

**MISCELLANEOUS** (Continued from Fish section)  
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**COMMUNITY FOOD SYSTEM DATA TABLE # 76****Food category:** Miscellaneous**Scientific identification:***Brassica campestris var***Local name & other common names:**

菜籽油[青油], cai zi you, Rape seed oil (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Oil
Energy, Kcal	899
Protein, g	-
Fat, g	99.9
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	0.54
Iron, mg	3.7
Calcium, mg	9
Moisture, g	0.1

--- = 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 #: 192001 (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>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 77

**Food category:** Miscellaneous

**Scientific identification:**

*Nelumbo nucifera*

**Local name & other common names:**

藕[莲藕], liang ou, Lotus root (English)

**Part(s) used:** Roots

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Roots
Energy, Kcal	75*
Protein, g	1.9
Fat, g	0.2
Carbohydrate, g	16.4
Fibre, g	1.2
Ash, g	1
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	44
Zinc, mg	0.23
Iron, mg	1.4
Calcium, mg	39
Moisture, g	80.5

--- = 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 #: 046004 (ref # 1). \* Energy value was calculated.

### 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 # 78****Food category:** Miscellaneous**Scientific identification:**

Camellia sinensis

**Local name & other common names:**

红茶, hong cha, Black tea (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Tea leaves, dry
Energy, Kcal	353.5*
Protein, g	26.7
Fat, g	1.1
Carbohydrate, g	59.2
Fibre, g	14.8
Ash, g	5.7
Vitamin A, RE- µg	645
Vitamin A, RAE-µg	322.5
Beta-carotene, µg	-
Total carotene, µg	3870
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	8
Zinc, mg	3.97
Iron, mg	28.1
Calcium, mg	378
Moisture, g	7.3

--- = 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 #: 166103 (ref # 1). \* Energy value was calculated.**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 # 79

**Food category:** Miscellaneous

**Scientific identification:**

*Camellia sinensis*

**Local name & other common names:**

绿茶, lü cha, Green tea (English)

**Part(s) used:** Tea leaves

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Tea leaves, dry
Energy, Kcal	358.7*
Protein, g	34.2
Fat, g	2.3
Carbohydrate, g	50.3
Fibre, g	5.6
Ash, g	5.7
Vitamin A, RE- µg	967
Vitamin A, RAE-µg	483.5
Beta-carotene, µg	-
Total carotene, µg	5800
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	19
Zinc, mg	4.34
Iron, mg	14.4
Calcium, mg	325
Moisture, g	7.5

--- = 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 #: 166106 (ref # 1). \* Energy value was calculated.

### 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 # 80****Food category:** Miscellaneous**Scientific identification:***Unknown***Local name & other common names:**

猪油(炼), zhu you, Lard, pork (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Lard
Energy, Kcal	897
Protein, g	-
Fat, g	99.6
Carbohydrate, g	0.2
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	27
Vitamin A, RAE-µg	27
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	27
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	0.2

--- = 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 #: 191007 (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>												

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