1. Ackee   
 2. Aliya(Dried meat)   
 3. Apple   
 4. Arrowroot (nduma)  
 5. Avocado   
  
banana"  
 6. Banana(Ripe)   
  
matoke"  
 7. Bananas(matoke)   
  
beans"  
 8. Beans   
  
beef"  
 9. Beef(cattle meat)   
  
bhajia"  
 10. Bhajia   
  
biryani"  
 11. Biryani   
  
bread"  
 12. Bread   
  
brocollli"  
 13. Brocolli   
  
burger"  
 14. Burger   
  
cabbage"  
 15. Cabbage   
  
carrot"  
 16. Carrot   
  
  
cassava"  
 17. Cassava   
  
  
chapati"  
 18. Chapati   
  
cherimoya"  
 19. Cherimoya (Custard Apple)   
  
chicken"  
 20. Chicken   
  
chips"  
 21. Chips   
  
coconutMilk"  
 22. Coconut milk   
  
salad"  
 23. Salad (Kachumbari)   
  
cucumber"  
 24. Cucumber   
  
cupuacu"  
 25. Cupuacu   
  
custardApple"  
 26. Custard apple   
  
dates"  
 27. Date   
  
dragonFruit"  
 28. Dragon Fruit   
  
durian"  
 29. Durian   
  
eggplant"  
 30. Eggplant   
  
eggs"  
 31. Eggs   
  
fermentedMilk"  
 32. Fermented Milk   
  
figs"  
 33. Figs   
  
fish"  
 34. Fish   
  
githeri"  
 35. Githeri   
  
gizzards"  
 36. Gizzard   
  
goat"  
 37. Goat   
  
dengu"  
 38. Green grams(dengu)   
  
grilledMeat"  
 39. Grilled Meat   
  
guava"  
 40. Guava   
  
indigenousVegetable"  
 41. Indigenous Vegetables   
  
  
amaranthus"  
 a) tAmaranthus (Terere)   
arrowrootLeaves"  
 b) tArrowroot leaves   
basella"  
 c) tBasella alba (Nderema)   
beanLeaves"  
 d) tBean leaves   
managu"  
 e) tBlack night shade (Managu, osuga)   
cassavaLeaves"  
 f) tCassava leaves   
cowpeaLeaves"  
 g) tcowpea leaves (Kunde)   
mitoo"  
 h) tCrotalaria (Mitoo/miro)   
mrenda"  
 i) tJews Mallow /Jute (mrenda/murere)   
pumpkinLeaves"  
 j) tPumpkin leaves (Seveve, malenge leaves)   
spiderPlantSaga"  
 k) tSpider plant (Saget, saga)   
stingingNettleLeaves"  
 l) tStinging nettle leaves   
sweetPotatoLeaves"  
 m) tSweet potato leaves   
  
  
irio"  
 42. Irio(mashed potatoes+peas+corn)   
  
waru"  
 43. Irish Potato(Waru)   
  
jabuticaba"  
 44. Jabuticaba   
  
jackFruit"  
 45. Jack fruit   
  
juice"  
 46. Juice   
  
lemon"  
 47. Lemon   
  
lime"  
 48. Lime   
  
liver"  
 49. Liver   
  
mabuyu"  
 50. Mabuyu   
  
maize"  
 51. Maize (roasted/boiled)   
  
mandazi"  
 52. Mandazi   
  
mango"  
 53. Mango   
  
mashedPotato"  
 54. Mashed potato   
  
pigeonPeas"  
 55. Pigeon Peas (Mbaazi)   
  
minji"  
 56. Minji   
  
miracleFruit"  
 57. Miracle Fruit   
  
mukimo"  
 58. Mukimo   
  
mushroom"  
 59. Mushroom   
  
muthokoi"  
 60. Muthokoi   
  
mutton"  
 61. Mutton(sheep meat)   
  
olive"  
 62. Olive   
  
omena"  
 63. Omena   
  
orange"  
 64. Oranges   
  
pawpaw"  
 65. Pawpaw   
  
peaches"  
 66. Peaches   
  
peanutStew"  
 67. Peanut stew   
  
peas"  
 68. Peas   
  
pilau"  
 69. Pilau   
  
pineapple"  
 70. Pineapple   
  
pizza"  
 71. Pizza   
  
pomegranate"  
 72. Pomegranate   
  
pork"  
 73. Pork(Pig meat)   
  
porridge"  
 74. Porridge   
  
rambutan"  
 75. Rambutan   
  
rice"  
 76. Rice   
  
samosa"  
 77. Samosa   
  
sausage"  
 78. Sausage   
  
shellfish"  
 79. Shellfish   
  
smokey"  
 80. Smokey   
  
snacks"  
 81. Snacks   
  
soda"  
 82. Soda   
  
spinach"  
 83. Spinach   
  
collardGreens"  
 84. Sukuma (Collard greens)   
  
sweetPotato"  
 85. Sweet Potato   
  
tangerine"  
 86. Tangerine   
  
tea"  
 87. Tea   
  
ugali"  
 88. Ugali   
  
viaziKarai"  
 89. Viazi karai   
  
watermelon"  
 90. Watermelon  
 91. Winged termite   
 92. Wine