Palm weevil larvae nutritional analysis

Table 1: Micronutrient composition of farmed PWL compared to the RDA for children < 18 yo.

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| --- | --- | --- | --- | --- | --- | --- |
| **Element** | **RDA****7-12 mo****(mg/d)** | **RDA****1-3 yr****(mg/d)** | **RDA****4-6 yr****(mg/d)** | **RDA****7-9 yr****(mg/d)** | **RDA****10-18 yr****(mg/d)** | **Farmed PWL****(mg/100g)** |
| Ca | 400 | 500 | 600 | 700 | 1000 | 103 |
| Cu | 0.22 | 0.34 | 0.44 | 0.7 | 0.89 | 2.959 |
| \*Fe | 6.2 | 3.9 | 4.2 | 5.9 | 13 (avg) | 7.597 |
| K | 700 | 3000 | 3800 | 4500 | 4700 | 1499 |
| Mg | 54 | 60 | 76 | 100 | 220 | 270 |
| Mn | 0.6 | 1.2 | 1.5 | 1.75 (avg) | 1.9 (avg) | 2.948 |
| P | 275 | 460 | 500 | 1250 | 1250 | 743 |
| Se | 0.01 | 0.02 | 0.02 | 0.02 | 0.03 (avg) | 0.134 |
| \*\*Zn | 8.4 | 8.3 | 9.6 | 11.2 | 15.8 (avg) | 22.12 |

avg: average RDA for males and females of age group

\*RDA for Fe based on 15% bioavailability

\*\*RDA for Zn based on diet with low bioavailability

Table 2: Macronutrient composition of farmed PWL compared to the RDA for children < 18 yo.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Element** | **RDA****6-12 mo****(g/d)** | **RDA****1-3 yr****(g/d)** | **RDA****4-8 yr****(g/d)** | **RDA****9-13 yr****(g/d)** | **RDA****14-18 yr****(g/d)** | **Farmed PWL****% wet wt/****% dry wt** |
| Protein | 11 | 13 | 19 | 34 | 49 (avg) | 10.243/ 26.7 |
| Fat | 30 | ND | ND | ND | ND | 19.629/ 51.1 |
| Carbs | 95 | 130 | 130 | 130 | 130 | 5.886/ 15.3 |
| Fiber | ND | 19 | 25 | 28.5 (avg) | 32 (avg) | 1.572/ 4.09 |

ND: not determined (fat intake depends on daily energy intake, kcal/day)

avg: average RDA for males and females of age group