

**INSECTS** *(Continued from the Fruits section)*

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<i>Atta</i> sp. _____	<b>9</b>
<b>hormiga, Ant (English)</b> _____	<b>9</b>
<i>Pomacea maculate</i> _____	<b>10</b>
<b>caracol, churo, Snail (English)</b> _____	<b>10</b>

**COMMUNITY FOOD SYSTEM DATA TABLE # 9**

**Food category:** Insects

**Scientific identification:**

*Atta* sp.

**Local name & other common names:**

hormiga, Ant (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	393
Protein, g	20
Fat, g	33.0
Carbohydrate, g	4.0
Fiber g	-
Ash, g	10
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	-
Calcium, mg	-
Phosphorus, mg	-
Iron, mg	-
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.hormigasculonon.com/ficha.htm> (Ref # 4).

--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 10****Food category:** Insects**Scientific identification:***Pomacea maculate***Local name & other common names:**

caracol, churo, Snail (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	74
Protein, g	16.2
Fat, g	36
Carbohydrate, g	-
Fiber g	-
Ash, g	-
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	-
Phosphorus, mg	112
Iron, mg	-
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.hormigasculon.com/ficha.htm> (Ref # 4).

--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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