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## COMMUNITY FOOD SYSTEM DATA TABLE # 125

**Food category:** Fish

**Scientific identification:**

*Acanthopagrus latus*

**Local name & other common names:**

datina, Yellow fin seabream (English)

**Part(s) used:** Flesh

**Preparation:** As a curry, buna, fried or dried.

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** April-September  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Very tasty fish, all ages enjoy it, both Nayakrishi and Mog people like it.  
**Notes on samples needed for analysis:** Not analyzed.  
**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 # 126

**Food category:** Fish

**Scientific identification:**

*Anabas testudineus* (Perciform)

**Local name & other common names:**

koi, Climbing perch (English)

**Part(s) used:** Flesh

**Preparation:** Fried, chorchori, bhorta or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	156
Protein, g	14.8
Fat, g	8.8
Carbohydrate, g	4.4
Fiber, g	-
Ash, g	2.0
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	32
Zinc, mg	-
Iron, mg	1.4
Calcium, mg	410
Moisture, g	70.0

--- = not analyzed

The nutrient table indicates that this fish is high in protein and calcium, moderate in fat, iron and vitamin C.

**Wild, hunted, gathered, or cultivated:**  
Wild/Cultivated.

**Home harvested or purchased:** Both

**Seasonality of use:** April-September

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Very tasty fish. Popular with all age groups, both men and women like it. It is also cooked on special occasions.

**Notes on samples needed for analysis:**  
Nutrient data sourced from Bangladesh FCT 1988, food code 992 (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 # 127****Food category:** Fish**Scientific identification:***Channa orientalis (Channidae)***Local name & other common names:**

taki, Walking snakehead (English)

**Part(s) used:** Flesh**Preparation:** Fried, bhorta, curry, dried or chutney.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	74
Protein, g	17.64
Fat, g	0.27
Carbohydrate, g	0.88
Fiber, g	0
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild**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:** Small fish, popular among women. As chutney or dry it is tasty. Cheap and easily available.**Notes on samples needed for analysis:**

Nutrient data sourced from ref # 13 (calculated mean from raw analytical data).

**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 # 128

**Food category:** Fish

**Scientific identification:**

*Channa striata*

**Local name & other common names:**

shol, Snakehead murrel (English)

**Part(s) used:** Flesh

**Preparation:** Fried, curry, buna, chorchori or bhorta.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	94
Protein, g	16.2
Fat, g	2.3
Carbohydrate, g	2.2
Fiber, g	-
Ash, g	1.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	9
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	140
Moisture, g	78.0

--- = not analyzed

The nutrient table indicates that this fish is high in protein and calcium, moderate in iron and low in vitamin C and fat.

**Wild, hunted, gathered, or cultivated:** Wild

**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 and tasty fish, enjoyed by all ages, children also like it very much. Many items are prepared from this fish.

**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002. SI# 386 (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 # 129

**Food category:** Fish**Scientific identification:***Clarias batrachus***Local name & other common names:**

magur, Walking catfish (English)

**Part(s) used:** Flesh**Preparation:** Fried, as a curry with vegetables or without vegetables.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	86
Protein, g	15.0
Fat, g	1.0
Carbohydrate, g	4.2
Fiber, g	-
Ash, g	1.3
Vitamin A, RE- µg	93.3
Vitamin A, RAE- µg	91.6
Retinol, µg	90
Beta carotene, µg	20
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	11
Zinc, mg	-
Iron, mg	0.7
Calcium, mg	210
Moisture, g	78.5

--- = not analyzed

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

**Wild, hunted, gathered or cultivated:** Wild**Home harvested or purchased:** Both**Seasonality of use:** June-December**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Women like to eat this fish during pregnancy and lactation because they believe it is rich in calcium and iron. Children and adults also like to eat it. It is tasty.**Notes on samples needed for analysis:** Nutrient data sourced from Bangladesh FCT 1988, food code 938 (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 # 130

**Food category:** Fish

**Scientific identification:**

*Clupea ilisha*

**Local name & other common names:**

ilshi mach, River shad/Hilsha fish (English)

**Part(s) used:** Flesh

**Preparation:** Fried, as a curry, chorchori, bhorta or nona.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	273
Protein, g	21.8
Fat, g	19.4
Carbohydrate, g	2.9
Fiber, g	-
Ash, g	2.2
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	24
Zinc, mg	-
Iron, mg	2.1
Calcium, mg	180
Moisture, g	53.7

--- = not analyzed

The nutrient table indicates that this fish is high in protein, fat, iron and calcium and moderate in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Purchased

**Seasonality of use:** July-March

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** It is known as king of the fish.

There are a lot of spikes but it is a very tasty fish. Small children do not eat it because of the spikes; otherwise it is very popular with all age groups. Many different items are prepared from ilish. Sutki or nona is also famous among women.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 934 (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 # 131

**Food category:** Fish**Scientific identification:***Cyprinidae sp. (catla catia)***Local name & other common names:**

katla, Carp (English)

**Part(s) used:** Flesh**Preparation:** Fried, ghonto, buna or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	111
Protein, g	19.5
Fat, g	2.4
Carbohydrate, g	2.9
Fiber, g	-
Ash, g	1.5
Vitamin A, RE- µg	40
Vitamin A, RAE- µg	40
Retinol, µg	40
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	0.9
Calcium, mg	530
Moisture, g	73.7

--- = not analyzed

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

**Wild, hunted, gathered, or cultivated:** Wild**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:** Big fish, tasty and nutritious.

Popular among all ages and with both women and men.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 918 (ref # 15).

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

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Price</b>												
High	*									*	*	*
Medium			*	*	*	*	*	*				
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 132

**Food category:** Fish**Scientific identification:***Cyprinidae, Labeo bata***Local name & other common names:**

vangon/bata, Bhangon, fresh (English)

**Part(s) used:** Flesh**Preparation:** Fried, as a curry or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	154
Protein, g	14.8
Fat, g	8.8
Carbohydrate, g	3.8
Fiber, g	-
Ash, g	2.0
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	12
Zinc, mg	-
Iron, mg	1.2
Calcium, mg	182
Moisture, g	70.6

--- = not analyzed

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

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Purchased**Seasonality of use:** All year**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Tasty fish for all ages, easily available and cheap**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 907 (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 # 133

**Food category:** Fish**Scientific identification:***Cyprinidae spp.***Local name & other common names:**

puti

**Part(s) used:** Flesh**Preparation:** Fried, chorchori, dried, bhorta or as a curry.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	106
Protein, g	18.1
Fat, g	2.4
Carbohydrate, g	3.1
Fiber, g	-
Ash, g	1.4
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	15
Zinc, mg	-
Iron, mg	1.0
Calcium, mg	110
Moisture, g	75.0

--- = not analyzed

The nutrient table indicates that this food is high in protein and calcium, moderate in iron and low in vitamin C and fat.

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Both**Seasonality of use:** October-February**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Famous small tasty fish, enjoyed by all ages, easily available when in season and cheap.**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002.

SI# 372 (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 # 134

**Food category:** Fish

**Scientific identification:**

*Glossogobius giuris*

**Local name & other common names:**

bele, beley, Tank goby (English)

**Part(s) used:** Flesh

**Preparation:** Chorchori, fried, dried or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	75
Protein, g	14.5
Fat, g	0.6
Carbohydrate, g	2.9
Fiber, g	-
Ash, g	2.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	3
Zinc, mg	-
Iron, mg	1.0
Calcium, mg	370
Moisture, g	79.7

--- = not analyzed

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

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Purchased

**Seasonality of use:** April-September

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Popular item for all age groups, women like it more, as sutki it is very popular.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 904 (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 # 135

**Food category:** Fish**Scientific identification:***Harpadon nehereus***Local name & other common names:**

loitty, nehare, Bombay duck fish (English)

**Part(s) used:** Flesh**Preparation:** Dried (very traditional), fried or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, dried
Energy, Kcal	280*
Protein, g	60.3
Fat, g	4.3
Carbohydrate, g	-
Fiber, g	-
Ash, g	15.2
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	20.3

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** December-May  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** This uncultivated fish is widely available when in season. Very popular with women is the special "sutki" dry fish they prepare. Different types of sutki items are prepared from dry loitty. Women will often cook this food traditionally for guests. It is not costly so the poor can consume more according to their need. Adult women say it is good for their eye sight and anemia. Children from 5-12 years like to eat loitty sutki.  
**Notes on samples needed for analysis:**  
 Nutrient data sourced from reference # 9.  
 \* The energy value was calculated.  
**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 # 136

**Food category:** Fish**Scientific identification:***Lates calcarifer***Local name & other common names:**

vetkee, bhetki, Barramundi (English)

**Part(s) used:** Whole fish**Preparation:** As a curry or fried.

Nutrient	Nutrient Composition/100g (edible portion)	
	Fresh, raw	Dried
Energy, Kcal	79	266
Protein, g	14.9	60.2
Fat, g	0.8	2.0
Carbohydrate, g	3.0	1.8
Fiber, g	-	-
Ash, g	1.4	15.9
Retinol, µg	-	-
Beta carotene, µg	-	-
Total carotene, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	10	-
Zinc, mg	-	-
Iron, mg	1.0	15
Calcium, mg	530	939
Moisture, g	79.9	20.1

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** August-October  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Very tasty fish, liked by all ages. Both Nayakrishi and Mog people like it. It is prepared for sick people as part of a nutritious diet.  
**Notes on samples needed for analysis:**  
 Nutrient data sourced from Bangladesh FCT 1988, food code 910 (fresh) and food code 911 (dried) (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 # 137

**Food category:** Fish**Scientific identification:***Mastacembelus armatus***Local name & other common names:**

baim/bam, Zig zag Eel (English)

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

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	100
Protein, g	16.1
Fat, g	0.9
Carbohydrate, g	6.9
Fiber, g	-
Ash, g	1.3
Vitamin A, RE- µg	902
Vitamin A, RAE- µg	891
Retinol, µg	880
Beta carotene, µg	130
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	3
Zinc, mg	-
Iron, mg	0.8
Calcium, mg	330
Moisture, g	74.8

--- = not analyzed

The nutrient table indicates that this fish is high in protein and calcium, moderate in iron and low in fat and vitamin C.

**Wild, hunted, gathered, or cultivated:**

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** April-August**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Both adults and young people like this fish because it has a very good taste. They also believe it is very nutritious.**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 925 (ref # 15).

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

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Price</b>												
High				*	*	*	*					
Medium								*				
Low												
None												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 138

**Food category:** Fish

**Scientific identification:**

*Mystus gulio*

**Local name & other common names:**

guillya, nuna tengra, Long whiskers catfish (English)

**Part(s) used:** Flesh, and dried

**Preparation:** Plain with vegetables, as a curry or fried.

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh, raw
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Collected  
**Seasonality of use:** August-November  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Tasty and cheap fish. It is collected from a river or a bill. It is easy for children to cook because it is less spiky. Elderly people eat it cooked as a curry which is good for chronic constipation. Women in their reproductive years consume it to correct general anemia.  
**Notes on samples needed for analysis:** Not analyzed.  
**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Price</b>												
High												
Medium								*	*	*		
Low											*	
None												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 139****Food category:** Fish**Scientific identification:***Mystus vittatus***Local name & other common names:**

marguilla, tengra, Striped dwarf catfish (English)

**Part(s) used:** Flesh**Preparation:** As a curry, dried or fried.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	107.62*
Protein, g	8.23
Fat, g	8.30
Carbohydrate, g	-
Fiber, g	-
Ash, g	4.57
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	78.89

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Purchased**Seasonality of use:** May-September**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Common fish in costal area, popular with all age groups, cheap and available.**Notes on samples needed for analysis:**

nutrient data sourced from reference # 10.

\* The energy value was calculated.

**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 # 140****Food category:** Fish**Scientific identification:***Oreochromis mossambicus***Local name & other common names:**

tilapia, Mozambique tilapia (English)

**Part(s) used:** Flesh**Preparation:** Fried or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	92
Protein, g	17.8
Fat, g	2.3
Carbohydrate, g	0
Fiber, g	-
Ash, g	1.1
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	0.2
Calcium, mg	47.3
Moisture, g	78.3

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** All year  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Very tasty fish, young adults and adults like it most, easily available and cheap.  
**Notes on samples needed for analysis:** nutrient data is sourced from ref # 14.  
**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 # 141

**Food category:** Fish

**Scientific identification:**

*Pangasius pangasius*

**Local name & other common names:**

pangash, Yellowtail catfish/Dragon fish (English)

**Part(s) used:** Flesh

**Preparation:** Fried, as a curry or buna

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	161
Protein, g	14.2
Fat, g	10.8
Carbohydrate, g	1.7
Fiber, g	-
Ash, g	1.0
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	7
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	180
Moisture, g	72.3

--- = not analyzed

The nutrient table indicates that this fish is high in protein, fat and calcium. Moderate in iron and low in vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Purchased

**Seasonality of use:** All year

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Very tasty and nutritious fish, liked by all ages, available throughout the year. Big fish with fewer thorns (bones). On special occasions it is also cooked.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 924 (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 # 142

**Food category:** Seafood

**Scientific identification:**

*Paratephusa spinigera*

**Local name & other common names:**

kankra, Crab (English)

**Part(s) used:** Flesh

**Preparation:** Fried, boiled or as a curry.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	59
Protein, g	8.9
Fat, g	1.1
Carbohydrate, g	3.3
Fiber, g	-
Ash, g	3.2
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	780
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	21.2
Calcium, mg	1370
Moisture, g	83.5

--- = not analyzed

The nutrient table indicates that this meat is high in protein, iron and calcium and low in fat.  
**Wild, hunted, gathered, or cultivated:** Wild  
**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 food for the Mog community, all ages like to eat it, it is rich in protein and cheap.  
**Notes on samples needed for analysis:**  
 Nutrient data sourced from Indian FCT 2002. SI# 334 (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 # 143

**Food category:** Fish

**Scientific identification:**

*Penaeus kerathurus*

**Local name & other common names:**

boro chingri, Large prawns (English)

**Part(s) used:** Flesh, and whole dried

**Preparation:** Fried, as a curry, buna or bhuna.

Nutrient	Nutrient Composition/100g (edible portion)
	Whole, dried
Energy, Kcal	287
Protein, g	60
Fat, g	3.2
Carbohydrate, g	4.6
Fiber, g	-
Ash, g	17.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	49.6
Calcium, mg	3847
Moisture, g	14.9

--- = not analyzed

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

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Purchased

**Seasonality of use:** March-September.

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** All people like this fish, regardless of age or gender. Community people believe it is good for their health as it contains a lot of fat and iron. A variety of items can be prepared from it. On special occasions it is cooked more often.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, food code 949 (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 # 144

**Food category:** Fish**Scientific identification:***Penaeus kerathurus***Local name & other common names:**

chingree shutkee, Small prawns, Shrimp (English)

**Part(s) used:** Fresh/dry**Preparation:** Bhorta, dried or fried

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, dried
Energy, Kcal	349
Protein, g	68.1
Fat, g	8.5
Carbohydrate, g	0
Fiber, g	-
Ash, g	17.4
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	4384
Moisture, g	6.0

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Both  
**Seasonality of use:** October-March  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Traditional costal food enjoyed by all ages. Women like it as sutki. Both Nayakrishi and Mog people enjoy this food.  
**Notes on samples needed for analysis:** Nutrient data sourced from Bangladesh FCT 1988, food code 950 (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 # 145

**Food category:** Seafood**Scientific identification:***Pila globosa***Local name & other common names:**

samuk, Snail, big (English)

**Part(s) used:** Flesh**Preparation:** Buna or as curry.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	97
Protein, g	10.5
Fat, g	0.6
Carbohydrate, g	12.4
Fiber, g	-
Ash, g	2.4
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	870
Moisture, g	74.1

--- = not analyzed

The nutrient table indicates that this meat is high in protein and calcium and low in fat.  
**Wild, hunted, gathered, or cultivated:** Wild  
**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:** Traditional food for Mog community, tasty and cheap. Available throughout the year, all ages like to eat it, young children like it more.  
**Notes on samples needed for analysis:** Nutrient data sourced from Indian FCT 2002. SI# 415 (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 # 146

**Food category:** Fish

**Scientific identification:**

*Pseudapocryptes lanceolatus*

**Local name & other common names:**

chiring

**Part(s) used:** Flesh

**Preparation:** Fried, dried as a curry, chorchori or bhorta

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** April-September  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Only available in the costal area, popular fish with all age groups, tasty and easily available.  
**Notes on samples needed for analysis:** Not analyzed.  
**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 # 147

**Food category:** Fish

**Scientific identification:**

*Puntius colisa sota*

**Local name & other common names:**

khalisha, Honey gourami (English)

**Part(s) used:** Flesh

**Preparation:** Fried, as a curry, dried or bhorta.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh
Energy, Kcal	112
Protein, g	16.1
Fat, g	3.9
Carbohydrate, g	3.1
Fiber, g	-
Ash, g	1.9
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	0.9
Calcium, mg	460
Moisture, g	75.0

--- = not analyzed

The nutrient table indicates that this food is high in calcium and protein, moderate in iron and fat.

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** April-September

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Tasty fish, another kind of puthi, liked by all ages except children because of the spikes on the fish.

**Notes on samples needed for analysis:**

Nutrient information is from published data but exact source of the data is not known.

**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 # 148

**Food category:** Fish

**Scientific identification:**

*Puntius phutunio*

**Local name & other common names:**

phutani punti, Spottedsail barb (English)

**Part(s) used:** Flesh

**Preparation:** Bhaji, bhorta, chorchori, jhol or dried.

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Both

**Seasonality of use:** June-February

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Tasty fish enjoyed by all ages, women like it more. It is preferred when it is dried. With vegetables it is also very tasty.

**Notes on samples needed for analysis:** Not analyzed.

**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 # 149****Food category:** Fish**Scientific identification:***Barbus sarana***Local name & other common names:**

shorputi, Olive barb/Sarputi (English)

**Part(s) used:** Flesh**Preparation:** Fried, bhaji or as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh
Energy, Kcal	161
Protein, g	16.5
Fat, g	9.5
Carbohydrate, g	2.3
Fiber, g	-
Ash, g	1.5
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	14
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	220
Moisture, g	70.2

--- = not analyzed

The nutrient table indicates that this fish is high in protein and calcium, moderate in iron, vitamin C and fat.

**Wild, hunted, gathered, or cultivated:** Wild**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:** Very tasty fish, enjoyed by most people except children because of the spikes. It is available throughout the year, is easy to collect and not very costly.**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 956 (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 # 150

**Food category:** Fish

**Scientific identification:**

*Scatophagus argus*

**Local name & other common names:**

bishtara, Spotted scat (English)

**Part(s) used:** Flesh

**Preparation:** Fried, as a curry or dried.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	119
Protein, g	15.6
Fat, g	6.3
Carbohydrate, g	-
Fiber, g	-
Ash, g	2.42
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	75.74

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Purchased

**Seasonality of use:** April-September

**Cost of production (if known):** n/a

**Importance value to the community by**

**age/gender:** Women enjoy it more, young children also prefer it dried or as a curry. It is cheap to purchase.

**Notes on samples needed for analysis:**

nutrient data sourced from reference # 11.

**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 # 151

**Food category:** Fish**Scientific identification:***Setipinna phasa***Local name & other common names:**

fesha, Gangetic hairfin anchovy (English)

**Part(s) used:** Flesh and whole dried fish**Preparation:** Fried, as a curry, dried or buna

Nutrient	Nutrient Composition/100g (edible portion)	
	Fresh*	Dried
Energy, Kcal	104	272.1*
Protein, g	18.4	58.80
Fat, g	1.9	4.10
Carbohydrate, g	3.2	-
Fiber, g	-	-
Ash, g	2.5	12.76
Retinol, µg	-	-
Beta carotene, µg	-	-
Total carotene, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	0	-
Zinc, mg	-	-
Iron, mg	1.2	-
Calcium, mg	440	-
Moisture, g	74	24.34

--- = not analyzed

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

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Purchased**Seasonality of use:** May-September**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Very popular fish among all ages and with both men and women. It is very popular with women when it is dried. It is cheap and good for digestion.

**Notes on samples needed for analysis:**

Nutrient information is sourced from reference # 9. Nutrient data for fresh fish are sourced from Bangladesh FCT 1988, food code 926 (ref # 15). \* The energy value for the dried fish was calculated.

**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 # 152

**Food category:** Fish

**Scientific identification:**

*Trichiurus savala*

**Local name & other common names:**

rupa patia, Ribbon fish (English)

**Part(s) used:** Flesh

**Preparation:** Fried, as a curry, dried, bhorta or others

Nutrient	Nutrient Composition/100g (edible portion)	
	Fresh, raw	Dried
Energy, Kcal	104	383
Protein, g	18.1	76.1
Fat, g	3.2	8.7
Carbohydrate, g	0.6	-
Fiber, g	-	-
Ash, g	1.5	-
Retinol, µg	-	-
Beta carotene, µg	-	-
Total carotene, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	-	-
Zinc, mg	-	-
Iron, mg	13.9	43.7
Calcium, mg	214	739
Moisture, g	76.6	6.7

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild

**Home harvested or purchased:** Purchased

**Seasonality of use:** October-May

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Tasty fish, only available in the costal area, adults enjoy it and children like it to some extent. It is not expensive and is available.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 952 (Fresh), food code 953 (dried) (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 # 153

**Food category:** Fish**Scientific identification:***Wallago attu***Local name & other common names:**

boal, Freshwater shark (English)

**Part(s) used:** Flesh**Preparation:** Fried, as a curry, buna or others

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Energy, Kcal	116.3*
Protein, g	15.4
Fat, g	2.7
Carbohydrate, g	7.6
Fiber, g	-
Ash, g	1.3
Vitamin A, RE- µg	93.3
Vitamin a, RAE- µg	91.6
Retinol, µg	90
Beta carotene, µg	20
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	8
Zinc, mg	-
Iron, mg	0.6
Calcium, mg	160
Moisture, g	73

--- = not analyzed

The nutrient table indicates that this fish is high in calcium and protein, moderate in iron and low in fat and vitamin C.

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Purchased**Seasonality of use:** October-December**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** Popular fish with all age groups, liked by both Nayakrishi and Mog communities.**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 912 (ref # 15). \* The energy value was calculated.

**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 # 154

**Food category:** Fish

**Scientific identification:**

*Unknown*

**Local name & other common names:**

khalmas

**Part(s) used:** Flesh

**Preparation:** Fried, as a curry or dried

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Moisture, g	-

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** May-September  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Good fish only available in the coastal area, popular with both Nayakrishi and Mog communities. Easy to get and not very costly.  
**Notes on samples needed for analysis:** Not analyzed.  
**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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