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| Ackee |
| African Horned Cucumber |
| Apple |
| Arrowroot (nduma) |
| Avocado |
| Banana |
| Bananas(matoke) |
| Beans |
| Bhajia |
| Biryani |
| Bread |
| Brocolli |
| Burger |
| Buttermilk |
| Cabbage |
| Carrot |
| 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) |
| Chapati |
| Cherimoya (Custard Apple) |
| Chicken |
| Chips |
| Coconut milk |
| Salad (Kachumbari) |
| Cucumber |
| Cupuacu |
| Custard apple |
| Date |
| Dragon Fruit |
| Durian |
| Eggplant |
| Eggs |
| Fermented Milk |
| Figs |
| Fish |
| Githeri |
| Gizzard |
| Goat |
| Green grams |
| Grilled Meat |
| Guava  Indigenous Vegetables |
| Irio (Irio is a mix of mashed potatoes, peas, and corn. It is usually eaten with grilled meat and is called "nyama na irio.") |
| Irish Potato(Waru) |
| Jabuticaba |
| Jack fruit |
| Juice |
| Lemon |
| Lime |
| Liver |
| Mabuyu |
| Maize (roasted/boiled) |
| Mandazi |
| Mango |
| Mashed potato |
| Mbaazi |
| Minji |
| Miracle Fruit |
| Mukimo |
| Mushroom |
| Muthokoi |
| Mutton |
| Olive |
| Omena |
| Orange |
| Pawpaw |
| Peaches |
| Peanut stew |
| Peas |
| Pilau |
| Pineapple |
| Pizza |
| Pomegranate |
| Pork |
| Porridge |
| Rambutan |
| Rice |
| Samosa |
| Sausage |
| Shellfish |
| Smokey |
| Snacks |
| Soda |
| Spinach |
| Sukuma |
| Sweet Potato |
| Tangerine |
| Tea |
| Ugali |
| Viazi karai |
| Watermelon |
| Winged termite (bie) |
| Wine |