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## COMMUNITY FOOD SYSTEM DATA TABLE # 130

**Food category:** Animals**Scientific identification:***Anas boschas domesticus***Local name & other common names:**

ped, Duck (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	70.2
Energy, Kcal	199
Protein, g	13.4
Fat, g	16.2
Carbohydrate, g	0
Fibre, g	0
Ash, g	0.5
Vitamin A,	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	0.10
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	15
Iron, mg	1.7
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mothers and children  
**Source of nutrient data:** The nutrient data is sourced from Thai FCT 1999, record # THF49 (ref# 4).

**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 # 131

**Food category:** Animals**Scientific identification:***Anas boschas domesticus***Local name & other common names:**

kai ped, Duck egg (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Egg, raw
Moisture, g	69.4
Energy, Kcal	189
Protein, g	12.1
Fat, g	14.1
Carbohydrate, g	3.5
Fibre, g	0
Ash, g	1.1
Vitamin A,	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	40
Iron, mg	3.1
Zinc, mg	1.0

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** August - September  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by mothers and children.  
**Source of nutrient data:** The nutrient data is sourced from Thai FCT 1999, record # THH14 (ref # 4).

**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 # 132****Food category:** Animals**Scientific identification:***Bos taurus***Local name & other common names:**

vuoa, Cow (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	75.6
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	0
Ash, g	-
Vitamin A,	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	4
Iron, mg	2.5
Zinc, mg	2.4

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** August - September  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mothers and children. No milk is consumed.  
**Source of nutrient data:** The nutrient data is sourced from Thai FCT 1999, record # THF59 (ref # 4).

**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 # 133****Food category:** Animals**Scientific identification:***Cyrtacanthacris tatarica***Local name & other common names:**

tak-ka-tan, Locust (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Whole insect, raw
Moisture, g	76.7
Energy, Kcal	105
Protein, g	14.3
Fat, g	3.3
Carbohydrate, g	4.6
Fibre, g	4.0
Ash, g	1.1
Vitamin A,	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	0.19
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	28
Iron, mg	3.0
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** August - September  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mothers and children.  
**Source of nutrient data:** The nutrient data is sourced from Thai FCT 1999, record # THU8 (ref # 4).

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 134****Food category:** Animals**Scientific identification:***Gallus domesticus***Local name & other common names:**

gai, Chicken (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	68.1
Energy, Kcal	186
Protein, g	17.3
Fat, g	12.4
Carbohydrate, g	1.4
Fibre, g	0
Ash, g	0.8
Vitamin A, RAE- µg	3
Vitamin A, RE- µg	3
Beta-carotene, µg	-
Retinol, µg	3
Thiamine, mg	0.05
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	10
Iron, mg	0.5
Zinc, mg	1.0

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mothers and children.  
**Source of nutrient data:** The nutrient data is sourced from Thai FCT 1999, record # THF25 (ref # 4).

**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 # 135****Food category:** Animals**Scientific identification:***Gallus domesticus***Local name & other common names:**

kai gai, Chicken egg (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Egg, raw
Moisture, g	72.8
Energy, Kcal	155
Protein, g	12.8
Fat, g	10.8
Carbohydrate, g	1.6
Fibre, g	0
Ash, g	1.9
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	0.15
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	38
Iron, mg	3.1
Zinc, mg	1.1

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mothers and children.  
**Source of nutrient data:** The nutrient data is sourced from Thai FCT 1999, record # THH3 (ref # 4).

**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 # 136****Food category:** Animals**Scientific identification:**

Gallus gallus (Phasianidae)

**Local name & other common names:**

gai-pa, Red jungle fowl (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Meat and skin, raw
Moisture, g	67.8
Energy, Kcal	180.5
Protein, g	22.4
Fat, g	10
Carbohydrate, g	0
Fibre, g	0
Ash, g	1.0
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	2.3
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mothers and children.  
**Source of nutrient data:** Nutrient data sourced from Thai FCT, 1999. Data is a mean of record Ids' THF42, THF43, THF44 and THF45 (ref # 4).

**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 # 137****Food category:** Animals**Scientific identification:***Gryllus bimaculatus, Degeer***Local name & other common names:**

jing rid, Cricket (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Whole insect, raw
Moisture, g	71.4
Energy, Kcal	134
Protein, g	12.9
Fat, g	5.5
Carbohydrate, g	8.1
Fibre, g	3.5
Ash, g	2.1
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	0.36
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	76
Iron, mg	9.5
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** August - September  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by mothers and children.  
**Source of nutrient data:** The nutrient data is sourced from Thai FCT 1999, record # THU3 (ref # 4).

**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 # 138****Food category:** Animals**Scientific identification:***Hystrix sp.* (Hystricidae)**Local name & other common names:**

men, Porcupine (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** August - October  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children.  
**Source of nutrient data:** 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 # 139****Food category:** Animals**Scientific identification:***Macaca* sp. (Cercopithecidae)**Local name & other common names:**

ling, Monkey (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both children and mothers.  
**Source of nutrient data:** 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 # 140****Food category:** Animals**Scientific identification:***Meleagris gallopavo***Local name & other common names:**

gai-ngong, Turkey (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Meat, raw
Moisture, g	74.5
Energy, Kcal	100
Protein, g	24.1
Fat, g	0.4
Carbohydrate, g	0
Fibre, g	0
Ash, g	1.0
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	7
Iron, mg	1.2
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Preference for these foods among mothers and children is unknown.  
**Source of nutrient data:** The nutrient data is sourced from ASEAN FCT 2000, Asean # AAF166 (ref # 1).

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 141****Food category:** Animals**Scientific identification:***Meleagris gallopavo***Local name & other common names:**

kai-gai-ngong, Turkey egg (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Egg, raw
Moisture, g	72.2
Energy, Kcal	166.1*
Protein, g	13.1
Fat, g	12.1
Carbohydrate, g	1.2
Fibre, g	0
Ash, g	1.4
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	49
Iron, mg	4.1
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Preference for these foods among mothers and children is unknown.  
**Source of nutrient data:** Nutrient data is sourced from FCT for use in East Asia, 1972, item# 1190a (ref # 8). \* Energy value was calculated.

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 142****Food category:** Animals**Scientific identification:***Oecophylla smaragdina Fabr.***Local name & other common names:**

mod-dang, Red ant (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Whole insect, raw
Moisture, g	74.0
Energy, Kcal	115
Protein, g	13.9
Fat, g	3.5
Carbohydrate, g	6.9
Fibre, g	1.8
Ash, g	1.7
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	0.24
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	48
Iron, mg	5.7
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children  
**Source of nutrient data:** Nutrient data is sourced from Thai FCT 1999, record # THU10 (ref # 4).

**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 # 143****Food category:** Animals**Scientific identification:***Oecophylla smaragdina Fabr.***Local name & other common names:**

kai-mod-dang, Red ant eggs (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Red ant eggs
Moisture, g	81.9
Energy, Kcal	86
Protein, g	7.0
Fat, g	3.2
Carbohydrate, g	7.3
Fibre, g	1.7
Ash, g	0.6
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	0.15
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	8
Iron, mg	4.1
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** March - May  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Not known whether liked by both mothers and children or not  
**Source of nutrient data:** Nutrient data is sourced from Thai FCT 1999, record # THU9 (ref # 4).

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 144****Food category:** Animals**Scientific identification:***Onitis sp./Coprins sp.***Local name & other common names:**

mang-gutji, Buffalo dung beetle (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Whole insect, raw
Moisture, g	68.4
Energy, Kcal	136
Protein, g	17.2
Fat, g	4.3
Carbohydrate, g	7.2
Fibre, g	5.9
Ash, g	2.9
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	0.19
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	31
Iron, mg	7.7
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** September  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mothers and children.  
**Source of nutrient data:** Nutrient data is sourced from Thai FCT 1999, record # THU12 (ref #4).

**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 # 145

**Food category:** Animals

**Scientific identification:**

*Veranus nebulosus*

**Local name & other common names:**

taa-keoud, Monitor (English)

**Part(s) used:** Meat

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A,	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Not known  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Its popularity among mothers and children is not known.  
**Source of nutrient data:** Not analysed

### 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 # 146****Food category:** Animals**Scientific identification:***Rhizomyidae***Local name & other common names:**

on, Bamboo rat (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Flesh, raw
Moisture, g	73.9
Energy, Kcal	104
Protein, g	23.6
Fat, g	1
Carbohydrate, g	0.1
Fibre, g	-
Ash, g	1.4
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	30
Iron, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** May - July  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mother and children  
**Source of nutrient data:** Nutrient data is sourced from Indian FCT 2002, record # 587 (ref # 2).

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 147****Food category:** Animals**Scientific identification:***Sciurus lis***Local name & other common names:**

gra-rawg, Squirrel (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Meat, raw
Moisture, g	72.2
Energy, Kcal	116
Protein, g	26.3
Fat, g	0.4
Carbohydrate, g	0
Fibre, g	T
Ash, g	1.1
Vitamin A, RAE- µg	282
Vitamin A, RE- µg	284
Beta-carotene, µg	-
Beta-carotene equiv, µg	25
Retinol, µg	280
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	23
Iron, mg	1.9
Zinc, mg	-

T= trace

-- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children  
**Source of nutrient data:** Nutrient data is sourced from FCT for use in East Asia, 1972, item# 1150a (ref # 8)

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 148****Food category:** Animals**Scientific identification:***Sus leucomystax***Local name & other common names:**

moo – pa, Wild pig (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Meat, raw
Moisture, g	74.1
Energy, Kcal	141.9*
Protein, g	16.8
Fat, g	8.3
Carbohydrate, g	0
Fibre, g	0
Ash, g	0.8
Vitamin A, RAE- µg	5
Vitamin A, RE- µg	5
Beta-carotene, µg	-
Retinol, µg	5
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	12
Iron, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by mothers and children  
**Source of nutrient analysis:** Nutrient data is sourced from FCT for use in East Asia, 1972, item# 1057 (ref # 8). \* Energy value was calculated.

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 149****Food category:** Animals**Scientific identification:***Sus scrofa***Local name & other common names:**

moo, Pig (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Lean meat, raw
Moisture, g	73.1
Energy, Kcal	126
Protein, g	20.4
Fat, g	4.9
Carbohydrate, g	0.3
Fibre, g	0
Ash, g	1.4
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	0.69
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	18
Iron, mg	1.7
Zinc, mg	1.8

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by mothers and children  
**Source of nutrient data:** Nutrient data is sourced from Thai FCT 1999. Thai food ID: THF75 (ref # 4).

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 150****Food category:** Animals**Scientific identification:***Talpa sp* (Talpidae)**Local name & other common names:**

tun, Mole (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children.  
**Source of nutrient data:** 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 # 151****Food category:** Animals**Scientific identification:***Testudo elegans* L.**Local name & other common names:**

tao, Turtle (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	75
Energy, Kcal	118
Protein, g	17.8
Fat, g	4.3
Carbohydrate, g	2.1
Fibre, g	0
Ash, g	0.8
Vitamin A, RAE- µg	139
Vitamin A, RE- µg	139
Beta-carotene, µg	-
Retinol, µg	139
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	70
Iron, mg	2.8
Zinc, mg	2.31

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** May - July  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by mothers and children  
**Source of nutrient data:** Nutrient data is sourced from China FCT, record # 219001 (ref # 9).

**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 # 152****Food category:** Animals**Scientific identification:***Viverridae***Local name & other common names:**

en-hen, Civet (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Meat, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by mothers and children  
**Source of nutrient data:** Not analyzed

**Months Harvested and Seasonality of Use**

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 153

**Food category:** Animals

**Scientific identification:**

*Unknown*

**Local name & other common names:**

nok-pa, wild bird (English)

**Part(s) used:** Whole animal

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	flesh, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	
Zinc, mg	

--- = not analyzed

**Type of procurement:** Domestic  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popularity among mothers and children is unknown.  
**Source of nutrient data:**

### 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 # 154

**Food category:** Animals

**Scientific identification:**

*Unknown*

**Local name & other common names:**

gop-poo-khao, mountain frog (English)

**Part(s) used:** Whole animal

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	flesh, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	
Zinc, mg	

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** September - January  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by children and mothers.  
**Source of nutrient data:**

### 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 # 155

**Food category:** Animals

**Scientific identification:**

*Unknown*

**Local name & other common names:**

kaeng, deer, common barking (English)

**Part(s) used:** Whole animal

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	flesh, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	
Zinc, mg	

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both children and mothers.  
**Source of nutrient data:**

### 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 # 156

**Food category:** Animals**Scientific identification:***Unknown***Local name & other common names:**

malang-kwang, Karen beetle (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Whole insect, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	
Zinc, mg	

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** September  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children.  
**Source of nutrient data:** 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 # 157

**Food category:** Animals

**Scientific identification:**

*Unknown*

**Local name & other common names:**

malang-ee-hung

**Part(s) used:** Whole insect

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Whole insect, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RAE- µg	-
Vitamin A, RE- µg	-
Beta-carotene, µg	-
Retinol, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	
Zinc, mg	

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** June  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children.  
**Source of nutrient data:** 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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