

FISH (Continued from Meat section)
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<i>Carassius auratus</i> _____	74
口头鱼, kou tou yü, Goldfish carp, fresh water (English) _____	74
<i>Cyprinus carpio</i> _____	75
鲤鱼[鲤拐子], li yu, Common carp, fresh water (English) _____	75

COMMUNITY FOOD SYSTEM DATA TABLE # 74**Food category:** Fish**Scientific identification:***Carassius auratus***Local name & other common names:**

□头鱼, kou tou yü, Goldfish carp, fresh water (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	134
Protein, g	19.6
Fat, g	4.2
Carbohydrate, g	4.5
Fibre, g	-
Ash, g	1.4
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	1.83
Iron, mg	2
Calcium, mg	103
Moisture, g	70.3

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production, if known:
Importance value to the community by age/gender:
Source of nutrient data: The nutrient data is sourced from china FCT 2002. Code #: 121110 (ref # 1).

Months Harvested and Seasonality of Use

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 75

Food category: Fish

Scientific identification:

Cyprinus carpio

Local name & other common names:

鲤鱼[鲤拐子], li yu, Common carp, fresh water (English)

Part(s) used: Flesh

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	109
Protein, g	17.6
Fat, g	4.1
Carbohydrate, g	0.5
Fibre, g	-
Ash, g	1.1
Vitamin A, RE-µg	25
Vitamin A, RAE-µg	25
Beta-carotene, µg	-
Total carotene	-
Retinol, µg	25
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	2.08
Iron, mg	1
Calcium, mg	50
Moisture, g	76.7

--- = not analyzed

Type of procurement:

Home harvested or purchased:

Seasonality of use:

Cost of production, if known:

Importance value to the community by age/gender:

Source of nutrient data: The nutrient data is sourced from China FCT 2002. Code #: 121111(ref # 1). The scientific name is sourced from ref # 8.

Months Harvested and Seasonality of Use

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

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