

DRINKS (Continued from Spices section)
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COMMUNITY FOOD SYSTEM DATA TABLE # 218

Food category: Drinks

Scientific identification:

Borassus flabellifera

Local name & other common names:

kallu, Toddy sweet (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrients	Nutrient Composition/100g (edible portion)
	Liquid
Moisture, g	84.7
Energy, Kcal	60
Protein, g	0.1
Fat, g	0.3
Carbohydrate, g	14.3
Fiber, g	-
Ash, g	0.7
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	150
Iron, mg	0.3
Phosphorus, mg	10
Zinc, mg	-

--- = not analyzed

Wild, hunted, gathered, or cultivated:

Unknown

Home harvested or purchased: Unknown

Cost of production (if known): n/a

Importance value to the community by age/gender and other miscellaneous information:

Ippa puvvu, mada gunjetha danchi kadatharu/For neck pains flower is ground to a paste and applied to the neck. Puzzu manchidi/Flower is virtuous.

Reference: Nutritive value of Indian foods. 2002. S no 449 (ref # 2).

Code: 2364

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 # 219

Food category: Drinks

Scientific identification:

Saccharum offinarum

Local name & other common names:

bellam palu, Jaggery cane drink (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrients	Nutrient Composition/100g (edible portion)	
	Solid	Drink
Moisture, g	3.9	81
Energy, Kcal	383	77
Protein, g	0.4	0.1
Fat, g	0.1	0.0
Carbohydrate, g	95	19
Fiber, g	-	-
Ash, g	0.6	0.1
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	80	16
Iron, mg	2.64	0.53
Phosphorus, mg	40	8
Zinc, mg	-	-

--- = not analyzed

Wild, hunted, gathered, or cultivated:

Unknown

Home harvested or purchased: Unknown

Cost of production (if known): n/a

Importance value to the community by age/gender and other miscellaneous information: Manchid, sanguluku,

botimilaku panitsdi: Good food, used in different sweet preparations.

Reference: Nutritive value of Indian foods. 2002. S no 441 (ref # 2). Calculated from 25g of jaggery in 100mls of water.

Code: 2365

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 # 220

Food category: Drinks

Scientific identification:

Saccharum officinarum

Local name & other common names:

cheruku palu, Sugar cane juice (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrients	Nutrient Composition/100g (edible portion)
	Juice
Moisture, g	90.2
Energy, Kcal	39
Protein, g	0.1
Fat, g	0.2
Carbohydrate, g	9.1
Fiber, g	-
Ash, g	0.4
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	10
Iron, mg	0.1
Phosphorus, mg	10
Zinc, mg	-

--- = not analyzed

Wild, hunted, gathered, or cultivated: Unknown
Home harvested or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Chana manchidi/Highly virtuous.
 Kandlakaithe thaputharu. This is often given to treat jaundice
Reference: Nutritive value of Indian foods. 2002. S no 451 (ref # 2).
Code: 2361

Seasonality and use[†]

Use \ Season	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 # 221

Food category: Drinks

Scientific identification:

Unknown

Local name & other common names:

chai, Tea (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrients	Nutrient Composition (edible portion)
	Tea, liquid
Moisture, g	85.33
Energy, Kcal	68
Protein, g	0.98
Fat, g	2.1
Carbohydrate, g	11.3
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	0.01
Niacin, mg	-
Folate, μ g	-
Calcium, mg	45
Iron, mg	-
Phosphorus, mg	28
Zinc, mg	-

--- = not analyzed

Wild, hunted, gathered, or cultivated:

Unknown

Home harvested or purchased: Unknown

Cost of production (if known): n/a

Importance value to the community by age/gender and other miscellaneous information: Danduga/ No use. Aakali

chemputhadi/Kills the appetite. Balam thutti/ Good for nothing.

Reference: Nutritive value of Indian foods. 2002, 150ml of tea including 15g of sugar (cane), no. 439 (ref # 2), and 10ml of milk (buffalo) no. 427 (ref # 2); these values are based on calculation.

Code: 2362

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 # 222

Food category: Drinks

Scientific identification:

Unknown

Local name & other common names:

kallu, Neera (Palm tree)

Part(s) used: Unknown

Preparation: Unknown

Nutrients	Nutrient Composition/100g (edible portion)
	Palm tree drink
Moisture, g	88.2
Energy, Kcal	45
Protein, g	0.4
Fat, g	-
Carbohydrate, g	10.9
Fiber, g	-
Ash, g	0.5
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	0
Iron, mg	0.1
Phosphorus, mg	140
Zinc, mg	-

--- = not analyzed

Wild, hunted, gathered, or cultivated:

Unknown

Home harvested or purchased: Unknown

Cost of production (if known): n/a

Importance value to the community by age/gender and other miscellaneous information: Manchidi/good food. Thell abatta ku mandu cheainiki vadatharu.

Reference: Nutritive Value of Indian foods. 2002. S no 450 (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 # 223

Food category: Drinks

Scientific identification:

Unknown

Local name & other common names:

sallati sisalu, Cola (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrients	Nutrient Composition/100g (edible portion)
	Cola drink
Moisture, g	90
Energy, Kcal	41
Protein, g	-
Fat, g	0.1
Carbohydrate, g	9.9
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	0
Total carotene, μ g	0
Vitamin C, mg	0
Thiamin, mg	0
Riboflavin, mg	0
Niacin, mg	0
Folate, μ g	-
Calcium, mg	-
Iron, mg	0
Phosphorus, mg	12
Zinc, mg	-

--- = not analyzed

Wild, hunted, gathered, or cultivated:

Unknown

Home harvested or purchased: Purchased

Cost of production (if known): n/a

Importance value to the community by age/gender and other miscellaneous information: Pillalu adugutharu/Children desire this drink.

Reference: ASEAN Food Composition Tables. 2000. ID AAQ49 (ref # 5).

Code: 2363

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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