

ANIMAL FOODS (Continued from Fruits section)
(Please click on the page number to go directly to the table)

<i>Bos taurus</i>	173
pedda mamsam, Beef (English)	173
<i>Bos taurus</i>	174
aavu paalu, Cow's milk (English)	174
<i>Bulbus bubalis</i>	175
barre paalu, Buffalo's milk (English)	175
<i>Bulbus bubalis</i>	176
neyye, Ghee (English).....	176
<i>Bos taurus</i>	177
perugu, cow curds (English)	177
<i>Bulbus bubalis</i>	178
salla, Buttermilk (English).....	178
<i>Capra hynchus</i>	179
meka mamsam, Goat meat (English).....	179
<i>Gallus bankiva murghi</i>	180
guddu, Hen egg (English).....	180
<i>Gallus bankiva murghi</i>	181
kodi, Chicken/Fowl (English)	181
<i>Ovis aries</i>	182
potel mamsam, mutton muscle (English)	182
<i>Sus cristatus</i>	183
pandi, Pig (English)	183

COMMUNITY FOOD SYSTEM DATA TABLE # 173**Food category:** Animal Foods**Scientific identification:***Bos taurus***Local name & other common names:**

pedda mamsam, Beef (English)

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

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	0
Ash, g	1.0
Retinol, µg	18
Vitamin A, RE-µg	18
Vitamin A, RAE-µg	18
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	2.0
Thiamin, mg	0.15
Riboflavin, mg	0.04
Niacin, mg	6.4
Folate, µg	-
Calcium, mg	10
Iron, mg	0.8
Phosphorus, mg	190
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Domestic
Homemade (if applicable) or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Provides strength and is good for health.
Reference: Nutritive value of Indian foods. 2002. S no 398 (ref # 2).
Code: 2334

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 174

Food category: Animal Foods**Scientific identification:***Bos taurus***Local name & other common names:**

aavu paalu, Cow's milk (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Milk, Cow
Moisture, g	87.5
Energy, Kcal	67
Protein, g	3.2
Fat, g	4.1
Carbohydrate, g	4.4
Fiber, g	0
Ash, g	0.8
Retinol, µg	53
Vitamin A, RE-µg	53
Vitamin A, RAE-µg	53
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	1.0
Thiamin, mg	0.05
Riboflavin, mg	0.19
Niacin, mg	0.1
Folate, µg	8.5
Calcium, mg	120
Iron, mg	0.3
Phosphorus, mg	90
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Domestic
Homemade (if applicable) or purchased: Both
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Fed to infants in the absence of mother's milk. Has high medicinal value and is used in all auspicious occasions.
Reference: Nutritive value of Indian foods. 2002. S no 420 (ref # 2).
Code: 2337

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 175**Food category:** Animal Foods**Scientific identification:***Bulbus bubalis***Local name & other common names:**

barre paalu, Buffalo's milk (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Milk, Buffalo
Moisture, g	81
Energy, Kcal	96
Protein, g	4.3
Fat, g	6.5
Carbohydrate, g	5.0
Fiber, g	0
Ash, g	0.8
Retinol, µg	48
Vitamin A, RE-µg	48
Vitamin A, RAE-µg	48
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	1
Thiamin, mg	0.04
Riboflavin, mg	0.10
Niacin, mg	0.1
Folate, µg	5.6
Calcium, mg	210
Iron, mg	0.2
Phosphorus, mg	130
Zinc, mg	0

--- = not analyzed

Wild, domestic or hunted: Unknown
Homemade (if applicable) or purchased: Both
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: This is the preferred milk for school children. It is also the best for making curd and ghee. It is known for its high fat content.
Reference: Nutritive value of Indian foods. 2002. S no 419 (ref # 2).
Code: 2336

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 176

Food category: Animal Foods**Scientific identification:***Bulbus bubalis***Local name & other common names:**

neyye, Ghee (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Ghee
Moisture, g	-
Energy, Kcal	900
Protein, g	-
Fat, g	100
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	270
Vitamin A, RE-µg	270
Vitamin A, RAE-µg	270
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Unknown
Homemade (if applicable) or purchased: Both
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good food for children. Strong and healthy food. Activate bowls. Neyye thinna pilla chedipodu. A child who eats ghee will never get sick.
Reference: Nutritive value of Indian foods. 2002. S no 436 (ref # 2).
Code: 2338

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 177

Food category: Animal Foods**Scientific identification:***Bos taurus***Local name & other common names:**

perugu, cow curds (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Curds
Moisture, g	89.1
Energy, Kcal	60
Protein, g	3.1
Fat, g	4.0
Carbohydrate, g	3.0
Fiber, g	0
Ash, g	0.8
Retinol, µg	31
Vitamin A, RE-µg	31
Vitamin A, RAE-µg	31
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	1
Thiamin, mg	0.05
Riboflavin, mg	0.16
Niacin, mg	0.1
Folate, µg	12.5
Calcium, mg	149
Iron, mg	0.2
Phosphorus, mg	93
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Unknown
Homemade (if applicable) or purchased: Purchased and then made in the home.
Cost of production (if known): n/a
Importance value to the community by age/gender: After consuming one feels cool and soothed. This curd helps to heal stomach disorders.
Reference: Nutritive value of Indian foods. 2002. S no 423 (ref # 2).
Code: 2339

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 178**Food category:** Animal Foods**Scientific identification:***Bulbus bubalis***Local name & other common names:**

salla, Buttermilk (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Buttermilk
Moisture, g	97.5
Energy, Kcal	15
Protein, g	0.8
Fat, g	1.1
Carbohydrate, g	0.5
Fiber, g	0
Ash, g	0.1
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Calcium, mg	30
Iron, mg	0.1
Phosphorus, mg	30
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Unknown
Homemade (if applicable) or purchased: Both
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Produces cool and soothing effect after consumption. This curd helps to heal stomach disorders. Children enjoy the sweet preparation very much.
Reference: Nutritive value of Indian foods. 2002. S no 424 (ref # 2).
Code: 2340

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 179**Food category:** Animal Foods**Scientific identification:***Capra hircus***Local name & other common names:**

meka mamsam, Goat meat (English)

Part(s) used: Meat**Preparation:** As a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	74.2
Energy, Kcal	118
Protein, g	21.4
Fat, g	3.6
Carbohydrate, g	-
Fiber, g	0
Ash, g	1.1
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	4.5
Calcium, mg	12
Iron, mg	-
Phosphorus, mg	193
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Domestic
Homemade (if applicable) or purchased: Purchased
Cost of production (if known): Rs 100/kg of mutton.
Importance value to the community by age/gender and other miscellaneous information: Good food for all age groups in all seasons. For breast milk production, lactating mothers consume goat breast and heart etc... Meka palu kadlaku pindutharu/kandlakaithe. Goat milk is applied in eyes for certain diseases. Urine of goat is applied over the body to help with swallowing and a small dose is taken orally also.
Reference: Nutritive value of Indian foods. 2002. S no 406 (ref # 2).
Code: 2332

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 180**Food category:** Animal Foods**Scientific identification:***Gallus bankiva murghi***Local name & other common names:**

guddu, Hen egg (English)

Part(s) used: Egg**Preparation:** Boiled, fried or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Egg, raw
Moisture, g	73.7
Energy, Kcal	173
Protein, g	13.3
Fat, g	13.3
Carbohydrate, g	-
Fiber, g	0
Ash, g	1.0
Retinol, µg	420
Vitamin A, RE-µg	420
Vitamin A, RAE-µg	420
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	0
Thiamin, mg	0.1
Riboflavin, mg	0.4
Niacin, mg	0.1
Folate, µg	78.3
Calcium, mg	60
Iron, mg	2.1
Phosphorus, mg	220
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Unknown
Homemade (if applicable) or purchased: Both
Cost of production (if known): Free
Importance value to the community by age/gender and other miscellaneous information: For children it is considered good for their health as it renders strength to their chest and lungs. Limited use in the summer because it is considered to be a heat-causing food.
Reference: Nutritive value of Indian foods. 2002. S no 402 (ref # 2).

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		*
Low		*	
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 181**Food category:** Animal Foods**Scientific identification:***Gallus bankiva murghi***Local name & other common names:**

kodi, Chicken/Fowl (English)

Part(s) used: Whole bird**Preparation:** As a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	72.2
Energy, Kcal	109
Protein, g	25.9
Fat, g	0.6
Carbohydrate, g	-
Fiber, g	0
Ash, g	1.3
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	0.14
Niacin, mg	-
Folate, µg	6.8
Calcium, mg	25
Iron, mg	-
Phosphorus, mg	245
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Unknown
Homemade (if applicable) or purchased: Both
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Garmi/Heat producing. Occasionally used, should not be used often. On regular consumption heat boils are produced.
Reference: Nutritive value of Indian foods. 2002. S no 405 (ref # 2).
Code: 2331

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 182

Food category: Animal Foods

Scientific identification:

Ovis aries

Local name & other common names:

potel mamsam, mutton muscle (English)

Part(s) used: Unknown

Preparation: Fried or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	71.5
Energy, Kcal	194
Protein, g	18.5
Fat, g	13.3
Carbohydrate, g	-
Fiber, g	0
Ash, g	1.3
Retinol, µg	9
Vitamin A, RE-µg	9
Vitamin A, RAE-µg	9
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	0.18
Riboflavin, mg	0.14
Niacin, mg	6.8
Folate, µg	5.8
Calcium, mg	150
Iron, mg	2.5
Phosphorus, mg	150
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Unknown
Homemade (if applicable) or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good for health.
Reference: Nutritive value of Indian foods. 2002. S no 410 (ref # 2).
Code: 2333

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 183

Food category: Animal Foods

Scientific identification:

Sus cristatus

Local name & other common names:

pandi, Pig (English)

Part(s) used: Meat

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	77.4
Energy, Kcal	114
Protein, g	18.7
Fat, g	4.4
Carbohydrate, g	-
Fiber, g	0
Ash, g	1.0
Retinol, µg	0
Vitamin A, RE-µg	0
Vitamin A, RAE-µg	0
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	2
Thiamin, mg	0.54
Riboflavin, mg	0.09
Niacin, mg	2.8
Folate, µg	-
Calcium, mg	30
Iron, mg	2.2
Phosphorus, mg	200
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Unknown
Homemade (if applicable) or purchased:
 Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Manchidi. Erri kuka kariste pandi raktham thagi urkali, visham ikkadu. Balinthalaku manchidi.
Reference: Nutritive value of Indian foods. 2002. S no 412 (ref # 2).
Code: 2335

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

[Click here to return to the table of contents](#)