

**MEAT AND POULTRY** (Continued from the Green leafy vegetables section)

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## COMMUNITY FOOD SYSTEM DATA TABLE # 40

**Food category:** Meat and Poultry

**Scientific identification:**

*Bos taurus*

**Local name & other common names:**

gai, Cow (English)

**Part(s) used:** Body, except horns and hoofs

**Preparation:** Roasted

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	74.3
Energy, Kcal	114
Protein, g	22.6
Fat, g	2.6
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.0
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	7.8
Vitamin C, mg	-
Calcium, mg	10
Iron, mg	0.8
Phosphorus, mg	190
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Domesticated

**Home harvested or purchased:** Purchased

**Seasonality of use:** June-September

**Cost of production, if known:** Rs 3000-4000 (Cow bullock), Rs. 100-150/kg.

**Importance value to the community by age/gender and other miscellaneous information:** Since it is easily procured and relatively inexpensive it is eaten frequently.

**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 398 (ref # 1).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>						*	*	*	*			

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## COMMUNITY FOOD SYSTEM DATA TABLE # 41

**Food category:** Meat and Poultry

**Scientific identification:**

*Capra hircus*

**Local name & other common names:**

bakri, Goat (English)

**Part(s) used:** Flesh, leg and liver

**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, lean, raw
Moisture, g	74.2
Energy, Kcal	118
Protein, g	21.4
Fat, g	3.6
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.1
Vitamin A, RE-μg	
Vitamin A, RAE-μg	
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	4.5
Vitamin C, mg	-
Calcium, mg	12
Iron, mg	-
Phosphorus, mg	193
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Domesticated

**Home harvested or purchased:** Purchased

**Seasonality of use:** All year

**Cost of production, if known:** Rs 12-13/kg, Rs. 700 to 800 group purchase, Rs. 50 per portion.

**Importance value to the community by age/gender and other miscellaneous information:** Since it is easily procured and relatively inexpensive it is eaten frequently.

**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 406 (ref # 1).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>	*	*	*	*	*	*	*	*	*	*	*	*
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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**COMMUNITY FOOD SYSTEM DATA TABLE # 42****Food category:** Meat and Poultry**Scientific identification:***Columba livia intermedia***Local name & other common names:**

kabotar, Pigeon (English)

**Part(s) used:** Full bird**Preparation:** Boiled, roasted

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	70.4
Energy, Kcal	137
Protein, g	23.3
Fat, g	4.9
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.4
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	-
Calcium, mg	12
Iron, mg	-
Phosphorus, mg	290
Zinc, mg	-



--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*							

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**COMMUNITY FOOD SYSTEM DATA TABLE # 43****Food category:** Meat and Poultry**Scientific identification:***Gallus bankiva murghi***Local name & other common names:**

murghi, Hen fowl (English)

**Part(s) used:** Whole**Preparation:** Curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	72.2
Energy, Kcal	109
Protein, g	25.9
Fat, g	0.6
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.3
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	6.8
Vitamin C, mg	-
Calcium, mg	25
Iron, mg	-
Phosphorus, mg	245
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Domesticated  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** March-May  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Since it is easily procured and relatively inexpensive it is eaten frequently.  
**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 405 (ref # 1).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>			*		*	*		*	*			
<b>Seasonality of use</b>			*	*	*							

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## COMMUNITY FOOD SYSTEM DATA TABLE # 44

**Food category:** Meat and Poultry

**Scientific identification:**

*Haliastur sphenurus*

**Local name & other common names:**

samadi, Whistling kite (English)

**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-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** Whenever they can get it.  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:**

- This bird is caught on average once every two months.

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 45

**Food category:** Meat and Poultry

**Scientific identification:**

*Lepus capensis-Leporidae*

**Local name & other common names:**

sasboo, Rabbit (English)

**Part(s) used:** Whole

**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	70.9
Energy, Kcal	134
Protein, g	22.8
Fat, g	4.8
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.5
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	-
Calcium, mg	9
Iron, mg	-
Phosphorus, mg	220
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** March-May  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Common source of protein.  
**Source of nutrient data:** The nutrient data is sourced from the FCT of the Near East 1982. Code # 629 (ref # 2).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*							

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## COMMUNITY FOOD SYSTEM DATA TABLE # 46

**Food category:** Meat and Poultry

**Scientific identification:**

*Picoides pubescens*

**Local name & other common names:**

Downy woodpecker

**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-µg	-
Vitamin A, RAE-µg	-
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	
Zinc, mg	



**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** Unknown  
**Cost of production, if known:** Unknown  
**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
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 47

**Food category:** Meat and Poultry

**Scientific identification:**

*Psittaciformes*

**Local name & other common names:**

popat, Parakeet, Parrot (English)

**Part(s) used:** Whole

**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	-
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	
Zinc, mg	

--- = not analyzed



**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** All year  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:**

- This bird is caught on average once every two months.

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 48

**Food category:** Meat and Poultry

**Scientific identification:**

*Rattus norvegicus*

**Local name & other common names:**

onder, Rat (English)

**Part(s) used:** Whole

**Preparation:** Roasted

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	73.9
Energy, Kcal	104
Protein, g	23.6
Fat, g	1
Carbohydrate, g	0.1
Fiber, g	-
Ash, g	1.4
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	-
Calcium, mg	30
Iron, mg	-
Phosphorus, mg	242
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** November-January  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:** Easily obtained from the fields but educated Bhils of today do not eat it (socially it is not accepted).  
**Source of nutrient data:** The nutrient data is sourced from Indian FCT 2002. Code # 587 (ref #2).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>	*	*	*								*	*
<b>Seasonality of use</b>	*										*	*

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**COMMUNITY FOOD SYSTEM DATA TABLE # 49****Food category:** Meat and Poultry**Scientific identification:***Strigidae***Local name & other common names:**

ghuvad, Owl (English)

**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-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** Whenever they can get it.  
**Cost of production, if known:** Unknown  
**Importance value to the community by age/gender and other miscellaneous information:**

- This bird is caught on average once every two months.

**Months Harvested and Seasonality of Use**

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 50

**Food category:** Meat and Poultry

**Scientific identification:**

*Sus scrofa*

**Local name & other common names:**

jungli bhund, Wild pig (English)

**Part(s) used:** Whole

**Preparation:** Boiled, roasted

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	77.4
Energy, Kcal	114
Protein, g	18.7
Fat, g	4.4
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.0
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	2
Calcium, mg	30
Iron, mg	2.2
Phosphorus, mg	200
Zinc, mg	-

-- = not analyzed



**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** November-August  
**Cost of production, if known:** Nil  
**Importance value to the community by age/gender and other miscellaneous information:** Unknown  
**Source of nutrient information:** The nutrient information is sourced from Indian FCT 2002. Code # 412 (ref # 1).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*			*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 51

**Food category:** Meat and Poultry

**Scientific identification:**

*Varanus flaveceas* (yellow) or *Varanus bengalensis*

**Local name & other common names:**

Monitor lizard

**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-µg	-
Vitamin A, RAE-µg	-
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** Unknown  
**Cost of production, if known:** Unknown  
**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
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 52

**Food category:** Meat and Poultry

**Scientific identification:**

*Unknown*

**Local name & other common names:**

chakvat

**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-μg	-
Vitamin A, RAE-μg	-
Retinol, μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild, hunted  
**Home harvested or purchased:** Home harvested  
**Seasonality of use:** February-March  
**Cost of production, if known:** Unknown  
**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
<b>Months harvested</b>												
<b>Seasonality of use</b>		*	*									

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**COMMUNITY FOOD SYSTEM DATA TABLE # 53****Food category:** Meat and Poultry**Scientific identification:***Unknown***Local name & other common names:**

titar

**Part(s) used:** Whole**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	-
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Unknown  
**Home harvested or purchased:** Unknown  
**Seasonality of use:** Unknown  
**Cost of production, if known:** Unknown  
**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
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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