

FRUITS (Continued from the Vegetables, tubers, trees and herbs section)
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COMMUNITY FOOD SYSTEM DATA TABLE # 4

Food category: Fruits

Scientific identification:

Ananas comosus

Local name & other common names:

piña, Pineapple (English)

Part(s) used:

Preparation:

| Nutrient | Nutrient Composition/100g (edible portion) |
|--------------------|--|
| Moisture, g | - |
| Energy, Kcal | 51 |
| Protein, g | 0.4 |
| Fat, g | 0.1 |
| Carbohydrate, g | - |
| Fiber g | - |
| Ash, g | - |
| Vitamin A, RE-µg | 0 |
| Vitamin A, RAE-µg | - |
| Retinol, µg | - |
| β carotene, µg | - |
| Total carotene, µg | - |
| Thiamine, mg | - |
| Riboflavin, mg | - |
| Niacin, mg | - |
| Folic acid, µg | - |
| Vitamin C, mg | 12.0 |
| Calcium, mg | - |
| Phosphorus, mg | - |
| Iron, mg | 0.4 |
| Zinc, mg | - |

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information: Aids in digestion. It has laxative effect.
Source of nutrient data: The data are sourced from Tabla de Composición de Alimentos Colombianos ICBF. 2000 (Ref # 1).

--- = 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 # 5

Food category: Fruits

Scientific identification:

Carica papaya

Local name & other common names:

papaya, Papaya (English)

Part(s) used:

Preparation:

| Nutrient | Nutrient Composition/100g (edible portion) |
|---------------------------|--|
| Moisture, g | |
| Energy, Kcal | 30 |
| Protein, g | 0.5 |
| Fat, g | 0.1 |
| Carbohydrate, g | |
| Fiber g | |
| Ash, g | |
| Vitamin A, RE- μ g | 70 |
| 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 | 75 |
| Calcium, mg | |
| Phosphorus, mg | |
| Iron, mg | 0.3 |
| Zinc, mg | |

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information: Considered to be an excellent laxative.
Source of nutrient data: The data are sourced from Tabla de Composición de Alimentos Colombianos ICBF. 2000 (Ref # 1).

--- = 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 # 6

Food category: Fruits

Scientific identification:

Eugenia stipitata

Local name & other common names:

arazá, araza, Wild guava (English)

Part(s) used:

Preparation: Juices, sweets, marmalades, yoghurt and cakes

| Nutrient | Nutrient Composition/100g (edible portion) |
|--------------------|--|
| Moisture, g | - |
| Energy, Kcal | 15 |
| Protein, g | 0.4 |
| Fat, g | 0.2 |
| Carbohydrate, g | - |
| Fiber g | - |
| Ash, g | - |
| Vitamin A, RE-µg | - |
| Vitamin A, RAE-µg | - |
| Retinol, µg | - |
| β carotene, µg | - |
| Total carotene, µg | - |
| Thiamine, mg | - |
| Riboflavin, mg | - |
| Niacin, mg | - |
| Folic acid, µg | - |
| Vitamin C, mg | 20 |
| Calcium, mg | - |
| Phosphorus, mg | - |
| Iron, mg | 0.6 |
| Zinc, mg | - |

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: The data are sourced from <http://www.paisrural.org/molino/doce/disfruta.htm> (Ref # 3)

--- = 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 # 7**Food category:** Fruits**Scientific identification:***Matisia cordata***Local name & other common names:**

zapote

Part(s) used:**Preparation:**

| Nutrient | Nutrient Composition/100g (edible portion) |
|---------------------------|--|
| Moisture, g | - |
| Energy, Kcal | 49 |
| Protein, g | 1.1 |
| Fat, g | 0.1 |
| Carbohydrate, g | - |
| Fiber g | - |
| Ash, g | - |
| Vitamin A, RE- μ g | 1200 |
| 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 | 20 |
| Calcium, mg | - |
| Phosphorus, mg | - |
| Iron, mg | 1.4 |
| Zinc, mg | - |

Type of procurement:**Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender and other miscellaneous information:****Source of nutrient data:** The data are sourced from Tabla de Composición de Alimentos Colombianos ICBF. 2000 (Ref # 1).

--- = 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 # 8**Food category:** Fruits**Scientific identification:***Musa* sp.**Local name & other common names:**

plátano, Plantain (English)

Part(s) used:**Preparation:**

| Nutrient | Nutrient Composition/100g (edible portion) |
|---------------------------|--|
| Moisture, g | - |
| Energy, Kcal | 140 |
| Protein, g | 1.2 |
| Fat, g | 0.1 |
| Carbohydrate, g | - |
| Fiber g | - |
| Ash, g | - |
| Vitamin A, RE- μ g | 100 |
| 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 | 20 |
| Calcium, mg | - |
| Phosphorus, mg | - |
| Iron, mg | 0.5 |
| Zinc, mg | - |

Type of procurement:**Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender and other miscellaneous information:****Source of nutrient data:** The data are sourced from Tabla de Composición de Alimentos Colombianos ICBF. 2000 (Ref # 1).

--- = 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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