

Table 1: Micronutrient content of farmed and wild-harvested palm weevil larvae compared with RDA for children < 18 years old.

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)	Wild-harvested PWL (mg/100g)
*Ca	400	500	600	700	1000	103	95
Cl						1567	1450
Cu	0.22	0.34	0.44	0.7	0.89	2.959	2.662
*Fe	6.2	3.9	4.2	5.9	13 (avg)	7.597	8.262
K	700	3000	3800	4500	4700	1499	1387
*Mg	54	60	76	100	220	270	283
Mn	0.6	1.2	1.5	1.75 (avg)	1.9 (avg)	2.948	3.062
P	275	460	500	1250	1250	743	747
*Se	0.01	0.02	0.02	0.02	0.03 (avg)	0.134	0.441
*Zn	8.4	8.3	9.6	11.2	15.8 (avg)	22.12	23.29

RDA: Recommended Daily Allowance. The average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%-98%) healthy people. From The U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA).

*RDA from WHO/FAO Vitamin and Nutrient requirements in Human Nutrition (WHO 2004).

Fe: RDA based on 15% bioavailability; Zn: RDA based on diet with low bioavailability.

(avg): the average RDA for males and females of age category.

≈ 12 Palm Weevil Larvae = 100 g serving

Table 2: Macronutrient content of farmed and wild-harvested palm weevil larvae compared with RDA for children < 18 years old.

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	Wild-harvested PWL % wet wt/ % dry wt
Protein	11	13	19	34	49 (avg)	10.243/ 26.7	8.293/ ND
*Fat	30	ND	ND	ND	ND	19.629/ 51.1	14.368/ ND
Carbs	95	130	130	130	130	5.886/ 15.3	7.085/ND
Fiber	ND	19	25	28.5 (avg)	32 (avg)	1.572/ 4.09	1.287/ ND
Ash	ND	ND	ND	ND	ND	1.062/ 2.8	0.954/ND

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(avg): the average RDA for males and females of age category.

ND: not determined.

*Fat intake varies depending on daily energy intake (kcal/day).