: Fish and Seafood

Scientific identification:

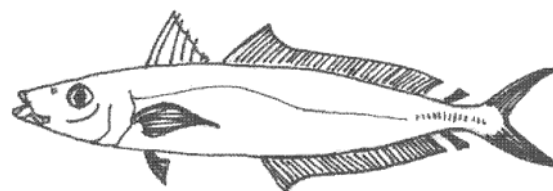
Decapterus macrosoma

Local name & other common names:

galunggong, Big-bodied round scad (English)

Part(s) used: Whole fish

Preparation: Boiled or fried.



Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	96*
Protein, g	18.7
Fat, g	2.4
Carbohydrate, g	0
Calcium, mg	75
Iron, mg	0.9
Retinol, µg	65
Beta-carotene, µg	15
Vitamin A, RE-µg	68
Vitamin A, RAE-µg	66
Riboflavin, mg	0.19
Niacin, mg	8.7
Ascorbic acid, mg	-

--- = 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 seldom eaten.
Source of nutrient data: The data is sourced from ref #1 (page # 146). * 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 # 80

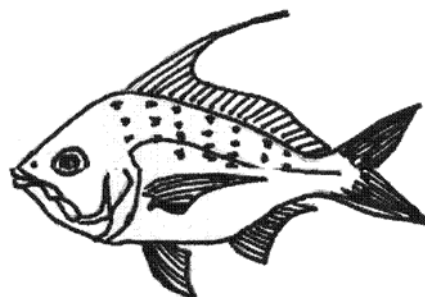
Food category: Fish and Seafood**Scientific identification:***Gerres filamentosus***Local name & other common names:**

malakapas, Spotted mojarras (English)

Part(s) used: Whole fish**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	87*
Protein, g	20.4
Fat, g	0.6
Carbohydrate, g	0
Calcium, mg	67
Iron, mg	0.6
Retinol, µg	20
Beta-carotene, µg	-
Vitamin A, RE-µg	20
Vitamin A, RAE-µg	20
Riboflavin, mg	0.08
Niacin, mg	4.7
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The nutrient data is sourced from ref # 1 (page # 105). * 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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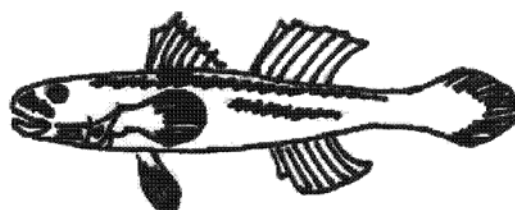
COMMUNITY FOOD SYSTEM DATA TABLE # 81**Food category:** Fish and Seafood**Scientific identification:***Glossogobius giurus***Local name & other common names:**

biyang puti, Flathead gobby (English)

Part(s) used: Whole fish**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	81*
Protein, g	19.7
Fat, g	0.2
Carbohydrate, g	0
Calcium, mg	74
Iron, mg	0.4
Retinol, µg	95
Beta-carotene, µg	25
Vitamin A, RE-µg	99
Vitamin A, RAE-µg	97
Riboflavin, mg	0.09
Niacin, mg	2.5
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 99). * 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 # 82

Food category: Fish and Seafood

Scientific identification:

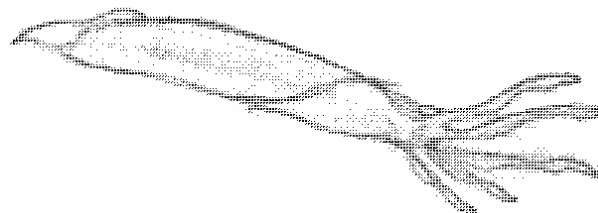
Loligo pealli

Local name & other common names:

pusit, Squid (English)

Part(s) used: Whole squid

Preparation: Boiled, broiled or fried.



Nutrient	Nutrient Composition/100g (edible portion)		
	Med size: Raw	Large size: Raw	Boiled
Energy, Kcal	79*	62*	80*
Protein, g	17.1	14.0	17.4
Fat, g	1.2	0.7	1.2
Carbohydrate, g	0	0	0
Calcium, mg	54	56	48
Iron, mg	1.3	1.0	1.6
Retinol, µg	65	360	125
Beta-carotene, µg	5	35	25
Vitamin A, RE-µg	66	366	129
Vitamin A, RAE-µg	65	363	127
Riboflavin, mg	0.04	0.03	0.04
Niacin, mg	3.2	1.8	1.7
Ascorbic acid, mg	-	-	-

--- = 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
Source of nutrient data: The data is sourced from ref # 1 (page # 108). * 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 # 83**Food category:** Fish and Seafood**Scientific identification:***Mugil vaigensis***Local name & other common names:**

aligasin, Large-scaled mullet (English)

Part(s) used: Whole fish**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)	
	Fish: Raw	Fish: Boiled
Energy, Kcal	89*	160*
Protein, g	20.0	20.2
Fat, g	1.0	8.8
Carbohydrate, g	0	0
Calcium, mg	43	86
Iron, mg	0.5	2.7
Retinol, µg	40	80
Beta-carotene, µg	5	10
Vitamin A, RE-µg	41	82
Vitamin A, RAE-µg	40	81
Riboflavin, mg	0.10	0.13
Niacin, mg	5.7	3.2
Ascorbic acid, mg	-	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 93). * 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 # 84

Food category: Fish and Seafood**Scientific identification:***Nemipterus taenipterus***Local name & other common names:**

bisugo, Ribbon-finned nemipterid (English)

Part(s) used: Whole fish**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	90*
Protein, g	19
Fat, g	1.5
Carbohydrate, g	0
Calcium, mg	81
Iron, mg	0.6
Retinol, µg	60
Beta-carotene, µg	0
Vitamin A, RE-µg	60
Vitamin A, RAE-µg	60
Riboflavin, mg	0.03
Niacin, mg	2.1
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page #98). * 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 # 85

Food category: Fish and Seafood**Scientific identification:***Neptunus pelagicus***Local name & other common names:**

alimasag, Crab (English)

Part(s) used: Meat and fat**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)		
	Crab fat: Raw	Crab meat: Raw	Crab meat: Boiled
Energy, Kcal	104*	93*	98*
Protein, g	11.5	19.9	19.4
Fat, g	4.4	0.5	0.9
Carbohydrate, g	4.7	2.2	3.1
Calcium, mg	283	134	281
Iron, mg	1.0	Trace	2.0
Retinol, µg	220	Trace	-
Beta-carotene, µg	435	Trace	-
Vitamin A, RE-µg	293	Trace	-
Vitamin A, RAE-µg	256	Trace	
Riboflavin, mg	0.49	0.07	0.24
Niacin, mg	1.1	3.9	2.4
Ascorbic acid, mg	-	-	-

--- = not analyzed

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

- Considered as delicious and nutritious and good for infant.
- No specific preferences by age/gender.
- Eaten 1 to 3 times a day depending on availability.

Source of nutrient data: The data is sourced from ref # 1 (page # 95).

* 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 # 86

Food category: Fish and Seafood

Scientific identification:

Ophicicephalus striatus

Local name & other common names:

dalag, Mudfish or Striated murrel (English)

Part(s) used: Whole fish

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)	
	Fish: Raw	Fish: Broiled
Energy, Kcal	83*	95*
Protein, g	20.5	22.8
Fat, g	0.1	0.4
Carbohydrate, g	0	0
Calcium, mg	78	65
Iron, mg	1.4	1.2
Retinol, µg	20	20
Beta-carotene, µg	-	-
Vitamin A, RE-µg	20	20
Vitamin A, RAE-µg	20	20
Riboflavin, mg	0.08	0.09
Niacin, mg	4.0	2.3
Ascorbic acid, mg	-	-

--- = not analyzed



Wild, hunted/gathered, or cultivated:
Gathered from rice fields.

Home harvested or purchased: Purchased

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 100). * 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 # 87

Food category: Fish and Seafood**Scientific identification:***Potamon grapsoides***Local name & other common names:**

talangka, Small crab (English)

Part(s) used: Meat and fat.**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)
	Crab: Raw
Energy, Kcal	122*
Protein, g	13.8
Fat, g	3.8
Carbohydrate, g	8.1
Calcium, mg	2 111
Iron, mg	1.0
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	0.79
Niacin, mg	2.9
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered alongside rivers.

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

- Considered as nutritious, delicious and good for the infant.
- No specific preferences by age and gender.
- Eaten 1 to 3 times a day when available.

Source of nutrient data: The data is sourced from ref # 1 (page # 113). * The energy value was calculated.**Seasonality**

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	*	*	*	*	*	*	*	*	*	*	*	*
Medium												
Low												

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COMMUNITY FOOD SYSTEM DATA TABLE # 88

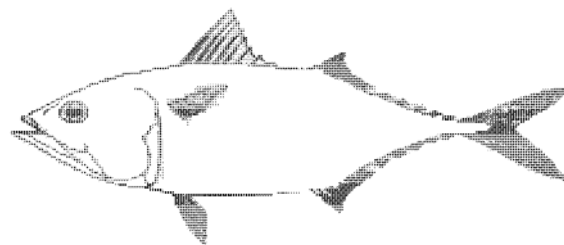
Food category: Fish and Seafood**Scientific identification:***Rastrelliger brachyosomus***Local name & other common names:**

hasa-hasa, Short bodied mackerel (English)

Part(s) used: Whole fish**Preparation:** Boiled or fried.

Nutrient	Nutrient Composition/100g (edible portion)	
	Fish: Raw	Fish: Fried
Energy, Kcal	100*	221*
Protein, g	21.6	21.6
Fat, g	2.4	14.9
Carbohydrate, g	0	0
Calcium, mg	78	202
Iron, mg	1.3	2.1
Retinol, µg	100	45
Beta-carotene, µg	60	55
Vitamin A, RE-µg	110	54
Vitamin A, RAE-µg	105	50
Riboflavin, mg	0.13	0.12
Niacin, mg	8.4	6.9
Ascorbic acid, mg	-	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 102). * 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 # 89

Food category: Fish and Seafood

Scientific identification:

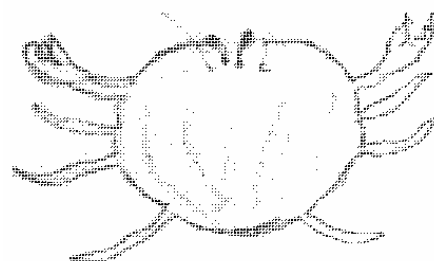
Scylla serrata

Local name & other common names:

alimango, Crab (English)

Part(s) used: Meat and fat

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)		
	Crab fat: Raw	Crab meat: Raw	Crab meat: Boiled
Energy, Kcal	188*	103*	88*
Protein, g	26.0	18.5	17.6
Fat, g	5.6	3.2	1.9
Carbohydrate, g	8.5	0	0
Calcium, mg	60	161	279
Iron, mg	4.4	1.5	1.7
Retinol, µg	4 245	210	60
Beta-carotene, µg	-	245	100
Vitamin A, RE-µg	4 245	251	78
Vitamin A, RAE-µg	4 245	230	68
Riboflavin, mg	0.92	0.25	0.36
Niacin, mg	1.3	2.1	1.6
Ascorbic acid, mg	-	-	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Gathered alongside rivers.

Home harvested or purchased: n/a

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- Considered as nutritious, delicious and good for infant.
- No specific preferences by age/gender.
- Eaten 1 to 3 times a day, depending on availability.

Source of nutrient data: The data is sourced from ref # 1 (page # 94).

* The energy values were calculated.

Seasonality

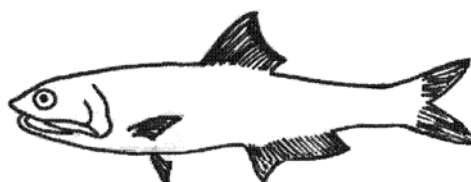
Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	*	*	*	*	*	*	*	*	*	*	*	*
Medium												
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 90

Food category: Fish and Seafood**Scientific identification:***Stolephorus commersonii***Local name & other common names:**

dilis, Long-jawed anchovy (English)

Part(s) used: Whole fish**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	82*
Protein, g	17.9
Fat, g	1.1
Carbohydrate, g	0
Calcium, mg	469
Iron, mg	0.7
Retinol, µg	80
Beta-carotene, µg	10
Vitamin A, RE-µg	82
Vitamin A, RAE-µg	81
Riboflavin, mg	0.08
Niacin, mg	3.7
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 101). * 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 # 91

Food category: Fish and Seafood

Scientific identification:

Synbranchus bengalensis

Local name & other common names:

palos, Swamp eel (English)

Part(s) used: Whole fish

Preparation: Broiled



Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	139*
Protein, g	19.2
Fat, g	6.9
Carbohydrate, g	0
Calcium, mg	33
Iron, mg	1.1
Retinol, µg	90
Beta-carotene, µg	0
Vitamin A, RE-µg	90
Vitamin A, RAE-µg	90
Riboflavin, mg	0.15
Niacin, mg	2.1
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 107). * 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 # 92

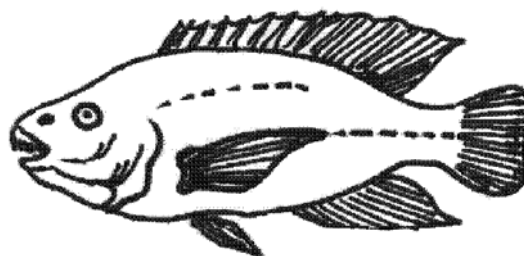
Food category: Fish and Seafood**Scientific identification:***Tilapia mossambica***Local name & other common names:**

tilapia, Tilapia (English)

Part(s) used: Whole fish**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fish: Raw
Energy, Kcal	107*
Protein, g	17.5
Fat, g	4.1
Carbohydrate, g	0
Calcium, mg	77
Iron, mg	0.1
Retinol, µg	205
Beta-carotene, µg	15
Vitamin A, RE-µg	208
Vitamin A, RAE-µg	206
Riboflavin, mg	0.10
Niacin, mg	4.2
Ascorbic acid, mg	-

--- = 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

Source of nutrient data: The data is sourced from ref # 1 (page # 117). * 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 # 93**Food category:** Fish and Seafood**Scientific identification:***Unknown***Local name & other common names:**

balangin

Part(s) used: Whole fish**Preparation:** Boiled or fried.

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:

Unknown

Home harvested or purchased:

Purchased

Seasonality of use: March-May**Importance value to the community by age/gender:**

- Fish is eaten during the summer.

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 # 94**Food category:** Fish and Seafood**Scientific identification:***Unknown***Local name & other common names:**

balawili

Part(s) used: Unknown**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, hunted.**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 # 95

Food category: Fish and Seafood

Scientific identification:

Unknown

Local name & other common names:

banagan, Shrimp (English)

Part(s) used: Whole

Preparation: Boiled

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

- Delicious but expensive.

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 # 96**Food category:** Fish and Seafood**Scientific identification:***Unknown***Local name & other common names:**

lamahin

Part(s) used: Whole fish**Preparation:** Boiled

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

- Delicious.

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 # 98

Food category: Fish and Seafood

Scientific identification:

Unknown

{but respondent says it is similar to “tilapia”} (*Tilapia mossambica*)

Local name & other common names:

sahiway

Part(s) used: Whole fish

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: Hunted.
Home harvested or purchased: n/a
Seasonality of use: Unknown
Importance value to the community by age/gender: A kind of fish eaten 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 # 98**Food category:** Fish and Seafood**Scientific identification:***Unknown***Local name & other common names:**

saliway

Part(s) used: Unknown**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:

Unknown

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by****age/gender:** Source of meat for 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 # 99

Food category: Fish and Seafood

Scientific identification:

Unknown

Local name & other common names:

talipis/anko

Part(s) used: Unknown

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 or hunted.
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 # 100

Food category: Fish and Seafood

Scientific identification:

Unknown

Local name & other common names:

tikday

Part(s) used: Whole fish

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:
 Hunted by using a spear.
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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