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COMMUNITY FOOD SYSTEM DATA TABLE # 1**Food category:** Grains**Scientific identification:***Eleusine coracana***Local name & other common names:**

thaidalu (2 varieties), Finger millet (English)

Part(s) used: Grain**Preparation:** Used as a staple food or eaten as a side dish

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	13.1
Energy, Kcal	329
Protein, g	7.3
Fat, g	1.3
Carbohydrate, g	72.0
Fiber, g	3.6
Ash, g	2.7
Vitamin A, RE-µg	3.5
Vitamin A, RAE-µg	1.8
Beta carotene, µg	-
Total carotene, µg	42
Vitamin C, mg	0
Thiamin, mg	0.42
Riboflavin, mg	0.19
Niacin, mg	1.1
Folate, µg	18.3
Calcium, mg	344
Iron, mg	3.9
Phosphorus, mg	283
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Very good for all ages especially during summer. Yedlaku gali postha thaidambli thapali/Good for cattle in the summer during an outbreak of chicken poxs. Nanju aiyethe ambali thapali balam kosam/Malnourished children should be fed with ragi preparations for easy digestion and to provide them with strength.
Reference: Nutritive value of Indian foods. 2002. S no 8 (ref # 2).
Code: n/a

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 # 2

Food category: Grains

Scientific identification:

Hordeum vulgare/Avena sativa

Local name & other common names:

yavvlau, Barley (English)

Part(s) used: Grain

Preparation: Nooka, upma (a savory dish made from broken millet or cereal), kichidi (a cooked mixture of cereal and pulses), malida and noone polilu etc.

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	12.5
Energy, Kcal	336
Protein, g	11.5
Fat, g	1.3
Carbohydrate, g	69.6
Fiber, g	3.9
Ash, g	1.2
Vitamin A, RE- μ g	0.8
Vitamin A, RAE- μ g	0.4
Beta carotene, μ g	-
Total carotene, μ g	10
Vitamin C, mg	0
Thiamin, mg	0.47
Riboflavin, mg	0.20
Niacin, mg	5.4
Folate, μ g	-
Calcium, mg	26
Iron, mg	1.7
Phosphorus, mg	215
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Manchidi/Good food
Reference: Nutritive value of Indian foods. 2002. S no 2 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 3

Food category: Grains

Scientific identification:

Oryza sativa

Local name & other common names:

vari biyyam (3 varieties), Rice (English)

Part(s) used: Grain

Preparation: Boiled in water and used as a staple food

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture	13.7
Energy, Kcal	345
Protein, g	6.8
Fat, g	0.5
Carbohydrate, g	78.2
Fiber, g	0.2
Ash, g	0.6
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	0
Thiamin, mg	0.06
Riboflavin, mg	0.06
Niacin, mg	1.9
Folate, μ g	8.0
Calcium, mg	10
Iron, mg	0.7
Phosphorus, mg	160
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Salava vsthuvu/Cool food.
Reference: Nutritive value of Indian foods. 2002. S no 12 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High	*	*	*
Medium			
Low			
None			

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 4**Food category:** Grains**Scientific identification:***Panicum miliaceum***Local name & other common names:**

kodi Samalu, Proso millet (English)

Part(s) used: Grain**Preparation:** n/a

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	11.9
Energy, Kcal	341
Protein, g	12.5
Fat, g	1.1
Carbohydrate, g	70.4
Fiber, g	2.2
Ash, g	1.9
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	0
Thiamin, mg	0.20
Riboflavin, mg	0.18
Niacin, mg	2.3
Folate, μ g	-
Calcium, mg	14
Iron, mg	0.8
Phosphorus, mg	206
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Rarely used.
Reference: Nutritive value of Indian foods. 2002. S no 7 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 5

Food category: Grains

Scientific identification:

Panicum miliare

Local name & other common names:

sama (2 varieties), Little millet (English)

Part(s) used: Grain

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	11.5
Energy, Kcal	341
Protein, g	7.7
Fat, g	4.7
Carbohydrate, g	67.0
Fiber, g	7.6
Ash, g	1.5
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	0
Thiamin, mg	0.30
Riboflavin, mg	0.09
Niacin, mg	3.2
Folate, μ g	9
Calcium, mg	17
Iron, mg	9.3
Phosphorus, mg	220
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Rarely used. Garmi thakkuvaithadi/Cool food.
Reference: Nutritive value of Indian foods. 2002. S no 16 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 6**Food category:** Grains**Scientific identification:***Paspalum scrobiculatum***Local name & other common names:**

arekalu, Kodo millet (English)

Part(s) used: Grain**Preparation:** Eaten as a side dish

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	12.8
Energy, Kcal	309
Protein, g	8.3
Fat, g	1.4
Carbohydrate, g	65.9
Fiber, g	9.0
Ash, g	2.6
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	0
Thiamin, mg	0.33
Riboflavin, mg	0.09
Niacin, mg	2.0
Folate, μ g	23.1
Calcium, mg	27
Iron, mg	0.5
Phosphorus, mg	188
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Manchidi/Good food
Reference: Nutritive value of Indian foods. 2002. S no 18 (ref # 2).
Code: n/a

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 # 7**Food category:** Grains**Scientific identification:***Penisetum typhoideum***Local name & other common names:**

sajjalu, Pearl millet (English), Italian millet

Part(s) used: Grain**Preparation:** Cooked, roti/chapatti (made with cereal or millet dough, thin round, baked on open pan) or malida.

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	12.4
Energy, Kcal	361
Protein, g	11.6
Fat, g	5.0
Carbohydrate, g	67.5
Fiber, g	1.2
Ash, g	2.3
Vitamin A, RE- μ g	11
Vitamin A, RAE- μ g	5.5
Beta carotene, μ g	-
Total carotene, μ g	132
Vitamin C, mg	0
Thiamin, mg	0.33
Riboflavin, mg	0.25
Niacin, mg	2.3
Folate, μ g	45.4
Calcium, mg	42
Iron, mg	8.0
Phosphorus, mg	296
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Manchidi/Good food.
Reference: Nutritive value of Indian foods. 2002. S no 1 (ref # 2).
Code: 2010

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 # 8**Food category:** Grains**Scientific identification:***Setaria italica***Local name & other common names:**

korralu (4 varieties), Foxtail bristlegrass/Foxtail millet (English)

Part(s) used: Grain**Preparation:** Cooked, kichidi (cooked mixture of cereal and pulses), pasham (a sweet pudding-like dessert preparation) etc.

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	11.2
Energy, Kcal	332
Protein, g	12.3
Fat, g	4.3
Carbohydrate, g	60.9
Fiber, g	8.0
Ash, g	3.3
Vitamin A, RE- μ g	2.7
Vitamin A, RAE- μ g	1.3
Beta carotene, μ g	-
Total carotene, μ g	32
Vitamin C, mg	0
Thiamin, mg	0.59
Riboflavin, mg	0.11
Niacin, mg	3.20
Folate, μ g	15.0
Calcium, mg	31
Iron, mg	2.8
Phosphorus, mg	290
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Manchidi/Good food. Salavai the ambali thagali/The consumption of this porridge helps to heal a cough or a cold.
Reference: Nutritive value of Indian foods. 2002. S no 3 (ref # 2).
Code: n/a

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 # 9**Food category:** Grains**Scientific identification:***Sorghum vulgare bicolor***Local name & other common names:**

jonnalalu (7 varieties), Sorghum (English)

Part(s) used: Grain**Preparation:** Cooked, roti/chapatti (made with cereal or millet dough, thin round, baked on open pan), etc.

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	11.9
Energy, Kcal	349
Protein, g	10.4
Fat, g	1.9
Carbohydrate, g	72.6
Fiber, g	1.6
Ash, g	1.6
Vitamin A, RE- μ g	3.9
Vitamin A, RAE- μ g	2.0
Beta carotene, μ g	-
Total carotene, μ g	47
Vitamin C, mg	0
Thiamin, mg	0.37
Riboflavin, mg	0.13
Niacin, mg	3.10
Folate, μ g	20
Calcium, mg	25
Iron, mg	4.1
Phosphorus, mg	222
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Pacha jonna chala manchidi/Kharif variety is highly virtuous. Balinthalaku manchidi/ Made into a special kind of bread for lactating mothers. A kind of bread without oil is baked for sick people.
Reference: Nutritive value of Indian foods. 2002. S no 4 (ref # 2).
Code: n/a

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 # 10**Food category:** Grains**Scientific identification:***Triticum aestivum***Local name & other common names:**

godhuma (3 varieties), black thorny wheat (English)

Part(s) used: Grain**Preparation:** Eaten as a side dish.

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	11.9
Energy, Kcal	346
Protein, g	11.8
Fat, g	1.5
Carbohydrate, g	71.2
Fiber, g	1.2
Ash, g	1.5
Vitamin A, RE- μ g	5.3
Vitamin A, RAE- μ g	2.7
Beta carotene, μ g	-
Total carotene, μ g	64
Vitamin C, mg	0
Thiamin, mg	0.45
Riboflavin, mg	0.17
Niacin, mg	5.50
Folate, μ g	36.6
Calcium, mg	41
Iron, mg	5.3
Phosphorus, mg	306
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Good food for all age groups. A very important food grain.
Reference: Nutritive value of Indian foods. 2002. S no 20 (ref # 2).
Code: n/a

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 # 11**Food category:** Grains**Scientific identification:***Zea mays***Local name & other common names:**

makkalu, Dry maize (English)

Part(s) used: Grain**Preparation:** Eaten as a side dish or as a snack

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	14.9
Energy, Kcal	342
Protein, g	11.1
Fat, g	3.6
Carbohydrate, g	66.2
Fiber, g	2.7
Ash, g	1.5
Vitamin A, RE- μ g	7.5
Vitamin A, RAE- μ g	3.8
Beta carotene, μ g	-
Total carotene, μ g	90
Vitamin C, mg	0
Thiamin, mg	0.42
Riboflavin, mg	0.10
Niacin, mg	1.80
Folate, μ g	20
Calcium, mg	10
Iron, mg	2.3
Phosphorus, mg	348
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Children eat it as a snack. Manchievi kaaadu metha ku panisthadi. Not a good staple food but very good fodder.
Reference: Nutritive value of Indian foods. 2002. S no 5 (ref # 2).
Code: n/a

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 # 12**Food category:** Grains**Scientific identification:***Zea mays***Local name & other common names:**

makkalu, Tender maize (English)

Part(s) used: Grain**Preparation:** Eaten as a side dish or as a snack

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Moisture, g	67.1
Energy, Kcal	125
Protein, g	4.7
Fat, g	0.9
Carbohydrate, g	24.6
Fiber, g	1.9
Ash, g	0.8
Vitamin A, RE- μ g	2.7
Vitamin A, RAE- μ g	1.3
Beta carotene, μ g	-
Total carotene, μ g	32
Vitamin C, mg	6.0
Thiamin, mg	0.11
Riboflavin, mg	0.17
Niacin, mg	0.6
Folate, μ g	-
Calcium, mg	9
Iron, mg	1.1
Phosphorus, mg	121
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 6 (ref # 2).
Code: n/a

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](#)