

## VEGETABLES, TUBERS, TREES AND HERBS

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<b>palma de milpes or Seje, Fruit and Palm tree (English)</b> _____	3

**COMMUNITY FOOD SYSTEM DATA TABLE # 1****Food category: Vegetables, tubers, trees and herbs****Scientific identification:***Guilielma gasipaes***Local name & other common names:**

chontaduro, chotadura, Peach palm (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	185
Protein, g	3.3
Fat, g	4.6
Carbohydrate, g	-
Fiber g	-
Ash, g	-
Vitamin A, RE- $\mu$ g	730
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	20.0
Calcium, mg	-
Phosphorus, mg	-
Iron, mg	0.7
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
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 2****Food category: Vegetables, tubers, trees and herbs****Scientific identification:***Dioscorea alata***Local name & other common names:**

ñame, Yam (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	105
Protein, g	2.4
Fat, g	0.2
Carbohydrate, g	-
Fiber g	-
Ash, g	-
Vitamin A, RE- $\mu$ g	0
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	6
Calcium, mg	-
Phosphorus, mg	-
Iron, mg	2.4
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
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 3****Food category:** Vegetables, tubers, trees and herbs**Scientific identification:***Oenocarpus bataua***Local name & other common names:**

palma de milpes or Seje, Fruit and Palm tree (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	55.3
Protein, g	7.41
Fat, g	-
Carbohydrate, g	37.3
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	-
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.colciencias.gov.co/seiaal/congreso/Ponen4/CABRERA\_SOTOMAYOR.htm (Ref # 2).

--- = 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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