

MISCELLANEOUS FOODS *(Continued from Drinks section)*
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COMMUNITY FOOD SYSTEM DATA TABLE # 224

Food category: Miscellaneous Foods

Scientific identification:

Saccharum officinarum

Local name & other common names:

bellam, Jaggery (English)

Part(s) used: Unknown

Preparation: Used as a sweetening agent

Nutrient	Nutrient Composition/100g (edible portion)
	Jaggery
Moisture, g	3.9
Energy, Kcal	383
Protein, g	0.4
Fat, g	0.1
Carbohydrate, g	95
Fiber, g	-
Ash, g	0.6
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	80
Iron, mg	2.6
Phosphorous, mg	40
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: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 441 (ref # 2).
Code: 2383

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 # 225

Food category: Miscellaneous Foods

Scientific identification:

Saccharum officinarum

Local name & other common names:

shekkari, Cane sugar (English)

Part(s) used: Unknown

Preparation: Used as a sweetening agent

Nutrient	Nutrient Composition/100g (edible portion)
	Cane sugar
Moisture, g	0.4
Energy, Kcal	398
Protein, g	0.1
Fat, g	0
Carbohydrate, g	99.4
Fiber, g	-
Ash, g	0.1
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene,	-
Total carotene, μ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	12
Iron, mg	0.2
Phosphorous, mg	1
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Favorite food for children.
Reference: Nutritive value of Indian foods. 2002. S no 439 (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 # 226

Food category: Miscellaneous Foods

Scientific identification:

Unknown

Local name & other common names:

biscatllu, Sweet biscuits (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Sweet biscuit
Moisture, g	-
Energy, Kcal	450
Protein, g	6.4
Fat, g	15.2
Carbohydrate, g	71.9
Fiber, g	-
Ash, g	1.1
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	-
Iron, mg	-
Phosphorous, mg	-
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 1980. S no 604 (ref # 2).
Code: 2384

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 # 227

Food category: Miscellaneous Foods

Scientific identification:

Unknown

Local name & other common names:

Cooking oil (English)

Part(s) used: Oil

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Oil
Moisture, g	-
Energy, Kcal	900
Protein, g	-
Fat, g	100
Carbohydrate, g	-
Fiber, g	-
Ash, g	1.1
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	-
Iron, mg	-
Phosphorous, mg	-
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: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 438 (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 # 228

Food category: Miscellaneous Foods

Scientific identification:

Unknown

Local name & other common names:

double roti, White bread (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Double roti
Moisture, g	39
Energy, Kcal	245
Protein, g	7.8
Fat, g	0.7
Carbohydrate, g	51.9
Fiber, g	0.2
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	0.07
Riboflavin, mg	-
Niacin, mg	0.7
Folate, μ g	-
Calcium, mg	11
Iron, mg	1.1
Phosphorous, mg	-
Zinc, mg	-

--- = not analyzed

Wild or cultivated: n/a
Home harvested, collected or purchased:
 Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 1980. S no 606 (ref # 2).
Code: 2385

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 # 229

Food category: Miscellaneous Foods

Scientific identification:

Unknown

Local name & other common names:

pappad

Part(s) used: Unknown

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Pappad
Moisture, g	-
Energy, Kcal	288
Protein, g	18.8
Fat, g	0.3
Carbohydrate, g	52.4
Fiber, g	-
Ash, g	8.2
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	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	80
Iron, mg	17.2
Phosphorous, mg	300
Zinc, mg	-

--- = not analyzed

Wild or cultivated: n/a
Home harvested, collected or purchased:
 Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 1980. S no 645 (ref # 2).
Code: 2386

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 # 230

Food category: Miscellaneous Foods

Scientific identification:

Unknown

Local name & other common names:

sathupindi, Corn soya blend (English)

Part(s) used: Fortified blend

Preparation: Eaten as is or blended with water to make balls

Nutrient	Nutrient Composition/100g (edible portion)
	Fortified blend
Moisture, g	-
Energy, Kcal	366*
Protein, g	18.0
Fat, g	6.0
Carbohydrate, g	60.0
Fiber, g	-
Ash, g	-
Retinol, µg	170
Vitamin A, RE-µg	170
Vitamin A, RAE-µg	170
Vitamin C, mg	40
Vitamin D, IU	200
Vitamin E, IU	8
Thiamin, mg	0.7
Riboflavin, mg	0.5
Niacin, mg	8
Vitamin B ₆ , mg	0.7
Vitamin B ₁₂ , mg	4
Folate, µg	0.2
Calcium, mg	800
Iodine, µg	50
Iron, mg	18.0
Phosphorous, mg	600
Magnesium, mg	100
Sodium, mg	300
Zinc, mg	3

--- = not analyzed

Wild or cultivated: n/a

Home harvested, collected or purchased: Given for free through IDCS.

Cost of production (if known): n/a

Importance value to the community by age/gender: This fortified blend is supplied to the Integrated Child Development Services Scheme centers by the international NGO called CARE-Andhra Pradesh. Year around it is given to pregnant and lactating women (130g/day), as well as children up until 6 years (65g/day).

Reference: CARE-Program, Hyderabad, Andhra Pradesh (ref # 4). *Energy value was calculated.

Code: 2387

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 # 231

Food category: Miscellaneous Foods

Scientific identification:

Unknown

Local name & other common names:

Soya salad oil (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Salad oil
Moisture, g	-
Energy, Kcal	900*
Protein, g	-
Fat, g	100
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
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	-
Iron, mg	-
Phosphorous, mg	-
Zinc, mg	-

--- = not analyzed

Wild or cultivated: n/a

Home harvested, collected or purchased: Free supply through CARE-Andhra Pradesh

Cost of production (if known): n/a

Importance value to the community by age/gender: This oil is supplied to the integrated Child Development Services Scheme centers by the international NGO called CARE-Andhra Pradesh.

Reference: CARE-Program, Hyderabad, Andhra Pradesh (ref # 4). *Energy value was calculated.

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 # 232

Food category: Miscellaneous Foods

Scientific identification:

Unknown

Local name & other common names:

thena, Honey (English)

Part(s) used: Unknown

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Honey
Moisture, g	20.6
Energy, Kcal	319
Protein, g	0.3
Fat, g	0
Carbohydrate, g	79.5
Fiber, g	-
Ash, g	0.2
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	5
Iron, mg	0.7
Phosphorous, mg	16
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Collected
Cost of production (if known): Nil
Importance value to the community by age/gender: Very good for children. Used as a medicine.
Reference: Nutritive value of Indian foods. 2002. S no 440 (ref # 2).
Code: 2382

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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