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**COMMUNITY FOOD SYSTEM DATA TABLE # 62****Food category:** Nuts**Scientific identification:***Arachis hypogaea***Local name & other common names:**

花生仁(生), hua sheng ren, Peanut (English)

**Part(s) used:** Peanut kernel, raw**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Peanuts, raw
Energy, Kcal	584.7*
Protein, g	24.8
Fat, g	44.3
Carbohydrate, g	21.7
Fibre, g	5.5
Ash, g	2.3
Vitamin A, RE- µg	5
Vitamin A, RAE-µg	2.5
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	30
Folic acid, µg	-
Vitamin C, mg	2
Zinc, mg	2.5
Iron, mg	2.1
Calcium, mg	39
Moisture, g	6.9

--- = 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 #: 072004 (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 # 63

**Food category:** Nuts

**Scientific identification:**

*Castanea mollissima*

**Local name & other common names:**

葵花子仁, kun hua ren, Chestnut (English)

**Part(s) used:** Chestnut in shell

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Chestnuts	
Energy, Kcal	192*
Protein, g	4.2
Fat, g	0.7
Carbohydrate, g	42.2
Fibre, g	1.7
Ash, g	0.9
Vitamin A, RE- µg	32
Vitamin A, RAE-µg	16
Beta-carotene, µg	-
Total carotene, µg	190
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	24
Zinc, mg	0.57
Iron, mg	1.1
Calcium, mg	17
Moisture, g	52

--- = 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 #: 071008 (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 # 64****Food category:** Nuts**Scientific identification:***Ginkgo biloba***Local name & other common names:**

白果(干)[银杏], bai guo, Ginkgo nut, in shell, dried (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Ginkgo nuts, dried
Energy, Kcal	355
Protein, g	13.2
Fat, g	1.3
Carbohydrate, g	72.6
Fibre, g	-
Ash, g	3
Vitamin A, RE- µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	0.69
Iron, mg	0.2
Calcium, mg	54
Moisture, g	9.9

--- = 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 #: 071001 (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 # 65

**Food category:** Nuts

**Scientific identification:**

*Juglans regia*

**Local name & other common names:**

核桃(鲜), he tao, Walnut (English)

**Part(s) used:** Walnuts

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Walnuts	
Energy, Kcal	344.7*
Protein, g	12.8
Fat, g	29.9
Carbohydrate, g	6.1
Fibre, g	4.3
Ash, g	1.4
Vitamin A, RE- µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Retinol, µg	-
Folic acid, µg	-
Vitamin C, mg	10
Zinc, mg	2.17
Iron, mg	2.7
Calcium, mg	56
Moisture, g	49.8

--- = 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 #: 071003 (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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