

MEAT, POULTRY AND EGGS *(Continued from legumes, nuts and seeds section)*
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<i>Achatina spp.</i> _____	6
ejula, ejuna, Snail (English) _____	6
<i>Bos taurus</i> _____	7
canda (skin), Cow skin (English) _____	7

COMMUNITY FOOD SYSTEM DATA TABLE # 6

Food category: Meat, poultry, eggs

Scientific identification:

Achatina spp.

Local name & other common names:

ejula, ejuna, Snail (English)

Part(s) used:

Preparation: Boiled, and roasted

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	65.7
Energy, Kcal	130
Protein, g	10.6
Fat, g	1.2
Carbohydrate, g	19.2
Fiber g	0.3
Ash, g	4.3
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Retinol, μ g	-
β carotene, μ g	-
Total carotene, μ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, μ g	-
Vitamin C, mg	-
Calcium, mg	597
Phosphorus, mg	471
Iron, mg	16.9
Zinc, mg	2.8

--- = 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:

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 # 7

Food category: Meat, poultry, eggs

Scientific identification:

Bos taurus

Local name & other common names:

canda (skin), Cow skin (English)

Part(s) used:

Preparation: Boiled, fried roasted, dried

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	38.4
Energy, Kcal	386.4
Protein, g	24.3
Fat, g	16.8
Carbohydrate, g	3.8
Fiber g	11.4
Ash, g	2.6
Vitamin A, RE- μ g	31
Vitamin A, RAE- μ g	15.5
Retinol, μ g	-
β carotene, μ g	185
Total carotene, μ g	-
Thiamine, mg	0.62
Riboflavin, mg	0.07
Niacin, mg	0.99
Folic acid, μ g	0.0
Vitamin C, mg	2.22
Calcium, mg	8.15
Phosphorus, mg	160
Iron, mg	5.4
Zinc, mg	2.0

--- = 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:

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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