

ANIMAL AND DAIRY

(Please click on the page number to go directly to the table)

<i>Bos taurus</i> _____	1
inkiri enkiteng, Cow meat; osarge, Cow blood; nailanga kulenairoua, Cow broth; kulenayiara enkiteng, Cow milk. _____	1
<i>Bos taurus</i> _____	2
kule naoto, Yoghurt, cow's whole milk (English) _____	2
<i>Bos taurus</i> _____	3
isikitok, Cow colostrums (English) _____	3
<i>Capra hircus</i> _____	4
inkiri enkine, Goat meat; osarge lenkine, Goat blood; nailanga, Goat broth; _____	4
kule enkine, Goat milk. _____	4

COMMUNITY FOOD SYSTEM DATA TABLE # 1

Food category: Animal and dairy

Scientific identification:

Bos taurus

Local name & other common names:

inkiri enkiteng, Cow meat; osarge, Cow blood; nailanga kulenairoua, Cow broth; kulenayiara enkiteng, Cow milk.

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)			
	Meat	Blood	Milk	Broth (Milk + Blood)
Moisture, g	60.95	75	85.6	85
Energy, Kcal	214*	95*	73*	46
Protein, g	24.40	13.75	3.42	0.94
Fat, g	12.75	0.90	4.03	-
Carbohydrate, g	0.5	8.0	5.71	-
Ash, g	1.4	2.35	1.0	1
Vitamin A, RE-µg	-	-	14.8	-
Vitamin A, RAE-µg	-	-	11.5	-
Retinol, IU	-	-	27	-
Retinol, µg	-	-	-	-
β carotene, µg	-	-	-	-
Total carotene, µg	-	-	80	-
Vitamin C, mg	-	-	-	-
Calcium, mg	312.5	242.2	180.6	132.8
Iron, mg	3.56	18.75	1.81	1.69

Type of procurement:
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
**Importance value to the community
 by age/gender and other
 miscellaneous information:**
Source of nutrient data: Sehmi, J.K.
 1993. National Food and Composition
 Tables and The Planning of Satisfactory
 Diets in Kenya. Ministry of
 Health/National Public Health
 Laboratory Services, Kenya. (ref # 2).
 * Calculated

-- = not analyzed

Months Harvested and Seasonality of Use

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

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 2

Food category: Animal and dairy

Scientific identification:

Bos taurus

Local name & other common names:

kule naoto, Yoghurt, cow's whole milk (English)

Part(s) used:

Preparation: Yoghurt

Nutrient	Nutrient Composition/100g (edible portion)
	Yoghurt
Moisture, g	86.9
Energy, Kcal	74*
Protein, g	3.7
Fat, g	4.8
Carbohydrate, g	3.9
Ash, g	0.8
Vitamin A, RE- μ g	30.6
Vitamin A, RAE- μ g	30.6
Retinol, IU	102
Retinol, μ g	30.6
β carotene, mg	-
Total carotene, μ g	-
Vitamin C, mg	-
Calcium, mg	149
Iron, mg	0.2

Type of procurement:

Home harvested or purchased:

Seasonality of use: April - June

Cost of production, if known:

Importance value to the community by

age/gender and other miscellaneous information:

Source of nutrient data:

Sehmi, J.K. 1993. National Food and Composition Tables and The Planning of Satisfactory Diets in Kenya. Ministry of Health/National Public Health Laboratory Services, Kenya. (ref # 2).

* Calculated

Serial number: S. no 240

--- = not analyzed

Months Harvested and Seasonality of Use

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

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 3

Food category: Animal and dairy

Scientific identification:

Bos taurus

Local name & other common names:

isikitok, Cow colostrums (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Cow colostrums
Moisture, g	-
Energy, Kcal	-
Protein, g	14
Fat, g	-
Carbohydrate, g	-
Ash, g	1.10
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Retinol, IU	-
Retinol, μ g	-
β carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-

Type of procurement:
Home harvested or purchased:
Seasonality of use: April - June
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data:
http://www.colostruminfo.com/a_temp/24hours.htm
 (Ref # 3)

--- = not analyzed

Months Harvested and Seasonality of Use

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

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 4

Food category: Animal and dairy

Scientific identification:

Capra hircus

Local name & other common names:

inkiri enkine, Goat meat; osarge lenkine, Goat blood; nailanga, Goat broth;
kule enkine, Goat milk.

Part(s) used: Meat

Preparation: Cooked

Nutrient	Nutrient Composition/100g (edible portion)			
	Meat, cooked	Blood	Milk	Broth (Milk + Blood)
Moisture, g	70	86.4	85.3	93
Energy, Kcal	166*	78*	69*	36.9*
Protein, g	15.4	3.8	3.5	2.1
Fat, g	10	3.9	3.5	2.3
Carbohydrate, g	3.6	4.85	5.9	2.0
Ash, g	1.0	1.1	1.4	0.8
Vitamin A, RE-µg	-	-	9.6	
Vitamin A, RAE-µg	-	-	9.6	
Retinol, IU	0	-	32	-
Retinol, µg	-		9.6	
β carotene, mg	-	-	-	-
Total carotene, µg	-	-	0	-
Vitamin C, mg	-	-	-	-
Calcium, mg	45.3	350	180	297
Iron, mg	2.16	27.19	0.9	1.53

Type of procurement:
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender and other miscellaneous information:
Source of nutrient data: Sehmi, J.K. 1993. National Food and Composition Tables and The Planning of Satisfactory Diets in Kenya. Ministry of Health/National Public Health Laboratory Services, Kenya. (ref # 2).
 * Calculated

-- = not analyzed

Months Harvested and Seasonality of Use

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

[Click here to return to the table of contents](#)