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| 1. Arrowroot (nduma) |
| 1. Bananas(matoke) |
| 1. Beans |
| 1. Bhajia |
| 1. Biryani |
| 1. Bread |
| 1. Brocolli |
| 1. Burger |
| 1. Buttermilk |
| 1. Cabbage |
| 1. Carrot |
| 1. Cassava (Be mindful of cyanide poisoning when preparing cassava or it’s leaves. The cassava plant naturally produces some toxic chemical substances (linamarin and small amounts of lotaustralin) which during digestion get converted to **cyanide**. Cyanide is very toxic to humans and causes severe health problems) |
| 1. Chapati |
| 1. Chicken |
| 1. Chips |
| 1. Coconut milk |
| 1. Coleslaw Salad Kachumbari |
| 1. Eggplant |
| 1. Eggs |
| 1. Fermented Milk |
| 1. Fish |
| 1. Githeri |
| 1. Gizzard |
| 1. Goat |
| 1. Green grams |
| 1. Grilled Meat |
| 1. Indigenous vegetable (Kienyeji) |
| 1. \t\tAmaranthus (Terere) |
| 1. \t\tArrowroot leaves |
| 1. \t\tBacella alba (Nderema) |
| 1. \t\tBean leaves |
| 1. \t\tBlack night shade (Managu, osuga) |
| 1. \t\tCassava leaves |
| 1. \t\tcowpea leaves (Kunde) |
| 1. \t\tCrotolaria (Mitoo/miro). |
| 1. \t\tJews Mallow /Jute (mrenda/murere) |
| 1. \t\tpumpkin leaves (Seveve, malenge leaves) |
| 1. \t\tspider plant (Saget, saga) |
| 1. \t\tStinging nettle leaves |
| 1. \t\tSweet potatoe leaves |
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| 1. Irio (Irio is a mix of mashed potatoes, peas, and corn. It is usually eaten with grilled meat and is called "nyama na irio.") |
| 1. Irish Potato(Waru) |
| 1. Liver |
| 1. Mabuyu |
| 1. Maize (roasted/boiled) |
| 1. Mandazi |
| 1. Mashed potato |
| 1. Mbaazi |
| 1. Minji |
| 1. Mukimo |
| 1. Mushroom |
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| 1. Muthokoi |
| 1. Mutton |
| 1. Omena |
| 1. Peanut stew |
| 1. Pigeon Peas (Mbaazi) |
| 1. Pilau |
| 1. Pizza |
| 1. Pork |
| 1. Porridge |
| 1. Rice |
| 1. Samosa |
| 1. Sausage |
| 1. Shellfish |
| 1. Smokey |
| 1. Snacks |
| 1. Spinach |
| 1. Sukuma |
| 1. Sweet Potato |
| 1. Tea |
| 1. Ugali |
| 1. Viazi karai |
| 1. Winged termite (bie) |