MEAT AND ANIMAL PRODUCTS (INCLUDES MILK PRODUCTS) ***(Continued from the Fish and seafood section)***
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COMMUNITY FOOD SYSTEM DATA TABLE # 102

Food category: Meat
Scientific identification:
Bos indicus Linn.
Local name & other common names:
atay, baka, Cow's liver (English)
Part(s) used: Liver
Preparation: Boiled, made into "adobo" (boiled with soy sauce and vinegar).

COMMUNITY FOOD SYSTEM DATA TABLE # 103

Food category: Meat
Scientific identification:
Bubalus bubalis Linn.
Local name & other common names:
kalabaw, Carabao (English)
Part(s) used: Meat
Preparation: Salted and dried under the sun.

Wild, hunted/gathered, or cultivated: Wild, hunted; also raised.

COMMUNITY FOOD SYSTEM DATA TABLE # 105

Food category: Meat
Scientific identification:
Gallus gallus Linn.
Local name & other common names:
manok, Chicken (English)
Part(s) used: Meat, liver, gizzard, heart and intestines.
Preparation: Fried, boiled and sautéed with other foods.

COMMUNITY FOOD SYSTEM DATA TABLE # 106

Food category: Meat

COMMUNITY FOOD SYSTEM DATA TABLE # 108

Food category: Meat
Scientific identification:
Sus scrofa Linn.
Local name & other common names:
baboy, Pork (English)
Part(s) used: Meat, tenderloin, bones, intestines, limbs and blood.
Preparation: Fried, boiled and sautéed with other foods**.**

Nutrient	Nutrient Composition/100g (edible portion)

COMMUNITY FOOD SYSTEM DATA TABLE # 109

Food category: Meat
Scientific identification:
Sus scrofa Linn.
Local name & other common names:
atay, Pig's liver (English)
Part(s) used: Liver
Preparation: Boiled; made into "adobo" (boiled with soy sauce and vinegar).

Nutrient	**Nutrient Composition/100g** **(edible portion)**		
	Liver: Raw	Liver: Boiled	Liver: Broiled
Energy, Kcal	119*	170*	180*
Protein, g	18.0	17.8	19.8
Fat, g	2.8	3.5	4.4
Carbohydrate, g	5.5	16.9	15.4
Calcium, mg	19	18	31
Iron, mg	16.9	12.5	31.8
Retinol, εg	11 145	1 450	40
Beta-carotene, εg	20	5	Trace
Vitamin A, RE-εg	11 148	1 451	40
Vitamin A, RAE-εg	11 147	1 450	40
Riboflavin, mg	2.55	1.54	3.03
Niacin, mg	10.5	5.4	8.5
Ascorbic acid, mg	23.0	12.0	13.0

--- = not analyzed

Seasonality

Use	**Jan**	**Feb**	**Mar**	**Apr**	**May**	**Jun**

COMMUNITY FOOD SYSTEM DATA TABLE # 110

Food category: Meat (Insect)
Scientific identification:
Unknown
Local name & other common names:
abaw, Beetle (English)
Part(s) used: Unknown
Preparation: Unknown

Nutrient	**Nutrient Composition/100g** **(edible portion)**
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, εg	-
Beta-carotene, εg	-
Vitamin A, RE-εg	-
Vitamin A, RAE-εg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:
Gathered from the forest.

COMMUNITY FOOD SYSTEM DATA TABLE # 112

Food category: Meat
Scientific identification:
Unknown
Local name & other common names:
bayawak, Forest lizard (English).
Part(s) used: Meat and skin.
Preparation: Boiled and made into "adobo" (boiled with soy sauce and vinegar).

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, εg	-
Beta-carotene, εg	-
Vitamin A, RE-εg	-
Vitamin A, RAE-εg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, hunted.
Home harvested or purchased: n/a
Seasonality of use: Year-round availability but eaten only occasionally e.g. When the natives feel like eating it, they just hunt for lizards in the forest.
Importance value to the community by age/gender:

- Considered as one of the most nutritious and delicious foods.
- Eaten only by adults.
- Only meat and skin are eaten, not the innards.

Source of nutrient data: Not analyzed.

Seasonality

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 # 113

Food category: Meat
Scientific identification:
Unknown
Local name & other common names:
manok, itlog, Chicken egg (English)
Part(s) used: Meat
Preparation: Boiled or fried.

Wild, hunted/gathered, or cultivated: n/a
Home harvested or purchased: Purchased from the market at P1.50-3.5 per piece.
Seasonality of use: Year-round availability
Importance value to the community by age/gender:

- No specific preferences by age/gender.
- One of the first weaning foods given to an infant; a common food for children.
-

COMMUNITY FOOD SYSTEM DATA TABLE # 115

Food category: Meat
Scientific identification:
Unknown
Local name & other common names:
paniki, Bat (English)
Part(s) used: Meat
Preparation: Unknown

Nutrient	**Nutrient Composition/100g** **(edible portion)**
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, εg	-
Beta-carotene, εg	-
Vitamin A, RE-εg	-
Vitamin A, RAE-εg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Seasonality

Use	**Jan**	**Feb**	**Mar**	**Apr**	**May**	**Jun**	**Jul**	**Aug**	**Sep**	**Oct**	**Nov**	**Dec**
High												

COMMUNITY FOOD SYSTEM DATA TABLE # 117

Food category: Meat
Scientific identification:
Unknown
Local name & other common names:
sawa, Python (English)
Part(s) used: Meat
Preparation: Boiled and made into "adobo" (boiled with soy sauce and vinegar).

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, εg	-
Beta-carotene, εg	-
Vitamin A, RE-εg	-
Vitamin A, RAE-εg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, hunted.
Home harvested or purchased: n/a
Seasonality of use: Year-round availability but eaten only occasionally eg. When natives feel like eating it, they just hunt for pythons in the forest or they just come across them by chance.
Importance value to the community by age/gender:

- Considered one of the most nutritious and delicious foods.
- Eaten only by adults.

Source of nutrient data: Not analyzed.

Seasonality

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

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MILK

COMMUNITY FOOD SYSTEM DATA TABLE # 120

Food category: Milk
Scientific identification:
Unknown
Local name & other common names:
gatas ng ina, Breast milk (English)
Part(s) used: n/a
Preparation: None

Nutrient	**Nutrient Composition/100g** **(edible portion)**
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, εg	-
Beta-carotene, εg	-
Vitamin A, RE-εg	-
Vitamin A, RAE-εg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

Wild, hunted/gathered, or cultivated: n/a
Home harvested or purchased: n/a
Seasonality of use: n/a
Importance value to the community by age/gender:

- Infant's main food.
- Given from birth until about 2 years of age.
- Nutritious; best food for babies.
-