

**FRUITS** (Continued from the Leaves, flower and Vegetables section)  
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**COMMUNITY FOOD SYSTEM DATA TABLE # 85****Food category:** Fruits**Scientific identification:***Acharas sapota L.***Local name & other common names:**

la-mut-pa, Sapodilla (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	79.1
Energy, Kcal	85
Protein, g	0.5
Fat, g	0.7
Carbohydrate, g	19.2
Fibre, g	8.1
Ash, g	0.5
Vitamin A, RE- µg	16
Vitamin A, RAE- µg	8
Retinol, µg	0
Beta-carotene, µg	95
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	14
Calcium, mg	30
Iron, mg	1.2
Zinc, mg	0.1

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** June - July  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among mothers.  
**Source of nutrient data:** Nutrient data is sourced from ASEAN FCT 2000, Asean # AAE106 (ref # 1).

**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 # 86

**Food category:** Fruits

**Scientific identification:**

*Anacardium occidentale L.*

**Local name & other common names:**

xu-zei-kheu-za, Cashew nut (English)

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	86.6
Energy, Kcal	53
Protein, g	0.7
Fat, g	0.2
Carbohydrate, g	12.2
Fibre, g	-
Ash, g	1.1
Vitamin A, RE- µg	4.2
Vitamin A, RAE- µg	2.1
Retinol, µg	-
Beta-carotene, µg	25
Thiamine, mg	.02
Folic acid, µg	-
Vitamin C, mg	154
Calcium, mg	4
Iron, mg	0.4
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** March - May  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popularity among mothers and children unknown.  
**Source of nutrient data:** Nutrient data is sourced from ASEAN FCT 2000, Asean ID #: AAE24 (ref # 1).

### 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 # 87

**Food category:** Fruits**Scientific identification:***Artocarpus heterophylla***Local name & other common names:**

ka-nun, Jackfruit (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	72.6
Energy, Kcal	108
Protein, g	1.7
Fat, g	0.5
Carbohydrate, g	24.1
Fibre, g	-
Ash, g	1.1
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	0.08
Folic acid, µg	-
Vitamin C, mg	7
Calcium, mg	24
Iron, mg	0.6
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** March - May  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popularity among mothers and children unknown.  
**Source of nutrient data:** Nutrient data sourced from Thai FCT, 1999. Thai ID #: THE10 (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 # 88****Food category:** Fruits**Scientific identification:***Artocarpus heterophylla*, Lamk.**Local name & other common names:**

ka-nun-pa, Jackfruit, wild (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, 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:** February - April  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by mothers and children.  
**Source of nutrient data:**

**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 # 89****Food category:** Fruits**Scientific identification:***Baccaurea ramiflora* Lour.**Local name & other common names:**

ma-fai, Rambai/Lantern tree (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	88.2
Energy, Kcal	48
Protein, g	0.7
Fat, g	0.3
Carbohydrate, g	10.5
Fibre, g	-
Ash, g	0.3
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	0
Beta-carotene, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	55
Calcium, mg	2
Iron, mg	3.3
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** April -May  
**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, record # THE60 (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 # 90****Food category:** Fruits**Scientific identification:***Bouea burmanica*, Griff.**Local name & other common names:**

ma-prang, Marian plum (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Fruit
Moisture, g	86.6
Energy, Kcal	53
Protein, g	0.4
Fat, g	0
Carbohydrate, g	12.8
Fibre, g	1.5
Ash, g	0.2
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	0
Beta-carotene, µg	-
Thiamine, mg	0.11
Folic acid, µg	-
Vitamin C, mg	100
Calcium, mg	9
Iron, mg	0.3
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** Not known  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popularity among mothers and children unknown.  
**Source of nutrient data:** Nutrient data sourced from Thai FCT, 1999. Thai food ID #: THE57 (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 # 91

**Food category:** Fruits

**Scientific identification:**

*Calamus* spp.

**Local name & other common names:**

luke-wai, cane (English)

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, 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:** The popularity of this fruit among mothers and children is not known.  
**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 # 92

**Food category:** Fruits**Scientific identification:***Carica papaya***Local name & other common names:**

ma-la-gaw, Papaya, ripe (English)

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

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit, ripe	Fruit, unripe
Moisture, g	89.2	92
Energy, Kcal	41	30
Protein, g	0.5	0.6
Fat, g	0.1	0.1
Carbohydrate, g	9.5	6.7
Fibre, g	1.3	2.6
Ash, g	0.6	0.6
Vitamin A, RE- µg	174	-
Vitamin A, RAE- µg	87	-
Retinol, µg	-	--
Beta-carotene, µg	1043	-
Thiamine, mg	0.04	0.04
Folic acid, µg	-	-
Vitamin C, mg	49	37
Calcium, mg	15	19
Iron, mg	1.1	0.6
Zinc, mg	0.1	-

-- = not analyzed

**Type of procurement:** Both wild and cultivated**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 for riped papaya is sourced from Thai FCT 1999, record # THE82 (ref # 4). Nutrient data for unripped papaya is sourced from Thai FCT 1999, record # THD134 (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 # 93

**Food category:** Fruits

**Scientific identification:**

*Citrus maxima Merr*

**Local name & other common names:**

som-o, Pomelo (English)

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	88.5
Energy, Kcal	46
Protein, g	0.7
Fat, g	0.4
Carbohydrate, g	9.9
Fibre, g	0.7
Ash, g	0.6
Vitamin A, RE- µg	0
Vitamin A, RAE- µg	0
Retinol, µg	0
Beta-carotene, µg	0
Thiamine, mg	0.04
Folic acid, µg	-
Vitamin C, mg	52
Calcium, mg	15
Iron, mg	0.6
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** Not known  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popularity of this fruit among mothers and children unknown.  
**Source of nutrient data:** Nutrient data sourced from Thai FCT 1999. Thai food ID: THE119 (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 # 94****Food category:** Fruits**Scientific identification:***Cocos nucifera***Local name & other common names:**

ma-prau, Coconut, very immature (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Coconut, immature
Moisture, g	90.7
Energy, Kcal	41
Protein, g	1.6
Fat, g	1.4
Carbohydrate, g	5.6
Fibre, g	-
Ash, g	0.7
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	0
Beta-carotene, µg	0
Thiamine, mg	0.04
Folic acid, µg	-
Vitamin C, mg	5
Calcium, mg	9
Iron, mg	0.9
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild and cultivated  
**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 ASEAN FCT 2000, Asean ID #: AAE25 (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 # 95****Food category:** Fruits**Scientific identification:***Cucumis melo Linn Cucurbitaceae***Local name & other common names:**

tang Thai, Melon, musk (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	96.3
Energy, Kcal	13
Protein, g	0.2
Fat, g	0
Carbohydrate, g	3.2
Fibre, g	-
Ash, g	0.4
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	0
Beta-carotene, µg	-
Thiamine, mg	0.05
Folic acid, µg	-
Vitamin C, mg	37
Calcium, mg	16
Iron, mg	-
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** Aug - Sept  
**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 # THE29 (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 # 96****Food category:** Fruits**Scientific identification:***Elaeagnus latifolia* L.**Local name & other common names:**

ma-lod

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

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, 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:** May - June  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** The popularity of this food among mothers and children is not known.  
**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 # 97

**Food category:** Fruits**Scientific identification:***Ficus* spp.**Local name & other common names:**

Fig, Thai variety (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	85.8
Energy, Kcal	54
Protein, g	1.5
Fat, g	0.3
Carbohydrate, g	11.3
Fibre, g	-
Ash, g	1.1
Vitamin A, RE- µg	3
Vitamin A, RAE- µg	1.5
Retinol, µg	0
Beta-carotene, µg	16
Thiamine, mg	0.01
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	56
Iron, mg	0.9
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** January - December  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** The popularity of this food among mothers and children is not known.  
**Source of nutrient data:** Nutrient data is sourced from Thai FCT 1999, record # THE55 (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 # 98****Food category:** Fruits**Scientific identification:***Garcinia* spp.**Local name & other common names:**

gro-uaw-sa, Mangosteen, wild

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, 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:** May - July  
**Cost of production, if known:**  
**Importance value to the community by  
age/gender:** Popular among mothers and  
children  
**Source of nutrient data:**

**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>					*	*	*					

Photograph by KPstudio

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## COMMUNITY FOOD SYSTEM DATA TABLE # 99

**Food category:** Fruits**Scientific identification:***Litchi chinensis* L.**Local name & other common names:**

phong-mi-za, Wild litchi (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	81.4
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	4.0
Calcium, mg	
Iron, mg	
Zinc, mg	

--- = not analyzed



**Type of procurement:** Cultivated/wild  
**Home harvested or purchased:**  
**Seasonality of use:** April - June  
**Cost of production, if known:**  
**Importance value to the community by age/gender:**  
**Source of nutrient data:** Analyzed at Food Chemistry Laboratory, Institute of Nutrition Mahidol University, Thailand, May 2005 (ref # 12).

**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 # 100

**Food category:** Fruits

**Scientific identification:**

*Mangifera indica*

**Local name & other common names:**

ma-muong-suk, Mango, ripe (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	82.4
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	14.8
Vitamin A, RAE- µg	7.4
Retinol, µg	-
Beta-carotene, µg	89
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	18
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Cultivated

**Home harvested or purchased:**

**Seasonality of use:** March - May

**Cost of production, if known:**

**Importance value to the community by**

**age/gender:** This food is popular among mothers and children.

**Source of nutrient data:** Analyzed at Food Chemistry Laboratory, Institute of Nutrition Mahidol University, Thailand, May 2005 (ref # 12).

### 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 # 101****Food category:** Fruits**Scientific identification:***Mangifera* spp.**Local name & other common names:**

ma-muong-pa, Mango, Kaew variety (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, unripe, Kaew variety
Moisture, g	79.6
Energy, Kcal	81
Protein, g	0.6
Fat, g	0.2
Carbohydrate, g	19.1
Fibre, g	3.0
Ash, g	0.4
Vitamin A, RE - µg	-
Vitamin A, RAE - µg	-
Retinol, µg	0
Beta-carotene, µg	-
Thiamine, mg	0.06
Folic acid, µg	-
Vitamin C, mg	39
Calcium, mg	13
Iron, mg	0.6
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** April - May  
**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 ID #THE61 (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 # 102****Food category:** Fruits**Scientific identification:***Musa sapientum***Local name & other common names:**

nam-wa, Banana, common (English)

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

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit, ripe	Fruit, unripe
Moisture, g	69.0	69.0
Energy, Kcal	122	110
Protein, g	0.8	1.4
Fat, g	0.2	0.2
Carbohydrate, g	29	28.7
Fibre, g	2.4	0.5
Ash, g	0.9	-
Vitamin A, RE - µg	22	48.3
Vitamin A, RAE - µg	11	24.2
Retinol, µg	0	-
Beta-carotene, µg	132	288
Thiamine, mg	0.05	0.04
Folic acid, µg	-	-
Vitamin C, mg	12	31
Calcium, mg	10	8
Iron, mg	0.6	0.9
Zinc, mg	0.1	-

--- = not analyzed

**Type of procurement:** Both cultivated and wild**Home harvested or purchased:****Seasonality of use:** Throughout the year**Cost of production, if known:****Importance value to the community by age/gender:** Like by both mothers and children.**Source of nutrient data:** Nutrient data for ripe banana is sourced from Thai FCT 1999, record ID THE3 (ref # 4). Nutrient data for unripe banana is sourced from Nutritive Values of Thai Foods in 100 g edible portion. Bangkok, Thailand. War Veterans Press, 1987 (ref # 13).**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 # 103****Food category:** Fruits**Scientific identification:***Musa Sapientum Linn***Local name & other common names:**

kloury khai, Banana, rice (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	74.1
Energy, Kcal	101
Protein, g	1.1
Fat, g	0.2
Carbohydrate, g	23.8
Fibre, g	1.8
Ash, g	0.8
Vitamin A, RE - µg	32
Vitamin A, RAE - µg	16
Retinol, µg	-
Beta-carotene, µg	190
Thiamine, mg	0.03
Folic acid, µg	-
Vitamin C, mg	11
Calcium, mg	24
Iron, mg	0.4
Zinc, mg	0.2

--- = not analyzed

**Type of procurement:** Wild & cultivated  
**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 unknown.  
**Source of nutrient data:** Nutrient data is sourced from ASEAN FCT 2000, Asean # AAE17 (ref # 1).

**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 # 104****Food category:** Fruits**Scientific identification:***Musa* spp.**Local name & other common names:**

kloury-hom, Banana, dessert (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	73.5
Energy, Kcal	104
Protein, g	1.2
Fat, g	0.3
Carbohydrate, g	24.1
Fibre, g	-
Ash, g	0.9
Vitamin A, RE - µg	25
Vitamin A, RAE - µg	12.5
Retinol, µg	-
Beta-carotene, µg	150
Thiamine, mg	0.04
Folic acid, µg	-
Vitamin C, mg	11
Calcium, mg	12
Iron, mg	0.4
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild & cultivated  
**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 is sourced from ASEAN FCT, Asean # AAE11 (ref # 1).

**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 # 105

**Food category:** Fruits

**Scientific identification:**

*Nephelium lappaceum* L.

**Local name & other common names:**

phong-zu-me, Wild rambutan (English)

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	79.7
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	20
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Wild

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender:** Popular among mothers and children

**Source of nutrient data:** Analyzed at Food Chemistry Laboratory, Institute of Nutrition Mahidol University, Thailand, May 2005 (ref # 12).

### 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 # 106****Food category:** Fruits**Scientific identification:***Nephelium* spp.**Local name & other common names:**

Rambutan (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Fruit
Moisture, g	82.6
Energy, Kcal	69
Protein, g	0.9
Fat, g	0.1
Carbohydrate, g	16
Fibre, g	0
Ash, g	0.4
Vitamin A, RE - µg	-
Vitamin A, RAE - µg	-
Retinol, µg	0
Beta-carotene, µg	0
Thiamine, mg	0.02
Folic acid, µg	-
Vitamin C, mg	43
Calcium, mg	19
Iron, mg	0.7
Zinc, mg	0.1

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** April - May  
**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 ASEAN FCT 2000, Asean # AAE100 (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 # 107****Food category:** Fruits**Scientific identification:***Psidium guajava***Local name & other common names:**

fa-rang, Guava, common (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	86.5
Energy, Kcal	52
Protein, g	0.7
Fat, g	0.1
Carbohydrate, g	12.1
Fibre, g	3.7
Ash, g	0.6
Vitamin A, RE - µg	-
Vitamin A, RAE - µg	-
Retinol, µg	0
Beta-carotene, µg	-
Thiamine, mg	0.04
Folic acid, µg	-
Vitamin C, mg	145
Calcium, mg	10
Iron, mg	0.5
Zinc, mg	0.4

--- = not analyzed

**Type of procurement:** Wild and cultivated  
**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, record ID THE39 (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 # 108****Food category:** Fruits**Scientific identification:***Salacca rumphi* Wall.**Local name & other common names:**

ra-gam, Salak palm (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	84.5
Energy, Kcal	60
Protein, g	0.5
Fat, g	0.1
Carbohydrate, g	14.3
Fibre, g	-
Ash, g	0.6
Vitamin A, RE - µg	-
Vitamin A, RAE - µg	-
Retinol, µg	0
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	6
Calcium, mg	8
Iron, mg	0.4
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 mothers and children.  
**Source of nutrient data:** Nutrient data is sourced from Thai FCT 1999, record # THE84 (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 # 109****Food category:** Fruits**Scientific identification:***Sandoricum indicum***Local name & other common names:**

gra-ton-pa, Santol

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Fruit
Moisture, g	83.8
Energy, Kcal	67
Protein, g	0.7
Fat, g	1
Carbohydrate, g	13.8
Fibre, g	-
Ash, g	0.7
Vitamin A, RE - µg	-
Vitamin A, RAE - µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	0.04
Folic acid, µg	-
Vitamin C, mg	13
Calcium, mg	12
Iron, mg	1.2
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** June – July  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by mothers but, unknown if liked by children.  
**Source of nutrient data:** Nutrient data is sourced from ASEAN FCT 2000, Asean # AAE105 (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 # 110

**Food category:** Fruits

**Scientific identification:**

*Tamarindus indica*

**Local name & other common names:**

ma-kham, Tamarind, sweet variety (English)

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	12.4
Energy, Kcal	333
Protein, g	2.9
Fat, g	0
Carbohydrate, g	80.4
Fibre, g	-
Ash, g	4.3
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	0
Beta-carotene, µg	-
Thiamine, mg	0.46
Folic acid, µg	-
Vitamin C, mg	75
Calcium, mg	141
Iron, mg	0.9
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:**  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popularity among mothers and children unknown.  
**Source of nutrient data:** Nutrient data sourced from Thai FCT, 1999. Thai food ID #: THE52 (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 # 111****Food category:** Fruits**Scientific identification:***Ziziphus sp.***Local name & other common names:**

put-sa, Jujube, Thai (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	77.7
Energy, Kcal	89
Protein, g	1.7
Fat, g	0.8
Carbohydrate, g	18.7
Fibre, g	-
Ash, g	1.1
Vitamin A, RE - µg	-
Vitamin A, RAE - µg	-
Retinol, µg	0
Beta-carotene, µg	-
Thiamine, mg	0.01
Folic acid, µg	-
Vitamin C, mg	44
Calcium, mg	11
Iron, mg	0.4
Zinc, mg	0.2

--- = not analyzed



**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** Aug - September  
**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 # THE41 (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 # 112

**Food category:** Fruits

**Scientific identification:**

*Unkown*

**Local name & other common names:**

kee-too-sa

**Part(s) used:** Fruit

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE - µg	-
Vitamin A, RAE - µg	-
Retinol, µg	-
Beta-carotene, 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:** May – June  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popularity among mothers and children unknown.  
**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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