

FRUIT (Continued from Vegetable section)
(Click on page number to go directly to the data table)

<i>Actinidia chinensis</i> _____	48
中华猕猴桃[毛叶猕猴桃], mi hou tao, Kiwi fruit, Chinese gooseberry (English) _____	48
<i>Saccharum officinarum</i> _____	49
甘蔗汁, gan zhe zhi, Sugar cane (English) _____	49
<i>Citrus amblycarpa/Citrus reticulata/Citrus nobilis</i> _____	50
蜜桔, mi jü, Honey tangerine (English) _____	50
<i>Citrus grandis</i> _____	51
柚[文旦], youzi, Pomelo (English) _____	51
<i>Dimocarpus longan</i> _____	52
桂圆, gui yuan, longan, Dragon's eye (English) _____	52
<i>Diospyros virginiana L.</i> _____	53
柿, shi zi, Persimmon (English) _____	53
<i>Eriobotrya japonica</i> _____	54
枇杷, pi ba, pipa, Loquat (English) _____	54
<i>Phoenix dactylifera</i> _____	55
枣(鲜), zao (xian), Date (English) _____	55
<i>Prunus persica sp.</i> _____	56
桃(均值), tao, Peach (English) _____	56
<i>Prunus pseudocerasus</i> _____	57
樱桃, ying tao, False sour cherry (English) _____	57
<i>Pyrus communis L.</i> _____	58
梨(均值), li, Pear (English) _____	58
<i>Vitis spp.</i> _____	59
葡萄(均值), pu tao, Grape (English) _____	59
<i>Musa paradisiaca</i> _____	60
香蕉[甘蕉], xiang jiao, Banana (English) _____	60

<i>Prunus Salicina</i>	61
李子, li zi, Plum (English)	61

COMMUNITY FOOD SYSTEM DATA TABLE # 48

Food category: Fruit

Scientific identification:

Actinidia chinensis

Local name & other common names:

中华猕猴桃[毛叶猕猴桃], mi hou tao, Kiwi fruit, Chinese gooseberry (English)

Part(s) used: Fruit

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	66.6*
Protein, g	0.8
Fat, g	0.6
Carbohydrate, g	14.5
Fibre, g	2.6
Ash, g	0.7
Vitamin A, RE-µg	22
Vitamin A, RAE-µg	11
Beta-carotene, µg	-
Total carotene, µg	130
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	62
Zinc, mg	0.57
Iron, mg	1.2
Calcium, mg	27
Moisture, g	83.4

--- = 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 #: 063909 (ref # 1). * Energy value was calculated.

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 # 49**Food category:** Fruit**Scientific identification:***Saccharum officinarum***Local name & other common names:**

甘蔗汁, gan zhe zhi, Sugar cane (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Juice
Energy, Kcal	66.5*
Protein, g	0.4
Fat, g	0.1
Carbohydrate, g	16
Fibre, g	0.6
Ash, g	0.4
Vitamin A, RE-µg	2
Vitamin A, RAE-µg	1
Beta-carotene, µg	-
Total carotene, µg	10
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	2
Zinc, mg	1
Iron, mg	0.4
Calcium, mg	14
Moisture, g	83.1

--- = 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 #: 162006 (ref # 1). Chinese name in English is sourced from ref # 5. * Energy value was calculated.**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 # 50**Food category:** Fruit**Scientific identification:***Citrus amblycarpa/Citrus reticulata/Citrus nobilis***Local name & other common names:**

蜜桔, mi jü, Honey tangerine (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Fruit	
Energy, Kcal	48*
Protein, g	0.8
Fat, g	0.4
Carbohydrate, g	10.3
Fibre, g	1.4
Ash, g	0.3
Vitamin A, RE-µg	277
Vitamin A, RAE-µg	238.5
Beta-carotene, µg	-
Total carotene, µg	1660
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	19
Zinc, mg	0.1
Iron, mg	0.2
Calcium, mg	19
Moisture, g	88.2

--- = 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 #: 064206 (ref # 1). * Energy value was calculated.

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 # 51**Food category:** Fruit**Scientific identification:***Citrus grandis***Local name & other common names:**

柚[文旦], youzi, Pomelo (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	43*
Protein, g	0.8
Fat, g	0.2
Carbohydrate, g	9.5
Fibre, g	0.4
Ash, g	0.5
Vitamin A, RE-µg	2
Vitamin A, RAE-µg	1
Beta-carotene, µg	-
Total carotene, µg	10
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	23
Zinc, mg	0.4
Iron, mg	0.3
Calcium, mg	4
Moisture, g	89

--- = 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 #: 064301 (ref # 1). Chinese name in English is sourced from ref # 2. * Energy value was calculated.**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 # 52

Food category: Fruit

Scientific identification:

Dimocarpus longan

Local name & other common names:

桂圆, gui yuan, longan, Dragon's eye (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Fruit	
Energy, Kcal	72.1*
Protein, g	1.2
Fat, g	0.1
Carbohydrate, g	16.6
Fibre, g	0.4
Ash, g	0.7
Vitamin A, RE-µg	3
Vitamin A, RAE-µg	1.5
Beta-carotene, µg	-
Total carotene, µg	20
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	43
Zinc, mg	0.4
Iron, mg	0.2
Calcium, mg	6
Moisture, g	81.4

--- = 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 #: 065006 (ref # 1). Chinese name in English is sourced from ref # 5. * Energy value was calculated.

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 # 53

Food category: Fruit

Scientific identification:

Diospyros virginiana L.

Local name & other common names:

柿, shi zi, Persimmon (English)

Part(s) used: Fruit

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Fruit	
Energy, Kcal	76.5*
Protein, g	0.4
Fat, g	0.1
Carbohydrate, g	18.5
Fibre, g	1.4
Ash, g	0.4
Vitamin A, RE- μ g	20
Vitamin A, RAE- μ g	10
Beta-carotene, μ g	-
Total carotene, μ g	120
Retinol, μ g	-
Folic acid, μ g	-
Vitamin C, mg	30
Zinc, mg	0.08
Iron, mg	0.2
Calcium, mg	9
Moisture, g	80.6

--- = 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 #: 063301 (ref # 1). Chinese name in English is sourced from ref # 5. * Energy value was calculated.

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 # 54**Food category:** Fruit**Scientific identification:***Eriobotrya japonica***Local name & other common names:**

枇杷, pi ba, pipa, Loquat (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Fruit	
Energy, Kcal	42.2*
Protein, g	0.8
Fat, g	0.2
Carbohydrate, g	9.3
Fibre, g	0.8
Ash, g	0.4
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	8.0
Zinc, mg	0.21
Iron, mg	1.1
Calcium, mg	17
Moisture, g	89.3

--- = 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 #: 065018. Chinese name in English is sourced from ref # 5. * Energy value was calculated.**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 # 55

Food category: Fruit

Scientific identification:

Phoenix dactylifera

Local name & other common names:

枣(鲜), zao (xian), Date (English)

Part(s) used: Fruit

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	129.1*
Protein, g	1.1
Fat, g	0.3
Carbohydrate, g	30.5
Fibre, g	1.9
Ash, g	0.7
Vitamin A, RE-µg	40
Vitamin A, RAE-µg	20
Beta-carotene, µg	-
Total carotene, µg	240
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	243
Zinc, mg	1.52
Iron, mg	1.2
Calcium, mg	22
Moisture, g	67.4

--- = 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 #: 062301 (ref # 1). Chinese name in English is sourced from ref # 2. * Energy value was calculated.

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 # 56

Food category: Fruit

Scientific identification:

Prunus persica sp.

Local name & other common names:

桃(均值), tao, Peach (English)

Part(s) used: Fruit

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Fruit	
Energy, Kcal	53.3*
Protein, g	0.9
Fat, g	0.1
Carbohydrate, g	12.2
Fibre, g	1.3
Ash, g	0.4
Vitamin A, RE-µg	3
Vitamin A, RAE-µg	1.5
Beta-carotene, µg	-
Total carotene, µg	20
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	7
Zinc, mg	0.34
Iron, mg	0.8
Calcium, mg	6
Moisture, g	86.4

--- = 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 #: 062101 (ref # 1). * Energy value was calculated.

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 # 57**Food category:** Fruit**Scientific identification:***Prunus pseudocerasus***Local name & other common names:**

櫻桃, ying tao, False sour cherry (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Fruit	
Energy, Kcal	47
Protein, g	1.1
Fat, g	0.2
Carbohydrate, g	10.2
Fibre, g	0.3
Ash, g	0.5
Vitamin A, RE- μ g	35
Vitamin A, RAE- μ g	17.5
Beta-carotene, μ g	-
Total carotene, μ g	210
Retinol, μ g	-
Folic acid, μ g	-
Vitamin C, mg	10
Zinc, mg	0.23
Iron, mg	0.4
Calcium, mg	11
Moisture, g	88

--- = 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 #: 062902 (ref # 1). Chinese name in English is sourced from ref # 5. * Energy value was calculated.**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 # 58**Food category:** Fruit**Scientific identification:***Pyrus communis L.***Local name & other common names:**

梨(均值), li, Pear (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	56.6*
Protein, g	0.4
Fat, g	0.2
Carbohydrate, g	13.3
Fibre, g	3.1
Ash, g	0.3
Vitamin A, RE-µg	6
Vitamin A, RAE-µg	3
Beta-carotene, µg	-
Total carotene, µg	33
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	6
Zinc, mg	0.46
Iron, mg	0.5
Calcium, mg	9
Moisture, g	85.8

--- = 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 #: 061201 (ref # 1). * Energy value was calculated.**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 # 59

Food category: Fruit

Scientific identification:

Vitis spp.

Local name & other common names:

葡萄(均值), pu tao, Grape (English)

Part(s) used: Fruit

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Fruit	
Energy, Kcal	45*
Protein, g	0.5
Fat, g	0.2
Carbohydrate, g	10.3
Fibre, g	0.4
Ash, g	0.3
Vitamin A, RE- μ g	8
Vitamin A, RAE- μ g	4
Beta-carotene, μ g	-
Total carotene, μ g	50
Retinol, μ g	-
Folic acid, μ g	-
Vitamin C, mg	25
Zinc, mg	0.18
Iron, mg	0.4
Calcium, mg	5
Moisture, g	88.7

--- = 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 #: 063101 (ref # 1). * Energy value was calculated.

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 # 60**Food category:** Fruit**Scientific identification:***Musa paradisiaca***Local name & other common names:**

香蕉[甘蕉], xiang jiao, Banana (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	95.4
Protein, g	1.4
Fat, g	0.2
Carbohydrate, g	22
Fibre, g	1.2
Ash, g	0.6
Vitamin A, RE-µg	10
Vitamin A, RAE-µg	5
Beta-carotene, µg	-
Total carotene, µg	60
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	8
Zinc, mg	0.18
Iron, mg	0.4
Calcium, mg	7
Moisture, g	75.8

--- = 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 #: 065014 (ref # 1). * Energy value was calculated.**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 # 61**Food category:** Fruit**Scientific identification:***Prunus Salicina***Local name & other common names:**

李子, li zi, Plum (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
Fruit	
Energy, Kcal	39.4*
Protein, g	0.7
Fat, g	0.2
Carbohydrate, g	8.7
Fibre, g	0.9
Ash, g	0.4
Vitamin A, RE-µg	25
Vitamin A, RAE-µg	12.5
Beta-carotene, µg	-
Total carotene, µg	150
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	5
Zinc, mg	0.14
Iron, mg	0.6
Calcium, mg	8
Moisture, g	90

--- = 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 #: 062201 (ref # 1). * Energy value was calculated.**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](#)