COMMUNITY FOOD SYSTEM DATA TABLE # 174

Food category: Animal Foods
Scientific identification:
Bos taurus
Local name & other common names:
aavu paalu, Cow's milk (English)
Part(s) used: Milk
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Milk, Cow
Moisture, g	87.5
Energy, Kcal	67
Protein, g	3.2
Fat, g	4.1
Carbohydrate, g	4.4
Fiber, g	0
Ash, g	0.8
Retinol, εg	53
Vitamin A, RE-εg	53
Vitamin A, RAE-εg	53
Beta carotene, εg	-
Total carotene, εg	-
Vitamin C, mg	1.0
Thiamin, mg	0.05
Riboflavin, mg	0.19
Niacin, mg	0.1
Folate, εg	8.5
Calcium, mg	120
Iron, mg	0.3
Phosphorus, mg	90
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Domestic
Homemade (if applicable) or purchased: Both
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Fed to infants in the absence of mother's milk. Has high medicinal value and is used in all auspicious occasions.
Reference: Nutritive value of Indian foods. 2002. S no 420 (ref # 2).
Code: 2337

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 175

Food category: Animal Foods
Scientific identification:
Bulbus bubalis
Local name & other common names:
barre paalu, Buffalo's milk (English)
Part(s) used: Milk
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Milk, Buffalo
Moisture, g	81
Energy, Kcal	96
Protein, g	4.3
Fat, g	6.5
Carbohydrate, g	5.0
Fiber, g	0
Ash, g	0.8
Retinol, εg	48
Vitamin A, RE-εg	48
Vitamin A, RAE-εg	48
Beta carotene, εg	-
Total carotene, εg	-
Vitamin C, mg	1
Thiamin, mg	0.04
Riboflavin, mg	0.10
Niacin, mg	0.1
Folate, εg	5.6
Calcium, mg	210
Iron, mg	0.2
Phosphorus, mg	130
Zinc, mg	0

--- = not analyzed

Wild, domestic or hunted:

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 176

Food category: Animal Foods
Scientific identification:
Bulbus bubalis
Local name & other common names:
neyye, Ghee (English)
Part(s) used: Unknown
Preparation: Unknown

Nutrient	**Nutrient Composition/100g** **(edible portion)**
	Ghee

COMMUNITY FOOD SYSTEM DATA TABLE # 177

Food category: Animal Foods
Scientific identification:
Bos taurus
Local name & other common names:
perugu, cow curds (English)
Part(s) used: Unknown
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Curds

--- = not analyzed

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 179

Food category: Animal Foods
Scientific identification:
Capra hyrchusb
Local name & other common names:
meka mamsam, Goat meat (English)
Part(s) used: Meat
Preparation: As a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	74.2
Energy, Kcal	118
Protein, g	21.4
Fat, g	3.6
Carbohydrate, g	-
Fiber, g	0
Ash, g	1.1
Retinol, εg	-
Vitamin A, RE-εg	-
Vitamin A, RAE-εg	-
Beta carotene, εg	-
Total carotene, εg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, εg	4.5
Calcium, mg	12
Iron, mg	-
Phosphorus, mg	193
Zinc, mg	-

--- = not analyzed

Wild, domestic or hunted: Domestic
Homemade (if applicable) or purchased: Purchased
Cost of production (if known): Rs 100/kg of mutton.
Importance value to the community by age/gender and other miscellaneous information: Good food for all age groups in all seasons. For breast milk production, lactating mothers consume goat breast and heart etc… Meka palu kadlaku pindutharu/kandlakaithe. Goat milk is applied in eyes for certain diseases. Urine of goat is applied over the body to help with swallowing and a small dose is taken orally also.
Reference: Nutritive value of Indian foods. 2002. S no 406 (ref # 2).
Code: 2332

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 182

Food categoryK 0 12 90 708.8C E003 Tc 19.4218 Tw 0 Ts Tw 1198 960 60.98d

COMMUNITY FOOD SYSTEM DATA TABLE # 183

Food category: Animal Foods
Scientific identification:
Sus cristatus
Local name & other common names:
pandi, Pig (English)