

**MEAT** (Continued from Nuts section)  
 (Click on page number to go directly to the data table)

<i>Anas platyrhynchos domestica</i> _____	66
鸭(均值), ya zi, Duck, whole, average (English) _____	66
<i>Anser domestica</i> _____	67
鹅, Goose (English) _____	67
<i>Bos taurus</i> _____	68
牛肉(肥瘦)(均值), niu rou, Beef, average (English) _____	68
<i>Canis familiars</i> _____	69
狗肉, gou rou, Dog (English) _____	69
<i>Capra hyrchusb</i> _____	70
山羊肉(冻), yang rou, Goat meat, frozen (English) _____	70
<i>Gallus domesticus</i> _____	71
鸡(均值), ji rou, Chicken meat (English) _____	71
鸡蛋(均值), ji dan, Chicken egg (English) _____	71
<i>Lepus capensis</i> _____	72
兔肉, tu zi rou, Rabbit (English) _____	72
<i>Sus cristatus wagnar</i> _____	73
猪肉(肥瘦)(均值), zhu rou, Pork (English) _____	73

## COMMUNITY FOOD SYSTEM DATA TABLE # 66

**Food category:** Meat

**Scientific identification:**

*Anas platyrhynchos domestica*

**Local name & other common names:**

鸭(均值), ya zi, Duck, whole, average (English)

**Part(s) used:** Meat

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Energy, Kcal	240
Protein, g	15.5
Fat, g	19.7
Carbohydrate, g	0.2
Fibre, g	-
Ash, g	0.7
Vitamin A, RE- µg	52
Vitamin A, RAE-µg	52
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	52
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	1.33
Iron, mg	2.2
Calcium, mg	122
Moisture, g	63.9

--- = 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 #: 092101 (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>												

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

**COMMUNITY FOOD SYSTEM DATA TABLE # 67****Food category:** Meat**Scientific identification:***Anser domestica***Local name & other common names:**

鹅, Goose (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Energy, Kcal	251
Protein, g	17.9
Fat, g	19.9
Carbohydrate, g	0
Fibre, g	-
Ash, g	0.8
Vitamin A, RE- µg	42
Vitamin A, RAE-µg	42
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	42
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	1.36
Iron, mg	3.8
Calcium, mg	4
Moisture, g	61.4

--- = 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 #: 093101 (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>												

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

**COMMUNITY FOOD SYSTEM DATA TABLE # 68****Food category:** Meat**Scientific identification:***Bos taurus***Local name & other common names:**

牛肉(肥瘦)(均值), niu rou, Beef, average (English)

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

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Meat, raw
Energy, Kcal	125
Protein, g	19.9
Fat, g	4.2
Carbohydrate, g	2
Fibre, g	-
Ash, g	1.1
Vitamin A, RE- µg	7
Vitamin A, RAE-µg	7
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	7
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	4.73
Iron, mg	3.3
Calcium, mg	23
Moisture, g	72.8

--- = 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 #: 082101 (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>												

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

## COMMUNITY FOOD SYSTEM DATA TABLE # 69

**Food category:** Meat

**Scientific identification:**

*Canis familiars*

**Local name & other common names:**

狗肉, gou rou, Dog (English)

**Part(s) used:** Meat

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Energy, Kcal	116
Protein, g	16.8
Fat, g	4.6
Carbohydrate, g	1.8
Fibre, g	-
Ash, g	0.8
Vitamin A, RE- µg	12
Vitamin A, RAE-µg	12
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	12
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	3.18
Iron, mg	2.9
Calcium, mg	52
Moisture, g	76

--- = 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 #: 089001 (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>												

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

**COMMUNITY FOOD SYSTEM DATA TABLE # 70****Food category:** Meat**Scientific identification:***Capra hircus***Local name & other common names:**

山羊肉(冻), yang rou, Goat meat, frozen (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw, frozen
Energy, Kcal	293
Protein, g	8.7
Fat, g	24.5
Carbohydrate, g	9.4
Fibre, g	-
Ash, g	1
Vitamin A, RE- µg	8
Vitamin A, RAE-µg	8
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	8
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	10.42
Iron, mg	13.7
Calcium, mg	135
Moisture, g	56.4

--- = 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 # 083110 (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>												

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

**COMMUNITY FOOD SYSTEM DATA TABLE # 71****Food category:** Meat**Scientific identification:***Gallus domesticus***Local name & other common names:**

鸡(均值), ji rou, Chicken meat (English)

鸡蛋(均值), ji dan, Chicken egg (English)

**Part(s) used:** Meat and egg**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)	
	Meat, raw	Egg, raw
Energy, Kcal	167	144
Protein, g	19.3	13.3
Fat, g	9.4	8.8
Carbohydrate, g	1.3	2.8
Fibre, g	-	-
Ash, g	1	1
Vitamin A, RE- µg	48	234
Vitamin A, RAE-µg	48	234
Beta-carotene, µg	-	-
Total carotene, µg	-	-
Retinol, µg	48	234
Folic acid, µg	-	-
Vitamin C, mg	-	-
Zinc, mg	1.09	1.1
Iron, mg	1.4	2
Calcium, mg	9	56
Moisture, g	69	74.1

--- = 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 #: 091101 for chicken meat and code #: 111101 for chicken egg.**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>												

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

## COMMUNITY FOOD SYSTEM DATA TABLE # 72

**Food category:** Meat

**Scientific identification:**

*Lepus capensis*

**Local name & other common names:**

兔肉, tu zi rou, Rabbit (English)

**Part(s) used:** Meat

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Energy, Kcal	102
Protein, g	19.7
Fat, g	2.2
Carbohydrate, g	0.9
Fibre, g	-
Ash, g	1
Vitamin A, RE- µg	26
Vitamin A, RAE-µg	26
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	26
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	1.3
Iron, mg	2
Calcium, mg	12
Moisture, g	76.2

--- = 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 #: 089004 (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>												

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



**COMMUNITY FOOD SYSTEM DATA TABLE # 73****Food category:** Meat**Scientific identification:***Sus cristatus wagnar***Local name & other common names:**

猪肉(肥瘦)(均值), zhu rou, Pork (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Energy, Kcal	395
Protein, g	13.2
Fat, g	37
Carbohydrate, g	2.4
Fibre, g	-
Ash, g	0.6
Vitamin A, RE- µg	18
Vitamin A, RAE-µg	18
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	18
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	2.06
Iron, mg	1.6
Calcium, mg	6
Moisture, g	46.8

--- = 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 #: 081101  
(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>												

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