

OTHER FOODS (Continued from the *Herbal plants* section)
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COMMUNITY FOOD SYSTEM DATA TABLE # 139

Food category: Other foods

Scientific identification:

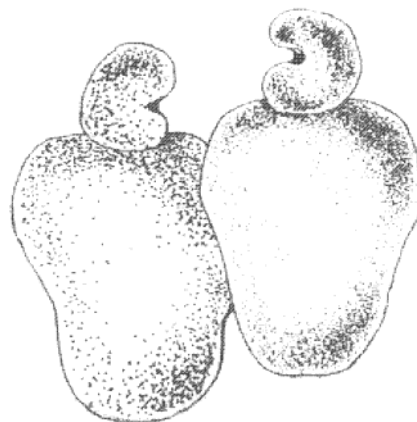
Anacardium occidentale Linn.

Local name & other common names:

kasuy, Cashew (English)

Part(s) used: Fruit and leaves

Preparation: Raw (fruit), leaves are eaten raw or boiled.



| Nutrient | Nutrient Composition/100g (edible portion) | | |
|-------------------|---|----------------|-------------------|
| | Fruit: Raw | Leaves: Raw | Leaves: Boiled |
| Energy, Kcal | 62* | 99* | 34* |
| Protein, g | 0.7 | 4.9 | 4.8 |
| Fat, g | 0.6 | 0.6 | 0.8 |
| Carbohydrate, g | 13.5 | 18.6 | 2.0 |
| Calcium, mg | 4 | 190 | 120 |
| Iron, mg | 0.5 | 3.6 | 2.4 |
| Retinol, µg | - | - | - |
| Beta-carotene, µg | 15 | 4 700 | 6 975 |
| Vitamin A, RE-µg | 3 | 783 | 1 163 |
| Vitamin A, RAE-µg | 1 | 392 | 581 |
| Riboflavin, mg | 0.01 | 0.01 | 0.18 |
| Niacin, mg | 0.4 | 1.7 | 1.5 |
| Ascorbic acid, mg | 167.0 | 110.0 | 108.0 |

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased:

Home-harvested

Seasonality of use: Summer season
(March-May)

**Importance value to the community
by age/gender:**

- Usual crop in the community
- Delicious
- Nutritious
- Peelings are used to cure toothache.

Source of nutrient data: The data is sourced from ref # 1 (page # 16).

* 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 # 140

Food category: Other foods

Scientific identification:

Unknown

Local name & other common names:

alosep

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

| |
|--|
| <p>Wild, hunted/gathered, or cultivated: Wild, 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.</p> |
|--|

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 # 141

Food category: Other foods

Scientific identification:

Unknown

Local name & other common names:

batong-patay “bugo”, Dead rock (English)

Part(s) used: Whole rock

Preparation: None

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

- Similar to bread.
- Provides strength to knees (good for the body).

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 # 142**Food category:** Other Foods**Scientific identification:***Unknown***Local name & other common names:**

gulaman, Ceylon moss (English)

Part(s) used: Moss**Preparation:** Made into a beverage or a bar.

| Nutrient | Nutrient Composition/100g (edible portion) | |
|-------------------|--|------|
| | Beverage | Bar |
| Energy, Kcal | 54* | 311* |
| Protein, g | Trace | 2.6 |
| Fat, g | 2.5 | 0.3 |
| Carbohydrate, g | 7.9 | 74.5 |
| Calcium, mg | 16 | 488 |
| Iron, mg | 1.7 | 27 |
| Retinol, µg | - | - |
| Beta-carotene, µg | - | - |
| Vitamin A, RE-µg | - | - |
| Vitamin A, RAE-µg | - | - |
| Riboflavin, mg | 0.01 | 0.02 |
| Niacin, mg | Trace | 0.1 |
| Ascorbic acid, mg | - | - |

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Wild, gathered.

Home harvested or purchased:

Purchased.

Seasonality of use: Year-round availability**Importance value to the community by age/gender:** Unknown**Source of nutrient data:** The data is sourced from ref # 1 (page #138).

* 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 # 143**Food category:** Other Foods**Scientific identification:***Unknown***Local name & other common names:**

kape, Coffee (English)

Part(s) used: Beans**Preparation:** Mixed with water and sugar, sometimes creamer.

| Nutrient | Nutrient Composition/100g (edible portion) |
|-------------------|--|
| | Coffee |
| Energy, Kcal | 357 |
| Protein, g | 17.8 |
| Fat, g | 1.3 |
| Carbohydrate, g | 68.6 |
| Calcium, mg | 296 |
| Iron, mg | 6.0 |
| Retinol, µg | - |
| Beta-carotene, µg | - |
| Vitamin A, RE-µg | - |
| Vitamin A, RAE-µg | - |
| Riboflavin, mg | 0.22 |
| Niacin, mg | 41.6 |
| 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:**

- No specific preferences by age and gender.
- Food for breakfast.

Source of nutrient data: The data is
sourced from ref # 1 (page # 139).NOTE: There is no information on the way the
coffee was prepared, either sugar &/or creamer.**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 # 144**Food category:** Other Foods**Scientific identification:***Unknown***Local name & other common names:**

pulot, Honey (English)

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

| Nutrient | Nutrient Composition/100g (edible portion) |
|-------------------|--|
| | Honey |
| Energy, Kcal | 258 |
| Protein, g | 0.1 |
| Fat, g | 0.1 |
| Carbohydrate, g | 64.1 |
| Calcium, mg | 29 |
| Iron, mg | 3.2 |
| Retinol, µg | - |
| Beta-carotene, µg | - |
| Vitamin A, RE-µg | - |
| Vitamin A, RAE-µg | - |
| Riboflavin, mg | 0.01 |
| Niacin, mg | - |
| Ascorbic acid, mg | - |

--- = not analyzed

Wild, hunted/gathered, or cultivated: Gathered from beehives in the forest.**Home harvested or purchased:** Sold to lowlanders for P90.00-100.00 per bottle.**Seasonality of use:** Dry season (March-May)**Importance value to the community by age/gender:**

- Sold in the market for herbal medication purposes.

Source of nutrient data: The data is sourced from ref # 1 (page # 140).**Seasonality**

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

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