

Annex 5

OVERALL SUMMARY – HEALTHY FOODS AND FOOD TABOOS

HEALTHY FOODS	Source of Information							Effects/reasons why they are good foods						Age and sex difference		Effects for the sick child					
	Health Personnel	Older people	Parents/in-laws	Neighbours/ other people	Own experience	Books/leaflets	TV/radio	Makes the body strong and healthy	Contains vitamins	Keeps the body cool	Good for the eyes and skin	Makes the child clever	Good for the stomach/blood	Both sex (regardless of age)	Both sex (except for the breastfeeding child)	Both sex (for children 0-5 years old)	Makes the sick child healthy & strong	Reduces fever	Don't know	Sick child becomes worst	Gives stomach ache/ diarrhoea
FRUITS																					
Banana	14	11	2	-	21	2	1	15	2	-	1	-	3	43	2	9	50	1	-	3	-
Apple	4	4	-	1	3	-	-	10	-	-	1	1	1	7	-	6	12	-	-	1	-
Mangosteen	-	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Papaya	11	6	1	3	11	1	1	28	-	3	1	1	-	29	1	4	26	-	2	4	2
Orange	6	8	-	1	6	-	-	20	-	-	1	-	-	15	1	5	19	1	-	-	-
Jackfruit	1	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Winter melon	-	2	-	-	1	-	-	1	-	2	-	-	-	3	-	-	3	-	-	-	-
Longan	-	1	-	-	3	-	-	4	-	-	-	-	-	4	-	-	3	-	-	1	-
Rambutan	-	1	-	-	3	-	1	4	-	1	-	-	-	3	-	2	4	-	-	1	-
Mango	1	-	-	1	-	1	-	3	-	-	-	-	-	3	-	-	3	-	-	-	-
Coconut water	-	1	-	-	2	-	-	2	-	1	-	-	-	3	-	-	3	-	-	-	-
Custard Apple	1	-	1	-	-	-	-	2	-	-	-	-	-	1	-	1	2	-	-	-	-
Marrow	-	-	-	-	2	-	-	1	-	1	-	-	-	1	-	1	1	1	-	-	-
Water melon	1	1	-	-	1	-	-	2	-	1	-	-	-	3	-	-	2	1	-	-	-
Grape	1	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Sapodilla (Chico)	1	2	-	-	1	-	-	4	-	-	-	-	-	3	-	1	4	-	-	-	-
VEGETABLES																					
Pumpkin	20	3	3	2	5	1	7	27	4	-	8	2	1	35	1	6	34	-	1	2	-
Sapay	5		3			-	1	9	-	-	-	-	-	8	-	1	7	2	-	-	-
Ivy Gourd	15	2	1	2	1	-	4	15	4	5	-	1	-	19	-	6	23	2	-	-	-
Green Vegetables	2		-	2	3	-	1	6		2	-	-	-	8	-	-	8	-	-	-	-
Morning Glory	19	6	3	-	8	-	5	32	7	1	-	1	-	36	-	4	33	2	1	-	1
Chines cabbage	2	1	-	1		-	-	4	-	-	-	-	-	3	1	-	3	-	-	1	-
Cabbage	7	3	-	-	5	1	4	14	4	1	-	1	-	15	-	4	16	2	-	1	-
Water convolvulus	2	-	2	-	1	-	-	4	1	-	-	-	-	3	-	2	5	-	-	-	-
Soya bean	-	-	1	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Sweet potato	1	-	1	-	-	-	1	3	-	-	-	-	-	1	1	1	3	-	-	-	-

HEALTHY FOODS	Source of Information							Effects/reasons why they are good foods						Age and sex difference		Effects for the sick child					
	Health Personnel	Older people	Parents/in-laws	Neighbours/ other people	Own experience	Books/leaflets	TV/radio	Makes the body strong and healthy	Contains vitamins	Keeps the body cool	Good for the eyes and skin	Makes the child clever	Good for the stomach/blood	Both sex (regardless of age)	Both sex (except for the breastfeeding child)	Both sex (for children 0-5 years old)	Makes the sick child healthy & strong	Reduces fever	Don't know	Sick child becomes worst	Gives stomach ache/ diarrhoea
Ivy gourd leaf	-	-	1	-	-	-	-	-	-	-	1	-	-	1	-	-	-	1	-	-	-
Mustard	1	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Cucumber	2	-	-	-	-	-	-	2	-	-	-	-	-	2	-	-	2	-	-	-	-
Eggplant	-	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Tomato	1	1	1	-	-	-	-	3	-	-	-	-	-	3	-	-	2	-	-	1	-
Gourd	3	-	-	-	1	-	-	4	-	-	-	-	-	4	-	-	4	-	-	-	-
Pâté	2	-	-	1	5	-	-	7	-	1	-	-	-	7	-	1	8	-	-	-	-
Slek ongkias dei	1	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Carrot	4	-	-	-	2	-	2	6	-	-	1	1	-	7	-	1	8	-	-	-	-
Chrolung (kind of leaf)	-	-	-	-	4	-	-	2	-	2	-	-	-	4	-	-	3	1	-	-	-
Wax gourd	-	-	-	-	1	-	-	-	-	1	-	-	-	1	-	-	-	1	-	-	-
Banana flower	-	-	-	-	1	-	-	-	-	1	-	-	-	1	-	-	1	-	-	-	-
Teang Trav	-	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Cinnamon	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	1	1	-	-	-	-
Water lily	2	-	-	-	-	-	-	2	-	-	-	-	-	2	-	-	2	-	-	-	-
Cassava	1	1	-	-	1	-	-	2	1	-	-	-	-	2	-	1	2	1	-	-	-
MEAT																					
Fish	6	3	5	-	14	-	4	30	-	-	-	-	-	30	2	-	31	-	-	1	-
Beef	2	-	1	1	7	-	1	12	-	-	-	-	-	12	-	-	11	-	-	1	-
Pork	9	1	1	2	16	-	4	31	-	-	-	-	-	31	4	-	31	-	1	1	-
Egg	4	-	1	2	2	-	3	10	-	-	2	-	-	12	-	-	-	-	-	-	-
Chicken Liver	2	-	-	-	-	-	-	3	-	-	-	1	-	3	-	-	3	-	-	-	-
Chicken	3	-	2	3	4	-	1	12	-	-	-	-	-	13	-	-	13	-	-	-	-
Salty biscuit	1	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
RICE/RICE PRODUCTS																					
Plain bobor	-	-	1	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Rice	-	-	2	-	2	-	-	3	-	-	-	-	-	4	-	-	4	-	-	-	-
Mungbean dessert	-	-	1	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
Pumpkin dessert	-	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-
boiled "Dom long"	-	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-

FOOD TABOOS

FOOD TABOOS	Source of Information					Effects for the healthy							UNDIFF				Effects for the sick						
	Health Personnel	Parents	Neighbours	Experience	Older people	Fever	Diarrhoea	Cough	Stomach ache	Swollen stomach	Affect Intestine		Malaria	1- both sex, regardless of age	2- both sex, except breast-feeding babies		3- both sex, for children only aged from 0-5 years	The sickness can get more serious	Cough	Diarrhoea	Affect intestine	Fever	Stomach ache
Guava	1	5	1	17	13	7	3	-	19	1	6	-	18	1	18	21	-	-	2	8	4	2	-
Longan	-	2	1	8	1	10	1	1	-	-	-	-	11	-	1	7	1	1	-	3	-	-	-
Orange	-	-	-	2	-	1	-	-	-	-	1	-	1	1	-	1	-	-	-	1	-	-	-
Corn	-	1	-	2	3	2	-	-	2	-	-	-	3	1	2	3	1	-	1	-	-	1	-
Rambuttan	-	-	1	3	2	5	-	1	1	-	-	-	5	-	2	4	-	1	-	1	1	-	-
Tamarin	2	3	1	28	9	1	39	-	2	-	1	-	26	1	16	26	12	-	-	2	-	2	-
Mango	-	2	-	10	2	-	14	-	-	-	-	-	10	-	4	5	9	-	-	-	-	-	-
Jujube	-	-	-	1	-	-	-	-	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Elephant Apple	-	-	-	5	2	-	-	-	5	-	-	1	2	1	4	6	-	-	-	-	-	1	-
Grape	-	-	-	1	1	-	2	-	-	-	-	-	1	-	1	1	-	-	-	1	-	-	-
Kuntout	-	-	-	1	-	-	1	-	-	-	-	-	-	-	1	1	-	-	-	-	-	-	-
Takov (Kind of fruit)	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Star gooseberry	-	-	-	2	1	-	1	-	2	-	-	-	2	-	1	1	1	-	-	-	-	1	-
Milk fruit	-	-	-	1	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	1	-	-
Pineapple	-	-	-	1	1	1	1	-	-	-	-	-	1	-	1	1	1	-	-	-	-	-	-
Green Plum	-	-	-	2	2	-	4	-	-	-	-	-	3	-	1	4	-	-	-	-	-	-	-
Banana	-	-	-	-	3	-	-	-	2	1	-	-	-	-	3	1	-	-	-	-	-	1	1
Pears	-	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	1	-	-
Dragon Scale	-	-	-	1	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-	1	-	-	-
Sour fruit	-	-	-	4	-	-	4	-	-	-	-	-	1	-	3	1	1	-	-	-	-	2	-
Apple	-	1	-	1	-	-	2	-	-	-	-	-	1	-	1	1	1	-	-	-	-	-	-
Pumpkin	-	-	-	-	1	-	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	-
Custard apple	-	-	-	1	-	1	-	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Sweet potato	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Cassava	-	-	-	2	1	-	1	-	-	2	-	-	1	-	2	2	-	-	-	-	-	1	-
Durian	-	-	-	1	-	1	-	-	-	-	-	-	-	-	1	1	-	-	-	-	-	-	-
Raw vegetable	-	-	-	5	1	-	-	-	4	2	-	-	2	1	3	2	1	-	-	-	1	2	-
Peanut	1	-	-	-	-	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-

	Source of Information					Effects for the healthy						Malaria	UNDIFF			Effects for the sick							
	Health Personnel	Parents	Neighbours	Experience	Older people	Fever	Diarrhoea	Cough	Stomach ache	Swollen stomach	Affect Intestine		1- both sex, regardless of age	2- both sex, except breast-feeding babies	3- both sex, for children only aged from 0-5 years	The sickness can get more serious	Cough	Diarrhoea	Affect intestine	Fever	Stomach ache	Never feed the child	Produce worm
Cabbage	-	-	-	2	1	-	-	-	2	1	-	-	2	-	1	1	1	-	-	-	-	-	-
Ginger	-	-	-	1	-	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-	1	-
Bamboo shoot	-	-	-	2	2	3	-	-	-	1	-	-	4	-	-	2	1	-	-	1	-	-	-
Chilli	-	1	1	4	2	1	-	1	4	-	1	-	3	-	5	1	1	-	-	1	-	4	-
Egg plant	-	-	-	2	1	-	1	-	-	-	-	-	2	-	1	3	-	-	-	-	-	-	-
Morning Glory	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Turnip	-	-	-	1	-	-	-	-	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Mung Bean	-	-	-	-	1	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-	1	-
Candy	1	1	-	4	1	6	1	-	-	-	-	-	6	-	1	3	1	1	-	2	-	-	-
Ice-cream	2	2	-	3	-	5	1	-	-	-	-	-	4	-	3	4	3	-	-	-	-	-	-
Sugar-Bobor	-	1	-	-	-	1	-	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Cambodian Noodle	-	-	-	1	-	1	-	-	-	1	-	-	1	-	1	1	1	-	-	-	-	-	-
Crab Noodle	1	-	1	-	-	1	-	-	-	-	1	-	2	-	-	2	-	-	-	-	-	-	-
Coffee	1	-	-	-	-	1	-	-	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-
Num Pear (Kind of Cake)	-	-	-	1	-	1	-	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-
Water	-	-	-	2	-	-	1	-	1	-	-	-	2	-	-	1	1	-	-	-	-	-	-
Kokor-Soup	-	-	-	1	1	-	-	-	1	1	-	-	1	-	1	1	-	-	-	-	1	-	-
Palm sugar cake	-	-	-	2	1	2	-	-	1	-	-	-	1	-	2	1	-	-	-	1	-	1	-
Num Ankor (Kind of Cake)	-	-	-	1	1	1	-	-	-	1	-	-	2	-	-	2	-	-	-	-	-	-	-
Praher Soup (Kind of Soup)	-	-	-	-	1	-	-	-	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Spicy Soup	-	-	-	-	-	-	-	-	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Sticky rice	-	-	-	1	-	1	-	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Prahok	-	2	1	2	-	-	1	2	-	-	-	-	3	-	2	2	1	2	-	-	-	-	-
Salt	-	-	-	1	-	-	-	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Fish	1	-	-	2	4	-	-	-	-	1	-	-	2	-	5	4	-	-	-	-	-	-	1
Snail	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-
Pig fat	-	1	-	-	-	1	-	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-
Egg	-	-	-	1	-	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-
Oil	-	-	-	1	1	-	2	-	-	-	-	-	1	-	1	2	-	-	-	-	-	-	-