

FISH AND SEAFOOD (Continued from the Cereals and millets section)

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COMMUNITY FOOD SYSTEM DATA TABLE # 8

Food category: Fish and Seafood

Scientific identification:

Carcharias sp.

Local name & other common names:

khari fish, Shark (English)

Part(s) used: All

Preparation: Curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	76
Energy, Kcal	93
Protein, g	21.6
Fat, g	0.4
Carbohydrate, g	0.8
Fiber, g	-
Ash, g	1.2
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	357
Iron, mg	1.4
Phosphorus, mg	262
Zinc, mg	-



Type
Home
Season
Cooking
Image
Availability
Socio-
info
C...

--- = not analyzed

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 # 9**Food category:** Fish and Seafood**Scientific identification:***Coilia dussumieri***Local name & other common names:**

mandli, Mandeli (English)

Part(s) used: All**Preparation:** Steamed with eggplant and potatoes.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, dried
Moisture, g	31.5
Energy, Kcal	259
Protein, g	52.5
Fat, g	5.4
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta-carotene, μ g	-
Total carotene, μ g	-
Folic acid, μ g	-
Vitamin C, mg	-
Calcium, mg	143
Iron, mg	11.9
Phosphorus, mg	259
Zinc, mg	-

--- = not analyzed



Type of procurement: Gathered
Home harvested or purchased: n/a
Seasonality of use: June-September
Cost of production, if known: Nil
Importance value to the community by age/gender and other miscellaneous information: Identified as a source of iron, as it is consumed frequently.
Source of nutrient data: The nutrient data is sourced from Indian FCT, 2002. Code # 358 (ref # 1).

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 # 10

Food category: Fish and Seafood

Scientific identification:

Elops saurus

Local name & other common names:

River fish

Part(s) used: Unknown

Preparation: Unknown

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

Type of procurement: Gathered
Home harvested or purchased: Unknown
Seasonality of use: June-September
Cost of production, if known: Nil
Importance value to the community by age/gender and other miscellaneous information: Unknown
 Scientific name from OBIS data

--- = not analyzed

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 # 11**Food category:** Fish and Seafood**Scientific identification:***Harpodon nehereus***Local name & other common names:**

bubla, Bombay duck (English)

Part(s) used: Whole fish**Preparation:** Steamed, dried or fried with vegetables.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, dried
Moisture, g	16.7
Energy, Kcal	293
Protein, g	61.7
Fat, g	4
Carbohydrate, g	2.5
Fiber, g	-
Ash, g	15.1
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	1389
Iron, mg	19.1
Phosphorus, mg	240
Zinc, mg	-

--- = not analyzed



Type of procurement: Gathered
Home harvested or purchased: n/a
Seasonality of use: October-May
Cost of production, if known: Nil
Importance value to the community by age/gender and other miscellaneous information: Most commonly eaten fish (in its dried form). Usually cooked with potato and eggplant as a curry and eaten with either rice or roti. Identified as a source of iron.
Source of nutrient data: The nutrient data is sourced from Indian FCT 2002. Code # 326 (ref # 1).

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 # 12

Food category: Fish and Seafood

Scientific identification:

Paratephusa spinigera

Local name & other common names:

karachala, Crab (English)

Part(s) used: Whole crab

Preparation: Curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	83.5
Energy, Kcal	59
Protein, g	8.9
Fat, g	1.1
Carbohydrate, g	3.3
Fiber, g	-
Ash, g	3.2
Vitamin A, RE- μ g	65
Vitamin A, RAE- μ g	33
Beta-carotene, μ g	-
Total carotene, μ g	780
Folic acid, μ g	-
Vitamin C, mg	-
Calcium, mg	1370
Iron, mg	21.2
Phosphorus, mg	150
Zinc, mg	-

--- = not analyzed



Type of procurement: Gathered
Home harvested or purchased: n/a
Seasonality of use: June-September
Cost of production, if known: Nil
Importance value to the community by age/gender and other miscellaneous information: Identified as a source of carotene and iron.
Source of nutrient data: The nutrient data is sourced from Indian FCT 2002. Code # 334 (ref # 1).

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 # 13

Food category: Fish and Seafood

Scientific identification:

Thaleichthys pacificus

Local name & other common names:

Small fish fry

Part(s) used: Flesh

Preparation: Unknown

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

Type of procurement: Gathered
Home harvested or purchased: n/a
Seasonality of use: Unknown
Cost of production, if known: Nil
Importance value to the community by age/gender and other miscellaneous information: Unknown
 Scientific name from OBIS data

--- = not analyzed

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

bodiya river fish, ravas

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

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



Type of procurement: Gathered
Home harvested or purchased: n/a
Seasonality of use: June-September
Cost of production, if known: Nil
Importance value to the community by age/gender and other miscellaneous information: Unknown

--- = not analyzed

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 # 15

Food category: Fish and Seafood

Scientific identification:

Unknown

Local name & other common names:

kokil zinga fish

Part(s) used: Unknown

Preparation: Unknown

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

Type of procurement: Gathered
Home harvested or purchased: n/a
Seasonality of use: June-September
Cost of production, if known: Nil
Importance value to the community by age/gender and other miscellaneous information: Unknown

--- = not analyzed

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 # 16

Food category: Fish and Seafood

Scientific identification:

Unknown

Local name & other common names:

muru fish

Part(s) used: Unknown

Preparation: Unknown

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

--- = not analyzed

Type of procurement: Gathered
Home harvested or purchased: n/a
Seasonality of use: June-September
Cost of production, if known: Nil
Importance value to the community by age/gender and other miscellaneous information: Unknown

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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