

CEREALS, GRAINS AND PULSES (continued from Fruit section)

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COMMUNITY FOOD SYSTEM DATA TABLE # 98**Food category:** Cereals, Grains and Pulses**Scientific identification:***Oryza sativa***Local name & other common names:**

chira, Rice, flattened (English)

Part(s) used: Rice grains**Preparation:** Many varieties of preparation.

Nutrient	Nutrient Composition/100g (edible portion)
	Rice grains
Energy, Kcal	346
Protein, g	6.6
Fat, g	1.2
Carbohydrate, g	77.3
Fiber, g	0.7
Ash, g	2.0
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	20
Calcium, mg	20
Moisture, g	12.2

--- = not analyzed

The nutrient table indicates that this grain is high in protein and iron, low in fat, fiber and calcium.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** A kind of puff rice, very popular among all ages especially children.**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, food code 112 (ref # 15).

Reference to Sample Collection Sheets: NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*			
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 99**Food category:** Cereals, Grains and Pulses**Scientific identification:***Oryza sativa***Local name & other common names:**

moori, Puffed rice

Part(s) used: Puffed rice**Preparation:** Many varieties of preparation.

Nutrient	Nutrient Composition/100g (edible portion)
	Puffed rice
Energy, Kcal	354
Protein, g	7.8
Fat, g	0.1
Carbohydrate, g	80.6
Fiber, g	0.3
Ash, g	1.8
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	6.6
Calcium, mg	23
Moisture, g	9.4

--- = not analyzed

The nutrient table indicates that this grain is high in protein and iron, low in fat, fiber and calcium.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Famous food enjoyed by all ages.

People highly depend on this grain.

Notes on samples needed for analysis:

Nutrient data sourced from Bangladesh FCT, 1988, food code 113 (ref # 15).

Reference to Sample Collection Sheets: NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium		*	*	*	*	*	*	*	*			
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 100**Food category:** Cereals, Grains and Pulses**Scientific identification:**

Oryza sativa

Local name & other common names:

pajam chowl, Rice (English)

Part(s) used: Grain**Preparation:** Rice, polau, fried or panibhat.

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	346
Protein, g	7.5
Fat, g	1.0
Carbohydrate, g	76.7
Fiber, g	0.6
Ash, g	0.9
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	2
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	3.2
Calcium, mg	10
Moisture, g	13.3

--- = not analyzed

The nutrient table indicates that this grain is high in protein and iron, low in fat, fiber and calcium.

Wild, hunted, gathered, or cultivated:

Cultivated

Home harvested or purchased: Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** This is a main staple food for all ages; people highly depend on this food. It is eaten by all communities.**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT, 2002. SI# 11 (ref # 1).

Reference to Sample Collection Sheets: NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium		*	*	*	*	*	*	*				
Low	*									*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 101**Food category:** Cereals, Grains and Pulses**Scientific identification:**

Sorghum vulgare

Local name & other common names:

juar, Jowar, Sorghum (English)

Part(s) used: Grain**Preparation:** Many varieties of preparation

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	349
Protein, g	10.4
Fat, g	1.9
Carbohydrate, g	72.6
Fiber, g	1.6
Ash, g	1.6
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	47
Folic acid, µg	20
Vitamin C, mg	0
Zinc, mg	-
Iron, mg	4.1
Calcium, mg	25
Moisture, g	11.9

--- = not analyzed

The nutrient table indicates that this grain is high in protein and carbohydrate, low in fat, calcium, and total carotene.

Wild, hunted, gathered, or cultivated: Cultivated**Home harvested or purchased:** Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Juar is favorite among mothers and children. Easily available and cheap. Good for health.**Notes on samples needed for analysis:** Nutrient data sourced from Indian FCT, 2002. SI# 4 (ref # 1).**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 102

Food category: Cereals, Grains and Pulses

Scientific identification:

Zea mays L.

Local name & other common names:

bhutta, Yellow Maize, tender (English)

Part(s) used: Grain

Preparation: Fried or raw

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	125
Protein, g	4.7
Fat, g	0.9
Carbohydrate, g	24.6
Fiber, g	1.9
Ash, g	0.8
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	32
Folic acid, µg	-
Vitamin C, mg	6.0
Zinc, mg	-
Iron, mg	1.1
Calcium, mg	9
Moisture, g	67.1

--- = not analyzed

The nutrient table indicates that this grain is moderate in protein and fiber, low in fat, calcium, total carotene and vitamin C.

Wild, hunted, gathered, or cultivated: Cultivated

Home harvested or purchased: Both

Seasonality of use: All year

Cost of production (if known): n/a

Importance value to the community by age/gender:

Favorite food for young children although adults also like to eat it. Easily available and cheap. Good for health.

Notes on samples needed for analysis: Nutrient data sourced from Indian FCT, 2002. SI# 6 (ref # 1).

Reference to Sample Collection Sheets: NR

Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 103

Food category: Cereals, Grains and Pulses**Scientific identification:***Cajanus cajan***Local name & other common names:**

arohor dal, Red gram (split) (English)

Part(s) used: Grain**Preparation:** Many varieties of preparation

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	335
Protein, g	22.3
Fat, g	1.7
Carbohydrate, g	57.6
Fiber, g	1.5
Ash, g	3.5
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	132
Folic acid, µg	103
Vitamin C, mg	0
Zinc, mg	-
Iron, mg	2.7
Calcium, mg	73
Moisture, g	13.4

--- = not analyzed

The nutrient table indicates that this grain is high in protein and carbohydrate, low in fat, calcium, and total carotene.

Wild, hunted, gathered, or cultivated: Cultivated**Home harvested or purchased:** Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:**

Good food. In winter, it is eaten more. It has medicinal value.

Notes on samples needed for analysis: Nutrient data sourced from Indian FCT, 2002. SI# 44 (ref # 1).**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 104**Food category:** Cereals, Grains and Pulses**Scientific identification:***Cicer arietinum***Local name & other common names:**

chola, Chick pea, Bengal gram (whole) English

Part(s) used: Grain**Preparation:** Many varieties of preparation

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	360
Protein, g	17.1
Fat, g	5.3
Carbohydrate, g	60.9
Fiber, g	3.9
Ash, g	3.0
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	189
Folic acid, µg	186
Vitamin C, mg	3.0
Zinc, mg	-
Iron, mg	4.6
Calcium, mg	202
Moisture, g	9.8

--- = not analyzed

The nutrient table indicates that this grain is high in protein and carbohydrate, low in fat, calcium, and total carotene.

Wild, hunted, gathered, or cultivated: Cultivated**Home harvested or purchased:** Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:**

Tasty and good food. Easily available and cheap.

Good for health. In Ramadan, it is eaten more

Notes on samples needed for analysis: Nutrient data sourced from Indian FCT, 2002. SI# 28 (ref # 1).**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 105

Food category: Cereals, Grains and Pulses

Scientific identification:

Cicer arietinum

Local name & other common names:

chola dal, Bengal gram (split) (English)

Part(s) used: Grain

Preparation: Many varieties of preparation

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	372
Protein, g	20.8
Fat, g	5.6
Carbohydrate, g	59.8
Fiber, g	1.2
Ash, g	2.7
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	129
Folic acid, µg	148
Vitamin C, mg	1.0
Zinc, mg	-
Iron, mg	5.3
Calcium, mg	56
Moisture, g	9.9

--- = not analyzed

The nutrient table indicates that this grain is high in protein and carbohydrate, moderate in fat, and low in fiber, calcium, and total carotene.

Wild, hunted, gathered, or cultivated: Cultivated

Home harvested or purchased: Both

Seasonality of use: All year

Cost of production (if known): n/a

Importance value to the community by age/gender:

Easily available and cheap. Good for health. In Ramadan, it is eaten more.

Notes on samples needed for analysis: Nutrient data sourced from Indian FCT, 2002. SI# 29 (ref # 1) .

Reference to Sample Collection Sheets: NR

Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 106**Food category:** Cereals, Grains and Pulses**Scientific identification:***Cicer arietinum***Local name & other common names:**

chola bhaja (fried), Bengal gram (English)

Part(s) used: Grain**Preparation:** Many varieties of preparation

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, roasted
Energy, Kcal	369
Protein, g	22.5
Fat, g	5.2
Carbohydrate, g	58.1
Fiber, g	1.0
Ash, g	2.5
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	113
Folic acid, µg	139
Vitamin C, mg	0
Zinc, mg	-
Iron, mg	9.5
Calcium, mg	58
Moisture, g	10.7

--- = not analyzed

The nutrient table indicates that this grain is high in protein and carbohydrate, low in fat, calcium, and total carotene.

Wild, hunted, gathered, or cultivated: Cultivated**Home harvested or purchased:** Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by age/gender:**

Tasty and good food. In Ramadan, it is eaten more.

Easily available and cheap. Good for health.

Notes on samples needed for analysis: Nutrient data sourced from Indian FCT, 2002. SI# 30 (ref # 1).**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 107**Food category:** Cereals, Grains and Pulses**Scientific identification:***Lens esculenta***Local name & other common names:**

masoor dal, Lentils (English)

Part(s) used: Grain**Preparation:** Many varieties of preparation

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	343
Protein, g	25.1
Fat, g	0.7
Carbohydrate, g	59
Fiber, g	0.7
Ash, g	2.1
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	270
Folic acid, µg	36
Vitamin C, mg	0
Zinc, mg	-
Iron, mg	7.6
Calcium, mg	69
Moisture, g	12.4

--- = not analyzed

The nutrient table indicates that this grain is high in protein and carbohydrate, low in fat, calcium, and total carotene.

Wild, hunted, gathered, or cultivated: Cultivated

Home harvested or purchased: Both

Seasonality of use: All year

Cost of production (if known): n/a

Importance value to the community by

age/gender: Cooked daily. Good for health. Cooked in Ramadan, shab-e-barat, majmani and fateha.

Notes on samples needed for analysis: Nutrient data sourced from Indian FCT, 2002. SI# 38 (ref # 1).

Reference to Sample Collection Sheets: NR

Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 108**Food category:** Cereals, Grains and Pulses**Scientific identification:***Phaseolus mungo roxb.***Local name & other common names:**

mashkalai dal, Black gram split dhal (English)

Part(s) used: Grain**Preparation:** Many varieties of preparation

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	347
Protein, g	24
Fat, g	1.4
Carbohydrate, g	59.6
Fiber, g	0.9
Ash, g	3.2
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	38
Folic acid, µg	132
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	3.8
Calcium, mg	154
Moisture, g	10.9

--- = not analyzed

The nutrient table indicates that this grain is high in protein and folic acid, moderate in carbohydrate, and low in fat, calcium, and total carotene.

Wild, hunted, gathered, or cultivated: Cultivated**Home harvested or purchased:** Both**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** This dal is favorite among mothers and children. Easily available and cheap. Good for health.**Notes on samples needed for analysis:** Nutrient data sourced from Indian FCT, 2002. SI# 31 (ref # 1).**Reference to Sample Collection Sheets:** NR**Use and cost**

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 109**Food category:** Cereals, Grains and Pulses**Scientific identification:***Phaseolus vulgaris***Local name & other common names:**

barbati, rajmah, French beans (English)

Part(s) used: Grain**Preparation:** Many varieties of preparation

Nutrient	Nutrient Composition/100g (edible portion)
	Grain, raw
Energy, Kcal	346
Protein, g	22.9
Fat, g	1.3
Carbohydrate, g	60.6
Fiber, g	4.8
Ash, g	3.2
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	5.1
Calcium, mg	260
Moisture, g	12

--- = not analyzed

The nutrient table indicates that this grain is high in protein and carbohydrate, low in fat, calcium, and total carotene.

Wild, hunted, gathered, or cultivated: Cultivated

Home harvested or purchased: Both

Seasonality of use: All year

Cost of production (if known): n/a

Importance value to the community by age/gender:

It is favorite among mothers and children. Easily available and cheap. Good for health.

Notes on samples needed for analysis: Nutrient data sourced from Indian FCT, 2002. SI# 43 (ref # 1).

Reference to Sample Collection Sheets: NR

Use and cost

Use \ Price	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*				
Low										*	*	*
None												

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