**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.
-