

**STAPLES, ROOT CROPS, CEREALS AND GRAIN PRODUCTS** (Continued from the Fruit section)

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**COMMUNITY FOOD SYSTEM DATA TABLE # 62**

**Food category:** Staples, Root Crops, Cereals and Grain Products

**Scientific identification:**

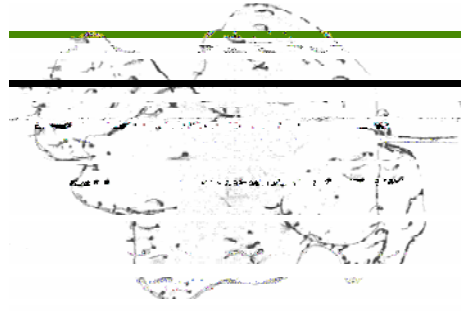
*Dioscorea hispida* Dennst.

**Local name & other common names:**

kalot or nami, Yam (English)

**Part(s) used:** Fruit

**Preparation:** Cut into thin slices, soaked in brine to



**COMMUNITY FOOD SYSTEM DATA TABLE # 63**

**Food category:** Staples, Root Crops, Cereals and Grain Products

**Scientific identification:**

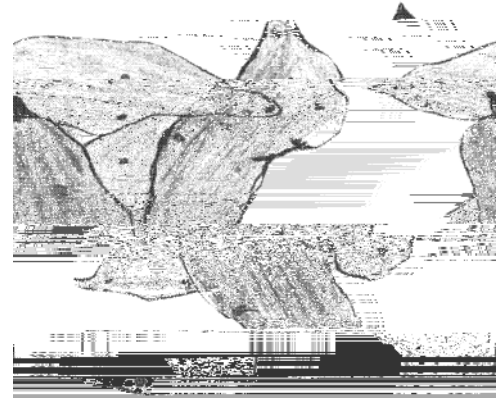
*Ipomea batatas* Linn. Lamk

**Local name & other common names:**

kamote, Sweet potato (English)

**Part(s) used:** Fruit

**Preparation:** Boiled or broiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Potato: Raw	Potato: Boiled
Energy, Kcal	132	125*
Protein, g	1.1	1.0
Fat, g	0.4	0.6
Carbohydrate, g	31.1	28.8
Calcium, mg	55	66
Iron, mg	0.7	0.8
Retinol, g	-	-
Beta-carotene, g	540	615
Vitamin A, RE- g	90	103
Vitamin A, RAE- g	45	51
Riboflavin, mg	0.04	0.04
Niacin, mg	0.6	0.6
Ascorbic acid, mg	35.0	31.0

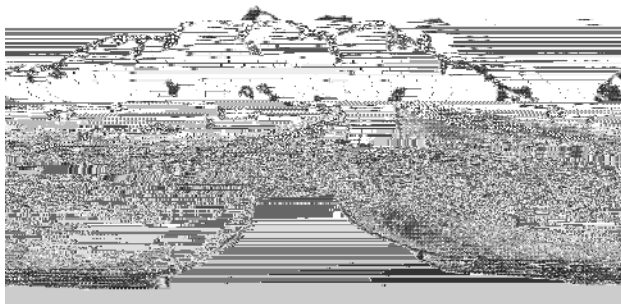
**Wild, hunted/gathered, or cultivated:** Cultivated and gathered in the community.

**Home harvested or purchased:** Home harv0 T6(ltiv)-5(atedt)4v0 T6



**COMMUNITY FOOD SYSTEM DATA TABLE # 65****Food category:** Staples, Root Crops, Cereals and Grain Products**Scientific identification:***Oryza sativa* Linn.**Local name & other common names:**

bigas, Rice (English)

**Part(s) used:** Whole grain**Preparation:** Boiled, powdered, roasted and ground to make rice coffee; powdered or ground then cooked with water until it becomes thick (cooked ground rice); also made into native delicacies.

Nutrient	Nutrient Composition/100g (edible portion)		
	Rice: Raw	Rice: Boiled	Rice coffee
Energy, Kcal	354*	128*	399*
Protein, g	7.4	2.1	8.3
Fat, g	0.5	0.2	0.5
Carbohydrate, g	80.0	29.5	90.2
Calcium, mg	27	11	121
Iron, mg	1.0	0.6	1.5
Retinol, g	-	-	-
Beta-carotene, g	-	-	-

**COMMUNITY FOOD SYSTEM DATA TABLE # 66**

**Food category:** Staples, Root Crops, Cereals and Grain Products

**Scientific identification:**

*Oryza sativa* Linn.

**Local name & other common names:**

lugaw, Rice gruel (English)

**Part(s) used:** Whole grain

**Preparation:** Boiled





## COMMUNITY FOOD SYSTEM DATA TABLE # 67

**Food category:** Staples, Root Crops, Cereals and Grain Products

**Scientific identification:**

*Pachyrizus erosus* Linn. Urb.

**Local name & other common names:**

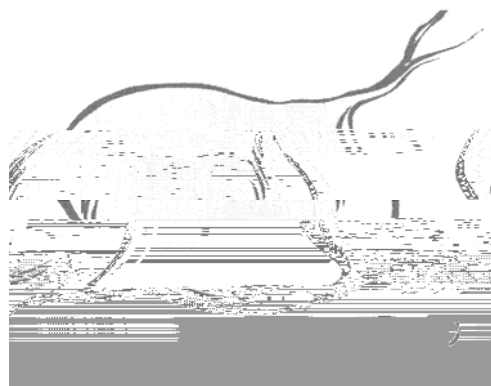
singkama, Yam bean (English)

**Part(s) used:** Fruit

**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	38
Protein, g	1.1
Fat, g	0.1
Carbohydrate, g	8.2*
Calcium, mg	9.3
Iron, mg	14
Retinol, g	-
Beta-carotene, g	Trace
Vitamin A, RE- g	Trace
Vitamin A, RAE- g	Trace
Riboflavin, mg	0.02
Niacin, mg	0.2
Ascorbic acid, mg	14.0

--- = not analyzed



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

Gathered

**Home harvested or purchased:** Home harvested

**Seasonality of use:** Summer (March-May)

**Importance value to the community by age/gender:**

- Delicious

### 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 # 68****Food category:** Staples, Root Crops, Cereals and Grain Products**Scientific identification:***Schefflera odorata*, Blanco Merr. and Rolfe**Local name & other common names:**

lima-lima

**Part(s) used:** Leaves and roots**Preparation:** Unknown

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

--- = not analyzed

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

Gathered

**Home harvested or purchased:** n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Unknown except that it is eaten only by the Aetas and not by the lowlanders.

**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 # 69**

**Food category:** Staples, Root Crops, Cereals and Grain Products

**Scientific identification:**

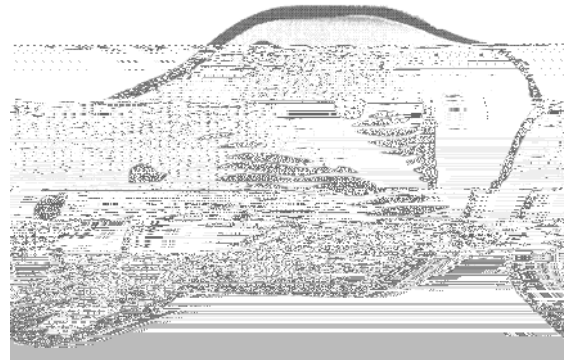
*Solanum tuberosum* Linn.

**Local name & other common names:**

patatas, Potatoes (English)

**Part(s) used:** Fruit

**Preparation:** Boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	76*	61*
Protein, g	2.4	1.7
Fat, g	0.1	0.1
Carbohydrate, g	16.4	13.4
Calcium, mg	36	34
Iron, mg	1.0	0.8
Retinol, g	-	-
Beta-carotene, g	0	Trace
Vitamin A, RE- g	0	Trace
Vitamin A, RAE- g	0	Trace
Riboflavin, mg	0.06	0.05
Niacin, mg	2.2	1.7
Ascorbic acid, mg	31.0	24.0

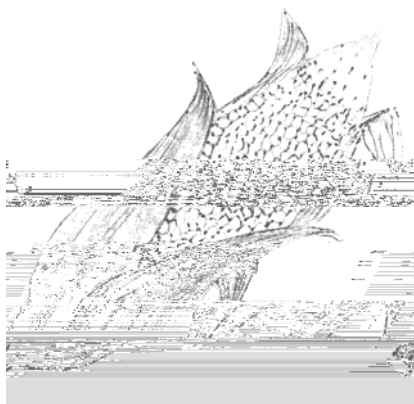
--- = not analyzed

**Seasonality**

**Use**

**COMMUNITY FOOD SYSTEM DATA TABLE # 70****Food category:** Staples, Root Crops, Cereals and Grain Products**Scientific identification:***Zea mays* Linn.**Local name & other common names:**

mais, Corn (English)

**Part(s) used:** Fruit**Preparation:** Boiled and sautéed with other foods, especially leafy greens.

Nutrient	Nutrient Composition/100g (edible portion)			
	Yellow corn: Raw	Yellow corn: Boiled	White corn: Raw	White corn: Boiled
Energy, Kcal	168*	163*	140*	134*
Protein, g	4.4	4.1	4.4	5.0
Fat, g	1.5	1.5	0.8	2.3
Carbohydrate, g	34.3	33.2	28.7	23.3
Calcium, mg	8	13	13	13
Iron, mg	0.8	1.5	0.7	0.8
Retinol, g	-	-	-	-
Beta-carotene, g	210	130	-	-
Vitamin A, RE- g	35	22	-	-
Vitamin A, RAE- g	18	11	-	-
Riboflavin, mg	0.13	0.10	0.10	0.09
Niacin, mg	1.6	1.1	1.8	1.4
Ascorbic acid, mg	11.0	6.0	6.0	6.0

**COMMUNITY FOOD SYSTEM DATA TABLE # 71****Food category:** Staples, Root Crops, Cereals and Grain Products**Scientific identification:**

Unknown (plant not available)

**Local name & other common names:**

bulaig

**Part(s) used:** Peel and fruit**Preparation:** Unknown

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

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

Wild

**Home harvested or purchased:** n/a**Seasonality of use:** Unknown**Importance value to the community by  
age/gender:**

- Delicious
- Serves as pig's food when unripe

**Source of nutrient data:** Not analyzed.