

FRUIT

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<i>Husolandia opposita</i> _____	1
aluluisinmo, Mint (English) _____	1
<i>Psidium guajava</i> _____	2
gova, Guava (English) _____	2
<i>Senna occidentalis</i> _____	3
sigbunmuo, Nigero plant (English) _____	3

COMMUNITY FOOD SYSTEM DATA TABLE # 1

Food category: Fruits

Scientific identification:

Husolandia opposita

Local name & other common names:

aluluisinmo, Mint (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Mint, fresh
Moisture, g	56.7
Energy, Kcal	147
Protein, g	7.3
Fat, g	0.7
Carbohydrate, g	27.8
Fiber g	0.1
Ash, g	3.6
Vitamin A, RE-µg	54
Vitamin A, RAE-µg	27.1
Retinol, µg	-
β carotene, µg	325
Total carotene, µg	-
Thiamine, mg	0.14
Riboflavin, mg	0.79
Niacin, mg	0.74
Folic acid, µg	5.0
Vitamin C, mg	1.08
Calcium, mg	1127
Phosphorus, mg	430
Iron, mg	2.3
Zinc, mg	3.4

-- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use: All year
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information: Used for upset stomach.
Source of nutrient data: Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

Months Harvested and Seasonality of Use

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 2

Food category: Fruits

Scientific identification:

Psidium guajava

Local name & other common names:

gova, Guava (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Guava, fresh
Moisture, g	35.4
Energy, Kcal	248
Protein, g	3.3
Fat, g	0.1
Carbohydrate, g	58.5
Fiber g	0.2
Ash, g	1.8
Vitamin A, RE- μ g	6.8
Vitamin A, RAE- μ g	3.4
Retinol, μ g	-
β carotene, μ g	41
Total carotene, μ g	-
Thiamine, mg	0.42
Riboflavin, mg	0.21
Niacin, mg	1.03
Folic acid, μ g	0
Vitamin C, mg	6.85
Calcium, mg	236
Phosphorus, mg	603
Iron, mg	13.3
Zinc, mg	4.7

Type of procurement:

Home harvested or purchased:

Seasonality of use: March - November

Cost of production, if known:

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

Source of nutrient data: Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

Months Harvested and Seasonality of Use

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 3

Food category: Fruits

Scientific identification:

Senna occidentalis

Local name & other common names:

sigbunmuo, Nigero plant (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	56.7
Energy, Kcal	151
Protein, g	8.9
Fat, g	0.5
Carbohydrate, g	27.8
Fiber g	0.2
Ash, g	3.6
Vitamin A, RE- μ g	54
Vitamin A, RAE- μ g	27
Retinol, μ g	-
β carotene, μ g	323
Total carotene, μ g	-
Thiamine, mg	0.27
Riboflavin, mg	0.15
Niacin, mg	0.39
Folic acid, μ g	10
Vitamin C, mg	0.78
Calcium, mg	98.7
Phosphorus, mg	331
Iron, mg	12.7
Zinc, mg	1.8

--- = not analyzed

Type of procurement:

Home harvested or purchased:

Seasonality of use: March – November

Cost of production, if known:

Importance value to the community by age/gender and other miscellaneous information: Used for cooking yam pottage

Source of nutrient data: Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

Months Harvested and Seasonality of Use

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

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