

## CEREALS, GRAINS AND SEEDS

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## COMMUNITY FOOD SYSTEM DATA TABLE # 1

**Food category:** Cereals, Grains and Seeds

**Scientific identification:**

*Oryza glutinosa*

**Local name & other common names:**

kao-neio, Rice, glutinous, white, polished, raw (English)

**Part(s) used:** Grain

**Preparation:**

| Nutrient            | Nutrient Composition/100g (edible portion) |
|---------------------|--|
|                     | Grain, raw                                 |
| Moisture, g         | 12.6                                       |
| Energy, Kcal        | 355  |
| Protein, g          | 7.3  |
| Fat, g              | 1.5  |
| Carbohydrate, g     | 78   |
| Fibre, g            | 0.6  |
| Ash, g              | 0.6  |
| Vitamin A, RE - µg  | -  |
| Vitamin A, RAE - µg | -  |
| Retinol, µg         | 0  |
| Beta-carotene, µg   | -  |
| Folic acid, µg      | -  |
| Vitamin C, mg       | 0  |
| Calcium, mg         | 20   |
| Iron, mg            | 1.8  |
| Zinc, mg            | -  |

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** November - March  
**Cost of production, if known:** 15 bhat/kg  
**Importance value to the community by age/gender:** This variety of rice is liked by both mother and children. Yield of this rice is approximately 20 to 100 buckets (1 bucket = 15kg) per family per year and normally available for five months from November to March.  
**Source of nutrient data:** Nutrient data sourced from ASEAN FCT, 2000. Asean ID AAA60 (Ref # 1).  
**Reference to sample collection:** N/A

### 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:** Cereals, Grains and Seeds

**Scientific identification:**

*Oryza sativa*

**Local name & other common names:**

beu, Rice (Dry rice growing) (English)

**Part(s) used:** Grain

**Preparation:**

| Nutrient          | Nutrient Composition/100g (edible portion) |
|-------------------|--|
|                   | Rice, steamed                              |
| Moisture, g       | 61.5                                       |
| Energy, Kcal      | 157  |
| Protein, g        | 2.9  |
| Fat, g            | 0.5  |
| Carbohydrate, g   | 35.1                                       |
| Fibre, g          | -  |
| Ash, g            | 0  |
| Vitamin A,RE- µg  |  |
| Vitamin A,RAE- µg | -  |
| Retinol, µg       | -  |
| Beta-carotene, µg | -  |
| Thiamine, mg      | 0.1  |
| Folic acid, µg    | -  |
| Vitamin C, mg     | -  |
| Calcium, mg       | -  |
| Iron, mg          | 0.2  |
| Zinc, mg          | -  |

--- = not analyzed



**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** Consumed throughout the year.  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children.  
**Source on nutrient data:** Analyzed at Food Chemistry Laboratory, Institute of Nutrition Mahidol University, Thailand, May 2005 (ref # 12).  
**Reference to sample collection sheet:** N/A

### 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> | *   | *   | *   | *   | *   | *   | *   | *   | *   | *   | *   | *   |

Photograph of raw grain by INMU/LCRD, 2005

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### COMMUNITY FOOD SYSTEM DATA TABLE # 3

**Food category:** Cereals, Grains and Seeds

**Scientific identification:**

*Oryza sativa*

**Local name & other common names:**

beu, Rice (Wet rice growing) (English)

**Part(s) used:** Grain

**Preparation:**

| Nutrient          | Nutrient Composition/100g (edible portion) |
|-------------------|--|
|                   | Rice, steamed                              |
| Moisture, g       | 62.7                                       |
| Energy, Kcal      | 151  |
| Protein, g        | 3.0  |
| Fat, g            | 0.5  |
| Carbohydrate, g   | 33.7                                       |
| Fibre, g          | -  |
| Ash, g            | 0.1  |
| Vitamin A,RE- µg  |  |
| Vitamin A,RAE- µg | -  |
| Retinol, µg       | -  |
| Beta-carotene, µg | -  |
| Thiamine, mg      | 0.11                                       |
| Folic acid, µg    | -  |
| Vitamin C, mg     | -  |
| Calcium, mg       | -  |
| Iron, mg          | 0.2  |
| Zinc, mg          | -  |

--- = not analyzed



**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** Consumed throughout the year.  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children.  
**Source on nutrient data:** Analyzed at Food Chemistry Laboratory, Institute of Nutrition Mahidol University, Thailand, May 2005 (ref # 12).  
**Reference to sample collection sheet:** N/A

#### 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> | *   | *   | *   | *   | *   | *   | *   | *   | *   | *   | *   | *   |

Photograph of raw grain by INMU/LCRD, 2005

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## COMMUNITY FOOD SYSTEM DATA TABLE # 4

**Food category:** Cereals, Grains and Seeds

**Scientific identification:**

*Oryza sativa*

**Local name & other common names:**

kao dang, Rice, red (English)

**Part(s) used:** Grain

**Preparation:**

| Nutrient           | Nutrient Composition/100g (edible portion) |
|--------------------|--|
|                    | Grain, raw                                 |
| Moisture, g        | 11.2                                       |
| Energy, Kcal       | 364  |
| Protein, g         | 6.8  |
| Fat, g             | 2.7  |
| Carbohydrate, g    | 78.2                                       |
| Fibre, g           | 4.0  |
| Ash, g             | 1.1  |
| Vitamin A, RE- µg  |  |
| Vitamin A, RAE- µg | -  |
| Retinol, µg        | -  |
| Beta-carotene, µg  | -  |
| Folic acid, µg     | -  |
| Vitamin C, mg      | -  |
| Calcium, mg        | 14   |
| Iron, mg           | 0.8  |
| Zinc, mg           |  |

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Both  
**Seasonality of use:** Consumed throughout the year  
**Cost of production, if known:** 15 baht /kg  
**Importance value to the community by age/gender:** Liked by both mothers and children. The Karen community produces kao-dang enough for consumption in small families throughout the year. Average yield range from 30 -100 buckets (1 bucket = 15 kg) per family per year.  
**Source on nutrient data:** Nutrient data sourced from ASEAN Food Composition Table 2000, Asean ID # AAA69 (ref # 1).  
**Reference to sample collection sheet:** N/A

### 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 # 5

**Food category:** Cereals, Grains and Seeds

**Scientific identification:**

*Oryza sativa*

**Local name & other common names:**

kao kao, Rice, white, polished (English)

**Part(s) used:** Grain

**Preparation:**

| Nutrient          | Nutrient<br>Composition/100g<br>(edible portion) |
|-------------------|--|
|                   | Grain, raw                                       |
| Moisture, g       | 11.7   |
| Energy, Kcal      | 355  |
| Protein, g        | 6.8  |
| Fat, g            | 0.7  |
| Carbohydrate, g   | 80.3   |
| Fibre, g          | 0.6  |
| Ash, g            | 0.5  |
| Vitamin A,RE- µg  | -  |
| Vitamin A,RAE- µg | -  |
| Retinol, µg       | -  |
| Beta-carotene, µg | -  |
| Folic acid, µg    | -  |
| Vitamin C, mg     | 0  |
| Calcium, mg       | 19   |
| Iron, mg          | 1.2  |
| Zinc, mg          | 0.5  |

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Both  
**Seasonality of use:** Throughout the year  
**Cost of production, if known:** 15 baht /kg  
**Importance value to the community by age/gender:** This variety is liked by both mother and children. Average yield range from 30 to 100 bucket (1 bucket = 1 kg) per family per year  
**Source of nutrient data:** Nutrient data sourced from ASEAN FCT 2000, Asean ID # AAA65 (ref # 1).  
**Reference to sample collection sheet:** N/A

### 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 # 6

**Food category:** Cereals, Grains and Seeds

**Scientific identification:**

*Sesemum indicum L.*

**Local name & other common names:**

nga-dam, Sesame, black and dry (English)

**Part(s) used:** Seeds

**Preparation:**

| Nutrient           | Nutrient<br>Composition/100g<br>(edible portion) |
|--------------------|--|
|                    | Seeds  |
| Moisture, g        | 4.5  |
| Energy, Kcal       | 594  |
| Protein, g         | 19.4   |
| Fat, g             | 46   |
| Carbohydrate, g    | 25.5   |
| Fibre, g           | 19.2   |
| Ash, g             | 4.6  |
| Vitamin A, RE- µg  | -  |
| Vitamin A, RAE- µg | -  |
| Retinol, µg        | -  |
| Beta-carotene, µg  | -  |
| Folic acid, µg     | -  |
| Vitamin C, mg      | -  |
| Calcium, mg        | 913  |
| Iron, mg           | 15.9   |
| Zinc, mg           | 3.2  |

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** Used in December only  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** Liked by both mothers and children. It is a good source of fat and consumed in December.  
**Source of nutrient data:** Nutrient data is sourced from ASEAN FCT, Asean ID # AAC73 (ref # 1).  
**Reference to sample collection sheet:** N/A

### 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 # 7

**Food category:** Cereals, Grains and Seeds

**Scientific identification:**

*Zea mays*

**Local name & other common names:**

kao-pod-neio, Corn, white, on the cob (English)

**Part(s) used:** Grain, raw

**Preparation:**

| Nutrient           | Nutrient Composition/100g (edible portion) |
|--------------------|--|
|                    | Grain, raw                                 |
| Moisture, g        | 63.2                                       |
| Energy, Kcal       | 148  |
| Protein, g         | 4.4  |
| Fat, g             | 0.8  |
| Carbohydrate, g    | 30.9                                       |
| Fibre, g           | -  |
| Ash, g             | 0.7  |
| Vitamin A,RE - µg  | -  |
| Vitamin A,RAE - µg | -  |
| Retinol, µg        | -  |
| Beta-carotene, µg  | -  |
| Folic acid, µg     | -  |
| Vitamin C, mg      | 6  |
| Calcium, mg        | 13   |
| Iron, mg           | 0.7  |
| Zinc, mg           | -  |

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** August - September  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** Available from August to September each year, kao-pod-neio is available for consumption. This variety is liked by both mothers and children.  
**Source on nutrient data:** Nutrient data sourced from ASEAN FCT 2000, Asean ID # AAA33 (ref # 1).  
**Reference to sample collection sheet:** N/A

### 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 # 8

**Food category:** Cereals, Grains and Seeds

**Scientific identification:**

*Zea mays*

**Local name & other common names:**

kao-pod-leung, Corn, yellow, on the cob (English)

**Part(s) used:** Grain, raw

**Preparation:**

| Nutrient          | Nutrient Composition/100g (edible portion) |
|-------------------|--|
|                   | Grain, raw                                 |
| Moisture, g       | 57.9                                       |
| Energy, Kcal      | 173  |
| Protein, g        | 4.4  |
| Fat, g            | 1.5  |
| Carbohydrate, g   | 35.4                                       |
| Fibre, g          | 6.4  |
| Ash, g            | 0.8  |
| Vitamin A,RE- µg  | 35   |
| Vitamin A,RAE- µg | 17.5                                       |
| Retinol, µg       | -  |
| Beta-carotene, µg | 210  |
| Folic acid, µg    | -  |
| Vitamin C, mg     | 11   |
| Calcium, mg       | -  |
| Iron, mg          | -  |
| Zinc, mg          | -  |

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** May  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** Commonly used for animal consumption.  
**Source on nutrient data:** Nutrient data sourced from ASEAN FCT 2000, Asean ID # AAA36 (ref # 1).  
**Reference to sample collection sheet:** N/A

### 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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