

**FRUITS** (continued from Vegetable, Leafy Vegetables and Tubers section)

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## COMMUNITY FOOD SYSTEM DATA TABLE # 66

**Food category:** Fruit**Scientific identification:***Ananus comosus***Local name & other common names:**

anarosh/ Pineapple, wild variety (English)

**Part(s) used:** Fruit**Preparation:** Eaten alone or as a jelly or a jam

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, fresh
Energy, Kcal	42
Protein, g	1.0
Fat, g	0.2
Carbohydrate, g	9.3
Fiber, g	0.6
Ash, g	0.3
Retinol, µg	-
Beta carotene, µg	90
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	26
Zinc, mg	-
Iron, mg	1.2
Calcium, mg	18
Moisture, g	89.3

--- = not analyzed

The nutrient table indicates that this fruit moderate in vitamin C and iron, low in fiber, beta-carotene and calcium.

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

Cultivated/Wild

**Home harvested or purchased:** Both**Seasonality of use:** May-August**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** This fruit is very sweet and enjoyed by all ages. It had medicinal value especially for worm infestation (the juice from its tender leaves are given to children to treat them). Fabric can be made from its fiber.**Notes on samples needed for analysis:**

Nutrient data is sourced from Bangladesh FCT, 1988, food code 844 (ref# 15).

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

Use	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 # 67

**Food category:** Fruit**Scientific identification:***Annona squamosa***Local name & other common names:**

atafol, Custard apple (English)

**Part(s) used:** Fruit**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, fresh
Energy, Kcal	90
Protein, g	1.8
Fat, g	0.1
Carbohydrate, g	20.6
Fiber, g	3.1
Ash, g	0.9
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	0
Folic acid, µg	-
Vitamin C, mg	38
Zinc, mg	-
Iron, mg	1.5
Calcium, mg	17
Moisture, g	76.4

--- = not analyzed

The nutrient table indicates that this fruit is high in iron, vitamin C and fiber and low in calcium.

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

Cultivated

**Home harvested or purchased:** Both**Seasonality of use:** November-May**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** This is a very sweet fruit enjoyed mostly by children, although adults also like it.

The fruit is believed to be good for health.

Leaves and roots are used as herbal medicine.

The wood of its tree is used as firewood.

**Notes on samples needed for analysis:**

Nutrient data is sourced from Bangladesh FCT, food code 813 (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 # 68

**Food category:** Fruit

**Scientific identification:**

*Artocarpus heterophyllus Lamk.*

**Local name & other common names:**

paka kathal, Jackfruit, ripe (English)

**Part(s) used:** Fruit and seed

**Preparation:** Fruit is taken alone or filled with puff rice and milk. Seed is taken alone or like a vegetable.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, fresh
Energy, Kcal	48
Protein, g	1.8
Fat, g	0.1
Carbohydrate, g	9.9
Fiber, g	0.2
Ash, g	1.1
Vitamin A, RE- µg	783
Vitamin A, RAE- µg	391
Retinol, µg	-
Beta carotene, µg	4700
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	21
Zinc, mg	-
Iron, mg	9.9
Calcium, mg	20
Moisture, g	88.0

--- = not analyzed

The nutrient table indicates that this fruit is high in iron, moderate in total carotene and vitamin C and low in fiber and calcium.

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

**Home harvested or purchased:** Home harvested

**Seasonality of use:** April-June

**Cost of production (if known):** 2000 taka

**Importance value to the community by age/gender:** Very big fruit, all ages enjoy it. Very sweet tasting and highly nutritious. The seed is also eaten as a tasty vegetable with meat and fish. Young children, 4-12 years of age, enjoy eating this seed in chulla. Fruit is eaten alone or with rice, milk or puff. Poor people greatly depend on this fruit; they eat it most often in the summer.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT, 1988, food code 820 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 69

**Food category:** Fruit

**Scientific identification:**

*Averrhoa bilimbi*

**Local name & other common names:**

bilimbi, Cucumber (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe. Also it is eaten mixed with curry, pulses and others.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	19
Protein, g	0.5
Fat, g	0.3
Carbohydrate, g	3.5
Fiber, g	1.0
Ash, g	0.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	18
Folic acid, µg	-
Vitamin C, mg	32
Zinc, mg	-
Iron, mg	1.2
Calcium, mg	15
Moisture, g	94.4

--- = not analyzed

**Wild, hunted, gathered, or cultivated:** Wild  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** April-August  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** It is used as a fruit but can also be used as a vegetable, it has a sour taste. Women like it, especially young women.  
**Notes on samples needed for analysis:**  
 Nutrient data sourced from Indian FCT 2002. SI# 247 (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 # 70

**Food category:** Fruit

**Scientific identification:**

*Borassus flabellifer*

**Local name & other common names:**

paka tal, Palm, ripe (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe or green and also juiced.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	87
Protein, g	0.7
Fat, g	0.2
Carbohydrate, g	20.7
Fiber, g	0.5
Ash, g	0.7
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	0
Zinc, mg	-
Iron, mg	-
Calcium, mg	9
Moisture, g	77.2

--- = not analyzed

The nutrient table indicates that this fruit is low in calcium and fiber.

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

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** May-July

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

**Importance value to the community by**

**age/gender:** Children eat it both ripe and green. Its juice is very popular with all ages. A kind of pittha is made from tal (palm)

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 839 (ref # 15).

**Reference to Sample Collection Sheets:**

NR

### Use and cost

Use	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 # 71

**Food category:** Fruit

**Scientific identification:**

*Carica papaya*

**Local name & other common names:**

pepe (paka), Papaya (English)

**Part(s) used:**

Fruit, ripe

**Preparation:** It is eaten when ripe or green, also as a jelly or halwa

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, ripe
Energy, Kcal	39.1*
Protein, g	1.9
Fat, g	0.3
Carbohydrate, g	7.2
Fiber, g	0.8
Ash, g	0.5
Vitamin A (RE- µg)	170
Vitamin A (RAE- µg)	85
Retinol, µg	-
Beta carotene, µg	1020
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	57
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	17
Moisture, g	90.8

--- = not analyzed

The nutrient table indicates that this fruit is high in vitamin C, moderate in total carotene, iron and calcium and low in fiber.

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

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:** Sweet tasting fruit. All ages like it, especially children. Good for proper digestion and helps to prevent constipation. It has medicinal value.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 840 (ref # 15). \* The energy value was calculated

**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 # 72

**Food category:** Fruit

**Scientific identification:**

*Citrullus colocythis*

**Local name & other common names:**

tarmuj, Watermelon (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	16
Protein, g	0.2
Fat, g	0.2
Carbohydrate, g	3.3
Fiber, g	0.2
Ash, g	0.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	1
Zinc, mg	-
Iron, mg	7.9
Calcium, mg	11
Moisture, g	95.8

--- = not analyzed

The nutrient table indicates that this fruit is high in iron and low in fiber, vitamin C and calcium.

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

Cultivated/Wild

**Home harvested or purchased:** Both

**Seasonality of use:** April-June

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

**Importance value to the community by**

**age/gender:** In summer it is a helpful fruit for all ages. Sweet taste. Children like it most.

**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002.

SI# 281 (ref # 1).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	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 # 73

**Food category:** Fruit

**Scientific identification:**

*Citrus aurantifolia*

**Local name & other common names:**

lebu, Lime (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe or pickles, jarok, juiced or chutney

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	51.1*
Protein, g	0.3
Fat, g	0.7
Carbohydrate, g	10.9
Fiber, g	1.7
Ash, g	0.6
Retinol, µg	
Beta carotene, µg	-
Total carotene, µg	
Folic acid, µg	-
Vitamin C, mg	47
Zinc, mg	-
Iron, mg	2.3
Calcium, mg	40
Moisture, g	88.4

--- = not analyzed

The nutrient table indicates that this fruit is high in vitamin C and iron, moderate in calcium and fiber.

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

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:** Most essential fruit for young adults and adults. Children also drink it as a juice. At lunch and dinner it is always eaten with green chili. Rural communities are very fond of lime. It is rich in vitamin C, easily available throughout the year and is cheap.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 828 (ref # 15). \* The energy value was calculated.

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	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 # 74

**Food category:** Fruit

**Scientific identification:**

*Citrus maxima*

**Local name & other common names:**

zambura (lal), Pommelo, red (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe or as pickles or chutney

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	38
Protein, g	0.5
Fat, g	0.3
Carbohydrate, g	8.5
Fiber, g	-
Ash, g	0.3
Retinol, µg	-
Beta carotene, µg	120
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	105
Zinc, mg	-
Iron, mg	0.2
Calcium, mg	37
Moisture, g	90.3

--- = not analyzed

The nutrient table indicates that this fruit is high in vitamin C, moderate in calcium and low in fiber and total carotene.

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

Cultivated/Wild

**Home harvested or purchased:** Both

**Seasonality of use:** July-September

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

**Importance value to the community by**

**age/gender:** Another citrus fruit. Young adult women like it most. Children also eat it. Sour and sweet tasting fruit. With chili, garlic and salt it is prepared as chatnee, which is very tasty to serve for a special occasion.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 847 (ref # 15).

**Reference to Sample Collection Sheets:** NR

### Use and cost

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 75

**Food category:** Fruit

**Scientific identification:**

*Cocos nucifera*

**Local name & other common names:**

daber, Coconut, tender (English), Daber pani, Coconut milk

**Part(s) used:** Water and flesh

**Preparation:** The water is eaten when it is green. The flesh is eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)	
	Flesh	Water
Energy, Kcal	41	23
Protein, g	0.9	2.3
Fat, g	1.4	0.5
Carbohydrate, g	6.3	2.4
Fiber, g	-	-
Ash, g	0.6	0.3
Retinol, µg	-	-
Beta carotene, µg	-	-
Total carotene, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	-	5
Zinc, mg	-	-
Iron, mg	0.9	0.1
Calcium, mg	10	15
Moisture, g	90.8	95

--- = not analyzed

The nutrient table indicates that this fruit is low in iron, calcium and vitamin C.

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

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:** In the summer all ages enjoy drinking dab water. Sterile dab water helps to maintain the electrolyte balance of a patient suffering from diarrhea, cholera or gastroenteritis. It is also nutritious and people depend on it.

**Notes on samples needed for analysis:**

Nutrient data for flesh sourced from Indian FCT 2002. SI# 196 (ref # 1), and nutrient data for water sourced from Bangladesh FCT, 1988, food code 814 (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 # 76

**Food category:** Fruit

**Scientific identification:**

*Cucumis melo*

**Local name & other common names:**

bangee, Melon (English)

**Part(s) used:** Fruit

**Preparation:** When ripe it is eaten.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	17
Protein, g	0.3
Fat, g	0.2
Carbohydrate, g	3.5
Fiber, g	0.4
Ash, g	0.4
Retinol, µg	-
Beta carotene, µg	169
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	26
Zinc, mg	-
Iron, mg	1.4
Calcium, mg	32
Moisture, g	95.2

--- = not analyzed

The nutrient table indicates that this fruit is high in iron and low in vitamin C, calcium and fiber.

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

Cultivated/Wild

**Home harvested or purchased:** Both

**Seasonality of use:** April-June

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

**Importance value to the community by**

**age/gender:** Good and tasty fruit, available in the summer only. All age groups enjoy it. Its juice is considered good for health. During Ramadan it is eaten more often.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 832 (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 # 77

**Food category:** Fruit**Scientific identification:***Diospyros embryopteris***Local name & other common names:**

gab

**Part(s) used:** Fruit**Preparation:** When ripe it is eaten.

Nutrient	Nutrient
	Composition/100g (edible portion)
	Fruit
Energy, Kcal	113
Protein, g	1.4
Fat, g	0.1
Carbohydrate, g	26.6
Fiber, g	1.5
Ash, g	0.8
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	58
Moisture, g	69.6

--- = not analyzed

The nutrient table indicates that this fruit is moderate in fiber.

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

Wild

**Home harvested or purchased:** Both**Seasonality of use:** April-July**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Women, children and young people like it more.**Notes on samples needed for analysis:**

Nutrient data sourced from Indian FCT 2002. SI# 563 (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 # 78

**Food category:** Fruit**Scientific identification:***Dusbanga grandiflora***Local name & other common names:**

banadarulla

**Part(s) used:** Fruit**Preparation:** When ripe it is eaten.

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:** June-September  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Wild fruit, tastes both sour and sweet. Children like it most but young men and women also 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												

Photograph by Dr Harriet Kuhnlein

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## COMMUNITY FOOD SYSTEM DATA TABLE # 79

**Food category:** Fruit**Scientific identification:***Litchi chinensis (nephelium litchi)***Local name & other common names:**

litchi, lichu, Lychee (English)

**Part(s) used:** Fruit**Preparation:** When ripe it is eaten.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	61
Protein, g	1.1
Fat, g	0.2
Carbohydrate, g	13.6
Fiber, g	0.5
Ash, g	0.5
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	31
Zinc, mg	-
Iron, mg	0.7
Calcium, mg	10
Moisture, g	84.1

--- = not analyzed

The nutrient table indicates that this fruit is high in vitamin C, moderate in iron and low in calcium and fiber.

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

Cultivated/Wild

**Home harvested or purchased:** Both**Seasonality of use:** April-May**Cost of production (if known):** n/a**Importance value to the community by**

**age/gender:** Very sweet tasting fruit, very popular among all age groups, children especially like it. Available in summer for only two months.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 827 (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 # 80

**Food category:** Fruit**Scientific identification:***Litsea salicifolia* HK. f**Local name & other common names:**

panniphol

**Part(s) used:** Tree fruit**Preparation:** It is eaten when ripe or green.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	65
Protein, g	2.5
Fat, g	0.9
Carbohydrate, g	-
Fiber, g	0.6
Ash, g	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	15
Zinc, mg	-
Iron, mg	0.8
Calcium, mg	10
Moisture, g	84.9

--- = not analyzed

The nutrient table indicates that this fruit is moderate in vitamin C and iron, low in calcium and fiber.

**Wild, hunted, gathered, or cultivated:** Wild**Home harvested or purchased:** Purchased**Seasonality of use:** May-July**Cost of production (if known):** n/a**Importance value to the community by****age/gender:** This is a tree fruit and it grows in water. It is a bit difficult to collect. It is tasty, and all ages enjoy it.**Notes on samples needed for analysis:** Source of the data is not known.**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 # 81

**Food category:** Fruit

**Scientific identification:**

*Limonia acidissima*

**Local name & other common names:**

bel, Wood apple (English)

**Part(s) used:** Fruit

**Preparation:** When raw it is used as a medicine. When ripe it is eaten as a fruit.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, fresh
Energy, Kcal	87
Protein, g	2.6
Fat, g	0.2
Carbohydrate, g	18.8
Fiber, g	2.9
Ash, g	0.9
Retinol, µg	-
Beta carotene, µg	55
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	9
Zinc, mg	-
Iron, mg	0.6
Calcium, mg	38
Moisture, g	77.5

--- = not-analyzed

The nutrient table indicates that this fruit is moderate in fiber, iron and calcium and low in vitamin C.

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

Wild/Cultivated

**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:** Popular fruit, enjoyed by all ages, eaten more in the summer. It is believed to have medicinal value.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 853 (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 # 82

**Food category:** Fruit**Scientific identification:***Mangifera indica***Local name & other common names:**

aam (paka), Mango (English)

**Part(s) used:** Fruit**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh
Energy, Kcal	90
Protein, g	1.0
Fat, g	0.7
Carbohydrate, g	20
Fiber, g	0.7
Ash, g	0.4
Retinol, µg	0
Vitamin A, RE- µg	1383
Vitamin A, RE- µg	691.5
Beta carotene, µg	8300
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	41
Zinc, mg	-
Iron, mg	1.3
Calcium, mg	16
Moisture, g	78.6

--- = not analyzed

The nutrient table indicates that this fruit is high in vitamin C, moderate in total carotene and iron and low in calcium and fiber.

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

Cultivated

**Home harvested or purchased:** Home harvested**Seasonality of use:** April-June**Cost of production (if known):** 1000 taka**Importance value to the community by age/gender:** Very tasty and popular fruit, enjoyed by all ages. Good for health and maintaining nutrition. Commercially it is very profitable.**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 831 (ref # 15).

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

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 83

**Food category:** Fruit**Scientific identification:***Musa paradisiaca***Local name & other common names:**

kola, (paka), Banana (English)

**Part(s) used:** Fruit**Preparation:** It is eaten when ripe or green.

Nutrient	Nutrient Composition/100g (edible portion)
	Banana, ripe
Energy, Kcal	109
Protein, g	0.7
Fat, g	0.8
Carbohydrate, g	25
Fiber, g	0.4
Ash, g	0.8
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	78
Folic acid, µg	-
Vitamin C, mg	24
Zinc, mg	-
Iron, mg	0.9
Calcium, mg	13
Moisture, g	62.7

--- = not analyzed

**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:** Very common sweet fruit and very popular among all ages. Good for health. Everyone is fond of this variety. It is also a good food for infants when it is mixed with milk and sugar.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 807 (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 # 84

**Food category:** Fruit**Scientific identification:***Musa paradisiaca L. kuntze***Local name & other common names:**

bangla, Plantain (English)

**Part(s) used:** Fruit**Preparation:** It is eaten when ripe or green.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	109
Protein, g	0.7
Fat, g	0.8
Carbohydrate, g	25
Fiber, g	0.4
Ash, g	0.9
Retinol, µg	-
Vitamin A, RE- µg	13
Vitamin A, RAE- µg	6.5
Beta carotene, µg	78
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	24
Zinc, mg	-
Iron, mg	0.9
Calcium, mg	13
Moisture, g	62.7

--- = not analyzed

The nutrient table indicates that this fruit is moderate in vitamin C and iron, low in 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 variety of banana, liked by all ages. Always available and always cheap. Sweet tasting. Children especially enjoy it. With puff rice and milk it is also tasty.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 807 (related values) (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 # 85

**Food category:** Fruit

**Scientific identification:**

*Phoenix sylvestris*

**Local name & other common names:**

khezur, Date palm, fresh (English)

**Part(s) used:** Fruit (fresh, dried)

**Preparation:** It is eaten when ripe or it is eaten as a molasses or juice

Nutrient	Nutrient Composition/100g (edible portion)	
	Ripe (T)	Dry (S)
Energy, Kcal	144	324.2*
Protein, g	1.2	2.20
Fat, g	0.4	0.6
Carbohydrate, g	33.8	77.5
Fiber, g	3.7	-
Ash, g	1.7	1.7
Vitamin A, RE- µg	16.6	4.3
Vitamin A, RAE- µg	8.3	2.2
Retinol, µg	-	-
Beta carotene, µg	100	26
Total carotene, µg	-	-
Folic acid, µg	-	-
Vitamin C, mg	-	-
Zinc, mg	-	-
Iron, mg	0.96	7.3
Calcium, mg	22	63
Moisture, g	59.2	18

--- = not analyzed

The nutrient table indicates that this fruit is high in fiber and low in calcium.

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

Cultivated/Wild

**Home harvested or purchased:** Both

**Seasonality of use:** April-July

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

**Importance value to the community by**

**age/gender:** Sweet tasting and popular with all ages. Good for health.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 815 for taza (T) and 816 for shukna (S) (ref # 15). \* The energy value for the dry date palm was calculated.

**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 # 86

**Food category:** Fruit

**Scientific identification:**

*Phyllanthus embelica L.*

**Local name & other common names:**

amloki, amla, Indian gooseberry (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	58
Protein, g	0.5
Fat, g	0.1
Carbohydrate, g	13.7
Fiber, g	3.4
Ash, g	0.5
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	600
Zinc, mg	-
Iron, mg	1.2
Calcium, mg	50
Moisture, g	81.8

--- = not analyzed

The nutrient table indicates that this fruit is high in fiber and vitamin C and moderate in iron and calcium.

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

**Home harvested or purchased:** Both

**Seasonality of use:** June-November

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

**Importance value to the community by age/gender:** Good vitamin C rich fruit. Children and women like it more.

**Notes on samples needed for analysis:**

Nutrient data sourced from the Indian FCT 2002. SI# 239 (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 # 87****Food category:** Fruit**Scientific identification:***Psidium guajava***Local name & other common names:**

peyara, Guava (English)

**Part(s) used:** Fruit**Preparation:** It is eaten when ripe or as a jelly

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	51
Protein, g	0.9
Fat, g	0.3
Carbohydrate, g	11.2
Fiber, g	5.2
Ash, g	0.7
Retinol, µg	-
Beta carotene, µg	100
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	210
Zinc, mg	-
Iron, mg	1.4
Calcium, mg	10
Moisture, g	81.7

--- = not analyzed

The nutrient table indicates that this fruit is high in fiber and vitamin C, moderate in iron, and low in 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 fruit, enjoyed by all ages.**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 818 (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 # 88

**Food category:** Fruit

**Scientific identification:**

*Sonneratia apetala Buch-Ham*

**Local name & other common names:**

karbagula

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe.

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-July

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

**Importance value to the community by age/gender:** Wild fruit, only available in the Nayakrishi area. Nayakrishi like it most, all ages enjoy 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 # 89

**Food category:** Fruit

**Scientific identification:**

*Spondias magnifera*

**Local name & other common names:**

amra, Hog plum (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe or green.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	66
Protein, g	1.1
Fat, g	0.1
Carbohydrate, g	15
Fiber, g	1.0
Ash, g	0.6
Vitamin A, RE- µg	45
Vitamin A, RAE- µg	22.5
Retinol, µg	-
Beta carotene, µg	270
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	21
Zinc, mg	-
Iron, mg	3.9
Calcium, mg	36
Moisture, g	90.3

--- = not analyzed

The nutrient table indicates that this fruit is high in iron and vitamin C, moderate in calcium and fiber and low in total carotene.

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

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** June-November

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

**Importance value to the community by**

**age/gender:** Sour tasting fruit. Popular among women and girls.

**Notes on samples needed for analysis:**

Nutrient data sourced from Bangladesh FCT 1988, food code 801 (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 # 90

**Food category:** Fruit

**Scientific identification:**

*Averrhoa carambola*

**Local name & other common names:**

kamranga, Star fruit (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe. Pickles and chutney are also prepared.



Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	43
Protein, g	0.47
Fat, g	1.17
Carbohydrate, g	7.57
Fiber, g	0.9
Ash, g	0.49
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	-
Folic acid, µg	12
Vitamin C, mg	33.6
Zinc, mg	0.21
Iron, mg	1.5
Calcium, mg	3
Moisture, g	89.4

--- = not analyzed

The nutrient table indicates that this fruit is high in vitamin C, moderate in fiber and iron and low in calcium and total carotene.

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

Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** April-November

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

**Importance value to the community by**

**age/gender:** Women and children like it more. It is sour and tasty. Good for digestion. Cheap and easily available.

**Notes on samples needed for analysis:**

Analyzed by the INFS lab, Dhaka University, (ref #2).

**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												

Photograph by Dr Harriet Kuhnlein

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## COMMUNITY FOOD SYSTEM DATA TABLE # 91

**Food category:** Fruit

**Scientific identification:**

*Syzygium cumini*

**Local name & other common names:**

kala jam, Black plum or Java plum (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe or as bhorta or chutney

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	62
Protein, g	0.7
Fat, g	0.3
Carbohydrate, g	14
Fiber, g	0.9
Ash, g	0.4
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	48
Folic acid, µg	-
Vitamin C, mg	18
Zinc, mg	-
Iron, mg	1.0
Calcium, mg	15
Moisture, g	83.7

--- = not analyzed

The nutrient table indicates that this fruit is high in fiber, vitamin C and iron and low in calcium and total carotene.

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

Cultivated/Wild

**Home harvested or purchased:** Both

**Seasonality of use:** April-June

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

**Importance value to the community by**

**age/gender:** Tasty fruit, rich in iron. All ages like it but women and children prefer it more.

**Notes on samples needed for analysis:** Indian FCT, 2002, no. 266 (ref 1).

**Reference to Sample Collection Sheets:** NR

### Use and cost

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 92

**Food category:** Fruit

**Scientific identification:**

*Syzygium fruticosum*

**Local name & other common names:**

puti jam

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe.

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:** July-September  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Children like it most. Young women also 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 # 93

**Food category:** Fruit

**Scientific identification:**

*Syzygium grande*

**Local name & other common names:**

dhaki jam, Sea Apple (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe or as chutney

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:** April-May  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Children and young people like to eat it most. Women like to eat it as bharta with chili and salt. It is recommended by the village doctors and traditional healers for the treatment of anemia.  
**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 # 94

**Food category:** Fruit

**Scientific identification:**

*Tamarindus indicus L. (Leguminosae)*

**Local name & other common names:**

tetul, Tamarind (English)

**Part(s) used:** Pulp

**Preparation:** It is eaten when ripe

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit, fresh	Fruit, pulp
Energy, Kcal	62	283
Protein, g	1.1	3.1
Fat, g	0.2	0.1
Carbohydrate, g	13.9	67.4
Fiber, g	5.6	5.6
Ash, g	1.2	2.9
Retinol, µg	-	-
Beta carotene, µg	-	-
Total carotene, µg	-	60
Folic acid, µg	-	-
Vitamin C, mg	6	3
Zinc, mg	-	-
Iron, mg	-	17
Calcium, mg	24	170
Moisture, g	83.6	20.9

--- = not analyzed

The nutrient table indicates that this fruit is moderate in calcium and low in vitamin C.

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

Wild/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:** Popular among women and children. Many items are prepared from this fruit. In the summer a juice is made from it which is considered good for health.

**Notes on samples needed for analysis:**

Nutrient data for fresh fruit sourced from Bangladesh FCT 1988, food code 849 (ref # 15). Nutrient data for pulp is sourced from Indian FCT 2002. SI# 236 (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 # 95

**Food category:** Fruit

**Scientific identification:**

*Ziziphus mauritiana*

**Local name & other common names:**

boroi, Indian jujube (English)

**Part(s) used:** Fruit

**Preparation:** It is eaten when ripe and also as pickles, chutney and others.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit
Energy, Kcal	74
Protein, g	0.8
Fat, g	0.3
Carbohydrate, g	17
Fiber, g	-
Ash, g	0.3
Retinol, µg	-
Beta carotene, µg	-
Total carotene, µg	21
Folic acid, µg	-
Vitamin C, mg	76
Zinc, mg	-
Iron, mg	0.5
Calcium, mg	4
Moisture, g	81.6

--- = not analyzed

The nutrient table indicates that this fruit is moderate in iron and low in vitamin C and calcium.

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

Wild/Cultivated

**Home harvested or purchased:** Both

**Seasonality of use:** April-July

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

**Importance value to the community by age/gender:** Popular among children and women, as prickles women like it best. Cheap and easily available.

**Notes on samples needed for analysis:** Nutrient data sourced from Indian FCT. SI# 310 (ref # 1).

**Reference to Sample Collection Sheets:** NR

### Use and cost

Use	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 # 96

**Food category:** Fruit**Scientific identification:***Unknown***Local name & other common names:**

got borod

**Part(s) used:** Fruit**Preparation:** It is eaten when ripe.

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:** March-April  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Women and young children like it most. It has a sour and mild sweet taste. It is only available in the Mog area.  
**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 # 97

**Food category:** Fruit**Scientific identification:***Unknown***Local name & other common names:**

shoagola

**Part(s) used:** Fruit**Preparation:** It is eaten when ripe.

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:** March-April**Cost of production (if known):** n/a**Importance value to the community by age/gender:** Wild fruit that women and children like most, men like it a little. It has a mild sweet taste. It is only available in the Mog area.**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												

Photograph by Dr Harriet Kuhnlein

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