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TANZANIA FOOD COMPOSITION TABLES

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Abbreviations

CGMPU	Child Growth and Promotion Union
CRSP	Child Nutrition Collaborative Research Support Program
DI	dietary intakes
FDB	food database
FFQ	food frequency questionnaire
g	gram
HIV	Human Immunodeficiency Virus
HSPH	Harvard School of Public Health
IML	International MiniList
mg	milligram
L	Litre
mL	millilitres
MMC	Muhimbili Medical Center
MUCHS	Muhimbili University College of Health Science
MUHAS	Muhimbili University of Health and Allied Sciences
PNS	Peri natal Study
HPTN	HIV Prevention Trial Network
RA	Research Assistants
TFNC	Tanzania Food and Nutrition Centre
TOV	trial of vitamins
UC	University of California
UCLA	University of California at Los Angeles
µg	microgram
USDA	United States Department of Agriculture
WFDAP	WorldFood Dietary Assessment Program
WFDAS	WorldFood Dietary Assessment System

- Researchers —enable the analysis of the diet intake data of individuals and populations in order to determine dietary correlates with diseases and their causes .

1.2 Development of the Tanzania Food Composition Tables

1.2.1 WorldFood Dietary Assessment System (WFDAS)

TFCT are based on the WFDAS, which include the International Food Composition Tables (the International MiniList or IML) in 1988–1992 at UC Berkeley, which were developed as part of the WorldFood Dietary Assessment Program (WFDAP) (4). This approach was adopted following the Nutrition Collaborative Research Support Program (Nutrition CRSP) in Egypt, Kenya, and Mexico in 1983–86 (5). The IML includes foods from Egypt, Kenya and Mexico as well as Indonesia, India, and Senegal. The IML provides information on a total of 48 nutrients in 195 foods which represent the foods consumed in most developing countries. The nutrient content of each food is per 100 g edible weight (4).

WFDAS is programmed to facilitate: the creation of additional databases by importing foods from the six country databases already within the system; the analysis of individual diets and the recipes, and the addition of foods from other sources.

Table 1.1. List of Nutrients in IML

Macronutrients (14)	Vitamins (12)	Minerals (10)	Amino Acids (12)
Energy	Vitamin A	Calcium	Tryptophan
Animal kcal	Animal vitamin A	Phosphorus	Threonine
Total protein	Vitamin D	Magnesium	Isoleucine
Animal protein	Vitamin C	Potassium	Leucine
*MFP protein	Vitamin E	Sodium	Lysine
Total Fat	Thiamine	Iron	Valine
Carbohydrate by difference	Riboflavin	*MFP – iron	Methionine
Sucrose	Niacin	Zinc	Cystine
Saturated fats	Folate	Copper	Tyrosine
Monounsaturated fats	Vitamin B6,	Manganese	Phenylalanine
Polyunsaturated fats	Vitamin B12		Arginine
Cholesterol	Pantothenic Acid		Histidine
Fiber			
Phytic acid			

***Meat, Fish and Poultry**

1.2.2. Compilation of the Tanzania Food Composition Tables

A floppy diskette of the WorldFood Dietary Assessment Program (WFDAP)⁴ was obtained from UCLA and installed on a personal computer. It was accompanied by a manual with instructions on how to install the databases, diet intake analysis of individuals and recipes, and the import foods to create a new database.

⁴ WFDAP can now be downloaded from <http://www.fao.org/informatics/infodiv/worldfood.html> (8)

Foods available and consumed in Tanzania and East Africa were identified and imported from IML, and Kenya food database. Any food not found in the Kenya database was imported from one of the other five countries' databases in WFDAP or from other appropriate food composition tables (9,10,11,12).

1.3 Food Groups

The foods were categorized into specific food groups, and the food composition tables were organized into eight sections (Table 1.2).

Each food group was assigned food codes of a specific range; for example cereals 1–100, fruit and fruit juices 101–150, and so on. The number of food codes exceeds the total number of foods, so as to accommodate the addition of new foods to any specific food group in the food composition tables. Local dishes are included in the appropriate food group and have been assigned specific food codes (Table 1.3).

The foods within each food group are listed alphabetically, not by food code. Except for animal kcal, all the nutrients shown in Table 1.1 are included in the Tanzania Food Composition Tables.

Table 1.2. Food groups and food codes in Food Composition Tables

	Food Group	Food codes assigned
A1	Cereals and cereal products	1–100
A2	Cereal-based local dishes	501–550
B1	Roots, tubers, bananas	351– 400
B2	Roots, tubers, and banana-based local dishes	951–1000
C1	Pulses, nuts, seeds	151–200
C2	Pulse, nut and seeds-based local dishes	651–700
D1	Meat, poultry (including eggs), fish	201–250 and 301–350
D2	Meat, poultry (including eggs), fish-based local dishes	551–600
D3	Milk and milk products	251–300
E	Oils and fats	1101–1150
F1	Fruit and fruit juices	101–150
F2	Fruit-based local dishes	601–650
F3	Vegetables	401–450
F4	Vegetable-based local dishes	751–800
GM1	Miscellaneous	451–500
GM2	Miscellaneous local dishes	
H	Locally prepared broths	851–900

Table 1.3 Details of the food items in each food group

	Food Group	Details
A1	Cereals and cereal products	Cereals such as rice, wheat, oat. Cereal products such as bread, biscuits, porridge, breakfast cereals
A2	Cereal-based local dishes	Local dishes prepared with cereals (e.g. porridges, chapatti)
B1	Roots, tubers, and bananas	Foods such as potatoes, cassava, taro and banana
B2	Roots, tubers, and banana-based Local dishes	Local dishes prepared with roots, tubers and bananas (e.g. cassava with coconut, potato chips)
C1	*Pulses, seeds, nuts	Mature and immature legumes, pulses, and foods commonly referred to as nuts and seeds
C2	*Pulses, seeds, and nuts-based local dishes	Local dishes with pulses, nuts and seeds (e.g. pigeon pea relish).
D1	Meat, poultry, fish	Foods commonly referred to as meat, poultry (including eggs) and fish products (e.g. sausages)
D2	Meat, poultry, and fish-based local dishes	Cooked dishes prepared with meat, poultry or fish (e.g. fish or chicken or beef relish)
D3	Milk and milk products	Milk and milk products, including sweetened condensed milk, ice cream, infant formula, yogurt, skim milk (dry or liquid), cheese
E	Oils and fats	Also includes foods concentrated in fats and oils (e.g. coconut)
F1	Fruit and fruit juices	Foods commonly referred to as fruits including avocado, but not tomato or cucumber
F2	Fruit-based local dishes	Fruit jams, juices, fruit salad with citrus fruit such as orange or pulp fruit such as papayas
F3	Vegetables	Foods commonly referred to as vegetables such as carrots, tomatoes, spinach, pumpkin leaves, immature maize, pumpkin
F4	Vegetable-based local dishes	Cooked dishes prepared with vegetables (e.g. spinach relish with oil).
GM1	Miscellaneous	Dried spices, sugar, honey, insects, alcoholic and non alcoholic drinks, water sherbet, sauces, salt
GM2	Miscellaneous local dishes	All beverages such as tea, coffee, local brews. Snacks such as groundnut cluster
H	*Broths	Clear liquids produced by cooking meat, poultry, fish, seafood, or vegetables in water and other ingredients, such as onion, tomatoes, salt, oil

*An edible seed from a pod (e.g. peas, beans), eaten fresh or dried.

* Defined as a liquid food made by cooking meat, fish, vegetables or other ingredients in water, milk, or stock

1.4 Features of the Tanzanian Food Composition Tables

All food items including the local dishes for each food group have been arranged into 17 groups (Tables 1.2). Table 1.3 also shows the details of the specific food items included in these food groups. Table 1.4 depicts an example of the layout of the food composition tables. Nutrient values are expressed per 100 grams. Each food item is identified by a unique food code.

A missing nutrient value for any food item is indicated by zero (0) in the tables.

All nutrient values are expressed to either the nearest one decimal point (e.g. 20.12 is expressed as 20.1) or to two decimal points (e.g. 0.5645 as 0.56 and 0.677 as 0.68).

The nutrient values of all foods are expressed per 100 g edible portion for raw or cooked foods unless otherwise indicated. Different food codes have been assigned to the same foods listed as raw, cooked, edible portion (EP) and all portion (AP). All the nutrient values were adjusted for moisture and waste in the original IML on which the food composition tables are based.

1.4.1 Terms in the Food Composition Tables

RAW-EP: Raw or uncooked—edible portion before cooking and is the part of the food that is eaten. Excludes any waste, such as seeds, skin (if not eaten), bones, etc.

RAW-AP: Raw or uncooked food—both the edible and inedible components (e.g. seeds, peel, shells, bones).

COOKED-EP: Cooked, edible portion—food after cooking of the part that is eaten excluding any waste, such as seeds, skin (if not eaten), bones, etc.

COOKED-AP Cooked, as purchased—food after cooking; includes the waste (e.g. peel, bones).

Table 1.4. Example of the layout of the Tanzania Food Composition Tables
Nutrient values expressed per 100 g of Edible Food Item

Food code	Macronutrients	Energy Kcal	Protein g	Animal Protein g	MFP Protein g	FAT g	CHO DF g
A1	Cereals and cereal products						
1	Biscuit	434	9.2	0	0	11.8	71.5
2	Bread roll	274	8.8	0	0	3	51.9
3	Bread, white	274	8.8	0	0	3	51.9
5	Buns	274	8.8	0	0	3	51.9
	Local dishes						
A2	Cereal-based local dishes						
513	Chapati (Dry)	208	5	0	0	4	38
512	Chapati with oil	372.6	5.9	0	0	19.5	50.6
532	Donut – African	359.7	5.2	0	0	15.5	50.6

Table 1.5 Example of a TFCT Recipe Calculation

Pancake: Total cooked amount = 2000 g (20 pancakes)						
*Food code	*Ingredient	Amount g	*Energy Kcal/100 g	Total Energy	*Protein g / 100 g	Total Protein g
30	Wheat flour	1000	364	3640	12.3	123
307	Egg, Chicken	300	155	465	12.6	37.8
463	Salt iodized	4	0	0	0	0
1113	Vegetable oil	300	862	2586	0	0
Total per recipe	<i>Water was added but not weighed</i>			6691	24.9	160.8
Per @100 g			334.6		8	—

*As in FDB

@Total nutrient A x 100/ Total cooked food weight (g).

1.5.3 Recipes of Local Cooked Dishes

We collected more than one recipe for several dishes. Nutrients were calculated for each recipe and then the average values for a particular dish were entered in the Tanzania Food Composition Tables. These recipes were not standardized for waste or vitamin loss during cooking. For this information the user may refer to the FAO Food composition tables for use in Africa and the USDA National Nutrient Database for Standard Reference, Release 19 (10, 11), both of which are available online.

Each recipe was assigned a food code. The recipes are listed by their codes at the end of food tables in Section 2. We hope this will enable the users to easily refer to the information on recipes and ingredients.

1.6 Nutrients

1.6.1 Energy

The energy value of the foods is given in kilocalories (1 kcal = 4.184 joules).

The percentage of energy contributed by the protein, fat, and carbohydrate in a food is based on factors of 4 kcal/g for protein, 9 kcal/g for fat, 4 kcal/g for total carbohydrate (i.e. available carbohydrate plus dietary fiber), and 7 kcal/g for alcohol. The sum of these percentages does not usually add up to 100%.

1.6.2 Protein

Total protein value is given as grams per 100 g food. Separate values for total animal protein and total protein of meat, poultry, and fish (MFP protein, excludes milk), already included in total protein, are also given as gram per 100g food.

1.6.3. Fat

The total fat value, given as grams per 100 g food, is subdivided into saturated, monounsaturated, and polyunsaturated fatty acids. In addition to fatty acids, the total fat in a food may include non-fatty acid components of phospholipids, unsaponifiable components, such as sterols, and the glycerol component of triglycerides.

Table 1.6 Field and Measuring Units for Nutrients

FOOD CODE	This is the food code field, which uniquely identifies each food in the food composition table.
FOOD NAME	This is the field for the food name
MACRONUTRIENTS	
ENERC_KCAL	Energy in kilocalories
PROCNT	Total protein in grams
A_PROTEIN	Protein in grams from animal sources
MFP_PROTEI	Protein in grams from meat, fish, and poultry (does not include milk and eggs)
FAT	Total fat in grams
CHOCDF	Total carbohydrates by difference in grams
SUCS	Total sugar in grams
FASAT	Saturated fatty acids in grams
FAMS	Monounsaturated fatty acids in grams
FAPU	Polyunsaturated fatty acids in grams
CHOLE	Cholesterol in milligrams
FIB	Fiber, method of determination unknown (dietary fiber), in grams
PHYTAC	Phytate in milligrams
VITAMINS	
VITA	Vitamin A in retinol equivalents (micrograms)
A_VITA	Animal source vitamin A in retinol equivalents (micrograms)
VITD	Vitamin D in micrograms
VITE	Vitamin E in tocopherol equivalents
VITC	Vitamin C in milligrams
THIA	Thiamin in milligrams
RIBF	Riboflavin in milligrams
NIA	Niacin, pre-formed in milligrams
VITB6	Vitamin B6 in milligrams
FOL	Folate in micrograms
VITB12	Vitamin B12 in micrograms
PANTAC	Pantothenic acid in milligrams
MINERALS	
CA	Calcium in milligrams
P	Phosphorus in milligrams
MGM	Magnesium in milligrams
K	Potassium in milligrams
NA	Sodium in milligrams
FE	Iron in milligrams
MFP_FE	Iron from meat, fish, and poultry in milligrams (does not include milk or eggs)
ZN	Zinc in milligrams
CU	Copper in milligrams

Table 1.6 continued

AMINO ACIDS	
TRP	Tryptophan
THR	Threonine
ILE	Isoleucine
LEU	Leucine
LYS	Lysine
MET	Methionine
CYS	Cystine
PHE	Phenylalanine
TYR	Tyrosine
VAL	Valine
ARGM	Arginine
HIS	Histidine

1.8 Bioavailability of Nutrients

The term bioavailability (biological availability) is defined as the proportion of a nutrient in food that is utilized for normal body function (11). Many nutrients, including iron, calcium, magnesium, zinc, copper, manganese, niacin and folate, are not totally absorbed and utilized. No allowance for this has been made in the Tanzania Food Composition Tables and the values given are the actual values of the raw ingredients.

This should be noted when interpreting the analyzed dietary intake data. The WorldFood Dietary Assessment Program may be used to calculate the available iron and zinc intakes.

1.9 Calculating of Nutrient Intakes Using the TFCT

- Choose the item in the tables that corresponds most closely with the foods consumed.
- If the food consumed is not in the tables, then choose a suitable alternative by considering the type of food, general characteristic of the food, and likely nutrition profile. However, the results might not be fully accurate, and other sources of data may be sought (e.g. South African food tables or the USDA National Nutrition database (9,11).
- Once the food has been selected, the nutrient intakes are calculated by multiplying the nutrient figure shown in the tables by the weight of the food consumed (nutrients are expressed per 100 g or 100 mL in case of beverages). For example, if 60 g food has been consumed, multiply the nutrients by 0.6; if 150 g has been consumed, multiplied by 1.5. The results from these calculations, when added, will give the total nutrient intake.
- **Recipes**
If the sample of food consumed is a cooked dish prepared with a different recipe from those in this book, its nutrients can be calculated using the method given in Table 4.

Table 1.7. Typical percentage losses of vitamins in cooking

Vitamins	Cereals		Eggs	Milk	Meat	
	Boiling	Baking	Fried or omelet	Boiling	Grilled or fried	Other methods
Thiamine	40	25	5	10	20	20
Riboflavin	40	15	20	10	20	20
Niacin	40	5	5	(0)	20	20
Vitamin B6	40	25	15	10	20	20
Folate	50	50	30	20	ND	50
Pantothenic acid	40	25	15	10	20	20
Biotin	40	0	-		10	10
Vitamin C				50	ND	50
Vitamin E				20	20	20
Vitamin B12					20	20
Vitamin A					0	0

Values in brackets are estimates

Table 1.8. Typical percentage losses of vitamins on cooking

Vitamins	Fish			
	Poaching	Baking	Grilling	Frying
Vitamin A	0	0	0	0
Vitamin D	0	0	0	0
Vitamin E	0	0	0	0
Thiamine	10	30	10	20
Riboflavin	0	20	10	20
Niacin	10	20	10	20
Vitamin B6	0	10	10	20
Vitamin B12	0	10	0	0
Folate	0	20	0	0
Pantothenic acid	20	20	5	20
Biotin	10	10	0	10

Table 19. Typical percentage losses of vitamins on cooking

	Vegetables			Fruits
	Boiling	Frying	Cooked dishes	Stewing and Baking
Carotene	ND	ND	0	(0)
Thiamine	35	20	20	25
Riboflavin	20	0	20	25
Niacin	30	0	20	25
Vitamin B6	40	25	20	20
Folate	40	55	50	80
Pantothenic acid	ND	ND	20	25
Biotin	ND	ND	20	25
Vitamin C	45	30	50	25

Values in brackets are estimates.

ND= Not determined

A1 Cereal and Cereal products

	Macronutrients	ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
1	Biscuit	434.0	9.2	0.0	0.0	11.8	71.5
2	Bread roll	274.0	8.8	0.0	0.0	3.0	51.9
3	Bread, white	274.0	8.8	0.0	0.0	3.0	51.9
6	Cake	320.0	4.7	2.2	0.0	12.3	48.6
7	Cookie	478.0	5.1	0.0	0.0	21.1	67.9
8	Donut	478.0	5.1	0.0	0.0	21.1	67.9
9	Infant cereal, Cerelac	387.0	14.0	8.5	0.0	1.0	78.1
33	Macaroni or spaghetti	371.0	10.5	0.0	0.0	1.0	77.8
10	Maize, cracked, cooked	119.0	2.7	0.0	0.0	1.2	25.4
11	Maize, dried, raw	362.0	8.1	0.0	0.0	3.6	76.9
12	Maize, flour, dry	362.0	8.1	0.0	0.0	3.6	76.9
13	Maize, green, cooked	246.0	7.5	0.0	0.0	3.0	57.2
14	Maize, on the cob, immature	59.0	1.8	0.0	0.0	0.7	13.8
15	Maize, yellow, flour	362.0	8.1	0.0	0.0	3.6	76.9
16	Millet, bulrush	361.0	11.6	0.0	0.0	5.0	68.7
17	Millet, finger, grain or flour	328.0	6.6	0.0	0.0	1.3	76.2
34	Mixed porridge flour (maize and oil)	414.4	16.9	0.0	0.0	15.6	56.1

A1 Cereal and Cereal products

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
1	Biscuit	2.1	6.5	1.8	0.0	2.7	0.4	180.0
2	Bread roll	0.6	1.2	0.7	0.0	2.8	0.1	30.0
3	Bread, white	0.6	1.2	0.7	0.0	2.8	0.1	30.0
6	Cake	3.5	5.3	2.9	50.0	0.6	28.2	68.0
7	Cookie	5.4	11.8	2.7	51.0	0.5	22.0	116.0
8	Donut	5.4	11.8	2.7	51.0	0.5	22.0	116.0
9	Infant cereal, Cerelac	0.5	0.2	0.2	5.0	0.7	0.2	290.0
33	Macaroni or spaghetti	0.2	0.1	0.4	0.0	2.8	0.4	288.0
10	Maize, cracked, cooked	0.2	0.3	0.5	0.0	2.4	0.1	264.0
11	Maize, dried, raw	0.5	0.9	1.6	0.0	7.3	0.3	800.0
12	Maize, flour, dry	0.5	0.9	1.6	0.0	7.3	0.3	800.0
13	Maize, green, cooked	0.5	0.9	1.4	0.0	6.4	3.4	71.0
14	Maize, on the cob, immature	0.1	0.2	0.3	0.0	1.5	0.8	17.0
15	Maize, yellow, flour	0.5	0.9	1.6	0.0	7.3	0.3	800.0
16	Millet, bulrush	0.9	1.1	2.2	0.0	24.7	1.6	870.0
17	Millet, finger, grain or flour	0.3	0.6	0.3	0.0	13.4	0.2	520.0
34	Mixed porridge flour (maize and oil)	2.2	6.2	6.1	0.0	7.0	1.8	1037.2

A1 Cereal and Cereal products *continued*

	Macronutrients	ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
19	Mixed porridge flour (no maize)	332.2	10.1	0.0	0.0	7.0	62.1
18	Mixed porridge flour (with maize)	382.2	13.8	0.0	0.0	10.2	63.5
20	Porridge, fermented	43.0	1.0	0.0	0.0	0.4	9.2
22	Rice, flour, local	366.0	5.9	0.0	0.0	1.4	80.1
21	Rice, fried and boiled	174.0	2.6	0.0	0.0	7.4	24.6
23	Rice, white, grain, raw	358.0	6.5	0.0	0.0	0.5	79.8
35	Semolina	364.0	10.3	0.0	0.0	1.0	76.3
24	Sorghum	339.0	11.3	0.0	0.0	3.3	74.6
26	Sorghum, flour	339.0	11.3	0.0	0.0	3.3	73.7
27	Vermicelli, uncooked	395.0	13.4	0.0	0.0	2.0	79.2
29	Wheat, flour, whole grain	339.0	13.7	0.0	0.0	1.9	72.6
28	Wheat,dough, deep fried	317.0	7.2	0.0	0.0	7.7	53.4
30	Wheat, flour, 72% extract	364.0	10.3	0.0	0.0	1.0	76.3
31	Wheat, flour, maida	349.0	12.3	0.0	0.0	1.5	74.1

A1 Cereal and Cereal products *continued*

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
19	Mixed porridge flour (no maize)	1.0	3.1	2.4	0.0	9.0	0.8	694.0
18	Mixed porridge flour (with maize)	1.5	4.1	4.0	0.0	8.6	1.3	699.0
20	Porridge fermented	0.1	0.1	0.2	0.0	0.9	0.0	96.0
22	Rice, flour, local	0.4	0.4	0.4	0.0	2.4	0.1	353.0
21	Rice, fried and boiled	1.1	1.8	4.3	0.0	1.3	0.1	94.0
23	Rice, white, grain, raw	0.1	0.2	0.1	0.0	0.8	0.3	352.0
35	Semolina	0.2	0.1	0.4	0.0	2.7	0.4	282.0
24	Sorghum	0.5	1.0	1.4	0.0	9.0	0.7	439.0
26	Sorghum, flour	0.5	1.0	1.4	0.0	12.7	0.7	618.0
27	Vermicelli, uncooked	0.3	0.3	0.8	0.0	4.8	0.8	227.0
29	Wheat, flour, whole grain	0.3	0.2	0.8	0.0	12.2	0.4	282.0
28	Wheat,dough, deep fried	1.1	1.7	4.4	0.0	1.9	0.3	197.0
30	Wheat, flour, 72% extract	0.2	0.1	0.4	0.0	2.7	0.4	282.0
31	Wheat, flour, maida	0.3	0.1	0.7	0.0	8.4	0.4	620.0

A2 Cereal-based local dishes

Macronutrients			ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
			Kcal	g	g	g	g	g
534	Cake (home made)	Two recipes	375.6	4.6	2.1	0.0	21.3	42.4
513	Chapati, dry Indian	Two recipes	207.9	5.2	0.0	0.0	3.5	38.2
512	Chapati with oil	Three recipes	372.6	5.9	0.0	0.0	19.5	43.9
532	Donut-African	One recipe	316.6	5.2	0.0	0.0	10.5	50.6
525	Maize and kidney bean dish	One recipe	156.5	3.6	0.0	0.0	7.0	21.4
523	Maize and sorgum ugali (stiff porridge)	One recipe	110.3	3.0	0.0	0.0	0.9	24.7
531	Maize porridge with margarine and sugar	One recipe	100.2	1.1	0.0	0.0	0.8	23.1
505	Maize porridge no sugar no milk	One recipe	36.2	0.8	0.0	0.0	0.4	7.7
506	Maize porridge with sugar	Six recipes	94.0	0.8	0.0	0.0	0.4	22.7
502	Maize porridge with sugar and egg	One recipe	106.6	4.4	3.7	1.1	3.6	14.4
507	Maize porridge with sugar and milk	One recipe	129.8	1.2	0.8	0.8	1.0	30.0
519	Maize ugali (stiff porridge)	Twenty one recipes	123.8	2.7	0.0	0.0	1.2	25.6
508	Millet porridge with sugar	One recipe	91.0	0.7	0.0	0.0	0.1	22.6
509	Mix flour porridge with sugar	Six recipes	130.3	2.2	0.0	0.0	6.7	16.4
514	Pancake	One recipe	291.4	7.0	1.9	0.0	12.1	383.0
543	Rice biriyani	One recipe	208.3	9.9	8.1	8.1	10	19.5
516	Rice boiled no Oil	Two recipes	159.1	2.6	0.0	0.0	0.6	34.8
517	Rice boiled with Oil	Eleven recipes	199.1	2.9	0.0	0.0	3.0	39.2

A2 Cereal-based local dishes

	Macronutrients	FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
534	Cake (home made)	12.9	5.7	1.0	115.2	0.7	23.3	67.7
513	Chapati, dry, Indian	2.7	0.2	0.3	0.0	1.3	0.2	141.0
512	Chapati with oil	16.5	1.2	0.6	0.0	1.6	0.2	162.2
532	Donut, African	8.7	0.6	0.4	0.0	1.4	12.3	141
525	Maize and kidney bean dish	5.5	0.5	0.5	0.0	2.8	0.1	311.2
523	Maize and sorghum ugali (stiff porridge)	0.0	0.3	0.4	0.0	4.3	0.2	197.8
531	Maize porridge with margarine and sugar	0.1	0.3	0.3	0.0	1.0	12.7	104.3
505	Maize porridge no sugar no milk	0.1	0.1	0.2	0.0	0.7	0.0	80
506	Maize porridge with sugar	0.1	0.1	0.2	0.0	0.7	14.6	80.0
502	Maize porridge with sugar and egg	1.3	1.2	0.5	88.1	0.7	6.6	80.0
507	Maize porridge with sugar and milk	0.5	0.2	0.1	2.5	0.3	25.0	0.0
519	Maize ugali (stiff porridge)	0.2	0.3	0.5	0.0	2.4	0.2	273
508	Millet porridge with sugar	0.3	0.1	0.0	0.0	1.3	14.5	61.0
509	Mix flour porridge with sugar	1.4	3.1	1.9	0.0	1.9	4.1	157.7
514	Pancake	9.2	1.2	0.6	63.6	1.4	0.2	188.0
543	Rice biriyani	5.3	2.4	1.3	23.7	0.7	0.7	69.0
516	Rice boiled no oil	0.2	0.2	0.1	0.0	1.0	0.0	166.0
517	Rice boiled with oil	2.4	0.3	0.2	0.0	1.2	0.1	179.9

A2 Cereal-based local dishes *continued*

Macronutrients			ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
			Kcal	g	g	g	g	g
530	Rice bread	Three recipes	239.1	2.2	0.0	0.0	7.5	41.1
524	Rice bun	Two recipes	416.2	4.7	0.0	0.0	11.1	73.7
515	Rice and meat pillau	Three recipes	177.0	7.1	5.2	5.2	5.6	23.6
544	Rice and mung dish with coconut milk	Two recipes	262.8	5.0	0.0	0.0	11.4	36.2
545	Rice and mung dish no coconut milk	Two recipes	124.1	3.3	0.0	0.0	0.2	26.7
533	Rice porridge with coconut no sugar	One recipe	152.9	2.0	0.0	0.0	8.2	18.5
528	Rice porridge with sugar	One recipe	94.6	0.6	0.0	0.0	0.1	23.0
521	Rice ugali (stiff porridge)	One recipe	149.0	2.7	0.0	0.0	0.2	32.8
518	Rice with coconut milk	Six recipes	170.0	2.9	0.0	0.0	1.5	35.5
540	Rice with ground meat	One recipe	288.4	8.5	4.4	4.4	14.7	30.7
522	Sorgum and millet ugali (stiff porridge)	One recipe	112.1	3.4	0.0	0.0	0.9	24.7
511	Sorgum porridge with sugar	One recipe	91.0	1.0	0.0	0.0	0.3	22.0
527	Vermicelli - cooked	One recipe	209.0	6.7	0.0	0.0	2.3	39.6
535	Vermicelli with coconut milk and sugar	One recipe	227.6	7.0	0.0	0.0	3.6	41.5
536	Vermicell with oil and sugar	One recipe	228.2	6.7	0.0	0.0	3.7	41.6
537	Vermicelli with coconut milk and salt	One recipe	260.4	7.7	0.0	0.0	6.2	43.3
529	Wheat fritter, sweet	One recipe	318.0	1.9	0.0	0.0	14.2	46.7
542	Wheat porridge	One recipe	91.9	1.4	0.0	0.0	0.2	22.2

A2 Cereal-based local dishes *continued*

	Macronutrients	FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
530	Rice bread	6.3	0.5	0.2	0.0	1.0	13.4	134.7
524	Rice bun	8.9	0.9	0.5	0.0	1.9	9.4	282.4
515	Rice and meat pillau	3.1	1.8	0.3	16.8	0.9	0.2	95.9
544	Rice and mung dish with coconut milk	10.0	0.5	0.2	0.0	4.7	2.5	304.1
545	Rice and mung dish no coconut milk	0.1	0	0.1	0.0	1.5	0.4	168.1
533	Rice porridge with coconut milk no sugar	7.1	0.4	0.2	0.0	1.2	1.1	182
528	Rice porridge with sugar	0.0	0.0	0.0	0.0	0.2	14.5	35.3
521	Rice ugali (stiff porridge)	0.1	0.1	0.1	0.0	0.3	0.1	144.7
518	Rice with coconut milk	1.2	0.1	0.1	0.0	0.7	0.1	166.0
540	Rice with ground meat	8.2	4.1	1.5	14.6	1.7	0.8	252.7
522	Sorgum and millet ugali (stiff porridge)	0.1	0.3	0.4	0.0	4.3	0.2	197.8
511	Sorgum porridge with sugar	0.1	0.1	0.1	0.0	1.3	14.6	44.0
527	Vermicelli - cooked	1.3	0.2	0.4	0.0	2.4	0.4	114
535	Vermicelli with coconut milk and sugar	2.5	0.2	0.4	0.0	2.6	1.8	142.3
536	Vermicell with oil and sugar	2.5	0.3	0.4	0.0	2.4	2.3	114
537	Vermicelli with coconut milk and salt	4.8	0.4	0.5	0.0	2.9	0.7	179
529	Wheat fritter, sweet	2.0	3.3	8.2	0.0	0.5	32.0	51.0
542	Wheat porridge	0.0	0.0	0.1	0.0	1.2	14.6	28.2

A1 Cereal and Cereal products

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
1	Biscuit	0.0	0.0	0.0	1.0	0.0	0.1	0.0	1.1	0.0	31.0	0.0	0.5
2	Bread roll	0.0	0.0	0.0	0.0	0.0	0.6	0.2	2.8	0.0	31.0	0.0	0.4
3	Bread, white	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.9	0.0	31.0	0.0	0.4
6	Cake	34.0	34.0	0.0	1.0	0.0	0.0	0.1	0.3	0.0	10.0	0.2	0.3
7	Cookie	27.0	0.0	0.0	3.0	0.0	0.0	0.1	1.0	0.1	12.0	0.1	0.3
8	Donut	27.0	0.0	0.0	3.0	0.0	0.0	0.1	1.0	0.1	12.0	0.1	0.3
9	Infant cereal, Cerelac	3.0	3.0	0.0	0.0	3.0	0.2	0.4	1.2	0.2	18.0	1.0	1.8
33	Macaroni or spaghetti	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10	Maize, cracked, cooked	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.2	0.1	8.0	0.0	0.1
11	Maize, dried, raw	0.0	0.0	0.0	1.0	0.0	0.4	0.2	3.6	0.3	25.0	0.0	0.4
12	Maize, flour, dry	0.0	0.0	0.0	1.0	0.0	0.4	0.2	3.6	0.3	25.0	0.0	0.4
13	Maize, green, cooked	0.0	0.0	0.0	0.0	14.0	0.5	0.2	3.6	0.1	105.0	0.0	2.0
14	Maize, on the cob, immature	7.0	0.0	0.0	0.0	3.0	0.1	0.0	0.9	0.0	25.0	0.0	0.5
15	Maize, yellow, flour	11.0	0.0	0.0	0.4	0.0	0.4	0.2	3.6	0.3	25.0	0.0	0.4
16	Millet, bulrush	20.0	0.0	0.0	0.0	0.0	0.3	0.2	2.1	0.3	32.0	0.0	0.5
17	Millet, finger, grain or flour	5.0	0.0	0.0	0.0	0.0	0.3	0.1	0.8	0.2	10.0	0.0	0.4
34	Mixed porridge flour (maize and oil)	0.6	0.0	0.0	2.8	0.6	0.3	0.2	2.8	0.2	63.0	0.0	0.8

A1 Cereal and Cereal products *continued*

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
19	Mixed porridge flour (no maize)	3.5	0.0	0.0	2.3	0.0	0.2	0.1	4.2	0.2	32.9	0.0	0.9
18	Mixed porridge flour (with maize)	2.3	0.0	0.0	1.6	0.3	0.2	0.1	2.8	0.1	39.0	0.0	0.6
20	Porridge, fermented	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.0	3.0	0.0	0.1
22	Rice, flour, local	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.1	0.1	6.0	0.0	1.2
21	Rice, fried and boiled	87.0	0.0	0.0	0.0	19.0	0.1	0.1	0.9	0.1	16.0	0.0	0.5
23	Rice, white, grain, raw	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.1	0.1	6.0	0.0	1.1
35	Semolina	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.1	0.0	18.0	0.0	0.4
24	Sorghum	6.0	0.0	0.0	1.0	0.0	0.2	0.1	2.2	0.2	11.0	0.0	0.8
26	Sorghum, flour	7.0	0.0	0.0	1.0	0.0	0.3	0.1	2.8	0.2	14.0	0.0	0.9
27	Vermicelli, uncooked	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.1	0.1	20.0	0.0	0.3
29	Wheat, flour, whole grain	0.0	0.0	0.0	0.0	0.0	0.4	0.2	6.4	0.3	34.0	0.0	1.0
28	Wheat,dough, deep fried	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8	0.0	13.0	0.0	0.3
30	Wheat, flour, 72% extract	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.1	0.0	18.0	0.0	0.4
31	Wheat, flour, maida	0.0	0.0	0.0	1.0	0.0	0.3	0.1	3.8	0.2	26.0	0.0	0.7

A2 Cereal-based local dishes

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
534	Cake (home made)	208.3	208.3	0.6	0.8	0.0	0.0	0.1	0.3	0.00	11.2	0.2	0.3
513	Chapati, dry, Indian	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6	0.0	9.0	0.0	0.2
512	Chapati with oil	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.6	0.0	10.4	0.0	0.2
532	Donut, African	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.6	0.00	9.0	0.0	0.2
525	Maize and kidney bean dish	0.0	0.0	0.0	0.1	0.5	0.1	0.1	1.0	0.1	29.6	0.0	0.2
523	Maize and sorghum ugali (stiff porridge)	2.1	0.0	0.0	0.3	0.0	0.1	0.0	0.8	0.1	4.3	0.0	0.3
531	Maize porridge with margarine and sugar	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.5	0.0	32.6	0.0	0.1
505	Maize porridge without sugar and milk	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	3.0	0.0	0.0
506	Maize porridge with sugar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	3.0	0.0	0.0
502	Maize porridge with sugar and egg	53.5	53.5	0.2	0.6	0.2	0.1	0.2	0.4	0.1	13.7	0.3	0.4
507	Maize porridge with sugar and milk	55.0	55.0	0.0	0.0	1.0	0.0	0.2	0.1	0.1	6.0	0.4	0.4
519	Maize ugali (stiff porridge)	0.0	0.0	0.0	0.3	0.0	0.1	0.1	1.2	0.1	11.6	0.0	0.1
508	Millet porridge with sugar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	3.0	0.0	0.0
509	Mix flour porridge with sugar	0.5	0.0	0.0	0.8	0.0	0.0	0.0	0.8	0.0	7.6	0.0	0.2
514	Pancake	38.0	38.0	0.2	0.6	0.0	0.1	0.1	0.8	0.1	20.8	0.2	0.5
543	Rice biriyani	16.6	12.9	0.0	0.1	4.9	0.1	0.1	2.1	0.2	9.8	0.1	0.6
516	Rice boiled without oil	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.5	0.1	2.6	0.0	0.0
517	Rice boiled with oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	6.3	0.0	0.7

A2 Cereal-based local dishes *continued*

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
530	Rice bread	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.4	0.1	3.3	0.0	0.4
524	Rice bun	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	4.8	0.0	0.9
515	Rice and meat pillau	14.2	0.0	0.0	0.0	1.2	0.0	0.1	1.1	0.1	5.6	0.4	0.4
544	Rice and mung dish with coconut milk	0.4	0.0	0.0	0.1	0.9	0.1	0.0	0.7	0.1	53.1	0.0	0.5
545	Rice and mung dish without coconut milk	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.1	40.9	0.0	0.4
533	Rice porridge with coconut milk without sugar	0.0	0.0	0.0	0.3	1.0	0.0	0.0	0.4	0.0	9.9	0.0	0.3
528	Rice porridge with sugar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.0	0.6	0.0	0.1
521	Rice ugali (stiff porridge)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	2.5	0.0	0.5
518	Rice with coconut milk	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.5	0.1	2.6	0.0	0.5
540	Rice with ground meat	194.2	0.0	0.0	0.8	0.2	0.1	0.1	2.0	0.2	13.6	0.3	0.6
522	Sorgum and millet ugali (stiff porridge)	2.1	0.0	0.0	0.3	0.0	0.1	0.0	0.8	0.1	4.3	0.0	0.3
511	Sorgum porridge with sugar	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.0	0.1
527	Vermicelli - cooked	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.1	10.0	0.0	0.2
535	Vermicelli with coconut milk and sugar	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.6	0.1	12.3	0.0	0.2
536	Vermicell with oil and sugar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.1	10.0	0.0	0.2
537	Vermicelli with coconut milk and salt	0.0	0.0	0.0	0.2	0.5	0.0	0.0	0.7	0.1	15.3	0.0	0.2
529	Wheat fritter, sweet	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.2	0.0	3.0	0.0	0.1
542	Wheat porridge	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.8	0.0	0.0

A1 Cereal and Cereal products

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
1	Biscuit	119.0	105.0	27.0	128.0	1302.0	1.2	0.0	0.8	0.2	0.7
2	Bread roll	120.0	105.0	27.0	113.0	609.0	7.8	0.0	0.9	0.2	0.5
3	Bread, white	10.0	105.0	27.0	113.0	609.0	0.5	0.0	0.9	0.2	0.5
6	Cake	38.0	68.0	9.0	75.0	182.0	0.4	0.0	0.4	0.0	0.2
7	Cookie	21.0	80.0	12.0	63.0	357.0	0.7	0.0	0.4	0.1	0.3
8	Donut	21.0	80.0	12.0	63.0	357.0	0.7	0.0	0.4	0.1	0.3
9	Infant cereal, Cerelac	315.0	338.0	58.0	482.0	130.0	0.5	0.0	1.9	0.1	0.9
33	Macaroni or spaghetti	15.0	110.0	22.0	109.0	2.0	1.2	0.0	0.1	0.1	0.0
10	Maize, cracked, cooked	2.0	80.0	42.0	95.0	12.0	1.2	0.0	0.6	0.1	0.2
11	Maize, dried, raw	6.0	241.0	127.0	287.0	35.0	3.5	0.0	1.8	0.2	5.0
12	Maize, flour, dry	6.0	241.0	127.0	287.0	35.0	3.5	0.0	1.8	0.2	0.5
13	Maize, green, cooked	5.0	235.0	73.0	568.0	39.0	1.4	0.0	1.1	0.1	0.4
14	Maize, on the cob, immature	1.0	57.0	18.0	137.0	9.0	0.3	0.0	0.3	0.0	0.1
15	Maize, yellow, flour	6.0	241.0	127.0	287.0	35.0	3.5	0.0	1.8	0.2	0.5
16	Millet, bulrush	42.0	296.0	137.0	307.0	11.0	8.0	0.0	3.1	1.1	1.2
17	Millet, finger, grain or flour	275.0	283.0	27.0	408.0	11.0	2.7	0.0	1.2	0.5	5.5
34	Mixed porridge flour (maize and oil)	78.0	333.4	147.6	63.1	18.2	5.6	0.0	2.6	0.6	3.1

A1 Cereal and Cereal products *continued*

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
19	Mixed porridge flour (no maize)	55.0	235.3	60.5	263.5	8.2	3.3	0.0	1.4	0.4	1.6
18	Mixed porridge flour (with maize)	11.9	306.8	103.2	513.1	15.0	4.6	0.0	2.0	0.6	2.3
20	Porridge, fermented	1.0	29.0	15.0	34.0	4.0	0.4	0.0	0.2	0.0	0.1
22	Rice, flour, local	8.0	104.0	36.0	81.0	0.0	0.6	0.0	1.1	0.1	1.1
21	Rice, fried and boiled	7.0	50.0	20.0	242.0	9.0	0.6	0.0	0.4	0.1	0.4
23	Rice, white, grain, raw	8.0	103.0	36.0	81.0	0.0	0.6	0.0	1.1	0.1	1.1
35	Semolina	15.0	108.0	22.0	107.0	2.0	1.2	0.0	0.7	0.1	0.7
24	Sorghum	15.0	222.0	34.0	131.0	7.0	4.1	0.0	0.8	0.3	0.9
26	Sorghum, flour	25.0	222.0	171.0	131.0	7.0	4.1	0.0	1.6	0.5	0.8
27	Vermicelli, uncooked	20.0	151.0	50.0	87.0	3.0	1.4	0.0	1.4	0.3	0.8
29	Wheat, flour, whole grain	15.0	108.0	22.0	107.0	2.0	1.2	0.0	0.7	0.1	0.7
28	Wheat,dough, deep fried	11.0	76.0	15.0	75.0	1.0	0.8	0.0	0.5	0.1	0.5
30	Wheat, flour, 72% extract	15.0	108.0	22.0	107.0	2.0	1.2	0.0	0.7	0.1	0.7
31	Wheat, flour, maida	26.0	251.0	92.0	286.0	4.0	2.8	0.0	2.0	0.3	2.6

A2 Cereal-based local dishes

Minerals		CA	P	MG	K	NA	FE	MFP_FE	ZN	CU	MN
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
534	Cake (home made)	12.8	63.6	7.0	46.7	72.4	0.5	0.0	0.3	0.0	0.2
513	Chapati, dry, Indian	8.0	54.0	11.0	53.5	1.0	0.6	0.0	0.4	0.1	0.3
512	Chapati with oil	9.9	71.3	16.6	70.6	1.3	0.7	0.0	0.4	0.9	0.4
532	Donut-African	7.6	54.3	11.0	53.8	1.1	0.6	0.0	0.4	0.1	0.3
525	Maize and kidney bean dish	7.5	88.3	38.7	166.1	74.9	1.5	0.0	0.7	0.1	0.3
523	Maize and sorgum ugali (stiff porridge)	29.3	79.0	45.0	66.7	2.6	1.3	0.0	0.5	0.2	0.7
531	Maize porridge with margarine and sugar	0.9	31.6	16.6	37.6	4.6	0.4	0.0	0.2	0.0	0.1
505	Maize porridge without sugar and milk	3.5	24.1	12.7	28.7	3.5	0.4	0.0	0.2	0.0	0.1
506	Maize porridge with sugar	3.7	24.4	12.7	29.0	3.7	0.4	0.0	0.2	0.0	0.1
502	Maize porridge with sugar and egg	43.2	99.9	18.2	98.8	55.9	0.7	0.0	0.6	0.0	0.1
507	Maize porridge with sugar and milk	61.2	70.4	18.2	99.0	31.2	0.4	0.0	0.4	0.0	0.1
519	Maize ugali (stiff porridge)	2.0	81.2	43.4	98.1	11.9	1.2	0.0	0.6	0.1	0.2
508	Millet porridge with sugar	27.7	28.6	2.7	41.1	1.3	0.3	0.0	0.1	0.1	0.6
509	Mix flour porridge with sugar	32.5	52.4	12.9	80.2	2.0	0.5	0.0	0.3	0.1	0.6
514	Pancake	20.2	106.4	16.7	96.6	155.2	1.0	0.0	0.7	0.1	0.4
543	Rice biriyani	22.9	92.9	19.2	179.6	346.3	0.7	0.4	0.8	0.1	0.3
516	Rice boiled without Oil	3.6	46.9	16.2	36.5	0.0	0.2	0.0	0.5	0.1	0.5
517	Rice boiled with Oil	4.1	47.8	18.6	41.7	0.0	0.3	0.0	0.5	0.1	0.5

A2 Cereal-based local dishes *continued*

Minerals		CA	P	MG	K	NA	FE	MFP_FE	ZN	CU	MN
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
530	Rice bread	3.4	40.8	13.7	44.3	1.1	0.3	0.0	0.5	0.1	0.5
524	Rice bun	6.5	83.3	28.8	65.0	1.0	0.5	0.0	0.9	0.1	0.8
515	Rice and meat pillau	6.3	76.9	16.8	128.8	98.9	0.6	0.4	1.2	0.1	0.3
544	Rice and mung dish with coconut milk	12.7	106.3	34.3	206.9	136.7	1.6	0.0	1.0	0.2	1.0
545	Rice and mung dish without coconut milk	6.9	58.9	20.3	75.6	111.4	0.6	0.0	0.6	0.1	0.4
533	Rice porridge with coconut without sugar	6.3	59.3	18.2	135.5	6.7	0.9	0.0	0.6	0.2	0.7
528	Rice porridge with sugar	1.0	10.7	3.6	8.4	0.2	0.1	0.0	0.1	0.0	0.1
521	Rice ugali (stiff porridge)	3.3	42.6	14.8	33.2	0.0	0.2	0.0	0.5	0.0	0.4
518	Rice with coconut milk	8.7	91.1	29.4	152.0	6.0	1.0	0.0	0.9	0.2	1.0
540	Rice with ground meat	13.6	101.6	30.3	162.8	294.0	0.9	0.3	1.4	0.2	0.6
522	Sorgum and millet ugali (stiff porridge)	29.3	79.0	45.0	66.7	2.6	1.3	0.0	0.5	0.2	0.7
511	Sorgum porridge with sugar	2.7	22.5	17.1	13.4	0.9	0.4	0.0	0.2	0.1	0.1
527	Vermicelli - cooked	10.1	75.5	25.0	43.5	87.6	0.7	0.0	0.7	0.1	0.4
535	Vermicelli with coconut milk and sugar	11.3	85.6	27.8	75.2	3.3	0.9	0.0	0.8	0.2	0.5
536	Vermicell with oil and sugar	10.0	75.5	25.0	43.5	1.5	0.7	0.0	0.7	0.1	0.4
537	Vermicelli with coconut milk and salt	13.4	100.6	32.4	109.7	177.3	1.2	0.0	0.9	0.2	0.7
529	Wheat fritter, sweet	3.0	20.0	4.0	20.0	0.0	0.2	0.0	0.1	0.0	0.1
542	Wheat porridge	1.6	11.0	2.2	10.9	0.3	0.1	0.0	0.1	0.0	0.1

A1 Cereal and Cereal products

Amino Acids		TRP	THR	ILE	LEU	LYS	MET	CYS	PHE	TYR	VAL	ARG	HIS
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
1	Biscuit	122.0	256.0	334.0	632.0	258.0	159.0	198.0	452.0	274.0	387.0	366.0	198.0
2	Bread roll	102.0	248.0	338.0	616.0	205.0	158.0	192.0	436.0	250.0	382.0	320.0	191.0
3	Bread, white	102.0	248.0	338.0	616.0	205.0	158.0	192.0	436.0	250.0	382.0	320.0	191.0
6	Cake	58.0	169.0	209.0	365.0	217.0	107.0	92.0	236.0	169.0	237.0	212.0	109.0
7	Cookie	70.0	179.0	230.0	390.0	256.0	110.0	104.0	250.0	175.0	263.0	221.0	112.0
8	Donut	70.0	179.0	230.0	390.0	256.0	110.0	104.0	250.0	175.0	263.0	221.0	112.0
9	Infant cereal, Cerelac	184.0	581.0	752.0	1288.0	873.0	344.0	193.0	705.0	597.0	904.0	763.0	359.0
33	Macaroni or spaghetti	127.0	281.0	357.0	710.0	228.0	183.0	219.0	520.0	312.0	415.0	417.0	230.0
10	Maize, cracked, cooked	171.0	353.0	515.0	913.0	255.0	207.0	375.0	647.0	350.0	568.0	493.0	272.0
11	Maize, dried, raw	19.0	101.0	96.0	329.0	75.0	56.0	48.0	132.0	109.0	136.0	134.0	82.0
12	Maize, flour, dry	57.0	305.0	291.0	996.0	228.0	170.0	146.0	399.0	330.0	411.0	405.0	248.0
13	Maize, green, cooked	57.0	305.0	291.0	996.0	228.0	170.0	146.0	399.0	330.0	411.0	405.0	248.0
14	Maize, on the cob, immature	52.0	303.0	303.0	816.0	321.0	157.0	62.0	85.0	287.0	435.0	308.0	207.0
15	Maize, yellow, flour	13.0	73.0	73.0	197.0	78.0	38.0	15.0	85.0	69.0	105.0	74.0	50.0
16	Millet, bulrush	57.0	305.0	291.0	996.0	228.0	170.0	146.0	399.0	330.0	411.0	405.0	248.0
17	Millet, finger, grain or flour	205.0	446.0	484.0	1395.0	353.0	279.0	205.0	539.0	372.0	614.0	558.0	260.0
34	Mixed porridge flour (maize and oil)	178.0	349.0	448.0	840.0	318.0	200.0	278.0	596.0	365.0	537.0	552.0	282.0

A1 Cereal and Cereal products *continued*

	Amino Acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
19	Mixed porridge flour (no maize)	159.2	514.0	598.0	1251.8	595.3	239.8	185.0	693.8	509.0	707.0	1029.5	348.7
18	Mixed porridge flour (with maize)	94.0	225.0	421.0	727.0	252.0	221.0	131.0	326.0	232.0	505.0	316.0	137.0
20	Porridge, fermented	132.0	419.7	480.1	1203.5	361.6	201.4	172.7	622.2	425.3	606.1	922.9	288.5
22	Rice, flour, local	72.0	217.0	244.0	488.0	207.0	144.0	137.0	317.0	314.0	348.0	516.0	149.0
21	Rice, fried and boiled	192.1	655.3	701.0	1420.8	801.0	258.3	266.4	868.8	654.7	816.2	1438.5	452.6
23	Rice, white, grain, raw	75.0	263.0	281.0	538.0	235.0	153.0	133.0	318.0	217.0	397.0	542.0	153.0
35	Semolina	127.0	281.0	357.0	710.0	228.0	183.0	219.0	520.0	312.0	415.0	417.0	230.0
24	Sorghum	78.0	238.0	288.0	552.0	241.0	157.0	137.0	356.0	224.0	406.0	554.0	157.0
26	Sorghum, flour	78.0	237.0	287.0	550.0	240.0	156.0	137.0	354.0	223.0	405.0	552.0	156.0
27	Vermicelli, uncooked	114.0	346.0	398.0	1372.0	206.0	169.0	132.0	502.0	295.0	516.0	327.0	226.0
29	Wheat, flour, whole grain	212.0	395.0	508.0	926.0	378.0	212.0	317.0	646.0	400.0	618.0	542.0	317.0
28	Wheat,dough, deep fried	124.0	346.0	433.0	1491.0	229.0	169.0	127.0	546.0	321.0	561.0	355.0	246.0
30	Wheat, flour, 72% extract	89.0	197.0	250.0	497.0	160.0	128.0	153.0	364.0	218.0	291.0	292.0	161.0
31	Wheat, flour, maida	127.0	281.0	357.0	710.0	228.0	183.0	219.0	520.0	312.0	415.0	417.0	230.0

A2 Cereal-based local dishes

	Amino Acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
534	Cake (home made)	45.0	140.5	166.3	285.8	178.3	91.0	81.0	190.2	131.9	188.5	115.2	46.1
513	Chapati, dry Indian	63.5	141.0	180.6	312.5	330.7	100.3	47.4	156.9	134.9	430.0	267.4	135.6
512	Chapati with oil	51.2	113.3	143.8	285.8	92.0	73.6	88.0	209.3	125.3	167.3	167.9	92.6
532	Donut-African	44.5	98.5	125.0	248.5	80.0	64.0	76.5	182.0	109.0	145.5	0.0	0.0
525	Maize and kidney bean dish	135.1	308.3	420.3	748.9	283.9	165.9	272.3	526.4	243.6	398.9	383.3	189.0
523	Maize and sorgum ugali (stiff porridge)	38.8	105.3	143.3	433.3	78.3	60.7	42.7	163.7	99.6	182.3	115.1	72.9
531	Maize porridge with margarine and sugar	4.0	21.3	178.5	450.9	114.0	91.5	110.0	260.0	156.0	207.5	208.5	115.0
505	Maize porridge without sugar and milk	7.4	39.8	100.9	181.9	151.2	30.0	28.4	108.0	56.9	122.8	179.2	62.9
506	Maize porridge with sugar	6.0	31.0	20.4	39.7	16.0	11.9	10.2	27.9	23.1	28.8	28.3	17.3
502	Maize porridge with sugar and egg	42.6	152.0	40.0	137.0	21.0	17.0	13.0	50.0	30.0	52.0	33.0	23.0
507	Maize porridge with sugar and milk	19.8	75.7	166.2	315.0	203.8	95.4	73.4	173.6	135.6	194.4	192.0	84.6
519	Maize ugali (stiff porridge)	19.0	95.2	100.7	327.2	138.6	70.5	50.1	135.9	106.3	132.7	311.8	82.8
508	Millet porridge with sugar	16.0	36.0	42.9	71.7	41.7	12.6	10.6	41.1	29.0	46.4	56.7	21.9
509	Mix flour porridge with sugar	13.0	39.3	578.0	1019.0	1123.0	365.0	142.0	501.0	424.0	656.0	836.0	366.0
514	Pancake	67.5	189.1	227.9	409.8	215.6	122.8	120.3	282.2	186.0	260.6	259.3	125.2
543	Rice biriyani	119.5	405.8	490.6	733.8	746.7	256	135.9	399.7	322.8	506.3	625	276.5
516	Rice boiled without oil	36.7	111.9	173.1	360.1	240.0	101.7	63.3	180.4	141.3	216.1	274.3	111.2
517	Rice boiled with oil	34.3	104.6	151.5	282.0	218.0	85.5	63.3	174.3	116.1	203.0	268.1	86.8

A2 Cereal-based local dishes *continued*

	Amino Acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
530	Rice bread	4.2	18.1	17.9	52.1	16.0	9.7	6.1	16.3	13.5	16.7	16.6	10.1
524	Rice bun	5.6	29.6	28.0	96.0	21.6	16.0	14.4	38.4	32.0	39.2	39.2	24.0
515	Rice and meat pillau	67.3	261.4	269.6	485.1	484.3	151.1	70.1	239.5	204.1	295.5	385.7	203.5
544	Rice and mung dish with coconut milk	54.9	180	192.8	366.3	227.1	89.5	78	243	151	259.7	423.7	121.5
545	Rice and mung dish without coconut milk	39.4	130.6	139.5	265.4	165.8	64.4	54	175.9	109.1	182.9	255.7	89
533	Rice porridge with coconut milk without sugar	14.5	48.0	51.0	107.3	54.6	24.8	25.8	66.3	42.7	77.5	192.2	31.9
528	Rice porridge with sugar	7.8	23.8	28.8	55.2	24.1	15.7	13.7	35.6	22.4	40.6	55.4	15.7
521	Rice ugali (stiff porridge)	32.0	97.6	101.8	133.1	123.1	33.7	45.3	94.2	124.2	125.8	281.0	53.2
518	Rice with coconut milk	49.0	151.0	165.0	307.0	153.0	75.0	80.0	202.0	118.0	215.0	279.0	94.0
540	Rice with ground meat	71.6	267.1	276.2	510.9	482.9	142.5	73.3	279.5	213.2	308.1	404.3	210.2
522	Sorgum and millet ugali (stiff porridge)	38.8	105.3	143.3	433.3	78.3	60.7	42.7	163.7	99.6	182.3	115.1	72.9
511	Sorgum porridge with sugar	11.0	35.0	29.0	100.0	23.0	17.0	15.0	40.0	33.0	41.0	41.0	25.0
527	Vermicelli - cooked	67.7	206.0	235.6	775.6	136.0	101.2	82.1	297.8	175.6	311.1	271.5	134.2
535	Vermicelli with coconut milk and sugar	57.0	173.0	199.0	686.0	103.0	84.5	66.0	251.0	147.5	258.0	163.5	113.0
536	Vermicell with oil and sugar	60.5	183.8	210.6	708.0	116.1	90.0	71.9	266.0	156.7	276.0	212.0	119.8
537	Vermicelli with coconut milk and salt	57.0	173.0	199.0	686.0	103.0	84.5	66.0	147.5	258.0	163.5	113.0	67.1
529	Wheat fritter, sweet	23.0	51.0	64.0	128.0	41.0	33.0	39.0	94.0	56.0	75.0	75.0	41.0
542	Wheat porridge	17.1	35.3	51.5	91.3	25.5	20.7	37.5	64.7	35.0	56.8	49.3	27.2

B1 Roots, Tubers and Banana

Macronutrients		ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
		Kcal	g	g	g	g	g
352	Banana, cooked	116.0	0.8	0.0	0.0	0.2	31.2
365	Breadfruit, raw	103.0	1.1	0.0	0.0	0.2	27.1
362	Cassava, dried	314.0	2.6	0.0	0.0	0.7	76.6
359	Cassava, dried, flour	314.0	2.6	0.0	0.0	0.7	76.6
358	Cassava, raw	160.0	1.4	0.0	0.0	0.3	38.1
364	Cassava, spicy crisps or chips	288.0	2.4	0.0	0.0	0.7	70.2
367	Edible starch, tapioca or corn	381.0	0.3	0.0	0.0	0.1	91.3
354	Potato, crisps, plain, salted	547.0	6.6	0.0	0.0	37.5	49.7
353	Potato, English, cooked	93.0	2.0	0.0	0.0	0.1	21.6
355	Potato, raw, with skin	58.0	2.6	0.0	0.0	0.1	12.4
357	Squash, fresh-AP	16.0	0.7	0.0	0.0	0.2	3.4
366	Squash, fresh-EP	20.0	0.9	0.0	0.0	0.3	4.3
360	Sweet potato, fresh-AP	74.0	1.2	0.0	0.0	0.1	17.5
361	Sweet potato, fresh-EP	103.0	1.7	0.0	0.0	0.1	24.3
369	Sweet potato, orange	103.0	1.7	0.0	0.0	0.1	24.3
356	Taro, raw	112.0	1.5	0.0	0.0	0.2	26.5
368	Yam, raw	97.0	2.1	0.0	0.0	0.1	22.9

B1 Roots, Tubers and Banana

	Macronutrients	FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
352	Banana, cooked	0.1	0.0	0.1	0.0	2.3	3.3	0.0
365	Breadfruit, raw	0.0	0.0	0.1	0.0	4.9	11.0	0.0
362	Cassava, dried	0.2	0.2	0.2	0.0	3.6	2.2	130.0
359	Cassava, dried, flour	0.2	0.2	0.2	0.0	3.6	2.2	130.0
358	Cassava, raw	0.1	0.1	0.0	0.0	1.8	1.7	54.0
364	Cassava, spicy crisps or chips	0.2	0.2	0.2	0.0	3.3	2.0	119.0
367	Edible starch, tapioca or corn	0.0	0.0	0.0	0.0	0.9	0.0	0.0
354	Potato, crisps, plain, salted	11.0	9.8	12.2	0.0	4.4	0.4	147.0
353	Potato, English, cooked	0.0	0.0	0.0	0.0	1.5	0.2	81.0
355	Potato, raw, with skin	0.0	0.0	0.0	0.0	2.5	0.1	147.0
357	Squash, fresh-AP	0.1	0.0	0.1	0.0	1.1	0.2	0.0
366	Squash, fresh-EP	0.1	0.0	0.1	0.0	1.4	0.2	0.0
360	Sweet potato, fresh-AP	0.0	0.0	0.0	0.0	2.2	2.0	7.0
361	Sweet potato, fresh-EP	0.0	0.0	0.0	0.0	3.0	2.8	10.0
369	Sweet potato, orange	0.0	0.0	0.0	0.0	3.0	2.8	10
356	Taro, raw	0.0	0.0	0.1	0.0	4.1	0.4	78.0
368	Yam, raw	0.0	0.0	0.1	0.0	1.2	0.4	50

B1 Roots, Tubers and Banana

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
FOOD													
352	Banana, cooked	91.0	0.0	0.0	0.0	11.0	0.1	0.1	0.8	0.2	26.0	0.0	0.2
365	Breadfruit, raw	4.0	0.0	0.0	1.0	29.0	0.1	0.0	0.8	0.3	10.0	0.0	0.6
362	Cassava, dried	14.0	0.0	0.0	0.0	72.0	0.3	0.1	1.4	0.7	36.0	0.0	0.7
359	Cassava, dried, flour	14.0	0.0	0.0	0.0	72.0	0.3	0.1	1.4	0.7	36.0	0.0	0.7
358	Cassava, raw	1.0	0.0	0.0	0.2	20.6	0.1	0.0	0.9	0.1	27.0	0.0	0.1
364	Cassava, spicy crisps or chips	13.0	0.0	0.0	0.0	66.0	0.3	0.0	1.3	0.6	33.0	0.0	0.6
367	Edible starch, tapioca or corn	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
353	Potato, crisps, plain, salted	0.0	0.0	0.0	0.0	13.0	0.1	0.0	1.4	0.3	9.0	0.0	0.6
354	Potato, English, cooked	0.0	0.0	0.0	6.7	18.6	0.1	0.2	4.2	0.7	75.0	0.0	4.3
355	Potato, raw, with skin	0.0	0.0	0.0	0.0	11.4	0.0	0.4	1.0	0.2	17.0	0.0	0.0
357	Squash, fresh-AP	23.0	0.0	0.0	0.0	5.0	0.0	0.0	0.4	0.1	16.0	0.0	0.1
366	Squash, fresh-EP	29.0	0.0	0.0	0.0	6.0	0.0	0.0	0.5	0.1	20.0	0.0	0.1
360	Sweet potato, fresh-AP	1056.0	0.0	0.0	4.0	18.0	0.1	0.1	0.4	0.2	17.0	0.0	0.5
361	Sweet potato, fresh-EP	1467.0	0.0	0.0	5.0	25.0	0.1	0.1	0.6	0.2	23.0	0.0	0.7
367	Sweet potato, orange	1467.0	0.0	0.0	5.0	25.0	0.1	0.1	0.6	0.2	23.0	0.0	0.7
356	Taro, raw	4.0	0.0	0.0	2.4	4.5	0.1	0.0	0.6	0.3	22.0	0.0	0.3
368	Yam, raw	0.0	0.0	0.0	5.0	12.0	0.10	0.03	0.6	0.23	16	0.0	0.31

B1 Roots, Tubers and Banana

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
352	Banana, cooked	2.0	28.0	32.0	465.0	5.0	0.6	0.0	0.1	0.1	0.2
365	Breadfruit, raw	17.0	30.0	25.0	490.0	2.0	0.5	0.0	0.1	0.1	0.1
362	Cassava, dried	46.0	168.0	24.0	583.0	5.0	1.9	0.0	0.7	0.1	0.3
359	Cassava, dried, flour	46.0	168.0	24.0	583.0	5.0	1.9	0.0	0.7	0.1	0.3
358	Cassava, raw	16.0	27.0	21.0	271.0	14.0	0.3	0.0	0.3	0.1	0.1
364	Cassava, spicy crisps or chips	42.0	154.0	22.0	535.0	4.0	1.8	0.0	0.7	0.1	0.2
367	Edible starch, tapioca or corn	2.0	13.0	3.0	3.0	9.0	0.5	0.0	0.1	0.1	0.1
354	Potato, crisps, plain, salted	19.0	93.0	34.0	732.0	216.0	0.8	0.0	0.4	0.1	0.2
353	Potato, English, cooked	5.0	50.0	25.0	391.0	5.0	0.4	0.0	0.3	0.2	0.2
355	Potato, raw, with skin	30.0	38.0	23.0	413.0	10.0	3.2	0.0	0.4	0.4	0.6
357	Squash, fresh-AP	22.0	31.0	19.0	154.0	1.0	0.3	0.0	0.3	0.1	0.2
366	Squash, fresh-EP	27.0	39.0	24.0	192.0	1.0	0.4	0.0	0.4	0.1	0.2
360	Sweet potato, fresh-AP	20.0	40.0	14.0	251.0	7.0	0.4	0.0	0.2	0.2	4.0
361	Sweet potato, fresh-EP	28.0	55.0	20.0	348.0	10.0	0.5	0.0	0.3	0.2	0.6
369	Sweet potato, orange	28.0	55.0	20.0	348.0	10.0	0.5	0.0	0.3	0.21	0.56
356	Taro, raw	43.0	84.0	33.0	591.0	11.0	0.1	0.0	0.2	0.2	0.4
368	Yam, raw	8.0	39.0	26.0	303.0	3.0	0.8	0.0	0.5	0.17	0.24

B1 Roots, Tubers and Banana

Amino Acids		TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
FOOD													
352	Banana, cooked	116.0	0.8	0.0	0.0	0.2	31.2	0.1	0.0	0.1	0.0	2.3	3.3
365	Breadfruit, raw	107.0	1.7	0.0	0.0	0.5	25.5	0.1	0.0	0.1	0.0	1.5	3.1
362	Cassava, dried	314.0	2.6	0.0	0.0	0.7	76.6	0.2	0.2	0.2	0.0	3.6	2.2
359	Cassava, dried, flour	314.0	2.6	0.0	0.0	0.7	76.6	0.2	0.2	0.2	0.0	3.6	2.2
358	Cassava, raw	131.0	0.0	1.1	0.0	0.0	0.3	31.9	0.1	0.1	0.1	0.0	1.5
364	Cassava, spicy crisps or chips	288.0	2.4	0.0	0.0	0.7	70.2	0.2	0.2	0.2	0.0	3.3	2.0
367	Edible starch, tapioca or corn	1.0	9.0	10.0	36.0	6.0	6.0	6.0	13.0	10.0	14.0	12.0	8.0
354	Potato, crisps, plain, salted	245.0	574.0	642.0	951.0	962.0	250.0	202.0	702.0	588.0	890.0	729.0	347.0
353	Potato, English, cooked	93.0	2.0	0.0	0.0	0.1	21.6	0.0	0.0	0.0	0.0	1.5	0.2
355	Potato, raw, with skin	30.0	71.0	80.0	118.0	119.0	31.0	25.0	87.0	73.0	110.0	90.0	43.0
357	Squash, fresh-AP	6.0	18.0	26.0	42.0	40.0	10.0	8.0	26.0	19.0	33.0	30.0	16.0
366	Squash, fresh-EP	8.0	22.0	33.0	53.0	50.0	13.0	10.0	32.0	24.0	41.0	38.0	20.0
360	Sweet potato, fresh-AP	74.0	1.2	0.0	0.0	0.1	17.5	0.0	0.0	0.0	0.0	2.2	2.0
361	Sweet potato, fresh-EP	103.0	1.7	0.0	0.0	0.1	24.3	0.0	0.0	0.0	0.0	3.0	2.8
369	Sweet potato, orange	21.0	86.0	86.0	126.0	85.0	42.0	14.0	103.0	71.0	112.0	80.0	32.0
356	Taro, raw	23.0	69.0	54.0	111.0	67.0	20.0	32.0	82.0	55.0	82.0	103.0	34.0
368	Yam, raw	12.0	52.0	50.0	94.0	58.0	20.0	18.0	69.0	39.0	60.0	124.0	33.0

B2 Roots, Tubers and Banana-based local dishes

	Macronutrients		ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
974	Banana porridge, plain	One recipe	105.3	0.6	0.0	0.0	3.2	21.3
975	Banana porridge with meat	One recipe	280.5	7.0	6.0	5.6	16.0	29.5
976	Banana porridge with fish	One recipe	118.7	2.5	1.1	1.1	5.9	15.8
977	Banana porridge with meat and spinach	One recipe	212.0	8.6	7.8	7.8	13.3	16.5
954	Banana with cashew nut	One recipe	108.0	2.0	0.0	0.0	2.8	22.2
955	Banana with coconut milk	Four recipes	191.2	1.5	0.0	0.0	10.7	26.1
968	Banana with kidney beans	One recipe	93.4	3.0	0.0	0.0	1.2	19.5
953	Banana with meat	One recipe	77.4	2.7	2.5	2.4	3.6	9.4
952	Banana with meat and coconut milk	One recipe	130.3	1.5	0.6	0.6	2.4	2.9
973	Banana with meat, oil and vegetable	One recipe	121.8	4.0	3.3	3.3	8.0	9.8
951	Banana with oil (no meat)	One recipe	112.0	0.7	0.0	0.0	2.7	24.0
969	Banana, boiled	Wfoods	110.0	0.7	0.0	0.0	0.2	29.6
964	Banana, fried	One recipe	159.1	0.8	0.0	0.0	5.2	31.2
971	Banana, roast	Wfoods	116.0	0.0	0.8	0.0	0.0	0.2
541	Cassava porridge with sugar	One recipe	85.8	0.4	0.0	0.0	0.1	21.5
526	Cassava stiff porridge	One recipe	140.0	2.7	0.0	0.0	1.2	30.7
956	Cassava with coconut milk	Two recipes	216.3	1.9	0.0	0.0	11.9	12.9

B2 Roots, Tubers and Banana-based local dishes

	Macronutrients	FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
974	Banana porridge, plain	2.7	0.2	0.1	0.0	1.6	2.2	0.3
975	Banana porridge with meat	98.9	96.5	96.4	96.3	98.1	98.7	190.6
976	Banana porridge with fish	4.9	0.4	0.2	2.8	2.1	2.2	5.4
977	Banana porridge with meat and spinach	8.5	3.5	0.4	25.6	1.6	1.8	0.3
954	Banana with cashewnut	0.3	1.7	0.6	0.0	2.1	2.5	1.8
955	Banana with coconut milk	9.4	0.5	0.2	0.0	4.4	2.1	14.6
968	Banana with kidney beans	0.9	0.1	0.2	0.0	3.2	1.6	64.9
953	Banana with meat	2.3	1.1	0.1	8.0	0.7	1.0	0.0
952	Banana with meat and coconut milk	1.8	0.4	0.1	2.2	2.5	2.9	0.0
973	Banana with meat, oil, vegetables	5.9	1.4	0.2	10.5	1.7	0.9	0.0
951	Banana with oil (no meat)	2.3	0.2	0.2	0.0	1.9	2.5	129.1
969	Banana, boiled	0.1	0.0	0.1	0.0	2.2	3.1	121.8
964	Banana, fried	4.4	0.3	0.2	0.0	2.3	3.3	0.0
971	Banana, roast	31.2	0.1	0.0	0.1	0.0	2.3	40.4
541	Cassava porridge with sugar	0.0	0.0	0.0	0.0	0.5	10.0	85.6
526	Cassava stiff porridge	0.2	0.3	0.5	0.0	2.6	0.3	253
956	Cassava with coconut milk	10.3	0.5	0.2	0.0	5.5	2.6	151.1

B2 Roots, Tubers and Banana-based local dishes *continued*

Macronutrients			ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
965	Cassava, boiled	Worldfoods	131.0	1.1	0.0	0.0	0.3	31.9
957	Cassava, fried	One recipe	346.5	1.1	0.0	0.0	25.2	10.5
978	Kachori (spicy potato balls)	One recipe	237.6	6.1	0.0	0.0	11.4	28.8
960	Potato chips, fried	One recipe	249.0	1.7	0.0	0.0	20.1	18.0
959	Potato relish with beef	One recipe	128.8	2.8	1.0	1.0	5.8	17.1
972	Potato relish with coconut milk	One recipe	388.0	4.7	0.0	0.0	28.0	34.2
958	Potato relish with oil	One recipe	75.0	1.3	0.0	0.0	1.7	14.2
961	Potato, boiled	worldfoods	93.0	2.0	0.0	0.0	0.1	21.6
963	Roots and tubers mixed	Two recipes	93.5	0.8	0.0	0.0	0.2	23.2
967	Sweet potato, boiled	Worldfoods	97.0	2.1	0.0	0.0	0.1	22.9
966	Sweet potato, fried	One recipe	146.1	1.7	0.0	0.0	5.1	24.3
970	Taro, cooked, without salt	Worldfoods	142.0	0.5	0.0	0.0	0.1	34.6

B2 Roots, Tubers and Banana-based local dishes *continued*

	Macronutrients	FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
965	Cassava, boiled	0.1	0.1	0.1	0.0	1.5	0.9	54
957	Cassava, fried	21.6	1.5	0.6	0.0	3.3	3.6	54
978	Kachori (spicy potato balls)	8.8	0.9	0.8	0.0	3.4	2.4	248.4
960	Potato chips, fried	17.3	1.2	0.4	0.0	1.2	0.2	67.5
959	Potato relish with beef	4.9	0.6	0.1	3.2	2.1	0.2	17.5
972	Potato relish with coconut milk	24.7	0.1	0.3	0.0	9.0	0.3	81.0
958	Potato relish with oil	0.0	0.1	0.0	0.0	1.0	0.1	391.5
961	Potato, boiled	0.0	0.0	0.0	0.0	1.5	0.2	52.6
963	Roots and tubers mixed	0.1	0.0	0.0	0.0	1.7	1.5	93.8
967	Sweet potato, boiled	0.0	0.0	0.1	0.0	1.2	0.4	50.0
966	Sweet potato, fried	4.3	0.3	0.1	0.0	3.0	2.8	10.0
970	Taro, cooked, without salt	0.0	0.0	0.0	0.0	5.1	0.5	78.0

B2 Roots, Tubers and Banana-based local dishes

Vitamins		VITA	A_VITA	VITD	VITE	VITC	THIA	RIBF	NIA	VIT B6	FOL	VIT B12 PANT
		µ g RE	µ g RE	µ g	µ g	mg	mg	mg	mg	mg	µ g	µ g mg
974	Banana porridge, plain	65.6	0.0	0.0	0.0	8.5	0.0	0.0	0.6	0.2	18.5	0.0 0.2
975	Banana porridge with meat	104.7	44.0	0.0	0.1	16.1	0.0	0.0	1.5	0.3	22.3	0.4 0.3
976	Banana porridge with fish	1125.6	0.0	0.0	0.1	9.9	0.1	0.1	0.8	0.2	26.1	0.0 0.2
977	Banana porridge with meat and spinach	220.7	0.0	0.0	0.2	6.8	0.1	0.1	1.5	0.3	33.7	0.6 0.3
954	Banana with cashew nut	30.0	0.0	0.0	0.1	9.0	0.0	0.0	0.5	0.1	11.4	0.2 0.1
955	Banana with coconut milk	84.3	0.0	0.0	0.0	10.7	0.1	0.1	0.8	0.2	25.3	0.0 0.2
968	Banana with kidney beans	69.8	0.0	0.0	0.6	9.1	0.1	0.1	0.7	0.2	21.2	0.0 0.2
953	Banana with meat	86.0	0.0	0.0	0.0	10.4	0.1	0.1	0.8	0.2	24.7	0.0 0.2
952	Banana with meat and coconut milk	91.0	0.0	0.0	0.1	11.0	0.1	0.1	0.8	0.2	26.0	0.0 0.2
973	Banana with meat, oil and vegetable	91.0	0.0	0.0	0.0	11.0	0.1	0.1	0.8	0.2	26.0	0.0 0.2
951	Banana with oil (no meat)	62.7	0.0	0.0	1.2	7.9	0.1	0.1	0.7	0.2	21.0	0.0 0.2
969	Banana, boiled	62.5	0.0	0.0	0.4	3.6	0.1	0.0	0.7	0.1	26.9	0.0 0.2
964	Banana, fried	91.0	0.0	0.0	0.1	11.0	0.1	0.1	0.8	0.2	26.0	0.0 0.2
971	Banana, roast	27.3	0.0	0.0	0.2	8.5	0.0	0.0	0.7	0.1	12.2	0.3 0.2
541	Cassava porridge with sugar	4.3	0.0	0.0	0.2	18.1	0.1	0.0	0.5	0.2	14.5	0.0 0.2
526	Cassava stiff porridge	1.4	0.0	0.0	0.3	7.2	0.1	0.1	1.2	0.2	11.1	0.0 0.2
956	Cassava with coconut milk	4.3	0.0	0.0	0.0	22.6	0.1	0.0	0.7	0.2	20.0	0.0 0.3

B2 Roots, Tubers and Banana-based local dishes *continued*

Vitamins		VITA	A_VITA	VITD	VITE	VITC	THIA	RIBF	NIA	VIT B6	FOL	VIT B12PANT	
		µ g RE	µ g RE	µ g	µ g	mg	mg	mg	mg	mg	µ g	µ g	mg
965	Cassava, boiled	6.0	0.0	0.0	0.0	30.0	0.1	0.0	0.6	0.3	15.0	0.0	0.3
957	Cassava, fried	6.0	0.0	0.0	0.3	30.0	0.1	0.0	0.6	0.3	15.0	0.0	0.3
978	Kachori (spicy potato balls)	0.4	0.0	0.0	0.3	11	0.2	0.0	1.4	0.4	4.6	0.0	0.6
960	Potato chips, fried	0.0	0.0	0.0	0.2	10.8	0.1	0.0	1.2	0.2	7.5	0.0	0.5
959	Potato relish with beef	50.4	0.0	0.0	0.3	28.2	0.1	0.0	0.4	0.2	19.0	0.0	0.2
972	Potato relish with coconut milk	0.0	0.0	0.0	0.0	13.0	0.1	0.0	1.4	0.3	9.0	0.0	0.6
958	Potato relish with oil	0.0	0.0	0.0	1.0	13.8	0.2	0.0	1.7	0.1	33.5	0.0	0.8
961	Potato, boiled	5.6	0.0	0.0	0.0	9.6	0.2	0.0	0.9	0.2	6.7	0.0	0.4
963	Roots and tubers mixed	4.5	0.0	0.0	0.1	10.5	0.1	0.0	1.2	0.2	10.8	0.1	0.5
967	Sweet potato, boiled	0.0	0.0	0.0	5.0	12.0	0.1	0.0	0.6	0.2	16.0	0.0	0.3
966	Sweet potato, fried	1467.0	0.0	0.0	5.1	25.0	0.1	0.1	0.6	0.2	23.0	0.0	0.2
970	Taro, cooked, without salt	4.0	0.0	0.0	2.4	5.0	0.1	0.5	1.5	0.3	19.0	0.0	0.3

B2 Roots, Tubers and Banana-based local dishes

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
974	Banana porridge, plain	2.2	20.8	22.2	326.1	68.5	0.4	0.0	0.1	0.1	0.1
975	Banana porridge with meat	6.1	74.4	30.7	455.1	50.0	1.0	0.3	1.0	0.1	0.2
976	Banana porridge with fish	10.6	96.6	41.5	588.1	123.7	1.5	0.4	1.3	0.2	0.5
977	Banana porridge with meat and spinach	20.5	82.8	34.6	405.5	127.1	1.3	0.5	1.4	0.1	0.2
954	Banana with cashewnut	15.1	45.9	36.7	355.6	4.1	0.6	0.0	0.2	0.1	0.2
955	Banana with coconut milk	6.7	62.7	34.3	149.9	2.3	0.2	0.0	0.1	0.0	0.1
968	Banana with kidney beans	15.1	55.7	27.2	324.2	434.7	1.1	0.0	0.4	0.1	0.2
953	Banana with meat	1.6	226.0	11.4	168.9	118.8	0.3	0.1	0.3	0.0	0.1
952	Banana with meat and coconut milk	3.0	36.1	31.0	449.8	7.0	0.7	0.0	0.2	0.1	0.2
973	Banana with meat, oil and vegetable	2.5	24.2	25.3	374.6	4.7	0.5	0.0	0.1	0.1	0.1
951	Banana with oil (no meat)	3.8	48.6	15.7	216.7	104.4	0.7	0.2	0.7	0.1	0.2
969	Banana, boiled	2.0	28.0	32.0	465.0	5.0	0.6	0.0	0.1	0.1	0.2
964	Banana, fried	2.0	28.0	32.0	465.0	5.0	0.6	0.0	0.1	0.1	0.2
971	Banana, roast	2.0	28.0	32.0	465.0	5.0	0.6	0.0	0.1	0.1	0.2
541	Cassava porridge with sugar	7.0	25.4	3.6	87.7	0.9	0.3	0.0	0.1	0.0	0.0
526	Cassava stiff porridge	6.4	89.1	40.5	144.4	11.0	1.2	0.0	0.6	0.1	0.2
956	Cassava with coconut milk	18.2	89.3	18.8	297.2	8.4	1.4	0.0	0.6	0.2	0.6

B2 Roots, Tubers and Banana-based local dishes *continued*

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
965	Cassava, boiled	19.0	70.0	10.0	243.0	2.0	0.8	0.0	0.3	0.1	0.1
957	Cassava, fried	19.0	70.0	10.0	243.0	2.0	0.8	0.0	0.3	0.1	0.1
978	Kachori (spicy potato balls)	39.7	148.8	50.4	492.7	86	2.2	0.0	1.2	0.4	0.8
960	Potato chips, fried	4.2	41.7	20.8	325.8	4.2	0.3	0.0	0.2	0.2	0.2
959	Potato relish with beef	15.0	75.0	35.0	574.0	11.0	0.8	0.0	0.4	0.3	0.3
972	Potato relish with coconut milk	16.7	144.0	51.7	687.7	21.7	2.4	0.0	1.2	0.6	1.4
958	Potato relish with oil	3.5	3.4	16.8	266.5	3.8	0.2	0.0	0.2	0.1	0.1
961	Potato, boiled	5.0	50.0	25.0	391.0	5.0	0.4	0.0	0.3	0.2	0.2
963	Roots and tubers mixed	13.1	27.6	10.0	202.8	4.0	0.4	0.0	0.2	0.0	0.1
967	Sweet potato, boiled	8.0	39.0	26.0	303.0	3.0	0.8	0.0	0.5	0.2	0.2
966	Sweet potato, fried	28.0	55.0	20.0	348.0	10.0	0.5	0.0	0.3	0.2	0.6
970	Taro, cooked, without salt	18.0	76.0	30.0	484.0	15.0	0.7	0.0	0.3	0.2	0.4

B2 Roots, Tubers and Banana-based local dishes

Amino Acids		TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
974	Banana porridge, plain	6.8	15.9	16.8	26.8	27.8	7.3	9.1	20.0	14.9	20.6	49.0	27.2
975	Banana porridge with meat	144.3	237.4	244.6	426.5	444.5	158.5	62.9	214.3	184	266.9	361.1	185.5
976	Banana porridge with fish	24.5	95.1	97.9	164.1	176.7	51.7	25.0	91.5	68.2	111.5	176.8	68.1
977	Banana porridge with meat, spinach	97.5	368.2	381.9	664.2	691.0	211.5	98.2	335.9	286.8	415.8	548.2	295.3
954	Banana with cashewnut	24.4	52.0	1358.0	1970.9	2210.6	719.3	362.1	1053.3	876.1	1313.4	1717.9	797.6
955	Banana with coconut milk	21.2	60.9	35.5	110.8	115.6	32.9	36.7	90.2	57.2	105.6	295.6	46.9
968	Banana with kidney beans	35.2	119.9	128.1	222.9	194.7	43.2	33.8	151.4	81.5	149.3	191.7	88.4
953	Banana with meat	30.9	115.0	118.3	206.5	216.7	66.0	32.3	105.3	89.3	129.4	177.8	96.3
952	Banana with meat and coconut milk	17.1	51.7	54.0	92.5	91.7	27.5	21.2	56.5	43.7	64.5	125.0	59.6
973	Banana with meat, oil and vegetable	45.5	168.6	174.7	306.9	309.1	96.5	50.2	160.3	131.7	197.0	300.3	135.0
951	Banana with oil (no meat)	7.8	18.6	21.8	34.4	19.2	5.7	3.6	18.7	12.9	21.8	21.8	9.7
969	Banana, boiled	8.5	20.0	20.9	34.2	35.1	9.5	11.4	25.6	19.0	26.6	62.7	37.0
964	Banana, fried	9.0	21.0	22.0	36.0	37.0	10.0	12.0	27.0	20.0	28.0	66.0	39.0
971	Banana, roast	9.0	21.0	22.0	36.0	37.0	10.0	12.0	27.0	20.0	28.0	66.0	39.0
541	Cassava porridge with sugar	5.4	8.3	8.0	11.6	12.9	3.3	8.3	7.5	5.1	10.1	39.9	5.7
526	Cassava stiff porridge	20.7	97.0	92.6	306.5	77.0	53.2	49.3	124.7	102.4	130.0	148.1	78.2
956	Cassava with coconut milk	24.7	58.2	60.9	108.7	76.7	28.5	16.4	15.0	10.0	19.9	79.0	11.4

B2 Roots, Tubers and Banana-based local dishes *continued*

Amino Acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
965 Cassava, boiled	15.0	23.0	22.0	32.0	36.0	9.0	23.0	21.0	14.0	28.0	111.0	16.0
957 Cassava, fried	15.0	23.0	22.0	32.0	36.0	9.0	23.0	21.0	14.0	28.0	111.0	16.0
978 Kachori (spicy potato balls)	126	216	248.8	411.1	387.1	92.5	78.1	308.8	143.3	245.1	552.3	159.3
960 Potato chips, fried	25.0	59.2	411.6	645.0	542.4	235.2	175.2	400.8	307.8	460.2	453.0	178.8
959 Potato relish with beef	37.1	107.6	116.8	190.2	183.6	54.2	37.1	120.1	96.6	149.5	194.3	73.2
972 Potato relish with coconut milk	62.5	172.0	26.8	43.0	410.2	11.6	23.0	28.7	18.5	36.7	127.0	18.2
958 Potato relish with oil	19.7	47.2	131.3	229.5	129.8	38.3	24.0	126.0	87.0	147.0	147.0	65.3
961 Potato, boiled	30.0	71.0	80.0	118.0	119.0	31.0	25.0	87.0	73.0	110.0	90.0	43.0
963 Roots and tubers mixed	8.2	13.1	12.1	19.3	23.2	4.7	10.4	12.7	8.4	15.3	47.1	11.4
967 Sweet potato, boiled	12.0	52.0	50.0	94.0	58.0	20.0	18.0	69.0	39.0	60.0	124.0	33.0
966 Sweet potato, fried	21.0	86.0	86.0	126.0	85.0	42.0	14.0	103.0	71.0	112.0	80.0	32.0
970 Taro, cooked, without salt	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

C1 Pulses, nuts and seeds

	Macronutrients	ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
179	Almonds	578.0	21.2	0.0	0.0	50.6	19.7
151	Bambara groundnut, fresh	141.0	12.4	0.0	0.0	6.4	11.1
154	Bean, kidney, green, cooked	166.0	11.4	0.0	0.0	0.7	29.9
155	Bean, mung, dry	116.0	7.7	0.0	0.0	0.5	20.8
156	Bean, mung, raw	306.0	20.3	0.0	0.0	1.3	54.9
153	Beans, kidney, mature, boiled without salt	127.0	8.7	0.0	0.0	0.5	22.8
170	Beans, kidney, mature seeds, raw	333.0	23.6	0.0	0.0	0.8	60.0
157	Cashewnut	589.0	20.0	0.0	0.0	52.2	20.4
158	Chickpea	164.0	8.9	0.0	0.0	2.6	27.4
159	Chickpea flour (besan)	387.0	22.4	0.0	0.0	6.7	57.8
162	Cowpea, green, uncooked	116.0	7.7	0.0	0.0	0.5	20.8
163	Cowpea, uncooked	336.0	23.5	0.0	0.0	1.3	60.0
173	Hyacinth beans (dried)	306.0	20.3	0.0	0.0	1.3	54.9
174	Hyacinth-beans, immature, raw	46.0	2.1	0.0	0.0	0.2	9.2
176	Hyacinth-beans, immature, boiled without salt	50.0	3.0	0.0	0.0	0.3	9.2

Macronutrients		FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
179	Almonds	3.9	32.1	12.2	0.0	11.8	4.8	2580.0
151	Bambara groundnut, fresh	0.7	1.2	3.0	0.0	4.2	0.5	270.0
154	Bean, kidney, green, cooked	0.1	0.0	0.4	0.0	8.4	1.3	808.0
155	Bean, mung, dry	0.1	0.0	0.2	0.0	6.5	1.4	358.0
156	Bean, mung, raw	0.3	0.0	0.5	0.0	17.2	3.7	945.0
153	Beans, kidney, mature, boiled without salt	0.1	0.0	0.3	0.0	6.4	0.3	617.0
170	Beans, kidney, mature seeds, raw	0.1	0.1	0.5	0.0	24.9	2.2	1586.0
157	Cashewnut	4.9	33.9	11.0	0.0	10.9	5.0	2580.0
158	Chickpea	0.3	0.6	1.2	0.0	7.5	1.4	293.0
159	Chickpea flour (besan)	0.7	1.5	3.0	0.0	10.8	10.9	938.0
162	Cowpea, green, uncooked	0.1	0.0	0.2	0.0	6.5	1.4	358.0
163	Cowpea, uncooked	0.3	0.1	0.5	0.0	10.6	6.9	945.0
173	Hyacinth beans (dried)	0.3	0.0	0.5	0.0	17.2	3.7	945.0
174	Hyacinth-beans, immature, raw	0.1	0.1	0.0	0.0	7.8	3.4	20.0
176	Hyacinth-beans, immature, boiled without salt	0.1	0.1	0.0	0.0	3.9	3.4	20.0

C1 Pulses, nuts and seeds *continued*

	Macronutrients	ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
177	Lentil, cooked	116.0	9.0	0.0	0.0	0.4	20.1
180	Lentil, whole	311.0	24.1	0.0	0.0	1.1	53.9
175	Palm seed	203.0	0.6	0.0	0.0	20.2	6.7
164	Groundnuts	567.0	25.8	0.0	0.0	49.2	16.1
178	Peanut butter, smooth	520.0	25.9	0.0	0.0	34.0	35.7
165	Pigeon peas, cooked	121.0	6.7	0.0	0.0	0.4	19.7
166	Pigeon peas, green	148.0	9.5	0.0	0.0	0.4	27.5
171	Pigeon peas, raw	343.0	21.7	0.0	0.0	1.5	62.8
172	Pumpkin seed	435.0	19.5	0.0	0.0	40.6	7.0
167	Sesame seed	573.0	17.7	0.0	0.0	49.7	23.5
168	Soybean, yellow	415.0	36.5	0.0	0.0	20.0	30.3
169	Sunflower seed	588.0	26.4	0.0	0.0	54.8	9.4

Macronutrients <i>continued</i>		FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
177	Lentil, cooked	0.1	0.1	0.2	0.0	7.9	0.7	358
180	Lentil, whole	0.3	0.3	0.5	0.0	21.2	1.9	959
175	Palm seed	16.3	2.4	0.3	0.0	1.7	2.1	8.0
164	Groundnuts	6.8	24.4	15.6	0.0	8.5	3.8	1760.0
178	Peanut butter, smooth	7.4	16.2	10.3	0.0	5.2	7.8	1600.0
165	Pigeon peas, cooked	0.1	0.0	0.2	0.0	5.4	0.7	398.0
166	Pigeon peas, green	0.0	0.0	0.2	0.0	9.7	8.4	49.0
171	Pigeon peas, raw	0.3	0.0	0.8	0.0	15.0	2.0	1154.0
172	Pumpkin seed	5.7	15.3	17.8	0.0	7.5	0.5	3818.0
167	Sesame seed	7.0	18.8	21.8	0.0	16.9	0.7	4710.0
168	Soybean, yellow	3.0	4.5	11.3	0.0	9.3	4.3	1473.0
169	Sunflower seed	7.7	20.7	24.0	0.0	10.1	0.7	5160.0

C1 Pulses, Nuts and Seeds

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
179	Almonds	0.0	0.0	0.0	24.0	0.0	0.21	0.78	3.4	0.11	59.0	0.0	0.5
151	Bambara groundnut, fresh	16.0	0.0	0.0	2.0	17.0	0.3	0.2	1.3	0.1	111.0	0.0	0.1
154	Bean, kidney, green, cooked	0.0	0.0	0.0	0.0	1.0	0.2	0.1	0.8	0.2	170.0	0.0	0.3
155	Bean, mung, dry	2.0	0.0	0.0	0.0	0.0	0.2	0.1	0.5	0.1	208.0	0.0	0.4
156	Bean, mung, raw	5.0	0.0	0.0	0.0	0.0	0.5	0.2	1.3	0.3	549.0	0.0	1.1
153	Beans, kidney, mature, bolde without salt	0.0	0.0	0.0	0.0	1.2	0.2	0.1	0.6	0.1	130.0	0.0	0.2
170	Beans, kidney, mature seeds, raw	0.0	0.0	0.0	0.2	4.5	0.5	0.2	2.1	0.4	394.0	0.0	0.8
157	Cashewnut	0.0	0.0	0.0	24.0	1.0	0.2	0.8	3.4	0.1	59.0	0.0	0.5
158	Chickpea	3.0	0.0	0.0	0.0	1.0	0.1	0.1	0.5	0.1	172.0	0.0	0.3
159	Chickpea flour (besan)	2.0	0.0	0.0	0.8	0.0	0.5	0.1	1.8	0.5	437.0	0.0	0.6
162	Cowpea, green, uncooked	1.0	0.0	0.0	0.3	0.4	0.2	0.1	0.5	0.1	208.0	0.0	0.4
163	Cowpea, uncooked	5.0	0.0	0.0	0.0	0.0	0.5	0.2	1.3	0.3	549.0	0.0	1.1
173	Hyacinth beans (dried)	5.0	0.0	0.0	0.0	0.0	0.5	0.2	1.3	0.3	549.0	0.0	1.1
174	Hyacinth-beans, immature, raw	7.0	0.0	0.0	0.0	5.1	0.1	0.1	0.5	0.0	47.0	0.0	0.1
176	Hyacinth-beans, immature, boiled without salt	5.0	0.0	0.0	0.0	12.9	0.1	0.1	0.5	0.0	62.0	0.0	0.1

C1 Pulses, Nuts and Seeds *continued*

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
177	Lentil, cooked	3.0	0.0	0.0	0.0	5.0	0.5	0.2	2.9	0.5	485.0	0.0	1.7
180	Lentil, whole	0.0	0.0	0.0	5.0	12.0	0.1	0.0	0.6	0.2	16.0	0.0	0.3
175	Palm seed	1002.0	0.0	0.0	0.0	4.0	0.0	0.0	0.1	0.1	9.0	0.0	0.1
164	Groundnuts	0.0	0.0	0.0	9.0	0.0	0.3	0.1	14.3	0.3	126.0	0.0	1.4
178	Peanut butter, smooth	0.0	0.0	0.0	6.7	0.0	0.3	0.1	14.6	0.3	60.0	0.0	0.0
165	Pigeon peas, cooked	2.0	0.0	0.0	0.0	0.0	0.1	0.1	0.7	0.0	111.0	0.0	0.3
166	Pigeon peas, green	106.0	0.0	0.0	0.0	25.0	0.5	0.3	3.5	0.4	111.0	0.0	0.3
171	Pigeon peas, raw	1.0	0.0	0.0	0.0	0.0	0.6	0.2	3.0	0.3	456.0	0.0	1.3
172	Pumpkin seed	5.0	0.0	0.0	1.0	0.0	0.5	0.1	3.5	0.1	71.0	0.0	0.5
167	Sesame seed	1.0	0.0	0.0	2.0	0.0	0.8	0.3	4.5	0.8	97.0	0.0	0.1
168	Soybean, yellow	3.0	0.0	0.0	3.0	3.0	0.4	0.7	1.0	0.2	133.0	0.0	0.4
169	Sunflower seed	7.0	0.0	0.0	2.0	0.0	0.7	0.1	4.7	0.2	96.0	0.0	0.7

C1 Pulses, Nuts and Seeds

Minerals	CA	P	MG	K	NA	FE	MFP_FE	ZN	CU	MN
	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
179 Almonds	248.0	4.7	275.0	7.3	1.0	4.3	0.0	3.4	1.1	2.5
151 Bambara groundnut, fresh	145.0	158.0	60.0	539.0	14.0	2.5	0.0	0.9	0.1	0.5
154 Bean, kidney, green, cooked	37.0	186.0	59.0	528.0	3.0	3.8	0.0	1.4	0.3	0.6
155 Bean, mung, dry	24.0	156.0	53.0	278.0	4.0	2.5	0.0	1.3	0.3	0.5
156 Bean, mung, raw	63.0	412.0	140.0	734.0	11.0	6.6	0.0	3.4	0.7	1.3
153 Beans, kidney, mature, boiled without salt	28.0	142.0	45.0	403.0	2.0	2.9	0.0	1.1	0.2	0.5
170 Beans, kidney, mature seeds, raw	72.0	365.0	116.0	1036.0	5.0	7.5	0.0	2.8	0.6	1.2
157 Cashewnut	266.0	520.0	296.0	732.0	11.0	3.7	0.0	2.9	0.9	2.3
158 Chickpea	49.0	168.0	48.0	291.0	7.0	2.9	0.0	1.5	0.4	1.0
159 Chickpea flour (besan)	157.0	538.0	154.0	931.0	22.0	9.3	0.0	4.8	1.1	3.3
162 Cowpea, green, uncooked	24.0	156.0	53.0	278.0	4.0	2.5	0.0	1.3	0.3	0.5
163 Cowpea, uncooked	63.0	412.0	140.0	734.0	11.0	6.6	0.0	3.4	0.7	1.3
173 Hyacinth beans (dried)	50.0	412.0	140.0	734.0	11.0	6.6	0.0	3.4	0.7	1.3
174 Hyacinth-beans, immature, raw	50.0	49.0	40.0	252.0	2.0	0.7	0.0	0.4	0.0	0.2
176 Hyacinth-beans, immature, boiled without salt	41.0	49.0	42.0	262.0	2.0	0.8	0.0	0.4	0.0	0.2

C1 Pulses, Nuts and Seeds *continued*

Minerals	CA	P	MG	K	NA	FE	MFP_FE	ZN	CU	MN
	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
177 Lentil, cooked	51.0	482.0	96.0	989.0	5.0	8.8	0.0	3.5	0.67	1.31
180 Lentil, whole	8.0	39.0	26.0	303.0	3.0	0.8	0.0	0.5	0.17	0.24
175 Palm seed	3.0	14.0	12.0	61.0	0.0	0.2	0.0	0.1	0.1	0.2
164 Groundnuts	92.0	376.0	168.0	705.0	18.0	4.6	0.0	3.3	1.1	1.9
178 Peanut butter, smooth	35.0	369.0	170.0	669.0	540.0	1.9	0.0	2.8	0.6	0.1
165 Pigeon peas, cooked	36.0	125.0	43.0	268.0	5.0	1.5	0.0	1.0	0.3	0.4
166 Pigeon peas, green	48.0	206.0	69.0	477.0	5.0	2.6	0.0	2.1	0.3	0.9
171 Pigeon peas, raw	104.0	363.0	125.0	777.0	15.0	4.4	0.0	2.9	0.8	1.2
172 Pumpkin seed	97.0	574.0	257.0	301.0	30.0	5.8	0.0	7.6	1.1	1.1
167 Sesame seed	975.0	629.0	351.0	468.0	11.0	14.6	0.0	7.8	4.1	2.5
168 Soybean, yellow	278.0	705.0	280.0	1798.0	3.0	15.8	0.0	5.0	1.7	2.5
169 Sunflower seed	131.0	776.0	347.0	407.0	40.0	7.8	0.0	10.3	1.5	1.4

C1 Pulses, Nuts and Seeds

Amino Acids	TRP	THR	ILE	LEU	LYS	MET	CYS	PHE	TYR	VAL	ARG	HIS
	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
179 Almonds	358	739	866	1552	666	227	358	1113	705	1028	2495	558
151 Bambara groundnut, fresh	150.0	492.0	543.0	883.0	739.0	150.0	113.0	559.0	443.0	549.0	994.0	332.0
154 Bean, kidney, green, cooked	135.0	478.0	502.0	908.0	779.0	170.0	123.0	614.0	320.0	595.0	703.0	317.0
155 Bean, mung, dry	95.0	294.0	314.0	592.0	523.0	110.0	85.0	451.0	250.0	368.0	535.0	240.0
156 Bean, mung, raw	251.0	776.0	829.0	1563.0	1381.0	290.0	224.0	1191.0	660.0	972.0	1412.0	634.0
153 Beans, kidney, mature, boiled without salt	140.0	319.0	41.0	736.0	607.0	113.0	81.0	511.0	205.0	500.0	475.0	238.0
170 Beans, kidney, mature seeds, raw	279.0	992.0	1041.0	1882.0	1618.0	355.0	256.0	1275.0	664.0	1233.0	1460.0	656.0
157 Cashewnut	358.0	739.0	866.0	1552.0	666.0	227.0	358.0	1113.0	705.0	1028.0	2495.0	558.0
158 Chickpea	85.0	329.0	380.0	631.0	593.0	116.0	119.0	475.0	220.0	372.0	835.0	244.0
159 Chickpea flour (besan)	272.0	1053.0	1216.0	2019.0	1898.0	371.0	381.0	1520.0	704.0	1190.0	2672.0	781.0
162 Cowpea, gree, uncooked	95.0	294.0	314.0	592.0	523.0	110.0	85.0	451.0	250.0	368.0	535.0	240.0
163 Cowpea, uncooked	95.0	294.0	314.0	592.0	523.0	110.0	85.0	451.0	250.0	368.0	535.0	240.0
173 Hyacinth beans (dried)	251.0	776.0	829.0	1563.0	1381.0	290.0	224.0	1191.0	660.0	972.0	1412.0	634.0
174 Hyacinth-beans, immature, raw	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1
176 Hyacinth-beans, immature, boiled without salt	26.0	124.0	201.0	307.0	203.0	26.0	26.0	65.0	53.0	318.0	201.0	124.0

C1 Pulses, Nuts and Seeds *continued*

Amino Acids	TRP	THR	ILE	LEU	LYS	MET	CYS	PHE	TYR	VAL	ARG	HIS
	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
177 Lentil, cooked	217.0	866.0	1045.0	1753.0	1688.0	206.0	316.0	1193.0	646.0	1201.0	1868.0	681.0
180 Lentil, whole	12.0	52.0	50.0	94.0	58.0	20.0	18.0	69.0	39.0	60.0	124.0	33.0
175 Palm seed	7.0	23.0	22.0	36.0	31.0	14.0	15.0	26.0	17.0	30.0	59.0	17.0
164 Groundnuts	250.0	883.0	907.0	1672.0	926.0	317.0	387.0	1049.0	1082.0	3085.0	652.0	1025.0
178 Peanut butter, smooth	200.8	706.4	725.6	1337.6	740.8	253.6	309.6	839.2	865.6	2468.0	521.6	820.0
165 Pigeon peas, cooked	250.0	883.0	907.0	1672.0	926.0	317.0	331.0	1337.0	1049.0	1082.0	3085.0	652.0
166 Pigeon peas, green	72.0	270.0	306.0	572.0	486.0	62.0	97.0	321.0	241.0	338.0	702.0	193.0
171 Pigeon peas, raw	209.0	783.0	887.0	1659.0	1409.0	180.0	281.0	931.0	699.0	980.0	2036.0	560.0
172 Pumpkin seed	350.0	873.0	954.0	1591.0	615.0	663.0	387.0	1131.0	833.0	1094.0	2461.0	501.0
167 Sesame seed	65.0	354.0	340.0	563.0	553.0	143.0	56.0	348.0	197.0	408.0	744.0	185.0
168 Soybean, yellow	388.0	736.0	763.0	1358.0	569.0	586.0	358.0	940.0	743.0	990.0	2630.0	522.0
169 Sunflower seed	530.0	1585.0	1770.0	2973.0	2430.0	493.0	588.0	1905.0	1380.0	1820.0	2830.0	985.0

C2 Pulses, nuts and seeds-based local dishes

Macronutrients			ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
			Kcal	g	g	g	g	g
663	Bambara nut relish with coconut milk	One recipe	127	4.2	0.0	0.0	10.2	6.7
32	Bhajia (chickpea flour fritters)	One recipe	356	19.2	0.0	0.0	5.6	59.7
664	Chick pea relish with coconut milk	One recipe	144.2	4.0	0.0	0.0	8.9	13.7
653	Cow pea (dry) relish without oil	One recipe	59.5	0.5	0.0	0.0	5.85	2.2
654	Cow pea (dry) relish with oil	One recipe	154.7	7.3	0.0	0.0	6.3	18.9
651	Cow pea (fresh) relish without oil	One recipe	71.5	4.6	0.0	0.0	0.4	13.0
652	Cow pea relish with coconut milk	Ten recipes	120.4	7.4	0.0	0.0	1.8	19.7
657	Kidney bean relish without oil	Two recipes	117.2	6.4	0.0	0.0	2.9	17.1
656	Kidney bean relish with oil	Two recipes	130.6	4.9	0.0	0.0	6.9	13.3
655	Kidney bean relish with coconut milk	Nine recipes	83.2	2.8	0.0	0.0	4.8	8.1
662	Mung bean (dry) relish with coconut milk	One recipe	87.2	2.4	0.0	0.0	5.3	8.7
658	Mung bean (dry, boiled)	Two recipes	43.7	2.8	0.0	0.0	0.2	8.0
659	Pigeon pea (fresh, cooked)	One recipe	131.0	6.1	0.0	0.0	5.1	16.1
660	Pigeon pea relish with coconut milk	One recipe	114.0	3.4	0.0	0.0	7.2	10.4
661	Pigeon pea relish with oil	Two recipes	245.0	13.8	0.0	0.0	5.8	36.3

C2 Pulses, nuts and seeds-based local dishes *continued*

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
663	Bambara nut relish with coconut milk	7.5	0.7	1.0	0.0	2.9	0.2	130.1
32	Bhajia (chickpea flour fritters)	0.68	1.3	2.6	0.0	16.3	3.1	628.0
664	Chick pea relish with coconut milk	7.2	0.5	0.5	0.0	4.9	0.6	181.8
653	Cow pea (dry) relish without oil	5.0	0.3	0.1	0.0	0.9	0.05	358.0
654	Cow pea (dry) relish with oil	5.2	0.3	0.3	0.0	3.5	2.00	264.3
651	Cow pea (fresh) relish without oil	0.1	0.0	0.1	0.0	4.0	0.8	208.8
652	Cow pea relish with coconut milk	1.3	0.1	0.2	0.0	3.5	2.3	335.3
657	Kidney bean relish without oil	2.2	0.10	0.2	0.0	4.8	0.7	352.0
656	Kidney bean relish with oil	5.8	0.4	0.3	0.0	3.6	0.3	385.6
655	Kidney bean relish with coconut milk	4.2	0.2	0.2	0.0	2.2	0.8	184.9
662	Mung bean (dry) relish with coconut milk	4.6	0.2	0.1	0.0	2.9	0.5	119.4
658	Mung bean (dry, boiled)	0.0	0.0	0.1	0.0	2.4	0.6	108.7
659	Pigeon pea (fresh, cooked)	4.2	0.4	0.3	0.0	4.4	0.0	318.4
660	Pigeon pea relish with coconut milk	6.3	0.3	0.2	0.0	3.8	0.3	211.3
661	Pigeon pea relish with oil	4.5	0.5	0.5	0.0	9.9	1.3	721

C2 Pulses, nuts and seeds-based local dishes

	Vitamins	VITA µ g RE	A_VITA µ g RE	VITD µ g	VITE µ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL µ g	VIT B12 µ g	PANT mg
663	Bambara nut relish with coconut	20.9	0.0	0.0	0.8	8.9	0.1	0.1	0.6	0.0	38.3	0.0	0.1
32	Bhajia (chickpea flour fritters)	34.4	0.0	0.0	0.1	21.3	0.2	0.1	1.1	0.3	368.6	0.0	0.6
664	Chick pea relish with coconut milk	1.1	0.0	0.0	0.2	1.2	0.1	0.0	0.3	0.1	68.1	0.0	0.2
653	Cow pea (dry) relish without oil	2.0	0.0	0.0	0.0	0.0	0.2	0.1	0.5	0.1	208.0	0.0	0.4
654	Cow pea (dry) relish with oil	27.2	0.0	0.0	0.0	5.8	0.2	0.1	0.5	0.1	157.5	0.0	0.4
651	Cow pea (fresh) relish without oil	18.6	0.0	0.0	0.0	3.8	0.1	0.0	0.4	0.1	123.6	0.0	0.3
652	Cow pea relish with coconut	1.5	0.0	0.0	0.2	0.7	0.2	0.1	0.5	0.1	169.4	0.0	0.4
657	Kidney bean relish without oil	11.9	0.0	0.0	0.3	3.2	0.1	0.1	0.4	0.1	76.6	0.0	0.1
656	Kidney bean relish with oil	0.0	0.0	0.0	0.1	0.9	0.1	0.0	0.4	0.1	82.1	0.0	0.2
655	Kidney bean relish with coconut milk	14.9	0.0	0.0	0.2	5.4	0.1	0.0	0.3	0.1	35.6	0.0	0.1
662	Mung bean (dry) relish with coconut milk	10.4	0.0	0.0	0.2	3.5	0.1	0.0	0.3	0.1	48.1	0.0	0.2
658	Mung bean (dry, boiled)	0.6	0.0	0.0	0.0	0.2	0.1	0.0	0.2	0.0	63.5	0.0	0.2
659	Pigeon pea (fresh, cooked)	1.6	0.0	0.0	0.0	0.2	0.1	0.1	0.6	0.1	83.8	0.0	0.1
660	Pigeon pea relish with coconut milk	0.7	0.0	0.0	0.2	2.0	0.0	0.0	0.4	0.0	43.0	0.0	0.1
661	Pigeon pea relish with oil	3.8	0.0	0.0	0.1	0.3	0.2	0.2	1.3	0.1	189.6	0.0	0.3

C2 Pulses, Nuts and Seeds-based local dishes

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
663	Bambara nut relish with coconut milk	44.2	68.0	24.3	254.3	116.6	1.2	0.0	0.5	0.1	0.4
32	Bhajia (chickpea flour fritters)	107.6	363.8	104.6	649.0	15.2	6.3	0.0	3.2	0.7	2.2
664	Chick pea relish with coconut milk	21.6	88.0	25.1	193.7	99.6	1.6	0.0	0.8	0.2	0.7
653	Cow pea (dry) relish without oil	24.0	156.0	53.0	278.0	4.0	2.5	0.0	1.3	0.3	0.5
654	Cow pea (dry) relish with oil	20.1	122.7	275.3	364.4	2.0	0.0	1.0	0.2	0.0	0.1
651	Cow pea (fresh) relish without oil	14.9	95.3	32.9	205.6	4.1	1.6	0.0	0.8	0.2	0.3
652	Cow pea relish with coconut milk	22.0	143.0	47.5	283.1	53.1	2.4	0.0	1.2	0.3	0.6
657	Kidney bean relish without oil	18.7	90.8	28.7	261.2	1.4	1.8	0.0	0.7	0.1	0.3
656	Kidney bean relish with oil	20.9	104.2	33.4	314.2	2.2	2.1	0.0	0.8	0.2	0.3
655	Kidney bean relish with coconut milk	14.5	71.8	23.5	275.5	117.2	2.1	0.5	1.1	0.7	1.1
662	Mung bean (dry) relish with coconut milk	10.0	57.5	19.5	107.9	278.2	0.9	0.0	0.5	0.1	0.2
658	Mung bean (dry, boiled)	6.0	39.0	13.0	70.0	1.0	0.6	0.0	0.3	0.1	0.1
659	Pigeon pea (fresh, cooked)	29.7	101.3	34.8	220.4	81.6	1.2	0.0	0.8	0.2	0.3
660	Pigeon pea relish with coconut milk	16.1	69.1	22.3	172.7	6.0	1.0	0.0	0.6	0.2	0.5
661	Pigeon pea relish with oil	66.3	228.9	78.8	494.9	9.6	2.8	0.0	1.8	0.5	0.8

C2 Pulses, nuts and seeds-based local dishes

	Amino acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
663	Bambara nut relish with coconut milk	49.7	161.5	177.4	293.3	236.9	53.5	45.0	188.3	143.7	190.9	374.7	108.0
32	Bhajia (chickpea flour fritters)	184.2	708.0	817.6	1354.5	1274.8	249.3	257.7	1019.0	474.1	799.5	1801.7	524.3
664	Chick pea relish with coconut milk	40.2	147.3	168.3	285.0	248.8	56.5	58.9	210.9	104.1	181.9	433.7	106.1
653	Cow pea (dry) relish without oil	95.0	294.0	314.0	592.0	523.0	110.0	85.0	451.0	250.0	368.0	535.0	240.0
654	Cow pea (dry) relish with oil	28.8	89.0	94.7	175.2	156.6	33.0	27.7	133.0	75.0	109.8	160.9	71.3
651	Cow pea (fresh) relish without oil	56.3	174.7	177.0	349.6	309.5	65.2	51.5	266.0	148.0	217.8	314.5	141.8
652	Cow pea relish with coconut milk	35.5	107.6	116.4	217.1	182.1	42.9	37.8	162.3	93.8	142.7	248.3	84.3
657	Kidney bean relish without oil	24.9	88.0	67.6	129.3	88.4	27.8	22.0	82.6	46.6	85.3	112.4	40.7
656	Kidney bean relish with oil	65.5	230.0	242.1	435.8	375.6	81.9	60.1	295.1	154.4	285.5	345.0	152.5
655	Kidney bean relish with coconut milk	32.7	112.7	146.1	406.2	330.2	103.7	64.7	232.1	164.2	260.3	353.5	134.5
662	Mung bean (dry) relish with coconut milk	28.6	84.5	93.0	168.0	140.0	34.5	31.7	123.4	71.0	114.9	223.0	64.5
658	Mung bean (dry, boiled)	35.0	106.7	114.6	213.9	190.2	39.9	31.6	162.9	91.1	133.0	200.5	86.9
659	Pigeon pea (fresh, cooked)	200.7	707.6	727.3	1339.3	743.2	254.0	265.7	1070.9	840.4	866.7	2474.6	522.4
660	Pigeon pea relish with coconut milk	34.2	122.9	144.2	272.6	135.4	74.9	70.0	178.5	112.3	204.5	330.4	80.8
661	Pigeon pea relish with oil	131.8	491.3	557.1	1039.6	884.3	113.1	177.0	583.9	438.8	614.3	1282.8	351.3

D1 Meat, poultry and fish

Macronutrients		ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
		Kcal	g	g	g	g	g
205	Beef liver, raw	135.0	20.4	20.4	20.4	3.6	3.9
204	Beef, boneless	267.0	16.9	16.9	16.9	21.6	0.0
201	Beef, liver, cooked	191.0	29.1	29.1	29.1	5.3	5.1
202	Beef, medium fat, cooked	323.0	24.9	24.9	24.9	24.0	0.0
203	Beef, tripe	83.0	14.5	14.5	14.5	2.4	0.0
206	Chicken liver	167.0	24.5	0.0	0.0	6.5	0.9
208	Chicken, raw	200.0	18.8	18.8	18.8	13.2	0.0
306	Egg yolk	278.0	19.2	19.2	0.0	20.7	2.3
307	Egg, chicken	155.0	12.6	12.6	0.0	10.6	1.1
308	Fish, dried, cod	368.0	79.8	79.8	79.8	3.2	0.0
309	Fish, dried, fresh water	335.0	58.6	58.6	58.6	9.4	0.0
220	Fish, fresh	98.0	18.1	18.1	18.1	2.4	0.0
310	Fish, high fat	103.0	10.6	10.6	10.6	6.8	0.0
311	Fish, raw	112.0	21.4	21.4	21.4	2.3	0.0
312	Fish, sardines	112.0	21.4	21.4	21.4	2.3	0.0
313	Fish, small, dried, fresh water	335.0	58.6	58.6	58.6	9.4	0.0
314	Fish, small, fresh, fresh water	84.0	14.8	14.8	14.8	2.3	0.0
319	Fish, smoked, dried-AP	177.0	38.5	38.5	38.5	1.5	0.0
320	Fish, smoked, dried-EP	306.0	66.4	66.4	66.4	2.5	0.0
315	Goat meat	269.0	24.9	24.9	24.9	18.0	0.0
316	Mutton, meat	269.0	24.9	24.9	24.9	18.0	0.0
317	Pork, medium fat, cooked	537.0	19.6	19.6	19.6	50.2	0.0
318	Sausage	369.0	19.7	19.6	19.6	31.2	1.0

D1 Meat, poultry and fish

	Macronutrients	FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
205	Beef liver, raw	1.2	0.5	0.5	275.0	0.0	0.0	0.0
204	Beef, boneless	10.4	9.0	0.8	61.0	0.0	0.0	0.0
201	Beef, liver, cooked	1.7	0.6	0.7	396.0	0.0	0.0	0.0
202	Beef, medium fat, cooked	11.4	10.1	0.9	82.0	0.0	0.0	0.0
203	Beef, tripe	0.9	1.0	0.1	35.0	0.0	0.0	0.0
206	Chicken liver	2.1	1.4	1.3	563.0	0.0	0.0	0.0
208	Chicken, raw	3.6	5.0	2.9	55.0	0.0	0.0	0.0
306	Egg yolk	5.6	9.8	1.8	1326.0	0.0	0.0	0.0
307	Egg, chicken	3.3	4.1	1.4	424.0	0.0	0.0	0.0
308	Fish, dried, cod	0.7	0.4	1.1	193.0	0.0	0.0	0.0
309	Fish, dried, fresh water	2.0	3.6	2.0	57.0	0.0	0.0	0.0
220	Fish, fresh	0.5	0.8	0.6	45.0	0.0	0.0	0.0
310	Fish, high fat	1.9	3.1	1.1	26.0	0.0	0.0	0.0
311	Fish, raw	0.3	0.8	0.7	33.0	0.0	0.0	0.0
312	Fish, sardines	0.3	0.8	0.7	33.0	0.0	0.0	0.0
313	Fish, small, dried, fresh water	2.0	3.6	2.0	57.0	0.0	0.0	0.0
314	Fish, small, fresh, fresh water	0.6	0.9	0.5	58.0	0.0	0.0	0.0
319	Fish, smoked, dried-AP	0.3	0.2	0.5	93.0	0.0	0.0	0.0
320	Fish, smoked, dried-EP	0.5	0.4	0.8	160.0	0.0	0.0	0.0
315	Goat meat	8.4	7.6	0.7	75.0	0.0	0.0	0.0
316	Mutton, meat	8.4	7.6	0.7	75.0	0.0	0.0	0.0
317	Pork, medium fat, cooked	19.3	22.5	5.4	101.0	0.0	0.0	0.0
318	Sausage	10.8	13.9	3.8	83.0	0.0	0.3	0.0

D1 Meat, poultry and fish

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12PANT μ g	mg
205	Beef liver, raw	4968.0	4968.0	1.0	0.4	1.3	0.2	2.8	13.2	1.1	290.0	59.3	7.2
204	Beef, boneless	0.0	0.0	0.0	0.0	0.0	0.1	0.1	2.2	0.2	4.0	1.3	0.3
201	Beef, liver, cooked	20357.0	20357.0	1.0	0.0	15.0	0.2	3.6	10.3	0.5	290.0	110.0	5.7
202	Beef, medium fat, cooked	0.0	0.0	0.0	0.0	0.0	0.1	0.2	3.2	0.3	6.0	1.9	0.4
203	Beef, tripe	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.9	0.2	4.0	1.1	0.2
206	Chicken liver	3981.0	3981.0	0.0	0.8	27.9	0.3	2.0	11.0	0.8	578.0	16.9	6.7
208	Chicken, raw	27.0	27.0	0.0	0.0	0.0	0.1	0.2	4.1	0.2	4.0	0.2	0.5
306	Egg yolk	810.0	810.0	8.0	2.0	0.0	0.2	0.6	0.3	0.4	120.0	8.1	1.9
307	Egg, chicken	169.0	169.0	1.0	1.0	0.0	0.1	0.5	0.1	0.1	44.0	1.1	1.4
308	Fish, dried, cod	49.0	49.0	4.0	4.0	4.0	0.3	0.3	8.8	1.0	42.0	3.7	0.6
309	Fish, dried, fresh water	0.0	0.0	2.0	0.0	0.0	0.1	0.3	8.1	0.4	28.0	12.0	1.5
220	Fish, fresh	0.0	0.0	0.0	0.0	17.0	0.1	0.1	0.7	0.5	51.0	0.0	0.4
310	Fish, high fat	18.0	18.0	13.0	0.0	0.0	0.0	0.1	2.1	0.3	5.0	5.7	0.5
311	Fish, raw	43.0	43.0	12.0	1.0	0.0	0.1	0.1	5.7	0.3	11.0	1.1	0.2
312	Fish, sardines	43.0	43.0	12.0	1.0	0.0	0.1	0.1	5.7	0.3	11.0	1.1	0.2
313	Fish, small, dried, fresh water	0.0	0.0	2.0	0.0	0.0	0.1	0.3	8.1	0.4	28.0	12.0	1.5
314	Fish, small, fresh, fresh water	12.0	12.0	10.0	2.0	1.0	0.2	0.1	1.9	0.1	8.0	2.3	0.7
319	Fish, smoked, dried-AP	0.0	0.0	4.0	0.0	0.0	0.1	0.1	7.3	0.8	35.0	3.1	0.5
320	Fish, smoked, dried-EP	0.0	0.0	0.0	4.0	0.0	0.0	0.1	0.1	7.3	0.8	35.0	3.1
315	Goat meat	0.0	0.0	0.0	0.0	0.0	0.1	0.2	3.2	0.3	6.0	1.9	0.4
316	Mutton, meat	0.0	0.0	0.0	0.0	0.0	0.1	0.2	3.2	0.3	6.0	1.9	0.4
317	Pork, medium fat, cooked	1.0	1.0	1.0	0.0	0.0	0.6	0.2	3.5	0.3	4.0	0.6	0.5
318	Sausage	1.0	1.0	1.0	0.0	2.0	0.7	0.3	4.5	0.3	3.0	1.7	0.7

D1 Meat, poultry and fish

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
205	Beef liver, raw	5.0	387.0	18.0	313.0	69.0	4.9	4.9	4.0	0.8	0.3
204	Beef, boneless	3.0	132.0	15.0	230.0	36.0	1.1	1.1	2.7	0.1	0.0
201	Beef, liver, cooked	6.0	485.0	23.0	351.0	77.0	6.2	6.2	5.2	14.6	0.4
202	Beef, medium fat, cooked	4.0	194.0	23.0	340.0	53.0	1.7	1.7	4.1	0.1	0.0
203	Beef, tripe	3.0	113.0	14.0	198.0	31.0	1.0	1.0	2.4	0.1	0.0
206	Chicken liver	14.0	312.0	21.0	140.0	51.0	8.5	8.5	4.3	0.4	0.3
208	Chicken, raw	9.0	126.0	14.0	127.0	51.0	1.0	1.0	1.3	0.1	0.0
306	Egg yolk	96.0	330.0	26.0	333.0	219.0	5.9	0.0	2.1	0.1	0.1
307	Egg, chicken	50.0	172.0	10.0	126.0	124.0	1.2	0.0	1.1	0.0	0.0
308	Fish, dried, cod	49.0	483.0	147.0	854.0	273.0	1.8	1.8	2.1	0.1	0.1
309	Fish, dried, fresh water	1700.0	1300.0	140.0	953.0	312.0	2.5	2.5	5.2	0.5	2.1
220	Fish, fresh	7.0	69.0	21.0	122.0	39.0	0.3	0.3	0.3	0.0	0.0
310	Fish, high fat	17.0	125.0	17.0	192.0	88.0	0.5	0.5	0.3	0.1	0.0
311	Fish, raw	48.0	228.0	86.0	461.0	55.0	0.9	0.9	0.4	0.0	0.0
312	Fish, sardines	48.0	228.0	86.0	461.0	55.0	0.9	0.9	0.4	0.0	0.0
313	Fish, small, dried, fresh water	1700.0	1300.0	140.0	953.0	312.0	2.5	2.5	5.2	0.5	2.1
314	Fish, small, fresh, fresh water	9.0	243.0	22.0	335.0	40.0	0.3	0.3	0.5	0.0	0.0
319	Fish, smoked, dried-AP	24.0	233.0	71.0	412.0	132.0	0.8	0.8	1.0	0.1	0.0
320	Fish, smoked, dried-EP	41.0	402.0	122.0	710.0	227.0	1.4	1.4	1.7	0.1	0.0
315	Goat meat	4.0	194.0	23.0	340.0	53.0	1.7	1.7	4.1	0.1	0.0
316	Mutton, meat	4.0	194.0	23.0	340.0	53.0	1.7	1.7	4.1	0.1	0.0
317	Pork, medium fat, cooked	18.0	165.0	17.0	251.0	44.0	0.8	0.8	2.1	0.1	0.0
318	Sausage	32.0	184.0	17.0	361.0	1294.0	1.3	1.3	2.5	0.1	0.1

D1 Meat, poultry and fish

	Amino acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
205	Beef liver, raw	263.0	869.0	967.0	1910.0	1607.0	543.0	376.0	1084.0	807.0	1260.0	1241.0	629.0
204	Beef, boneless	189.0	736.0	757.0	1331.0	1401.0	431.0	189.0	658.0	566.0	819.0	1065.0	577.0
201	Beef, liver, cooked	351.0	1116.0	1116.0	2294.0	1693.0	616.0	374.0	1299.0	967.0	1506.0	1533.0	667.0
202	Beef, medium fat, cooked	280.0	1089.0	1121.0	1970.0	2074.0	638.0	280.0	974.0	838.0	1213.0	1576.0	854.0
203	Beef, tripe	163.0	633.0	652.0	1146.0	1206.0	371.0	163.0	566.0	487.0	705.0	916.0	497.0
206	Chicken liver	343.0	1083.0	1294.0	2198.0	1843.0	577.0	327.0	1212.0	857.0	1535.0	1493.0	647.0
208	Chicken, raw	211.0	779.0	944.0	1373.0	1538.0	502.0	250.0	732.0	608.0	915.0	1176.0	555.0
306	Egg yolk	390.0	1104.0	897.0	1646.0	1427.0	864.0	428.0	1260.0	920.0	1328.0	1148.0	480.0
307	Egg, chicken	153.0	604.0	686.0	1075.0	904.0	392.0	292.0	668.0	513.0	767.0	755.0	298.0
308	Fish, dried, cod	896.0	3504.0	3682.0	6496.0	7340.0	2366.0	858.0	3119.0	2699.0	4116.0	4781.0	2352.0
309	Fish, dried, fresh water	662.0	2590.0	2722.0	4802.0	5424.0	1750.0	634.0	2306.0	1994.0	3043.0	3535.0	1740.0
220	Fish, fresh	203.0	792.0	832.0	1469.0	1659.0	535.0	193.0	705.0	610.0	931.0	1081.0	532.0
310	Fish, high fat	122.0	479.0	503.0	888.0	1004.0	323.0	117.0	426.0	369.0	563.0	654.0	322.0
311	Fish, raw	239.0	936.0	984.0	1735.0	1961.0	632.0	229.0	834.0	721.0	1100.0	1278.0	629.0
312	Fish, sardines	239.0	936.0	984.0	1735.0	1961.0	632.0	229.0	834.0	721.0	1100.0	1278.0	629.0
313	Fish, small, dried, fresh water	662.0	2590.0	2722.0	4802.0	5424.0	1750.0	634.0	2306.0	1994.0	3043.0	3535.0	1740.0
314	Fish, small, fresh, fresh water	166.0	648.0	681.0	1202.0	1358.0	438.0	158.0	577.0	499.0	762.0	885.0	435.0
319	Fish, smoked, dried-AP	432.0	1690.0	1775.0	3133.0	3539.0	1141.0	414.0	1504.0	1302.0	1985.0	2306.0	1134.0
320	Fish, smoked, dried-EP	745.0	2913.0	3061.0	5401.0	6102.0	1967.0	713.0	2593.0	2244.0	3422.0	3975.0	1956.0
315	Goat meat	280.0	1089.0	1121.0	1970.0	2074.0	638.0	280.0	974.0	838.0	1213.0	1576.0	854.0
316	Mutton, meat	280.0	1089.0	1121.0	1970.0	2074.0	638.0	280.0	974.0	838.0	1213.0	1576.0	854.0
317	Pork, medium fat, cooked	246.0	890.0	911.0	1566.0	1757.0	515.0	249.0	780.0	677.0	1059.0	1225.0	775.0
318	Sausage	157.0	777.0	717.0	1317.0	1494.0	478.0	198.0	657.0	566.0	789.0	1160.0	566.0

D2 Meat, poultry and fish-based

	Macronutrients		ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
552	Beef relish with coconut milk	One recipe	143.0	10.2	10.0	10.0	10.2	2.0
578	Beef relish without oil	One recipe	168.6	12.6	12.3	12.3	11.9	2.2
551	Beef relish with oil	Seven recipes	210.7	12.4	12.1	12.1	17.0	1.9
577	Beef, fried	One recipe	813.2	25.1	24.9	24.9	80.0	2.2
576	Beef, ground, relish	One recipe	247.8	12.8	12.5	12.5	21.1	1.9
574	Chicken, boiled or roasted	Two recipes	285.0	26.9	26.9	26.9	18.9	0.0
554	Chicken relish without oil	Four recipes	202.3	18.5	18.1	18.1	12.8	2.1
573	Chicken relish with coconut milk	One recipe	137.2	6.1	5.6	5.5	11.8	2.3
556	Chicken relish with oil	One recipe	188.9	6.2	4.2	4.2	13.3	13.3
207	Chicken, fried	One recipe	314.9	18.8	18.8	18.8	26.5	0.0
571	Egg boiled	One recipe	155.0	12.6	12.6	0.0	10.6	1.1
561	Egg, fried	One recipe	245.2	11.8	11.8	0.0	21.6	1.0
565	Fish, fresh, stew	One recipe	85.0	5.4	5.1	5.1	6.6	1.4
566	Fish relish without oil	Two recipes	76.5	8.2	6.9	6.9	4.5	2.4
567	Fish relish with coconut milk	Five recipes	138.4	11.7	10.9	10.9	9.3	2.5
564	Fish relish with oil	Twelve recipes	253.6	21.2	20.8	20.8	17.9	2.2
569	Fish, fried	One recipe	230.1	17.8	17.8	17.8	17.8	0.0
563	Fish, fried, relish	Two recipes	183.5	6.5	6.2	6.2	17.5	1.3
579	Liver relish	One recipe	103.5	13.7	13.6	13.6	69.4	2.8
580	Liver, fried	One recipe	175.0	26.5	26.5	26.5	4.7	5.2
570	Meat samosa	WorldFoods	280.0	11.6	7.5	7.5	11.8	30.5
572	Meat, barbecued	WorldFoods	343.0	24.0	15.7	15.7	26.7	0.0
562	Omelet, spanish	One recipe	274.7	8.0	7.9	0.0	26.6	1.7
575	Omelet, spanish with potato	Two recipes	185.5	5.3	4.5	0.0	14.2	9.7
560	Small dried fish relish with coconut milk	One recipe	258.4	12.0	10.0	10.0	14.6	9.4
558	Small dried fish relish with okra	One recipe	98.7	7.8	7.3	7.3	6.8	1.9
557	Small dried fish with tomatoes and oil	Two recipes	100.1	7.7	7.3	7.3	6.9	2.2
559	Small dried fish, fried	One recipe	449.9	58.6	58.6	22.7	13.5	0.0

D2 Meat, poultry and fish-based

	Micronutrients	FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
552	Beef relish with coconut milk	5.1	4.1	0.4	32.8	0.2	0.1	14.1
578	Beef relish without oil	5.6	5.0	0.5	40.4	0.4	0.2	1.0
551	Beef relish with oil	10.1	5.2	0.6	39.9	0.3	0.1	1.0
577	Beef, fried	59.9	13.3	1.9	82.0	0.5	0.3	0.0
576	Beef, ground, relish	13.5	5.6	0.7	41.0	0.4	0.1	2.0
574	Chicken, boiled or roasted	5.1	7.2	1.0	79.0	0.0	0.0	0
554	Chicken relish without oil	3.5	4.8	2.8	53.1	0.4	0.2	0.9
573	Chicken relish with coconut milk	8.0	1.9	1.0	16.2	0.6	0.2	29.9
556	Chicken relish with oil	9.5	1.7	1.0	12.2	2.1	1.5	3.0
207	Chicken, fried	15.1	5.8	3.1	55.0	0.0	0.0	0.0
571	Egg boiled	3.3	4.1	1.4	424.0	0.0	0.0	0.0
561	Egg, fried	13.2	4.5	1.5	395.7	0.0	0.0	0.0
565	Fish, fresh, stew	5.1	0.6	0.3	12.9	0.3	0.0	1.9
566	Fish relish without oil	2.9	0.6	0.4	19.0	0.9	0.1	1.5
567	Fish relish with coconut milk	7.1	1.0	0.5	15.4	0.9	1.1	54.9
564	Fish relish with oil	13.2	2.2	1.0	20.9	0.5	0.1	1.6
569	Fish, fried	13.7	2.0	0.9	69.6	0.0	0.0	0.0
563	Fish, fried, relish	14.5	1.3	0.6	24.4	0.7	0.1	15.60
579	Liver relish	1.3	14.5	1.3	0.5	24.4	0.3	2.2
580	Liver, fried	1.5	0.7	0.6	381.0	0.0	0.0	113.0
570	Meat samosa	3.5	3.7	3.9	23.0	1.1	0.2	0.0
572	Meat, barbecued	10.6	11.0	1.0	88.0	0.0	0.0	5.2
562	Omelet, spanish	19.7	3.7	1.3	263.8	0.2	0.2	38.8
575	Omelet, spanish with potato	10.5	2.0	0.7	148.4	0.8	0.4	234.2
560	Small dried fish relish with coconut milk	16.9	1.3	0.6	14.4	5.2	0.1	15.4
558	Small dried fish relish with okra	5.1	0.8	0.4	7.1	0.7	0.3	2.3
557	Small dried fish with tomatoes and oil	5.1	0.8	0.4	7.1	0.5	0.2	0.1
559	Small dried fish, fried	4.4	2.2	5.7	0.0	0.0	0.1	0.0

D2 Meat, poultry and fish-based local dishes

Vitamin		VITA	A_VITA	VITD	VITE	VITC	THIA	RIBF	NIA	VIT B6	FOL	VIT B12PANT
		µg RE	µg RE	µg	µg	mg	mg	mg	mg	mg	µg	µg
552	Beef relish with coconut milk	5.2	0.0	0.0	0.0	2.2	0.0	0.1	1.4	0.2	4.7	0.7
578	Beef relish without oil	13.9	0.0	0.0	0.0	3.8	0.1	0.1	1.7	0.2	7.5	0.9
551	Beef relish with oil	13.9	0.0	0.0	0.1	3.8	0.1	0.1	1.7	0.2	7.5	0.9
577	Beef, fried	0.5	0.0	0.0	0.4	9.3	0.1	0.2	3.3	0.4	0.5	1.9
576	Beef, ground, relish	29.6	0.0	0.0	0.1	6.7	0.1	0.1	1.8	0.2	8.7	0.9
574	Chicken, boiled or roasted	39.0	39.0	0.0	0.0	0.0	0.1	0.2	5.8	0.3	5.0	0.2
554	Chicken relish without oil	50.1	37.6	0.0	0.0	1.6	0.1	0.2	5.7	0.3	9.1	0.2
573	Chicken relish with coconut milk	94.6	0.0	0.0	0.2	13.5	0.0	0.0	0.3	0.1	17.0	0.0
556	Chicken relish with oil	53.2	9.8	0.0	0.1	10.1	0.1	0.1	1.7	0.1	10.5	0.1
207	Chicken, fried	27.0	27.0	0.0	0.4	0.0	0.1	0.2	4.1	0.2	4.0	0.2
571	Egg boiled	133.0	133.0	0.7	1.4	0.0	0.1	0.3	0.07	0.1	30.8	0.7
561	Egg, fried	114.0	114.0	0.6	1.3	0.0	0.0	0.3	0.1	0.1	26.4	0.7
565	Fish, fresh, stew	27.6	0.0	0.0	0.1	10.9	0.1	0.0	0.4	0.2	19.4	0.0
566	Fish relish without oil	24.4	2.6	2.2	0.5	7.8	0.1	0.1	0.9	0.1	14.6	0.9
567	Fish relish with coconut milk	38.3	1.3	1.4	0.2	2.4	0.0	0.0	1.7	0.1	11.6	2.2
564	Fish relish with oil	24.3	0.9	1.3	0.3	5.6	0.1	0.1	2.7	0.2	13.9	3.7
569	Fish, fried	1.8	1.8	1.5	1.5	0.2	0.0	0.0	0.3	0.0	1.2	0.3
563	Fish, fried, relish	15.2	0.7	0.6	0.7	3.7	0.0	0.0	0.3	0.0	5.0	0.2
579	Liver relish	11421.5	11309.4	0.6	0.1	14.0	0.1	2.0	5.8	0.3	163.7	61.1
580	Liver, fried	7744.0	7744.0	1.0	0.5	0.7	0.2	3.4	17.5	1.0	260.0	83.1
570	Meat samosa	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.4	0.1	9.0	0.6
572	Meat, barbecued	0.0	0.0	0.0	0.0	0.0	0.1	0.1	2.0	0.2	4.0	1.2
562	Omelet, spanish	133.1	118.2	0.6	1.6	16.9	0.1	0.3	0.2	0.1	32.8	0.7
575	Omelet, spanish with potato	186.3	66.5	0.4	1.0	23.5	0.1	0.2	0.7	0.2	23.5	0.4
560	Small dried fish relish with coconut milk	38.7	0.0	0.9	0.7	3.6	0.1	0.1	2.2	0.1	40.1	2.4
558	Small dried fish relish with okra	11.4	0.0	0.2	0.1	2.1	0.0	0.1	1.2	0.1	10.2	0.4
557	Small dried fish with tomatoes and oil	34.4	0.0	0.6	0.1	4.7	0.1	0.1	2.7	0.2	15.8	3.7
559	Small dried fish, fried	0.0	0.0	2.0	0.1	0.0	0.1	0.3	8.1	0.4	28.0	12.0

D2 Meat, poultry and fish-based local dishes

Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
552 Beef relish with coconut milk	1.9	85.6	12.5	186.8	100.1	0.8	0.7	1.7	0.1	0.1
578 Beef relish without oil	5.8	104.3	14.6	225.7	28.0	0.9	0.9	2.1	0.1	0.0
551 Beef relish with oil	5.7	75.5	10.7	170.8	19.8	0.6	0.5	1.4	0.4	0.4
577 Beef, fried	15.3	205.0	26.7	396.7	828.6	1.9	1.7	4.2	0.1	0.1
576 Beef, ground, relish	4.6	106.4	15.6	251.5	107.1	1.0	0.9	2.1	0.1	0.0
574 Chicken, boiled or roasted	13.0	180.0	20.0	182.0	73.0	1.4	1.4	1.8	0.1	0.0
554 Chicken relish without oil	13.9	158.5	19.6	204.2	63.0	1.2	1.2	1.5	0.1	0.1
573 Chicken relish with coconut milk	6.9	55.2	10.8	146.9	249.7	0.7	0.3	0.5	0.1	0.2
556 Chicken relish with oil	7.3	54.2	10.4	155.6	20.5	0.5	0.3	0.5	0.1	0.1
207 Chicken, fried	9.6	126.0	14.0	127.1	567.3	1.0	1.0	1.3	0.1	0.0
571 Egg boiled	50.0	172.0	10.0	126.0	124.0	1.2	0.0	1.1	0.0	0.0
561 Egg, fried	47.3	160.5	9.4	117.7	632.1	1.1	0.0	1.0	0.0	0.0
565 Fish, fresh, stew	3.6	27.4	9.5	105.3	14.0	0.3	0.1	0.1	0.0	0.0
566 Fish relish without oil	59.9	111.7	15.7	185.2	26.6	0.3	0.2	0.4	0.0	0.1
567 Fish relish with coconut milk	272.7	254.3	31.5	273.2	58.8	0.9	0.4	1.1	0.2	0.6
564 Fish relish with oil	500.0	406.1	46.3	374.5	96.6	0.9	0.8	1.6	0.2	0.7
569 Fish, fried	10.8	291.6	26.4	402.0	48.0	0.4	0.4	0.6	0.0	0.0
563 Fish, fried, relish	6.5	113.2	13.2	203.0	19.4	0.4	0.2	0.3	0.0	0.1
579 Liver relish	6.5	228.2	12.9	156.4	43.1	3.8	3.8	3.4	2.5	0.3
580 Liver, fried	6.0	485.0	22.0	351.0	77.0	6.1	6.1	5.2	14.6	6.3
570 Meat samosa	7.0	101.0	16.0	145.0	17.0	1.0	0.5	1.5	0.1	0.3
572 Meat, barbecued	3.0	122.0	14.0	214.0	33.0	1.1	1.1	2.6	0.1	0.0
562 Omelet, spanish	33.8	113.0	8.7	120.1	423.2	0.8	0.0	0.7	0.0	0.0
575 Omelet, spanish with potato	22.1	83.9	15.1	224.7	50.1	0.7	0.0	0.5	0.1	0.1
558 Small dried fish relish with coconut milk	235.8	182.0	23.5	187.8	42.4	0.5	0.3	0.7	0.1	0.3
560 Small dried fish relish with okra	233.9	263.6	41.5	382.3	58.9	1.6	0.4	1.3	0.3	1.0
557 Small dried fish with tomatoes and oil	1139.1	884.0	100.5	771.6	213.0	1.9	1.6	3.5	0.3	1.4
559 Small dried fish, fried	1700.4	1300.0	140.0	953.1	656.2	2.5	2.5	5.2	0.5	2.1

D2 Meat, poultry and fish-based local dishes

Amino acid	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
552 Beef relish with coconut milk	115.6	445.1	458.8	804.6	843.9	259.4	116.2	401.5	344.0	499.5	652.9	347.5
578 Beef relish without oil	141.7	544.7	562.3	982.5	1036.2	317.1	143.1	488.5	420.2	605.6	805.2	426.1
551 Beef relish with oil	102.7	396.8	156.6	286.8	193.0	66.6	41.0	149.6	98.5	131.9	203.5	95.7
577 Beef, fried	285.9	1099.4	1136.6	1986.5	2096.8	644.1	286.8	987.6	847.8	1228.7	1628.2	862.3
576 Beef, ground, relish	142.8	552.8	569.0	997.3	1049.9	321.8	144.6	495.8	425.3	615.1	801.7	432.2
574 Chicken, boiled or roasted	301.0	1113.0	1348.0	1961.0	2197.0	717.0	357.0	1046.0	869.0	1307.0	1680.0	793.0
554 Chicken relish without oil	293.9	1081.6	1016.0	1491.5	1088.6	549.1	272.9	783.4	665.1	991.6	1319.7	595.2
573 Chicken relish with coconut milk	13.6	80.5	296.5	484.5	97.5	186.4	354.8	21.3	13.5	24.3	50.9	10.7
556 Chicken relish with oil	79.7	2898.0	104.0	355.7	81.4	60.7	52.1	142.6	117.9	146.9	144.7	88.6
207 Chicken, fried	211.0	779.0	944.0	1373.0	1538.0	502.0	250.0	732.0	608.0	915.0	1176.0	555.0
571 Egg boiled	153.0	604.0	686.0	1075.0	904.0	392.0	292.0	668.0	513.0	767.0	755.0	298.0
561 Egg, fried	142.8	563.7	640.3	1003.3	843.7	365.9	272.5	623.5	478.8	715.9	704.7	278.1
565 Fish, fresh, stew	60.1	233.7	244.8	431.0	485.4	155.6	58.8	209.0	179.6	273.8	316.5	156.6
566 Fish relish without oil	88.5	342.4	360.0	632.1	713.7	228.9	86.0	306.0	263.9	1.3	473.7	229.6
567 Fish relish with coconut milk	142.0	547.0	71.6	122.2	73.7	17.3	17.9	75.0	55.5	78.5	132.4	38.8
564 Fish relish with oil	146.0	580.6	271.4	999.4	6915.8	347.8	137.0	484.7	415.4	632.4	556.0	272.2
569 Fish, fried	199.2	777.6	817.2	1442.4	1629.6	525.6	189.6	692.4	598.8	914.4	1062.0	522.0
563 Fish, fried, relish	12.7	44.8	134.4	196.5	214.3	68.7	36.9	101.5	13.8	123.9	170.7	73.7
579 Liver relish	200.0	800.0	900.0	1800.0	1500.0	500.0	300.0	1000.0	700.0	1100.0	1100.0	500.0
580 Liver, fried	300.0	1100.0	1200.0	2400.0	2000.0	700.0	500.0	1400.0	1000.0	1600.0	1600.0	800.0
570 Meat samosa	135.0	439.0	108.0	201.0	90.0	52.0	58.0	148.0	95.0	130.0	125.0	67.0
572 Meat, barbecued	176.0	686.0	706.0	1241.0	1307.0	402.0	176.0	614.0	528.0	764.0	993.0	538.0
562 Omelet, spanish	98.5	384.6	435.6	681.4	574.9	246.8	186.7	423.9	325.3	486.7	487.4	190.6
575 Omelet, spanish with potato	68.3	384.6	435.6	681.4	574.9	246.8	186.7	423.9	325.3	486.7	487.4	190.6
560 Small dried fish relish with coconut milk	151.0	568.4	576.6	1026.4	1074.6	355.6	157.8	52.6	24.2	679.8	991.8	333.4
558 Small dried fish relish with okra	92.9	361.3	69.0	125.7	87.5	32.3	35.5	87.9	56.5	101.6	266.7	61.8
557 Small dried fish with tomatoes and oil	67.5	260.7	175.0	3305.0	777.5	111.0	44.7	151.5	126.0	194.7	229.7	111.7
559 Small dried fish, fried	662.0	2590.0	2722.0	4802.0	5424.0	1750.0	634.0	2306.0	1994.0	3043.0	3535.0	1740.0

D3 Milk and milk products

	Macronutrients	ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
261	Cheese, cheddar	403.0	24.9	24.9	0.0	33.1	1.3
258	Cheese, cream	349.0	7.6	7.6	0.0	34.9	2.7
259	Cheese, mozzarella	300.0	22.2	22.2	0.0	22.3	2.2
251	Ice cream	126.0	4.9	4.9	0.0	2.5	21.8
252	Infant formula, Lactogen	464.0	21.6	21.6	0.0	19.0	51.6
253	Milk, condensed, sweetened	320.0	7.8	7.8	0.0	8.7	54.5
257	Milk, condensed, evaporated, without vitamin A	134.0	6.8	6.8	0.0	7.6	10.0
260	Milk powder, non-fat, without vitamin A	362.0	36.2	36.2	0.0	0.7	52.0
254	Milk powder, full-cream	496.0	26.3	26.3	0.0	26.7	38.4
255	Milk whole, 3.25% milk fat	60.0	3.2	3.2	0.0	3.3	4.5
256	Yogurt, plain, whole milk	61.0	3.5	3.5	0.0	3.3	4.7

D3 Milk and milk products

Macronutrients		FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
261	Cheese, cheddar	21.1	9.4	0.9	105.0	0.0	0.2	0.0
258	Cheese, cream	21.9	9.8	1.3	110.0	0.0	0.0	0.0
259	Cheese, mozzarella	13.2	6.6	0.8	79.0	0.0	0.0	0.0
251	Ice cream	1.6	0.8	0.1	12.0	0.0	10.8	0.0
252	Infant formula, Lactogen	11.7	5.4	0.4	25.0	0.0	12.0	0.0
253	Milk, condensed, sweetened	5.3	2.6	0.2	33.0	0.0	41.6	0.0
257	Milk, condensed, evaporated, without vitamin A	4.6	2.3	0.2	29.0	0.0	10.0	0.0
260	Milk powder, non-fat, without vitamin A	0.5	0.2	0.0	20.0	0.0	52.0	0.0
254	Milk powder, full-cream	16.7	7.9	0.7	97.0	0.0	38.4	0.0
255	Milk whole, 3.25% milk fat	1.9	0.8	0.2	10.0	0.0	5.3	0.0
256	Yogurt, plain, whole milk	2.1	0.9	0.1	13.0	0.0	4.7	0.0

D3 Milk and milk products

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12PANT μ g	mg
261	Cheese, cheddar	265.0	265.0	0.0	0.3	0.0	0.3	0.4	0.1	0.1	18.0	0.8	0.4
258	Cheese, cream	366.0	366.0	0.0	0.3	0.0	0.0	0.2	0.1	0.0	13.0	0.4	0.3
259	Cheese, mozzarella	179.0	179.0	0.0	0.2	0.0	0.0	0.3	0.1	0.0	7.0	2.3	0.1
251	Ice cream	29.0	59.0	0.0	0.0	0.9	0.1	0.2	0.1	0.0	5.0	0.5	0.4
252	Infant formula, Lactogen	420.0	420.0	7.0	4.0	37.0	0.3	0.6	3.5	0.3	42.0	1.0	2.1
253	Milk, condensed, sweetened	62.0	62.0	0.0	0.0	2.0	0.1	0.4	0.2	0.1	9.0	0.2	0.7
257	Milk, condensed, evaporated, without vitamin A	65.0	65.0	0.0	0.1	1.9	0.0	0.3	0.2	0.1	8.0	0.2	0.6
260	Milk powder, non-fat, without vitamin A	6.0	6.0	0.0	0.0	6.8	0.4	1.6	0.9	0.4	50.0	4.0	3.6
254	Milk powder, full-cream	407.0	407.0	0.0	0.0	7.0	0.3	1.3	0.7	0.4	44.0	3.0	2.6
255	Milk whole, 3.25% milk fat	28.0	28.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	5.0	0.4	0.4
256	Yogurt, plain, whole milk	27.0	27.0	0.0	0.1	0.5	0.0	0.1	0.1	0.0	7.0	0.4	0.4

D3 Milk and milk products

Minerals		CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
261	Cheese, cheddar	721.0	512.0	28.0	98.0	621.0	0.7	0.0	3.1	0.0	0.0
258	Cheese, cream	80.0	104.0	6.0	119.0	296.0	1.2	0.0	0.5	0.0	0.0
259	Cheese, mozzarella	505.0	354.0	20.0	76.0	627.0	0.4	0.0	2.9	0.0	0.0
251	Ice cream	124.0	99.0	12.0	151.0	59.0	0.1	0.0	0.4	0.0	0.0
252	Infant formula, Lactogen	770.0	600.0	70.0	970.0	320.0	8.0	0.0	3.5	0.3	33.0
253	Milk, condensed, sweetened	300.0	234.0	28.0	349.0	122.0	0.2	0.0	0.9	0.0	0.0
257	Milk, condensed, evaporated, without vitamin A	261.0	203.0	24.0	303.0	106.0	0.2	0.0	0.8	0.0	0.0
260	Milk powder, non-fat, without vitamin A	1257.0	968.0	110.0	1794.0	535.0	0.3	0.0	4.1	0.0	0.0
254	Milk powder, full-cream	851.0	681.0	81.0	1036.0	407.0	0.7	0.0	3.0	0.0	0.0
255	Milk whole, 3.25% milk fat	115.0	92.0	11.0	140.0	55.0	0.1	0.0	0.4	0.0	0.0
256	Yogurt, plain, whole milk	121.0	95.0	12.0	155.0	0.0	0.0	0.0	0.0	0.0	0.0

D3 Milk and milk products

Amino acids		TRP	THR	ILE	LEU	LYS	MET	CYS	PHE	TYR	VAL	ARG	HIS
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
261	Cheese, cheddar	0.3	0.9	1.5	2.4	2.1	0.7	0.1	1.3	1.2	1.7	0.9	0.9
258	Cheese, cream	0.1	0.3	0.4	0.7	0.7	0.2	0.1	0.4	0.4	0.4	0.3	0.3
259	Cheese, mozzarella	0.5	1.0	1.1	1.8	1.0	0.5	0.1	1.0	1.0	1.3	0.5	0.5
251	Ice cream	50.0	161.0	215.0	348.0	282.0	90.0	32.0	172.0	172.0	238.0	129.0	96.0
252	Infant formula, Lactogen	311.0	1006.0	1343.0	2174.0	1762.0	560.0	203.0	1073.0	1073.0	1485.0	803.0	601.0
253	Milk, condensed, sweetened	110.0	353.0	474.0	767.0	621.0	197.0	72.0	378.0	378.0	524.0	284.0	213.0
257	Milk, condensed, evaporated, without vitamin A	96.0	307.0	412.0	667.0	540.0	171.0	63.0	329.0	329.0	456.0	247.0	185.0
260	Milk powder, non-fat, without vitamin A	510.0	1632.0	2188.0	3542.0	2868.0	907.0	334.0	1746.0	1746.0	2420.0	1309.0	981.0
254	Milk powder, full-cream	340.0	1103.0	1473.0	2383.0	1931.0	614.0	222.0	1177.0	1177.0	1628.0	881.0	659.0
255	Milk whole, 3.25% milk fat	75.0	143.0	165.0	265.0	140.0	75.0	17.0	147.0	152.0	192.0	75.0	75.0
256	Yogurt, plain, whole milk	61.0	319.0	426.0	760.0	660.0	215.0	67.0	401.0	379.0	596.0	240.0	193.0

E Oils and fats

Macronutrients		ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
1102	Butter refined-ghee	876.0	0.3	0.3	0.3	99.5	0.0
1101	Butter with salt	717.0	0.9	0.9	0.0	81.1	0.0
1105	Coconut cream	330.0	3.6	0.0	0.0	34.7	6.7
1114	Coconut meat, raw	354.0	3.3	0.0	0.0	33.5	15.2
1104	Coconut milk and water	106.0	1.0	0.0	0.0	10.1	4.6
1103	Coconut oil	862.0	0.0	0.0	0.0	100.0	0.0
1115	Coconut water	19.0	0.7	0.0	0.0	0.2	3.7
1107	Margarine	716.0	0.0	0.0	0.0	81.0	0.0
1108	Palm oil	862.0	0.0	0.0	0.0	100.0	0.0
1109	Sesame oil	884.0	0.0	0.0	0.0	100.0	0.0
1110	Vegetable fat	884.0	0.0	0.0	0.0	100.0	0.0
1111	Vegetable fat, Cowboy	884.0	0.0	0.0	0.0	100.0	0.0
1112	Vegetable fat, Kimbo	884.0	0.0	0.0	0.0	100.0	0.0
1113	Vegetable oil	862.0	0.0	0.0	0.0	100.0	0.0

E Oils and fats

	Macronutrients	FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
1102	Butter refined-ghee	61.9	28.7	3.7	256.0	0.0	0.0	0.0
1101	Butter with salt	51.4	21.0	3.0	215.0	0.0	0.0	0.0
1105	Coconut cream	30.7	1.5	0.4	0.0	2.2	0.0	324.0
1114	Coconut meat, raw	29.7	1.4	0.4	0.0	9.0	6.2	324.0
1104	Coconut milk and water	8.9	0.4	0.1	0.0	2.7	0.0	97.0
1103	Coconut oil	86.9	5.8	1.8	0.0	0.0	0.0	0.0
1115	Coconut water	0.2	0.0	0.0	0.0	1.1	2.6	0.0
1107	Margarine	20.3	36.0	21.1	0.0	0.0	0.0	0.0
1108	Palm oil	81.5	11.4	1.6	0.0	0.0	0.0	0.0
1109	Sesame oil	16.9	46.2	32.0	0.0	0.0	0.0	0.0
1110	Vegetable fat	25.0	44.5	26.1	0.0	0.0	0.0	0.0
1111	Vegetable fat, Cowboy	25.0	44.5	26.1	0.0	0.0	0.0	0.0
1112	Vegetable fat, Kimbo	25.0	44.5	26.1	0.0	0.0	0.0	0.0
1113	Vegetable oil	86.5	5.8	1.8	0.0	0.0	0.0	0.0

Oils and fats

Vitamins		VITA	A_VITA	VITD	VITE	VITC	THIA	RIBF	NIA	VIT B6	FOL	VIT B12	PANT
		µ g RE	µ g RE	µ g	µ g	mg	mg	mg	mg	mg	µ g	µ g	mg
1102	Butter refined-ghee	925.0	925.0	2.0	3.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.1
1101	Butter with salt	684.0	684.0	2.0	0.4	0.0	0.0	0.2	0.7	0.0	3.0	0.2	0.0
1105	Coconut cream	0.0	0.0	0.0	1.0	2.8	0.0	0.0	0.9	0.0	23.0	0.0	0.3
1114	Coconut meat, raw	0.0	0.0	0.0	0.2	3.3	0.0	0.0	0.5	0.1	26.0	0.0	0.3
1104	Coconut milk and water	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1103	Coconut oil	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.2	0.0	8.0	0.0	0.1
1115	Coconut water	0.0	0.0	0.0	0.2	2.8	0.0	0.0	0.8	0.0	16.0	0.0	0.2
1107	Margarine	0.0	0.0	0.0	6.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1108	Palm oil	5000.0	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1109	Sesame oil	0.0	0.0	0.0	13.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1110	Vegetable fat	0.0	0.0	0.0	8.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1111	Vegetable fat, Cowboy	0.0	0.0	0.0	8.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1112	Vegetable fat, Kimbo	0.0	0.0	0.0	8.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1113	Vegetable oil	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

E Oils and fats

Minerals		CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
1102	Butter refined-ghee	8.0	8.0	1.0	9.0	273.0	0.1	0.1	0.0	0.0	0.0
1101	Butter with salt	17.0	24.0	2.0	24.0	576.0	0.0	0.0	0.1	0.0	0.0
1105	Coconut cream	11.0	122.0	28.0	325.0	4.0	2.3	0.0	1.0	0.4	1.3
1114	Coconut meat, raw	14.0	113.0	32.0	356.0	20.0	2.4	0.0	1.1	0.4	1.5
1104	Coconut milk and water	4.0	34.0	10.0	107.0	6.0	0.7	0.0	0.3	0.1	0.5
1103	Coconut oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1115	Coconut water	24.0	20.0	25.0	250.0	105.0	0.3	0.0	0.1	0.0	0.1
1107	Margarine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1108	Palm oil	6.0	7.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1109	Sesame oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1110	Vegetable fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1111	Vegetable fat, Cowboy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1112	Vegetable fat, Kimbo	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1113	Vegetable oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

E Oils and Fats

	Amino acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
1102	Butter refined-ghee	4.0	13.0	17.0	27.0	22.0	7.0	3.0	14.0	14.0	19.0	10.0	8.0
1101	Butter with salt	12.0	38.0	51.0	83.0	67.0	21.0	8.0	41.0	41.0	57.0	31.0	23.0
1105	Coconut cream	42.0	132.0	142.0	269.0	160.0	68.0	72.0	184.0	112.0	220.0	595.0	83.0
1114	Coconut meat, raw	39.0	121.0	131.0	247.0	147.0	62.0	66.0	169.0	103.0	202.0	546.0	77.0
1104	Coconut milk and water	12.0	36.0	39.0	74.0	44.0	19.0	20.0	51.0	31.0	61.0	164.0	23.0
1103	Coconut oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1115	Coconut water	8.0	26.0	28.0	53.0	32.0	13.0	14.0	37.0	22.0	44.0	118.0	17.0
1107	Margarine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1108	Palm oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1109	Sesame oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1110	Vegetable fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1111	Vegetable fat, Cowboy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1112	Vegetable fat, Kimbo	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1113	Vegetable oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

F1 Fruits and Fruit Juice

	Macronutrients	ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
129	Apples, raw, with skin	52.0	0.2	0.0	0.0	0.2	13.8
101	Avocado, raw, all common variety	160.0	2.0	0.0	0.0	14.7	8.5
102	Banana, ripe	89.0	1.1	0.0	0.0	0.3	22.8
103	Baobab, pulp	305.0	4.2	0.0	0.0	1.3	77.8
365	Breadfruit, raw	103.0	1.1	0.0	0.0	0.2	27.1
131	Custard-apple (bullock's heart), raw	101.0	1.7	0.0	0.0	0.6	25.2
133	Date, red, dried	240.0	2.6	0.0	0.0	0.4	63.3
134	Date, yellow	84.0	0.3	0.0	0.0	0.6	21.7
130	Durian	147.0	1.5	0.0	0.0	5.3	27.1
104	Grape	55.0	0.2	0.0	0.0	0.4	14.2
135	Grapefruit	33.0	0.7	0.0	0.0	0.1	8.4
105	Grapes, pale green	59.0	0.2	0.0	0.0	0.4	15.3
106	Guavas, common, raw	68.0	2.6	0.0	0.0	1.0	14.3
107	Jackfruit, raw	94.0	1.5	0.0	0.0	0.3	24.0
109	Lemon, raw, without peel	29.0	1.1	0.0	0.0	0.3	9.3
110	Limes, raw	30.0	0.7	0.0	0.0	0.2	10.5
111	Mango juice	54.0	0.2	0.0	0.0	0.1	14.1
112	Mango, ripe, fresh-EP	65.0	0.5	0.0	0.0	0.3	17.0
11 3	Mango, unripe	65.0	0.5	0.0	0.0	0.3	17.0

F1 Fruits and Fruit Juice

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
129	Apples, raw, with skin	0.0	0.0	0.1	0.0	2.4	10.4	55.0
101	Avocado, raw, all common variety	2.1	9.8	1.8	0.0	6.7	0.7	0.0
102	Banana, ripe	0.1	0.0	0.1	0.0	2.6	12.2	0.0
103	Baobab, pulp	0.4	0.1	0.4	0.0	5.1	0.6	0.0
365	Breadfruit, raw	0.0	0.0	0.1	0.0	4.9	11.0	0.0
131	Custard-apple(bullock's heart), raw	0.0	0.1	0.1	0.0	2.4	9.9	20.0
133	Date, red, dried	0.2	0.0	0.1	0.0	3.2	0.0	0.0
134	Date, yellow	0.1	0.0	0.1	0.0	3.8	4.7	89.0
130	Durian	0.0	0.0	0.0	0.0	3.8	8.1	0.0
104	Grape	0.1	0.0	0.1	0.0	2.5	3.1	59.0
135	Grapefruit	0.0	0.0	0.0	0.0	1.1	7.3	0.0
105	Grapes, pale green	0.1	0.0	0.1	0.0	2.7	3.3	63.0
106	Guavas, common, raw	0.3	0.1	0.4	0.0	5.4	8.9	0.0
107	Jackfruit, raw	0.1	0.0	0.1	0.0	1.6	6.5	0.0
109	Lemon, raw, without peel	0.0	0.0	0.1	0.0	2.8	0.3	0.0
110	Limes, raw	0.0	0.0	0.1	0.0	2.8	1.7	0.0
111	Mango juice	0.0	0.0	0.0	0.0	0.8	11.0	8.0
112	Mango, ripe, fresh-EP	0.1	0.1	0.1	0.0	1.8	9.9	20.0
113	Mango, unripe	0.1	0.1	0.1	0.0	1.8	4.9	20.0

F1 Fruits and Fruit Juice *continued*

	Macronutrients	ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
		Kcal	g	g	g	g	g
108	Orange juice, concentrated, unsweetened	42.0	0.6	0.0	0.0	0.1	9.9
114	Orange, raw-AP	47.0	0.9	0.0	0.0	0.1	11.8
115	Papaya, ripe	39.0	0.6	0.0	0.0	0.1	9.8
116	Papaya, unripe	39.0	0.6	0.0	0.0	0.1	9.8
117	Passion, fruit	43.0	0.7	0.0	0.0	0.1	11.1
127	Peach	39.0	0.6	0.0	0.0	0.1	10.0
118	Pears, raw	58.0	0.4	0.0	0.0	0.1	15.5
120	Pineapple juice	49.0	0.4	0.0	0.0	0.4	12.4
119	Pineapple, raw, all variety	48.0	0.5	0.0	0.0	0.1	12.6
121	Plums, raw	46.0	0.7	0.0	0.0	0.3	11.4
128	Raspberry	52.0	0.7	0.0	0.0	0.4	12.8
132	Soursop, raw	66.0	1.0	0.0	0.0	0.3	16.8
122	Tamarind	270.0	2.9	0.0	0.0	0.5	71.2
123	Tamarind, fruit, fresh	59.0	0.2	0.0	0.0	0.4	15.3
124	Tangerines, raw	53.0	0.8	0.0	0.0	0.3	13.3
125	Watermelon, raw	30.0	0.6	0.0	0.0	0.2	7.6

F1 Fruits and Fruit Juice *continued*

	Macronutrients	FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
108	Orange juice, concentrated, unsweetened	0.0	0.0	0.0	0.0	0.2	8.4	0.0
114	Orange, raw - AP	0.0	0.0	0.0	0.0	2.4	4.2	0.0
115	Papaya, ripe	0.0	0.0	0.0	0.0	1.8	1.8	0.0
116	Papaya, unripe	0.0	0.0	0.0	0.0	1.8	1.8	0.0
117	Passion, fruit	0.0	0.0	0.0	0.0	2.0	5.6	0.0
127	Peach	0.0	0.0	0.0	0.0	1.8	5.0	0.0
118	Pears, raw	0.0	0.0	0.0	0.0	3.1	9.8	55.0
120	Pineapple juice	0.0	0.0	0.1	0.0	1.2	3.1	0.0
119	Pineapple, raw, all variety	0.0	0.0	0.0	0.0	1.4	9.3	0.0
121	Plums, raw	0.0	0.1	0.0	0.0	1.4	9.9	63.0
128	Raspberry	0.0	0.0	0.2	0.0	5.0	0.4	0.0
132	Soursop, raw	0.1	0.1	0.1	0.0	3.3	13.5	20.0
122	Tamarind	0.2	0.0	0.1	0.0	3.6	0.0	0.0
123	Tamarind, fruit, fresh	0.1	0.0	0.1	0.0	2.7	3.3	63.0
124	Tangerines, raw	0.0	0.1	0.1	0.0	1.8	10.6	0.0
125	Watermelon, raw	0.0	0.0	0.1	0.0	0.4	7.6	0.0

F1 Fruits and Fruit Juice

Vitamins		VITA	A_VITA	VITD	VITE	VITC	THIA	RIBF	NIA	VIT B6	FOL	VIT B12	PANT
		μ g RE	μ g RE	μ g	μ g	mg	mg	mg	mg	mg	μ g	μ g	mg
129	Apples, raw, with skin	3.0	0.0	0.0	0.2	4.6	0.0	0.0	0.1	0.0	3.0	0.0	0.1
101	Avocado, raw, all common variety	7.0	0.0	0.0	2.1	10.0	0.1	0.1	1.7	0.3	81.0	0.0	1.4
102	Banana, ripe	3.0	0.0	0.0	0.1	8.7	0.0	0.1	0.7	0.4	20.0	0.0	0.3
103	Baobab, pulp	0.0	0.0	0.0	1.0	201.0	0.0	0.6	3.4	0.1	13.0	0.0	0.5
365	Breadfruit, raw	0.0	0.0	0.0	0.1	29.0	0.1	0.0	0.9	0.1	14.0	0.0	0.5
131	Custard-apple (bullock's heart), raw	2.0	0.0	0.0	0.0	19.2	0.1	0.1	0.5	0.2	0.0	0.0	0.1
133	Date, red, dried	1.0	0.0	0.0	1.0	2.0	0.1	0.1	0.6	0.2	2.0	0.0	0.0
134	Date, yellow	7.0	0.0	0.0	1.0	9.0	0.0	0.0	0.1	0.1	4.0	0.0	0.1
130	Durian	2.0	0.0	0.0	0.0	47.9	0.4	0.2	1.1	0.3	36.0	0.0	0.2
104	Grape	5.0	0.0	0.0	1.0	6.0	0.0	0.0	0.1	0.1	3.0	0.0	0.1
135	Grapefruit	2.0	0.0	0.0	0.1	33.3	0.0	0.0	0.3	0.0	10.0	0.0	0.3
105	Grapes, pale green	5.0	0.0	0.0	1.0	6.0	0.0	0.0	0.1	0.1	3.0	0.0	0.1
106	Guavas, common, raw	31.0	0.0	0.0	0.7	228.3	0.1	0.0	1.1	0.1	49.0	0.0	0.5
107	Jackfruit, raw	15.0	0.0	0.0	0.0	6.7	0.0	0.1	0.4	0.1	14.0	0.0	0.5
109	Lemon, raw, without peel	1.0	0.0	0.0	0.2	53.0	0.0	0.0	0.1	0.1	11.0	0.0	0.2
110	Limes, raw	2.0	0.0	0.0	0.2	29.1	0.0	0.0	0.2	0.0	8.0	0.0	0.2
111	Mango juice	168.0	0.0	0.0	0.0	15.0	0.0	0.0	0.3	0.1	6.0	0.0	0.1
112	Mango, ripe, fresh-EP	38.0	0.0	0.0	1.1	27.7	0.1	0.1	0.6	0.1	14.0	0.0	0.2

F1 Fruits and Fruit Juice *continued*

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
113	Mango, unripe	10.0	0.0	0.0	1.0	43.0	0.1	0.1	0.6	0.1	5.0	0.0	0.2
108	Orange juice, concentrated, unsweetened	8.0	0.0	0.0	0.0	53.0	0.1	0.0	0.3	0.1	30.0	0.0	0.3
114	Orange, raw-AP	8.0	0.0	0.0	0.0	53.0	0.1	0.0	0.3	0.1	30.0	0.0	0.3
115	Papaya, ripe	135.0	0.0	0.0	1.0	62.0	0.0	0.0	0.3	0.0	38.0	0.0	0.2
116	Papaya, unripe	135.0	0.0	0.0	1.0	62.0	0.0	0.0	0.3	0.0	38.0	0.0	0.2
117	Passion, fruit	54.0	0.0	0.0	1.0	7.0	0.0	0.0	1.0	0.0	3.0	0.0	0.2
127	Peach	49.0	0.0	0.0	1.0	6.0	0.0	0.0	0.9	0.0	3.0	0.0	0.2
118	Pears, raw	1.0	0.0	0.0	0.1	4.2	0.0	0.0	0.2	0.0	7.0	0.0	0.0
120	Pineapple juice	2.0	0.0	0.0	0.0	15.0	0.1	0.0	0.4	0.1	11.0	0.0	0.2
119	Pineapple, raw, all variety	3.0	0.0	0.0	0.0	36.2	0.1	0.0	0.5	0.1	15.0	0.0	0.2
121	Plums, raw	5.0	0.0	0.0	1.0	9.5	0.0	0.0	0.4	0.1	5.0	0.0	0.0
128	Raspberry	16.0	0.0	0.0	1.0	21.0	0.0	0.0	0.4	0.1	34.0	0.0	0.2
132	Soursop, raw	0.0	0.0	0.0	0.1	20.6	0.1	0.1	0.9	0.1	14.0	0.0	0.3
122	Tamarind	1.0	0.0	0.0	1.0	3.0	0.1	0.1	0.7	0.2	3.0	0.0	0.1
123	Tamarind, fruit, fresh	5.0	0.0	0.0	1.0	6.0	0.0	0.0	0.1	0.1	3.0	0.0	0.1
124	Tangerines, raw	34.0	0.0	0.0	0.2	26.7	0.1	0.0	0.4	0.1	16.0	0.0	0.2
125	Watermelon, raw	28.0	0.0	0.0	0.0	8.1	0.0	0.0	0.2	0.0	3.0	0.0	0.2

F1 Fruits and Fruit juice

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
129	Apples, raw, with skin	6.0	11.0	5.0	107.0	1.0	0.1	0.0	0.0	0.0	0.0
101	Avocado, raw, all common variety	12.0	52.0	29.0	599.0	7.0	0.6	0.0	0.6	0.2	0.1
102	Banana, ripe	5.0	22.0	27.0	358.0	1.0	0.3	0.0	0.2	0.1	0.3
103	Baobab, pulp	36.0	199.0	46.0	1221.0	3.0	1.9	0.0	0.3	0.7	0.3
365	Breadfruit, raw	17.0	30.0	25.0	490.0	2.0	0.5	0.0	0.1	0.1	0.1
131	Custard-apple (bullock's heart), raw	23.0	23.4	60.0	414.0	9.0	0.7	0.0	1.4.	2.4	0.3
133	Date, red, dried	39.0	78.0	26.0	601.0	10.0	1.7	0.0	0.2	0.3	0.3
134	Date, yellow	10.0	10.0	7.0	163.0	0.0	0.3	0.0	0.0	0.1	0.1
130	Durian	6.0	39.0	30.0	436.0	2.0	0.4	0.0	0.3	0.2	0.3
104	Grape	7.0	7.0	5.0	107.0	0.0	0.2	0.0	0.0	0.0	0.1
135	Grapefruit	12.0	8.0	9.0	148.0	0.0	0.06	0.0	0.07	0.05	0.01
105	Grapes, pale green	7.0	7.0	5.0	115.0	0.0	0.2	0.0	0.0	0.0	0.1
106	Guavas, common, raw	18.0	40.0	22.0	417.0	2.0	0.3	0.0	0.2	0.2	0.2
107	Jackfruit, raw	34.0	36.0	37.0	303.0	3.0	0.6	0.0	0.4	0.2	0.2
109	Lemon, raw, without peel	26.0	16.0	8.0	138.0	2.0	0.6	0.0	0.1	0.0	0.0
110	Limes, raw	26.0	16.0	8.0	138.0	2.0	0.6	0.0	0.1	0.0	0.0
111	Mango juice	4.0	5.0	4.0	66.0	1.0	0.0	0.0	0.0	0.1	0.0
112	Mango, ripe, fresh-EP	10.0	11.0	9.0	156.0	2.0	0.1	0.0	0.0	0.1	0.0
113	Mango, unripe	10.0	11.0	9.0	156.0	2.0	0.1	0.0	0.0	0.1	0.0

F1 Fruits and Fruit juice *continued*

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
108	Orange juice, concentrated, unsweetened	40.0	14.0	10.0	181.0	0.0	0.1	0.0	0.1	0.1	0.0
114	Orange, raw-AP	40.0	14.0	10.0	181.0	0.0	0.1	0.0	0.1	0.1	0.0
115	Papaya, ripe	24.0	5.0	10.0	257.0	3.0	0.1	0.0	0.1	0.0	0.0
116	Papaya, unripe	24.0	5.0	10.0	257.0	3.0	0.1	0.0	0.1	0.0	0.0
117	Passion, fruit	5.0	12.0	7.0	197.0	0.0	0.1	0.0	0.1	0.1	0.1
127	Peach	6.0	20.0	9.0	190.0	0.0	0.2	0.0	0.2	0.1	0.1
118	Pears, raw	9.0	11.0	0.2	119.0	1.0	0.2	0.0	0.1	0.1	0.0
120	Pineapple juice	7.0	7.0	14.0	113.0	1.0	0.4	0.0	0.1	0.1	1.7
119	Pineapple, raw, all variety	7.0	7.0	14.0	113.0	1.0	0.4	0.0	0.1	0.1	1.7
121	Plums, raw	6.0	16.0	7.0	157.0	0.0	0.2	0.0	0.0	0.1	0.1
128	Raspberry	25.0	29.0	22.0	151.0	1.0	0.7	0.0	0.4	0.1	0.7
132	Soursop, raw	14.0	27.0	21.0	278.0	14.0	0.6	0.0	0.1	0.1	0.1
122	Tamarind	44.0	87.0	30.0	676.0	11.0	1.9	0.0	0.3	0.3	0.3
123	Tamarind, fruit, fresh	7.0	7.0	5.0	115.0	0.0	0.2	0.0	0.0	0.0	0.1
124	Tangerines, raw	40.0	14.0	10.0	181.0	0.0	0.1	0.0	0.1	0.1	0.0
125	Watermelon, raw	7.0	11.0	10.0	112.0	1.0	0.2	0.0	0.1	0.0	0.0

F1 Fruits and Fruit Juice

	Amino acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
129	Apples, raw, with skin	2.0	6.0	7.0	11.0	11.0	2.0	3.0	4.0	4.0	8.0	5.0	3.0
101	Avocado, raw, all common variety	25.0	73.0	84.0	143.0	132.0	30.0	27.0	232.0	49.0	107.0	88.0	49.0
102	Banana, ripe	9.0	28.0	28.0	68.0	50.0	8.0	9.0	49.0	9.0	49.0	49.0	770.0
103	Baobab, pulp	48.0	145.0	145.0	252.0	222.0	39.0	58.0	135.0	125.0	204.0	135.0	68.0
365	Breadfruit, raw	0.0	52.0	64.0	85.0	37.0	10.0	9.0	26.0	19.0	47.0	0.0	0.0
131	Custard-apple (bullock's heart), raw	7.0	34.0	33.0	123.0	37.0	4.0	17.0	38.0	24.0	47.0	47.0	81.0
133	Date, red, dried	12.0	70.0	19.0	54.0	58.0	86.0	43.0	54.0	46.0	70.0	191.0	94.0
134	Date, yellow	3.0	10.0	11.0	17.0	17.0	3.0	4.0	7.0	6.0	13.0	9.0	4.0
130	Durian	7.0	34.0	33.0	123.0	37.0	37.0	4.0	38.0	24.0	47.0	47.0	81.0
104	Grape	2.0	7.0	7.0	11.0	11.0	2.0	3.0	5.0	4.0	8.0	6.0	3.0
105	Grapefruit	2.0	7.0	8.0	12.0	12.0	2.0	3.0	5.0	4.0	9.0	6.0	3.0
106	Grapes, pale green	7.0	31.0	30.0	55.0	23.0	5.0	0.0	2.0	10.0	28.0	21.0	7.0
135	Guavas, common, raw	0.01	0.01	0.01	0.01	0.02	0.01	0.01	0.04	0.01	0.01	0.08	0.01
107	Jackfruit, raw	12.0	34.0	33.0	71.0	48.0	11.0	17.0	38.0	24.0	47.0	47.0	81.0
109	Lemon, raw, without peel	9.0	15.0	25.0	23.0	47.0	20.0	10.0	31.0	16.0	40.0	65.0	18.0
110	Limes, raw	9.0	15.0	25.0	23.0	47.0	20.0	10.0	31.0	16.0	40.0	65.0	18.0
111	Mango juice	3.0	8.0	8.0	13.0	17.0	2.0	0.0	7.0	4.0	11.0	8.0	5.0
112	Mango, ripe, fresh-EP	8.0	19.0	18.0	31.0	41.0	5.0	0.0	17.0	10.0	26.0	19.0	12.0
113	Mango, unripe	8.0	19.0	18.0	31.0	41.0	5.0	4.0	17.0	10.0	26.0	19.0	12.0

F1 Fruits and Fruit Juice *continued*

	Amino acids	TRP	THR	ILE	LEU	LYS	MET	CYS	PHE	TYR	VAL	ARG	HIS
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
108	Orange juice, concentrated, unsweetened	2.0	7.0	6.0	11.0	8.0	3.0	4.0	7.0	3.0	4.0	40.0	3.0
114	Orange, raw - AP	9.0	15.0	25.0	23.0	47.0	20.0	10.0	31.0	16.0	40.0	65.0	18.0
115	Papaya, ripe	8.0	11.0	8.0	16.0	25.0	2.0	5.0	9.0	5.0	10.0	10.0	5.0
116	Papaya, unripe	8.0	11.0	8.0	16.0	25.0	2.0	5.0	9.0	5.0	10.0	10.0	5.0
117	Passion, fruit	2.0	27.0	20.0	40.0	23.0	17.0	6.0	22.0	18.0	38.0	18.0	13.0
127	Peach	7.0	27.0	19.0	18.0	62.0	6.0	2.0	15.0	12.0	16.0	59.0	6.0
118	Pears, raw	2.0	24.0	18.0	36.0	21.0	15.0	5.0	20.0	16.0	34.0	16.0	12.0
120	Pineapple juice	5.0	12.0	13.0	19.0	25.0	11.0	2.0	12.0	12.0	16.0	18.0	9.0
119	Pineapple, raw, all variety	5.0	14.0	14.0	24.0	226.0	12.0	14.0	21.0	13.0	24.0	19.0	10.0
121	Plums, raw	5.0	12.0	13.0	19.0	25.0	11.0	2.0	12.0	12.0	16.0	18.0	9.0
128	Raspberry	7.0	19.0	14.0	31.0	25.0	1.0	5.0	18.0	21.0	18.0	26.0	12.0
132	Soursop, raw	11.0	27.0	19.0	18.0	60.0	7.0	2.0	15.0	12.0	16.0	59.0	6.0
122	Tamarind	2.0	7.0	8.0	12.0	12.0	2.0	3.0	5.0	4.0	9.0	6.0	3.0
123	Tamarind, fruit, fresh	14.0	79.0	22.0	61.0	66.0	96.0	49.0	61.0	52.0	79.0	215.0	105.0
124	Tangerines, raw	2.0	7.0	8.0	12.0	12.0	2.0	3.0	5.0	4.0	9.0	6.0	3.0
125	Watermelon, raw	7.0	27.0	19.0	18.0	62.0	6.0	2.0	15.0	12.0	16.0	59.0	6.0

F2 Fruit-based local dishes

Macronutrients			ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
			Kcal	g	g	g	g	g
603	Apple juice	South African food tables	53.0	0.1	0.0	0.0	0.0	13.3
604	Avocado juice	One recipe	104.5	0.6	0.0	0.0	5.0	15.9
601	Grape juice	South African food tables	69.9	0.1	0.0	0.0	0.1	18.1
610	Mixed fruit jam	Recipe website	261.0	0.4	0.0	0.0	0.0	69.3
602	Mixed fruit juice	One recipe	45.0	0.7	0.0	0.0	2.2	6.6
607	Papaya juice	One recipe	58.3	0.4	0.0	0.0	0.1	14.9
126	Passion juice	One recipe	110.1	0.3	0.0	0.0	0.0	28.4
606	Watermelon juice	One recipe	111.8	1.3	0.0	0.0	0.9	16.2

F2 Fruit-based local dishes

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
603	Apple juice	0.0	0.0	0.0	0.0	0.1	0.0	55.0
604	Avocado juice	0.8	3.1	0.6	0.0	1.9	13.1	0.0
601	Grape juice	0.0	0.0	0.0	0.0	0.8	13.9	19.7
610	Mixed fruit jam	0.0	0.0	0.0	0.0	0.8	64.1	0.0
602	Mixed fruit juice	0.3	1.4	0.3	0.0	1.9	1.8	0.0
607	Papaya juice	0.0	0.0	0.0	0.0	1.2	9.3	0.0
126	Passion juice	0.0	0.0	0.0	0.0	0.8	25.5	0.0
606	Watermelon juice	0.4	0.2	0.0	0.0	1.1	18.1	0.0

F2 Fruit-based local dishes

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
603	Apple juice	4.0	0.0	0.0	0.5	8.0	0.0	0.0	0.1	0.0	2.0	0.0	0.1
604	Avocado juice	1.9	0.0	0.0	0.3	2.6	0.0	0.0	0.6	0.1	20.1	0.0	0.3
601	Grape juice	1.7	0.0	0.0	0.3	2.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0
610	Mixed fruit jam	3.0	0.0	0.2	0.1	7.0	0.0	64.1	0.0	0.0	2.0	0.0	0.0
602	Mixed fruit juice	29.1	0.0	0.0	0.4	26.1	0.0	0.0	0.5	0.1	23.4	0.0	0.3
607	Papaya juice	90.0	0.0	0.0	0.7	41.3	0.0	0.0	0.2	0.0	25.3	0.0	0.2
126	Passion juice	21.6	0.0	0.0	0.4	2.8	0.0	0.0	0.4	0.0	1.2	0.0	0.1
606	Watermelon juice	83.1	0.0	0.0	0.0	22.4	0.2	0.0	0.4	0.3	4.5	0.0	0.5

F2 Fruit Based

Minerals		CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
603	Apple juice	2.0	7.0	5.0	90.0	2.0	0.5	0.0	0.2	0.0	0.2
604	Avocado juice	3.7	13.6	12.6	194.5	3.4	0.3	0.0	0.1	0.1	0.1
601	Grape juice	2.5	2.6	1.7	35.9	0.1	0.1	0.0	0.0	0.0	0.0
610	Mixed fruit jam	24.0	16.0	6.0	85.0	15.0	1.0	0.0	0.2	0.2	0.1
602	Mixed fruit juice	16.6	11.2	10.4	190.1	1.9	0.2	0.0	0.1	0.1	0.0
607	Papaya juice	16.1	3.5	6.7	172	2.1	0.1	0.0	0.1	0.0	0.0
126	Passion juice	2.2	5.3	2.8	79.3	0.2	0.1	0.0	0.0	0.0	0.0
606	Watermelon juice	18.0	20.2	24.7	260.4	4.5	0.4	0.0	0.2	0.1	0.1

F2 Fruit-based local dishes

Amino acids		TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
603	Apple juice	53.0	0.1	0.0	0.0	0.0	13.3	0.0	0.0	0.0	0.0	0.1	0.0
604	Avocado juice	6.8	21.4	23.0	39.9	30.5	12.0	6.8	22.1	15.9	31.5	19.1	9.4
601	Grape juice	0.7	2.3	2.3	3.7	3.7	0.7	1.0	1.7	1.3	2.7	2.0	1.0
610	Mixed fruit jam	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
602	Mixed fruit juice	45.0	0.7	0.0	0.0	2.2	6.6	0.3	1.4	0.3	0.0	1.9	1.8
607	Papaya juice	5.3	7.3	5.3	10.7	16.7	1.3	3.3	6.0	3.3	6.7	6.7	3.3
126	Passion juice	110.1	0.3	0.0	0.0	0.0	28.4	0.0	0.0	0.0	0.0	0.8	25.5
606	Watermelon juice	20.2	33.7	56.1	51.6	105.5	44.9	22.4	69.6	35.9	89.8	145.9	40.4

F3 Vegetables

Macronutrients		ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
		Kcal	g	g	g	g	g
401	Amaranth, leaves, raw	23.0	8.5	0.0	0.0	0.5	8.5
424	Bean, cluster	42.0	2.7	0.0	0.0	0.1	7.8
425	Bean, french	35.0	1.9	0.0	0.0	0.3	7.9
431	Cabbage, chinese, raw	15.0	2.3	0.0	0.0	0.2	2.1
402	Cabbage, cooked	14.0	0.6	0.0	0.0	0.3	2.8
403	Cabbage, raw, green, white	25.0	1.3	0.0	0.0	0.1	5.8
430	Carrot, juice	45.0	1.1	0.0	0.0	0.2	10.5
404	Carrots, raw	41.0	0.9	0.0	0.0	0.2	9.6
409	Cassava leaf	37.0	3.7	0.0	0.0	0.2	7.3
405	Cauliflower, cooked without salt	12.0	0.7	0.0	0.0	0.1	2.6
406	Cauliflower, raw	25.0	2.0	0.0	0.0	0.1	5.3
427	Chili, green	21.0	0.9	0.0	0.0	0.1	5.1
410	Cowpea leaf	37.0	9.3	0.0	0.0	0.8	7.3
407	Cucumber, with peel, raw	15.0	0.7	0.0	0.0	0.1	3.6
408	Egg plant, raw	24.0	1.0	0.0	0.0	0.2	5.7
411	Green medium, leaf	15.0	2.3	0.0	0.0	0.2	2.1
429	Green pepper (capsicum)	19.0	0.0	1.0	0.0	0.0	0.3

F4 Vegetables

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
401	Amaranth, leaves, raw	0.1	0.0	0.1	0.0	4.2	0.0	42.0
424	Bean, cluster	0.0	0.0	0.1	0.0	2.8	2.4	14.0
425	Bean, french	0.1	0.0	0.1	0.0	3.2	0.3	91.0
431	Cabbage,, chinese, raw	0.0	0.1	0.0	0.0	2.0	0.0	42.0
402	Cabbage, cooked	0.1	0.0	0.1	0.0	1.8	0.3	0.0
403	Cabbage, raw, green, white	0.0	0.0	0.0	0.0	2.5	3.2	0.0
430	Carrot, juice	0.0	0.0	0.1	0.0	3.3	3.6	9.0
404	Carrots, raw	0.0	0.0	0.1	0.0	2.8	4.7	9.0
409	Cassava leaf	0.0	0.0	0.1	0.0	0.6	0.0	42.0
405	Cauliflower, cooked without salt	0.0	0.0	0.0	0.0	1.1	0.2	0.0
406	Cauliflower, raw	0.0	0.0	0.1	0.0	2.5	2.4	0.0
427	Chili, green	0.0	0.0	0.0	0.0	1.3	3.1	35.0
410	Cowpea leaf	0.0	0.0	0.1	0.0	3.3	0.0	42.0
407	Cucumber, with peel, raw	0.0	0.0	0.0	0.0	0.5	1.7	0.0
408	Egg plant, raw	0.0	0.0	0.1	0.0	3.4	2.4	0.0
411	Green medium, leaf	0.0	0.1	0.0	0.0	2.0	0.0	42.0
429	Green pepper (capsicum)	4.5	0.1	0.1	0.2	0.0	1.5	70.0

F3 Vegetables *continued*

Macronutrients		ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
		Kcal	g	g	g	g	g
426	Hare lettuce, (mchungu)	10.7	1.0	0.0	0.0	0.3	1.0
414	Lettuce	13.0	1.0	0.0	0.0	0.2	2.1
415	Mushroom	27.0	2.2	0.0	0.0	0.5	5.1
416	Okra, raw	31.0	2.0	0.0	0.0	0.1	7.0
417	Onion, raw	40.0	1.3	0.0	0.0	0.2	9.2
418	Pea, green, fresh	84.0	5.4	0.0	0.0	0.2	15.6
433	Pepper dried or fresh, hot	27.0	1.0	0.0	0.0	0.3	5.8
412	Pumpkin leaf, raw	19.0	7.0	0.0	0.0	0.7	9.0
419	Pumpkin, cooked	20.0	0.5	0.0	0.0	0.3	4.4
432	Salad, green	36.0	3.5	0.0	0.0	0.9	7.1
420	Spinach, cooked	23.0	3.0	0.0	0.0	0.3	3.8
428	Sweet potato leaf	35.0	4.8	0.0	0.0	0.3	6.4
434	Swiss chard, raw	19.0	1.8	0.0	0.0	0.2	3.7
413	Taro leaf, raw	42.0	5.0	0.0	0.0	0.7	6.7
421	Tomato, bitter (African egg plant)	22.0	1.0	0.0	0.0	0.4	4.5
422	Tomato, green	21.0	0.9	0.0	0.0	0.3	4.6
423	Tomato, ripe	21.0	0.9	0.0	0.0	0.3	4.6

F3 Vegetables *continued*

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
426	Hare lettuce, (mchunga)	0.0	0.1	0.0	0.0	0.4	0.0	42.0
414	Lettuce	0.0	0.0	0.1	0.0	1.4	0.1	0.0
415	Mushroom	0.1	0.0	0.2	0.0	2.2	0.2	0.0
416	Okra, raw	0.0	0.0	0.0	0.0	3.2	1.2	77.0
417	Onion, raw	0.0	0.0	0.1	0.0	1.3	1.2	0.0
418	Pea, green, fresh	0.0	0.0	0.1	0.0	5.5	4.8	28.0
433	Pepper dried or fresh, hot	0.1	0.1	0.1	0.0	1.7	0.1	35.0
412	Pumpkin leaf, raw	0.2	0.1	0.0	0.0	4.4	0.0	42.0
419	Pumpkin, cooked	0.1	0.0	0.2	0.0	1.4	0.1	0.0
432	Salad, green	0.1	0.1	0.4	0.0	4.4	0.4	47.0
420	Spinach, cooked	0.0	0.0	0.1	0.0	2.4	0.0	0.0
428	Sweet potato leaf	0.0	0.1	0.0	0.0	2.0	0.0	42.0
434	Swiss chard, raw	0.0	0.0	0.1	0.0	1.6	1.1	42.0
413	Taro leaf, raw	0.2	0.1	0.3	0.0	3.7	3.0	0.0
421	Tomato, bitter (African egg plant)	0.1	0.0	0.2	0.0	2.8	0.5	6.0
422	Tomato, green	0.0	0.1	0.1	0.0	1.1	0.0	6.0
423	Tomato, ripe	0.0	0.1	0.1	0.0	1.1	0.0	6.0

F3 Vegetables

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12PANT μ g	
401	Amaranth, leaves, raw	146.0	0.0	0.0	0.0	44.5	0.5	7.6	0.7	0.2	85.0	0.0	0.1
424	Bean, cluster	30.0	0.0	0.0	0.0	7.0	0.1	0.1	1.0	0.1	32.0	0.0	0.1
425	Bean, french	67.0	0.0	0.0	0.0	0.0	10.0	0.1	0.1	0.1	3.3	0.0	0.1
431	Cabbage, chinese, raw	303.0	0.0	0.0	2.0	25.0	0.0	0.1	0.4	0.1	73.0	0.0	0.0
402	Cabbage, cooked	8.0	0.0	0.0	0.0	13.0	0.0	0.0	0.2	0.1	13.0	0.0	0.1
403	Cabbage, raw, green, white	5.0	0.0	0.0	0.2	36.6	0.1	0.0	0.2	0.1	43.0	0.0	0.2
430	Carrot, juice	1942.0	0.0	0.0	1.0	2.0	0.0	0.1	0.5	0.3	14.0	0.0	0.3
404	Carrots, raw	841.0	0.0	0.0	0.7	5.9	0.1	0.1	1.0	0.1	19.0	0.0	0.3
409	Cassava leaf	519.0	0.0	0.0	0.0	33.0	0.1	0.2	0.9	0.5	104.0	0.0	0.3
405	Cauliflower, cooked without salt	6.0	0.0	0.0	0.0	16.0	0.0	0.0	0.1	0.1	21.0	0.0	0.1
406	Cauliflower, raw	1.0	0.0	0.0	0.1	46.4	0.1	0.1	0.5	0.2	57.0	0.0	0.7
427	Chili, green	39.0	0.0	0.0	1.0	109.0	0.1	0.0	0.7	0.2	22.0	0.0	0.1
410	Cowpea leaf	519.0	0.0	0.0	0.0	32.4	0.1	8.3	0.9	0.5	104.0	0.0	0.3
407	Cucumber, with peel, raw	5.0	0.0	0.0	0.0	2.8	0.0	0.0	0.1	0.0	7.0	0.0	0.3
408	Egg plant, raw	1.0	0.0	0.0	0.3	2.2	0.0	0.0	0.6	0.1	22.0	0.0	0.3
411	Green medium, leaf	303.0	0.0	0.0	2.0	25.0	0.0	0.1	0.4	0.1	73.0	0.0	0.0
429	Green pepper (capsicum)	78.0	0.0	0.0	2.0	218.0	0.1	0.1	1.4	0.4	44.0	0.0	0.1

F3 Vegetables *continued*

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
426	Hare lettuce, (mchungu)	8.3	0.0	0.0	6.1	16.0	0.0	0.0	0.1	0.1	21.0	0.0	0.1
414	Lettuce	33.0	0.0	0.0	0.0	4.0	0.1	0.0	0.2	0.0	56.0	0.0	0.1
415	Mushroom	0.0	0.0	2.0	0.0	4.0	0.1	0.3	4.5	0.1	18.0	0.0	2.2
416	Okra, raw	19.0	0.0	0.0	0.4	21.1	0.2	0.1	1.0	0.2	88.0	0.0	0.2
417	Onion, raw	0.0	0.0	0.0	0.0	7.4	0.0	0.0	0.1	0.1	19.0	0.0	0.1
418	Pea, green, fresh	60.0	0.0	0.0	0.0	14.0	0.3	0.2	2.0	0.2	63.0	0.0	0.2
433	Pepper dried or fresh, hot	471.0	0.0	0.0	1.0	146.0	0.0	0.0	0.9	0.2	16.0	0.0	0.1
412	Pumpkin leaf, raw	550.0	0.0	0.0	2.0	24.5	0.0	8.5	0.4	0.2	118.0	0.0	0.3
419	Pumpkin, cooked	201.0	0.0	0.0	0.0	5.0	0.1	0.0	0.4	0.0	14.0	0.0	0.2
432	Salad, green	399.0	0.0	0.0	3.0	32.0	0.1	0.1	0.8	0.2	113.0	0.0	0.1
420	Spinach, cooked	819.0	0.0	0.0	1.0	10.0	0.1	0.2	0.5	0.2	146.0	0.0	0.2
428	Sweet potato leaf	303.0	0.0	0.0	2.0	21.8	0.6	3.1	0.4	0.1	73.0	0.0	0.0
434	Swiss chard, raw	306.0	0.0	0.0	1.9	30.0	0.0	0.1	0.4	0.1	14.0	0.0	0.2
413	Taro leaf, raw	241.0	0.0	0.0	2.0	52.0	0.2	0.5	1.5	0.1	126.0	0.0	0.1
421	Tomato, bitter (African egg plant)	13.0	0.0	0.0	0.0	20.0	0.1	0.1	0.3	0.1	20.0	0.0	0.1
422	Tomato, green	87.0	0.0	0.0	0.0	19.0	0.1	0.1	0.6	0.1	15.0	0.0	0.3
423	Tomato, ripe	87.0	0.0	0.0	0.0	19.0	0.1	0.1	0.6	0.1	15.0	0.0	0.3

F3 Vegetables

	Minerals	CA	P	MG	K	NA	FE	MFP_FE	ZN	CU	MN
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
401	Amaranth, leaves, raw	96.9	50.0	55.0	380.9	6.6	2.3	0.0	0.6	0.2	0.9
424	Bean, cluster	14.0	59.0	20.0	136.0	2.0	0.8	0.0	0.6	0.1	0.3
425	Bean, french	46.0	39.0	25.0	299.0	3.0	1.3	0.0	0.4	0.1	0.3
431	Cabbage, chinese, raw	74.0	41.0	15.0	202.0	16.0	1.1	0.0	0.2	0.1	0.3
402	Cabbage, cooked	20.0	9.0	5.0	61.0	5.0	0.1	0.0	0.1	0.0	0.1
403	Cabbage, raw, green, white	40.0	26.0	12.0	170.0	18.0	0.5	0.0	0.2	0.0	0.2
430	Carrot, juice	31.0	30.0	13.0	227.0	66.0	0.6	0.0	0.3	0.1	0.8
404	Carrots, raw	33.0	35.0	12.0	320.0	69.0	0.3	0.0	0.2	0.0	0.1
409	Cassava leaf	211.0	72.0	62.0	550.0	11.0	3.1	0.0	0.4	0.2	0.1
405	Cauliflower, cooked without salt	23.0	11.0	7.0	121.0	9.0	0.3	0.0	0.1	0.0	0.1
406	Cauliflower, raw	22.0	44.0	15.0	303.0	30.0	0.4	0.0	0.3	0.0	0.2
427	Chili, green	12.0	27.0	11.0	150.0	12.0	0.6	0.0	0.2	0.1	0.1
410	Cowpea leaf	49.7	72.0	62.0	248.0	5.7	0.8	0.0	1.4	0.2	0.1
407	Cucumber, with peel, raw	16.0	21.0	13.0	147.0	2.0	0.3	0.0	0.2	0.0	0.1
408	Egg plant, raw	9.0	25.0	14.0	230.0	2.0	0.4	0.0	0.1	0.1	0.3
411	Green medium, leaf	74.0	41.0	15.0	202.0	16.0	1.1	0.0	0.2	0.1	0.3
429	Green pepper (capsicum)	10.0	23.0	10.0	131.0	10.0	0.5	0.0	0.2	0.0	0.1

F3 Vegetables *continued*

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
426	Hare lettuce, (mchungu)	66.7	2.8	44.8	21.3	14.5	1.7	0.0	0.2	0.1	0.3
414	Lettuce	19.0	20.0	9.0	158.0	9.0	0.5	0.0	0.2	0.0	0.2
415	Mushroom	3.0	86.0	9.0	318.0	5.0	0.5	0.0	0.5	0.3	0.0
416	Okra, raw	81.0	63.0	57.0	303.0	0.6	0.8	0.0	0.6	0.1	1.0
417	Onion, raw	23.0	29.0	10.0	146.0	4.0	0.2	0.0	0.2	0.0	0.1
418	Pea, green, fresh	27.0	117.0	39.0	271.0	3.0	1.5	0.0	1.2	0.2	0.5
433	Pepper dried or fresh, hot	9.0	19.0	11.0	141.0	15.0	0.4	0.0	0.1	0.4	0.1
412	Pumpkin leaf, raw	114.5	29.0	28.4	203.0	29.0	0.6	0.0	1.1	0.3	0.3
419	Pumpkin, cooked	7.0	10.0	4.0	219.0	1.0	0.2	0.0	0.2	0.1	0.1
432	Salad, green	94.0	17.0	352.0	22.0	1.8	0.0	0.4	0.1	0.1	0.4
420	Spinach, cooked	136.0	56.0	87.0	466.0	70.0	3.6	0.0	0.8	0.2	0.9
428	Sweet potato leaf	59.2	41.0	44.8	315.2	10.6	0.5	0.0	0.2	0.1	0.3
434	Swiss chard, raw	51.0	46.0	81.0	379.0	213.0	1.8	0.0	2.8	0.9	1.6
413	Taro leaf, raw	137.0	29.0	22.0	203.0	29.0	0.8	0.0	0.1	0.3	0.3
421	Tomato, bitter (African egg plant)	31.0	15.0	8.0	97.0	8.0	0.2	0.0	0.1	0.0	0.1
422	Tomato, green	5.0	24.0	11.0	222.0	9.0	0.5	0.0	0.1	0.1	0.1
423	Tomato, ripe	5.0	24.0	11.0	222.0	9.0	0.5	0.0	0.1	0.1	0.1

F3 Vegetables

	Amino acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
401	Amaranth, leaves, raw	24.0	130.0	175.0	306.0	173.0	51.0	32.0	168.0	116.0	196.0	196.0	87.0
424	Bean, cluster	19.0	101.0	97.0	160.0	157.0	41.0	16.0	99.0	56.0	116.0	212.0	53.0
425	Bean, french	20.0	82.0	69.0	116.0	91.0	23.0	18.0	69.0	44.0	93.0	76.0	35.0
431	Cabbage, chinese, raw	25.0	60.0	82.0	69.0	103.0	21.0	34.0	60.0	119.0	88.0	165.0	40.0
402	Cabbage, cooked	6.0	22.0	32.0	33.0	30.0	6.0	5.0	20.0	11.0	27.0	36.0	13.0
403	Cabbage, raw, green, white	10.0	35.0	51.0	52.0	47.0	10.0	8.0	32.0	17.0	43.0	57.0	20.0
430	Carrot, juice	12.0	40.0	43.0	46.0	43.0	7.0	9.0	34.0	21.0	46.0	45.0	17.0
404	Carrots, raw	12.0	40.0	43.0	46.0	43.0	7.0	9.0	34.0	21.0	46.0	45.0	17.0
409	Cassava leaf	7.0	24.0	35.0	36.0	33.0	7.0	6.0	22.0	12.0	30.0	40.0	14.0
405	Cauliflower, cooked without salt	15.0	49.0	72.0	73.0	67.0	14.0	12.0	45.0	24.0	61.0	81.0	29.0
406	Cauliflower, raw	12.0	36.0	31.0	50.0	43.0	12.0	19.0	30.0	20.0	41.0	46.0	20.0
427	Chili, green	5.0	19.0	21.0	29.0	29.0	6.0	4.0	19.0	11.0	22.0	44.0	10.0
410	Cowpea leaf	8.0	30.0	36.0	52.0	39.0	9.0	4.0	35.0	22.0	43.0	46.0	19.0
407	Cucumber, with peel, raw	5.0	19.0	21.0	29.0	29.0	6.0	4.0	19.0	11.0	22.0	44.0	10.0
408	Egg plant, raw	24.0	130.0	175.0	306.0	173.0	51.0	32.0	168.0	116.0	196.0	196.0	87.0
411	Green medium, leaf	24.0	130.0	175.0	306.0	173.0	51.0	32.0	168.0	116.0	196.0	196.0	87.0
429	Green pepper (capsicum)	25.0	60.0	82.0	82.0	103.0	21.0	34.0	60.0	119.0	88.0	165.0	40.0

F3 **Vegetables** *continued*

Amino acids		TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
426	Hare lettuce, (mchungu)	35.0	60.0	82.0	69.0	228.0	86.0	47.0	60.0	119.0	88.0	165.0	40.0
414	Lettuce	20.0	63.0	59.0	105.0	74.0	26.0	13.0	70.0	44.0	78.0	72.0	28.0
415	Mushroom	25.0	60.0	82.0	69.0	103.0	21.0	34.0	60.0	119.0	88.0	165.0	40.0
416	Okra, raw	20.0	63.0	59.0	105.0	74.0	26.0	13.0	70.0	44.0	78.0	72.0	28.0
417	Onion, raw	8.0	53.0	75.0	70.0	75.0	14.0	14.0	49.0	29.0	62.0	63.0	20.0
418	Pea, green, fresh	51.0	101.0	89.0	137.0	227.0	43.0	6.0	88.0	48.0	103.0	111.0	60.0
433	Pepper dried or fresh, hot	17.0	70.0	59.0	99.0	77.0	20.0	15.0	59.0	37.0	79.0	65.0	30.0
412	Pumpkin leaf, raw	20.0	63.0	59.0	105.0	74.0	26.0	13.0	70.0	44.0	78.0	72.0	28.0
419	Pumpkin, cooked	7.0	14.0	18.0	25.0	17.0	6.0	4.0	18.0	15.0	19.0	25.0	9.0
432	Salad, green	34.0	111.0	124.0	147.0	166.0	36.0	55.0	105.0	152.0	135.0	228.0	61.0
420	Spinach, cooked	40.0	127.0	152.0	231.0	182.0	55.0	35.0	134.0	113.0	168.0	168.0	66.0
428	Sweet potato leaf	35.0	60.0	82.0	69.0	228.0	86.0	47.0	60.0	119.0	88.0	165.0	40.0
434	Swiss chard, raw	17.0	83.0	147.0	130.0	99.0	19.0	0.0	110.0	0.0	110.0	117.0	36.0
413	Taro leaf, raw	23.0	69.0	54.0	111.0	67.0	20.0	32.0	82.0	55.0	82.0	103.0	34.0
421	Tomato, bitter (African egg plant)	10.0	35.0	51.0	52.0	47.0	10.0	8.0	32.0	17.0	43.0	57.0	20.0
422	Tomato, green	6.0	21.0	20.0	31.0	31.0	7.0	11.0	22.0	15.0	22.0	21.0	13.0
423	Tomato, ripe	6.0	21.0	20.0	31.0	31.0	7.0	11.0	22.0	15.0	22.0	21.0	13.0

F4 Vegetable-based local dishes

Macronutrients			ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
			Kcal	g	g	g	g	g
755	Cabbage relish with oil	One recipe	34.1	0.7	0.1	0.0	2.1	3.5
754	Cabbage, onion salad	One recipe	27.8	1.2	0.0	0.0	0.3	6.2
756	Cassava leaf relish with groundnuts	One recipe	113.1	6.4	0	0	6.8	9.9
757	Cassava leaf relish with coconut milk	Four recipes	70.9	2.8	0.0	0.0	4.7	6.7
759	Cow pea leaf relish with coconut milk	Two recipes	80.3	2.5	0.0	0.0	6.0	6.4
779	Cow pea leaf relish with groundnuts	One recipe	79.3	4.8	0.0	0.0	4.2	8.3
784	Egg plant relish	South African food tables	77.3	1.2	0.0	0.0	4.7	7.9
763	Green leaf, medium, relish with coconut milk	One recipe	107.7	2.8	0.0	0.0	9.2	5.8
762	Green leaf, medium relish with groundnuts	One recipe	15.0	1.0	0.0	0.0	0.6	2.0
760	Green leaf, medium, relish without oil	One recipe	5.3	0.8	0.0	0.0	7.0	0.7
761	Green leaf, medium, relish with oil	One recipe	86.1	1.0	0.0	0.0	14.5	1.0
766	Green peas relish without oil	One recipe	63.5	3.9	0.0	0.0	0.2	12.0
767	Green peas relish with oil	One recipe	82.5	3.8	0.0	0.0	2.6	11.8
778	Green peas relish with oil and coconut milk	Two recipes	125.6	3.6	0.0	0.0	7.8	11.9
782	Green peas relish with coconut milk	Two recipes	120.2	3.7	0.0	0.0	6.6	12.7
786	Hare lettuce (mchungu)	One recipe	169.6	1.0	0.0	0.0	17.4	4.5
783	Okra relish without oil	One recipe	16.7	0.9	0.0	0.0	0.2	3.7
775	Okra relish with oil	Two recipes	74.3	0.8	0.1	0.0	6.2	4.7

F4 Vegetable-based local dishes

	Macronutrients	FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
755	Cabbage relish with oil	1.8	0.1	0.1	0.0	1.4	0.6	5.2
754	Cabbage, onion salad	0.1	0.0	0.2	0.0	2.2	0.3	0.3
756	Cassava leaves relish with groundnuts	0.9	3.3	2.2	0.0	2.0	0.8	263.7
757	Cassava leaves relish with coconut milk	4.0	0.2	0.1	0.0	1.6	0.0	70.0
759	Cow pea leaf relish with coconut milk	5.2	0.3	0.1	0.1	1.9	0.0	77.5
779	Cow pea leaf relish with groundnuts	0.5	2.0	1.4	0.0	1.6	0.4	168.4
784	Egg plant relish	2.0	0.6	1.7	0.0	2.2	1.7	16.5
763	Green leaf, medium, relish with coconut milk	8.0	0.5	0.1	0.0	4.1	0.0	121.5
762	Green leaf, medium relish with groundnuts	0.1	0.3	0.2	0.0	0.8	0.0	27.8
760	Green leaf, medium, relish without oil	0.0	0.0	0.0	0.0	0.7	0.0	7.0
761	Green leaf, medium, relish with oil	7.9	0.5	0.1	0.0	0.9	0.0	22.2
766	Green peas relish without oil	0.0	0.0	0.1	0.0	4.1	3.2	20.9
767	Green peas relish with oil	2.0	0.2	0.1	0.0	3.9	3.2	19.8
778	Green peas relish with oil and coconut milk	6.7	0.4	0.3	0.0	4.6	2.4	79.1
782	Green peas relish with coconut milk	5.7	0.3	0.2	0.0	5.1	3.0	69.8
786	Hare lettuce (mchunga)	14.8	1.1	0.4	0	0.9	0.3	14.7
783	Okra relish without oil	0.1	0.0	0.1	0.1	1.9	0.1	39.7
775	Okra relish with oil	5.6	0.4	0.2	0.0	1.3	0.5	24.2

F4 Vegetable-based local dishes *continued*

Macronutrients			ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
			Kcal	g	g	g	g	g
765	Okra relish with coconut milk	One recipe	51.0	1.2	0.0	0.0	3.2	5.7
781	Okra, fried	Two recipes	106.2	1.0	0.0	0.0	10.2	4.5
780	Sweet potato leaf relish with coconut milk	One recipe	166.1	3.7	0.0	0.0	13.7	10.6
777	Potato leaf relish with milk	One recipe	67.7	6.5	1.2	0.0	2.6	6.9
764	Potato leaf relish with oil	One recipe	131.0	3.4	0.0	0.0	11.0	7.4
772	Potato samosa	worldfoods	194.0	3.0	0.0	0.0	9.2	24.4
769	Pumpkin leaf relish without oil	One recipe	16.8	0.8	0.0	0.0	0.2	3.7
768	Pumpkin leaf relish with oil	One recipe	63.8	0.7	0.0	0.0	5.7	3.5
770	Spinach relish with groundnut and oil	One recipe	149.0	1.7	0.0	0.0	15.2	3.7
752	Spinach relish without oil	One recipe	43.5	3.3	0.0	0.0	0.5	8.8
753	Spinach relish with oil	Seven recipes	108.0	2.7	0.0	0.0	9.0	6.1
771	Spinach relish with sesame seeds	One recipe	61.8	3.2	0.0	0.0	3.8	5.5
785	Tomato relish	South African food tables	34.0	1.1	0.0	0.0	0.3	5.2

F4 Vegetable-based local dishes *continued*

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
765	Okra relish with coconut milk	2.7	0.1	0.1	0.0	0.0	2.0	54.0
781	Okra, fried	8.7	0.6	0.2	0.0	1.5	0.1	38.5
780	Sweet potato leaf relish with coconut milk	11.9	0.6	0.2	0.0	7.1	0.0	188.4
777	Potato leaf relish with milk	1.4	0.8	0.1	8.0	4.0	0.0	53.4
764	Potato leaf relish with oil	9.4	0.5	0.4	0.0	0.7	0.2	84.0
772	Potato samosa	1.3	2.1	5.3	0.0	1.1	0.2	91.0
769	Pumpkin leaf relish without oil	0.0	0.0	0.1	0.0	1.8	0.2	21.2
768	Pumpkin leaf relish with oil	4.9	0.3	0.2	0.0	1.7	0.2	20.0
770	Spinach relish with groundnut and oil	12.5	1.2	0.5	0.0	0.5	0.2	0.6
752	Spinach relish without oil	0.0	0.0	0.1	0.0	1.2	0.1	35.1
753	Spinach relish with oil	7.8	0.5	0.2	0.0	0.6	0.1	30.0
771	Spinach relish with sesame seeds	0.5	1.4	1.7	0.0	1.6	0.1	398.2
785	Tomato relish	0.1	0.1	0.1	0.0	1.7	0.0	20.9

F4 Vegetable-based local dishes

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
755	Cabbage relish with oil	97.6	0.0	0.0	0.1	11.8	0.0	0.0	0.3	0.1	81.2	0.0	0.1
754	Cabbage, onion salad	18.0	0.0	0.0	0.0	16.5	0.1	0.0	0.3	0.1	19.1	0.0	0.2
757	Cassava leaves relish with groundnuts	330.6	0.0	0.0	0.0	21.4	0.1	0.1	0.7	0.4	69.8	0.0	0.4
756	Cassava leaves relish with coconut milk	360.5	0.0	0.0	1.2	26.9	0.1	0.2	2.6	0.4	93.1	0	0.2
759	Cow pea leaf relish with coconut milk	259.5	0.0	0.0	0.0	17.1	0.1	0.1	0.6	0.3	56.7	0.0	0.2
779	Cow pea leaf relish with groundnuts	345.3	0.0	0.0	0.0	8.8	0.1	0.1	1.9	0.4	80.0	0.0	0.4
784	Egg plant relish	44.2	0.0	0.0	1.1	168.9	0.1	0.0	0.6	0.1	16.8	0.0	0.3
763	Green leaf, medium, relish with coconut milk	245.4	0.0	0.0	1.9	21.1	0.1	0.1	0.5	0.1	66.2	0.0	0.1
762	Green leaf, medium relish with groundnuts	86.7	0.0	0.0	0.5	10.7	0.0	0.0	0.4	0.0	20.4	0.0	0.1
760	Green leaf, medium, relish without oil	106.0	0.0	0.0	0.7	8.8	0.0	0.0	1.4	0.0	25.7	0.0	0.0
761	Green leaf, medium, relish with oil	192.1	0.0	0.0	1.3	15.8	0.0	0.0	0.2	0.1	46.3	0.0	0.0
766	Green peas relish without oil	62.2	0.0	0.0	0.0	14.4	0.2	0.1	1.5	0.2	47.8	0.0	0.2
767	Green peas relish with oil	59.2	0.0	0.0	0.0	13.8	0.2	0.1	1.5	0.2	45.6	0.0	0.2
778	Green peas relish with oil and coconut milk	47.3	0.0	0.0	0.2	10.5	0.2	0.1	1.4	0.2	44.1	0.0	0.2
782	Green peas with coconut milk	42.7	0.0	0.0	0.2	10.5	0.2	0.1	1.4	0.2	44.1	0.0	0.2
786	Hare lettuce (mchunga)	42.2	0	40.4	323.2	34.2	0	0	0.3	0	112	0	0,1
783	Okra relish without oil	202.3	0.0	0.0	0.7	12.0	0.0	0.1	1.2	0.1	38.6	0.0	0.2
775	Okra relish with oil	212.7	0.0	0.0	0.3	27.5	0.0	0.0	0.5	0.1	17.0	0.0	0.1

F4 Vegetable-based local dishes *continued*

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12PANT μ g	PANT mg
765	Okra relish with coconut milk	43.0	0.0	0.0	0.0	10.0	0.1	0.1	0.5	0.1	16.0	0.0	0.1
781	Okra, fried	28.5	0.0	0.0	0.1	5.1	0.0	0.0	0.3	0.0	15.8	0.0	0.0
780	Sweet potato leaf relish with coconut milk	770.0	0.0	0.0	3.2	39.0	0.1	0.1	0.8	0.3	175.6	0.0	0.5
777	Potato leaf relish with milk	385.6	0.0	0.0	72.7	13.3	0.1	0.1	0.5	0.1	94.2	0.0	0.0
764	Potato leaf relish with oil	637.4	31.4	0.0	4.0	21.0	0.1	0.2	0.8	0.3	149.4	0.2	0.2
772	Potato samosa	0.0	0.0	0.0	1.0	4.0	0.1	0.0	0.7	0.1	7.0	0.0	0.4
769	Pumpkin leaf relish without oil	343.7	0.0	0.0	1.0	16.6	0.0	0.0	0.3	0.1	59.5	0.0	0.2
768	Pumpkin leaf relish with oil	324.6	0.0	0.0	1.0	15.7	0.0	0.0	0.3	0.1	56.2	0.0	0.2
770	Spinach relish with groundnut and oil	42.3	0.0	0.0	0.1	2.8	0.0	0.0	0.1	0.1	9.6	0.0	0.0
752	Spinach relish without oil	43.8	0.0	0.0	0.0	85.8	0.1	0.2	0.9	0.4	88.6	0.0	0.2
753	Spinach relish with oil	296.6	0.0	0.0	0.2	23.2	0.1	0.2	0.7	0.4	76.2	0.0	0.2
771	Spinach relish with sesame seeds	264.3	0.0	0.0	0.2	7.1	0.1	0.1	0.8	0.3	60.7	0.0	0.1
785	Tomato relish	56.0	0.0	0.0	0.0	18.0	0.1	0.1	0.6	0.1	13.0	0.0	0.3

F4 Vegetables Based

	Minerals	CA	P	MG	K	NA	FE	MFP_FE	ZN	CU	MN
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
755	Cabbage relish with oil	14.3	16.5	7.0	89.2	130.7	0.2	0.0	0.1	0.0	0.1
754	Cabbage, onion salad	26.7	24.2	11.1	151.8	6.0	0.3	0.0	0.2	0.0	0.1
756	Cassava leaf relish with groundnuts	159.4	108.9	67.9	531.8	270.3	2.8	0.0	0.8	0.3	0.4
757	Cassava leaf relish with coconut milk	136.2	61.1	44.0	398.1	9.7	2.3	0.0	0.4	0.2	0.3
759	Cow pea leaf relish with coconut milk	107.8	55.8	36.8	337.4	9.0	2.0	0.0	0.4	0.2	0.3
779	Cow pea leaf relish with groundnuts	133.0	57.3	43.4	442.9	10.7	2.1	0.0	0.3	0.2	0.1
784	Egg plant relish	9.4	28.8	13.7	247.2	28.2	0.4	0.0	0.2	0.1	0.2
763	Green leaf, medium, relish with coconut milk	63.7	63.7	20.8	259.7	18.4	1.5	0.0	0.5	0.2	0.6
762	Green leaf, medium relish with groundnuts	17.2	19.2	8.0	114.7	16.0	0.3	0.1	0.1	0.0	0.0
760	Green leaf, medium, relish without oil	26.0	14.4	5.3	71.1	5.6	0.4	0.0	0.1	0.0	0.1
761	Green leaf, medium, relish with oil	35.0	19.5	7.0	96.0	7.5	23.5	0.0	0.1	0.0	6.1
766	Green peas relish without oil	20.8	88.2	30.1	246.4	111.9	1.2	0.0	0.9	0.1	0.4
782	Green peas relish with oil	20.0	94.0	34.2	250.0	99.0	1.4	0.0	1.0	0.2	0.6
767	Green peas relish with oil and coconut milk	20.1	84.1	28.7	236.4	106.1	1.1	0.0	0.8	0.1	0.4
778	Green peas relish with coconut milk	18.0	85.7	28.0	247.9	83.8	1.3	0.0	0.9	0.2	0.7
786	Hare lettuce (mchungu)	26.6	18.4	7.3	141	9.2	0.8	0.0	0.1	0.1	0.1
783	Okra relish without oil	59.4	20.7	14.4	152.5	656.1	0.6	0.0	0.1	0.1	0.2
775	Okra relish with oil	15.1	22.5	10.9	171.6	107.2	0.5	0.0	0.2	0.1	0.2

F4 Vegetables Based *continued*

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
765	Okra relish with coconut milk	17.0	30.0	13.0	190.0	6.0	0.7	0.0	0.2	0.1	0.3
781	Okra, fried	22.3	20.5	11.8	145.7	292.3	0.6	0.0	0.2	0.1	0.1
780	Sweet potato leaf relish with coconut milk	109.7	102.6	33.8	425.3	417.6	2.5	0.0	0.7	0.3	1.0
777	Potato leaf relish with milk	213.7	134.5	36.3	484.0	63.4	2.2	0.0	0.5	0.1	0.5
764	Potato leaf relish with oil	96.0	55.0	20.0	270.5	20.6	1.4	0.0	0.3	0.1	0.4
772	Potato samosa	5.0	41.0	13.0	150.0	2.0	0.4	0.0	0.3	0.1	0.2
769	Pumpkin leaf relish without oil	67.6	20.7	13.4	152.4	131.7	0.5	0.0	0.1	0.1	0.2
768	Pumpkin leaf relish with oil	63.8	19.6	12.6	143.9	124.4	0.5	0.0	0.7	0.2	0.3
770	Spinach relish with groundnut and oil	63.2	25.5	19.3	182.2	3.7	0.9	0.0	0.1	0.1	0.1
752	Spinach relish without oil	170.9	68.5	53.8	525.6	12.0	2.6	0.0	0.3	0.1	0.1
753	Spinach relish with oil	152.9	55.2	45.7	68.7	306.4	2.2	0.0	0.3	0.1	0.1
771	Spinach relish with sesame seeds	185.4	87.0	59.6	317.4	6.5	2.7	0.0	0.8	0.4	0.3
785	Tomato relish	10.0	32.0	13.0	250.0	9.0	0.5	0.0	0.1	0.1	0.3

F4 Vegetable-based local dishes

	Amino acids	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
755	Cabbage relish with oil	7.2	27.2	32.3	40.8	39.1	9.0	6.6	24.8	14.6	30.3	49.3	14.4
754	Cabbage, onion salad	11.9	33.1	45.5	49.1	51.8	10.9	11.9	33.0	21.5	38.9	88.7	19.9
756	Cassava leaf relish with groundnuts	40.9	149.6	165.1	268.4	168.1	51.4	60.7	169.6	161.5	449.5	131.8	152.8
757	Cassava leaf relish with coconut milk	35.0	133.5	122.0	209.0	119.5	43.0	39.7	125.2	81.7	150.0	2277.5	61.7
759	Cow pea leaf relish with coconut milk	70.9	294.0	363.8	654.0	377.1	129.8	108.6	392.4	206.0	404.0	806.7	192.7
779	Cow pea leaf relish with groundnuts	26.1	107.6	129.2	224.8	135.0	40.2	35.5	145.0	107.3	145.3	253.7	74.5
784	Egg plant relish	20.4	54.6	68.8	109.0	74.7	21.4	14.3	64.2	41.2	73.3	85.9	34.1
763	Green leaf, medium, relish with coconut milk	30.8	81.3	101.8	133.1	133.1	123.1	33.7	45.3	94.2	124.2	125.8	281.0
762	Green leaf, medium relish with groundnuts	9.3	19.8	31.0	32.0	40.4	7.1	18.3	23.9	39.7	27.3	49.2	14.3
760	Green leaf, medium, relish without oil	8.4	45.8	61.6	107.8	60.9	17.9	11.2	59.2	40.8	69.0	69.0	30.6
761	Green leaf, medium, relish with oil	11.4	61.8	82.9	120.5	82.3	24.3	15.2	79.8	54.7	46.6	93.2	41.3
766	Green peas relish without oil	27.2	142.2	137.1	225.5	222.2	56.9	25.2	140.4	80.6	163.3	298.4	75.0
767	Green peas relish with oil	35.3	74.0	67.0	100.8	160.3	30.6	7.2	65.5	36.5	76.0	81.1	43.5
778	Green peas relish with oil and coconut milk	36.0	82.3	78.3	126.5	158.3	36.1	17.5	83.7	48.2	98.1	162.1	49.4
782	Green peas relish with coconut milk	30.4	145.4	142.7	241.6	219.2	61.0	33.0	152.9	88.4	179.4	308.7	50.0
786	Hare lettuce (mchungu)	11.4	58.9	76.2	117.6	80.7	21	17.4	69.3	46.6	80.2	80	35.4
783	Okra relish without oil	12.3	44.3	39.3	68.0	50.3	15.3	9.3	43.0	27.0	52.3	45.7	19.3
775	Okra relish with oil	10.8	33.7	31.8	47.1	42.8	10.0	12.9	30.5	20.8	37.0	48.3	17.3

F4 Vegetable-based local dishes *continued*

Amino acids		TRP	THR	ILE	LEU	LYS	MET	CYS	PHE	TYR	VAL	ARG	HIS
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
765	Okra relish with coconut milk	13.0	41.0	40.0	65.0	51.0	15.0	16.0	43.0	28.0	52.0	92.0	22.0
781	Okra, fried	10.8	38.8	34.9	54.9	45.9	11.3	10.3	33.5	22.4	43.0	53.1	17.5
780	Sweet potato leaf relish with coconut milk	43.6	136.6	135.0	245.8	162.4	61.2	44.6	165.6	102.8	190.0	319.2	70.0
777	Potato leaf relish with milk	51.3	145.1	130.6	236.6	183.6	48.8	39.8	160.7	87.5	16.3	264.9	75.9
764	Potato leaf relish with oil	33.5	79.1	189.1	318.2	359.2	115.4	42.6	153.1	132.5	51.3	232.4	115.2
772	Potato samosa	39.0	88.0	106.0	151.0	157.0	39.0	39.0	111.0	92.0	133.0	158.0	57.0
769	Pumpkin leaf relish without oil	11.8	36.4	31.8	47.1	42.8	10.0	12.9	33.5	22.4	43.0	53.1	17.5
768	Pumpkin leaf relish with oil	11.2	34.4	33.1	55.6	42.5	13.5	9.0	37.6	24.3	41.4	44.6	16.2
770	Spinach relish with groundnut and oil	9.3	19.8	31.0	32.0	40.4	7.1	18.3	23.9	39.7	27.3	49.2	14.3
752	Spinach relish without oil	23.0	113.0	155.0	188.0	150.0	64.0	53.0	173.0	113.0	201.0	307.0	82.0
753	Spinach relish with oil	18.4	94.0	109.6	302.7	106.0	53.0	55.9	138.3	90.7	144.6	164.6	80.7
771	Spinach relish with sesame seeds	45.0	134.3	31.1	137.4	104.5	36.9	35.6	91.5	61.3	106.5	260.0	66.2
785	Tomato relish	11.0	28.0	31.0	40.0	45.0	9.0	6.6	29.0	14.6	27.0	65.0	17.0

G1 Miscellaneous

Macronutrients		ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
		Kcal	g	g	g	g	g
451	Beer, commercial	41.0	0.3	0.0	0.0	0.0	3.7
452	Beer, local, grain	41.0	0.3	0.0	0.0	0.0	3.7
453	Beer, local, non-specific	41.0	0.3	0.0	0.0	0.0	3.7
454	Blackcurrant, syrup, ribena	338.0	1.1	0.0	0.0	2.3	87.7
455	Candy, choclote	479.0	4.2	0.0	0.0	30.0	63.1
458	Carbonated, beverage, coca cola	37.0	0.1	0.0	0.0	0.0	9.6
471	Chili powder, red	318.0	12.0	0.0	0.0	17.3	56.6
481	Chili sauce	169.9	0.5	0.1	0.0	0.1	38.3
160	Coconut immature, meat and water	70.0	0.5	0.0	0.0	3.4	10.0
459	Cod liver oil	884.0	0.0	0.0	0.0	100.0	0.0
472	Coffee, instant	200.0	10.0	0.0	0.0	0.0	40.0
460	Cricket	274.0	18.2	18.2	18.2	21.5	2.0
476	Fruit flavored drink, concentrated	27.0	0.0	0.0	0.0	0.0	6.8
477	Garlic, fresh-AP	149.0	6.4	0.0	0.0	0.5	33.1
490	Ginger	66.0	2.1	0.0	0.0	0.3	15.3
461	Honey	304.0	0.3	0.0	0.0	0.0	82.4
491	Ice sherbet	77.4	0.0	0.0	0.0	0.0	19.9
462	Orange drink, concentrated	158.0	0.5	0.0	0.0	1.1	41.0

G1 Miscellaneous

	Macronutrients	FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
451	Beer, commercial	0.0	0.0	0.0	0.0	0.2	0.0	0.0
452	Beer, local, grain	0.0	0.0	0.0	0.0	0.2	0.0	0.0
453	Beer, local, non-specific	0.0	0.0	0.0	0.0	0.2	0.0	0.0
454	Blackcurrant, syrup, ribena	0.6	0.0	0.6	0.0	15.5	18.9	361.0
455	Candy, chocolate	17.8	10.0	1.0	0.0	5.9	54.5	84.0
458	Carbonated, beverage, coca cola	0.0	0.0	0.0	0.0	0.0	9.0	0.0
471	Chili powder, red	3.3	2.8	8.4	0.0	25.0	1.1	403.0
481	Chili sauce	0.4	0.0	0.1	0.0	0.6	34.6	4.6
160	Coconut immature, meat and water	3.0	0.1	0.0	0.0	0.9	7.4	32.0
459	Cod liver oil	14.4	23.3	57.9	0.0	0.0	0.0	0.0
472	Coffee, instant	0.0	0.0	0.0	0.0	0.0	0.0	600.0
460	Cricket	7.5	9.6	2.6	75.0	0.0	0.0	0.0
476	Fruit flavored drink, concentrated	0.0	0.0	0.0	0.0	0.0	5.5	0.0
477	Garlic, fresh-AP	0.9	0.0	0.2	0.0	2.1	1.0	0.0
490	Ginger	0.0	0.0	0.2	0.0	2.1	2.0	0.0
461	Honey	0.0	0.0	0.0	0.0	0.0	1.5	0.0
491	Ice sherbet	0.0	0.0	0.0	0.0	0.0	19.9	0.0
462	Orange drink, concentrated	0.3	0.0	0.3	0.0	7.2	8.8	169.0

G1 Miscellaneous *continued*

Macronutrients		ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
		Kcal	g	g	g	g	g
463	Salt, iodized	0.0	0.0	0.0	0.0	0.0	0.0
464	Salt,,non-iodized	0.0	0.0	0.0	0.0	0.0	0.0
474	Soy sauce	60.0	10.5	0.0	0.0	0.1	5.6
475	Soybean milk, dried	380.0	40.5	0.0	0.0	24.0	9.5
465	Sugar	387.0	0.0	0.0	0.0	0.0	99.9
466	Sugarcane	26.0	0.0	0.0	0.0	0.0	6.8
467	Sugarcane juice	56.0	0.0	0.0	0.0	0.0	14.6
468	Tea leaves	1.0	0.0	0.0	0.0	0.0	0.2
469	Termite	369.0	19.7	19.6	19.6	31.2	1.0
489	Tomato juice	26.0	0.8	0.0	0.0	0.1	5.7
470	Tomato ketchup	101.0	1.0	0.0	0.0	0.3	25.3
478	Tomato paste	63.0	0.0	2.7	0.0	0.0	0.9
480	Vinegar, wine	19.0	0.0	0.0	0.0	0.0	0.3

G1 **Miscellaneous** *continued*

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
463	Salt, iodized	0.0	0.0	0.0	0.0	0.0	0.0	0.0
464	Salt,non-iodized	0.0	0.0	0.0	0.0	0.0	0.0	0.0
474	Soy sauce	0.0	0.0	0.0	0.0	0.8	0.0	122.0
475	Soybean milk, dried	3.5	5.5	13.5	0.0	6.0	0.0	1870.0
465	Sugar	0.0	0.0	0.0	0.0	0.0	96.8	0.0
466	Sugarcane	0.0	0.0	0.0	0.0	0.0	5.9	0.0
467	Sugarcane juice	0.0	0.0	0.0	0.0	0.0	12.6	0.0
468	Tea leaves	0.0	0.0	0.0	0.0	0.0	0.0	0.0
469	Termite	10.8	13.9	3.8	83.0	0.0	0.3	0.0
489	Tomato juice	0.0	0.0	0.0	0.0	1.1	0.0	7.0
470	Tomato ketchup	0.0	0.1	0.1	0.0	1.3	19.4	7.0
478	Tomato paste	13.8	0.0	0.3	0.3	0.0	3.3	18.0
480	Vinegar, wine	0.0	0.0	0.0	0.0	0.0	0.0	0.0

G1 Miscellaneous

	Vitamins	VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
451	Beer, commercial	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	6.0	0.0	0.1
452	Beer, local, grain	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	6.0	0.0	0.1
453	Beer, local, non-specific	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	6.0	0.0	0.1
454	Blackcurrant, syrup, ribena	29.0	0.0	0.0	6.0	34.0	0.1	0.1	0.6	0.3	17.0	0.0	0.3
455	Candy, chocolate	0.0	0.0	0.0	0.3	0.0	0.1	0.1	0.4	0.0	13.0	0.0	0.1
458	Carbonated, beverage, coca cola	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
471	Chili powder, red	4161.0	0.0	0.0	1.0	76.0	0.3	0.9	8.7	1.9	88.0	0.0	0.4
481	Chili sauce	31.2	0.0	0.0	0.1	14.6	0.0	0.0	0.3	0.0	7.1	0.0	0.1
160	Coconut immature, meat and water	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.2	0.0	8.0	0.0	0.1
459	Cod liver oil	0.0	0.0	0.0	6.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
472	Coffee, instant	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0
460	Cricket	1.0	1.0	1.0	0.0	2.0	0.7	0.2	4.1	0.3	3.0	1.6	0.7
476	Fruit flavored drink, concentrated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
477	Garlic, fresh-AP	0.0	0.0	0.0	0.0	31.2	0.2	0.1	0.7	1.2	3.0	0.0	0.6
490	Ginger	0.0	0.0	0.0	0.0	8.0	0.1	0.0	0.3	0.2	23.0	0.0	0.2
461	Honey	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.1	0.0	2.0	0.0	0.1
491	Ice sherbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
462	Orange drink, concentrated	13.0	0.0	0.0	3.0	16.0	0.1	0.0	0.3	0.1	8.0	0.0	0.2

G1 Miscellaneous continued

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12PANT μ g	mg
463	Salt, iodized	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
464	Salt,non-iodized	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
474	Soy sauce	0.0	0.0	0.0	0.0	0.0	0.1	0.2	4.0	0.2	18.0	0.0	0.4
475	Soybean milk, dried	0.0	0.0	0.0	0.0	0.0	0.4	0.3	1.0	0.3	75.0	0.0	0.4
465	Sugar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
466	Sugarcane	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
467	Sugarcane juice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
468	Tea leaves	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
469	Termite	1.0	1.0	1.0	0.0	2.0	0.7	0.3	4.5	0.3	3.0	1.7	0.7
489	Tomato juice	80.0	0.0	0.0	0.3	26.0	0.1	0.0	1.0	0.2	28.0	0.0	0.4
470	Tomato ketchup	100.0	0.0	0.0	0.0	22.0	0.1	0.1	0.7	0.1	17.0	0.0	0.3
478	Tomato paste	261.0	0.0	0.0	0.0	57.0	0.2	0.2	1.8	0.2	45.0	0.0	0.8
480	Vinegar, wine	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.0	1.0	0.0	0.0

G1 Miscellaneous

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
451	Beer, commercial	5.0	12.0	6.0	25.0	5.0	0.0	0.0	0.0	0.0	0.0
452	Beer, local, grain	5.0	12.0	6.0	25.0	5.0	0.0	0.0	0.0	0.0	0.0
453	Beer, local, non-specific	5.0	12.0	6.0	25.0	5.0	0.0	0.0	0.0	0.0	0.0
454	Blackcurrant, syrup, ribena	40.0	40.0	29.0	659.0	0.0	1.1	0.0	0.0	0.2	0.3
455	Candy, choclalte	32.0	132.0	115.0	365.0	11.0	3.1	0.0	1.6	0.7	0.8
458	Carbonated, beverage, coca cola	3.0	12.0	1.0	1.0	4.0	0.0	0.0	0.0	0.0	0.0
471	Chili powder, red	148.0	293.0	152.0	2014.0	30.0	7.8	0.0	2.5	0.4	2.0
481	Chili sauce	6.9	17.5	8.4	129.0	283.8	0.4	0.0	0.1	0.0	0.1
160	Coconut immature, meat and water	126.0	48.0	3.0	66.0	5.0	0.4	0.0	0.1	0.1	0.2
459	Cod liver oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
472	Coffee, instant	300.0	300.0	400.0	3600.0	300.0	10.0	0.0	0.0	1.0	2.0
460	Cricket	90.0	424.0	62.0	545.0	55.0	2.5	2.5	8.4	3.0	1.5
476	Fruit flavored drink, concentrated	51.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
477	Garlic, fresh-AP	181.0	143.0	25.0	401.0	17.0	1.7	0.0	1.2	0.3	1.7
490	Ginger	33.0	53.0	17.0	249.0	5.0	0.3	0.0	0.3	0.1	0.2
461	Honey	6.0	4.0	2.0	52.0	4.0	0.4	0.0	0.2	0.0	0.1
491	Ice sherbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
462	Orange drink, concentrated	19.0	19.0	13.0	308.0	0.0	0.5	0.0	0.0	0.1	0.1

G1 **Miscellaneous** *continued*

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
463	Salt, iodized	45.0	0.0	2.0	8.0	38724.0	0.1	0.0	0.0	0.0	0.0
464	Salt, non-iodized	45.0	0.0	2.0	8.0	38724.0	0.1	0.0	0.0	0.0	0.0
474	Soy sauce	20.0	130.0	40.0	212.0	5586.0	2.4	0.0	0.4	0.1	0.5
475	Soybean milk, dried	525.0	485.0	515.0	605.0	35.0	27.0	0.0	4.0	1.0	3.1
465	Sugar	1.0	2.0	0.0	2.0	1.0	0.1	0.0	0.0	0.0	0.0
466	Sugarcane	6.0	2.0	2.0	24.0	3.0	0.1	0.0	0.0	0.0	0.0
467	Sugarcane juice	13.0	3.0	4.0	52.0	6.0	0.3	0.0	0.0	0.1	0.1
468	Tea leaves	2.0	1.0	2.0	20.0	3.0	0.0	0.0	0.0	0.0	0.2
469	Termite	32.0	184.0	17.0	361.0	1294.0	1.3	1.3	2.5	0.1	0.1
489	Tomato juice	5.0	1.0	11.0	235.0	26.0	0.9	0.0	0.7	0.6	0.2
470	Tomato ketchup	456.0	28.0	33.0	335.0	387250.0	1.6	0.0	0.1	0.4	0.1
478	Tomato paste	15.0	72.0	33.0	666.0	27.0	1.5	0.0	0.3	0.2	0.3
480	Vinegar, wine	8.0	14.0	10.0	89.0	8.0	0.4	0.0	0.1	0.0	0.2

G1 Miscellaneous

	Amino Acid	TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
451	Beer, commercial	3.0	5.0	5.0	6.0	7.0	1.0	3.0	6.0	15.0	9.0	9.0	5.0
452	Beer, local, grain	3.0	5.0	5.0	6.0	7.0	1.0	3.0	6.0	15.0	9.0	9.0	5.0
453	Beer, local, non-specific	3.0	5.0	5.0	6.0	7.0	1.0	3.0	6.0	15.0	9.0	9.0	5.0
454	Blackcurrant, syrup, ribena	11.0	40.0	46.0	69.0	69.0	11.0	17.0	29.0	23.0	52.0	34.0	17.0
455	Candy, chocolate	63.0	168.0	164.0	257.0	212.0	44.0	52.0	204.0	159.0	254.0	240.0	73.0
458	Carbonated, beverage, coca cola	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
471	Chili powder, red	156.0	444.0	390.0	630.0	534.0	144.0	228.0	372.0	252.0	504.0	576.0	246.0
481	Chili sauce	4.2	12.4	12.2	18.0	18.2	4.1	6.8	12.3	8.8	13.1	20.0	7.5
160	Coconut immature, meat and water	6.0	20.0	23.0	39.0	29.0	8.0	11.0	23.0	15.0	31.0	62.0	12.0
459	Cod liver oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
472	Coffee, instant	0.0	100.0	200.0	500.0	100.0	0.0	200.0	300.0	200.0	300.0	100.0	200.0
460	Cricket	141.0	699.0	645.0	1185.0	1345.0	430.0	178.0	591.0	509.0	710.0	1044.0	509.0
476	Fruit flavored drink, concentrated	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
477	Garlic, fresh-AP	66.0	157.0	217.0	308.0	273.0	76.0	65.0	183.0	81.0	291.0	634.0	113.0
490	Ginger	30.0	50.0	72.0	72.0	98.0	17.0	36.0	53.0	51.0	47.0	275.0	33.0
461	Honey	4.0	4.0	8.0	10.0	8.0	1.0	3.0	11.0	8.0	9.0	5.0	1.0
491	Ice sherbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
462	Orange drink, concentrated	5.0	19.0	21.0	32.0	32.0	5.0	8.0	13.0	11.0	24.0	16.0	8.0

G1 *Miscellaneous continued*

Amino Acids		TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
463	Salt, iodized	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
464	Salt, non-iodized	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
474	Soy sauce	181.0	407.0	487.0	735.0	731.0	167.0	107.0	534.0	342.0	524.0	405.0	215.0
475	Soybean milk, dried	630.0	1650.0	2000.0	3070.0	2660.0	515.0	560.0	1965.0	1350.0	2040.0	2690.0	1175.0
465	Sugar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
466	Sugarcane	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
467	Sugarcane juice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
468	Tea leaves	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
469	Termite	157.0	777.0	717.0	1317.0	1494.0	478.0	198.0	657.0	566.0	789.0	1160.0	566.0
489	Tomato juice	5.0	17.0	15.0	21.0	22.0	4.0	2.0	16.0	12.0	15.0	15.0	12.0
470	Tomato ketchup	7.0	24.0	23.0	36.0	36.0	8.0	13.0	25.0	17.0	25.0	24.0	15.0
478	Tomato paste	18.0	63.0	60.0	93.0	93.0	21.0	33.0	66.0	45.0	66.0	63.0	39.0
480	Vinegar, wine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

G2 Miscellaneous -local dishes

Macronutrients			ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
			Kcal	g	g	g	g	g
1006	Coffee with milk, without sugar	One recipe	11.5	1.3	1.3	0.0	1.6	0.2
1004	Coffee without milk, with sugar,	One recipe	35.4	0.0	0.0	0.0	0.0	9.1
1005	Coffee with milk and sugar	One recipe	31.5	1.3	1.3	0.0	1.6	3.1
1008	Groundnut cluster	Three recipes	616.6	17.3	0.0	0.0	30.7	76.0
1007	Halwa	Recipe book	511.7	1.7	0.0	0.1	30.7	59.9
1003	Tea with milk, without sugar	One recipe	11.0	1.3	1.3	0.0	1.6	0.2
1001	Tea without milk, with sugar	Ten recipes	35.4	0.0	0.0	0.0	0.0	9.1
1002	Tea with milk and sugar	One recipe	31.0	1.3	1.3	0.0	1.6	3.0

G2 Miscellaneous -local dishes

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
1006	Coffee with milk, without sugar	1.0	0.5	0.0	5.8	0.0	0.0	1.7
1004	Coffee without milk, with sugar,	0.0	0.0	0.0	0.0	0.0	9.5	0.0
1005	Coffee with milk and sugar	1.0	0.5	0.0	5.8	0.0	1.0	1.7
1008	Groundnut cluster	4.3	15.2	9.8	0.0	5.6	57.3	1129.6
1007	Halwa	16.9	10.4	1.9	68.3	1.1	39.1	206.4
1003	Tea with milk, without sugar	1.0	0.5	0.0	5.8	0.0	0.0	0.0
1001	Tea without milk, with sugar	0.0	0.0	0.0	0.0	0.0	9.5	0.0
1002	Tea with milk and sugar	1.0	0.5	0.0	5.8	0.0	1.0	0.0

G2 Miscellaneous-local dishes

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g	VIT B12 μ g	PANT mg
1006	Coffee with milk, without sugar	22.6	22.6	0.0	0.0	0.4	0.0	0.1	0.0	0.0	2.4	0.2	0.1
1004	Coffee without milk, with sugar,	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1005	Coffee with milk and sugar	22.6	22.6	0.0	0.0	0.4	0.0	0.1	0.0	0.0	2.4	0.2	0.1
1008	Groundnut cluster	0.0	0.0	0.0	5.6	0.0	0.2	0.06	9.03	0.2	80.6	0.0	0.9
1007	Halwa	246.7	246.7	0.5	2.7	0.1	0.0	0.1	0.3	0.0	5.0	0.0	0.1
1003	Tea with milk, without sugar	22.6	22.6	0.0	0.0	0.4	0.0	0.1	0.0	0.0	2.4	0.2	0.1
1001	Tea without milk, with sugar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1002	Tea with milk and sugar	22.6	22.6	0.0	0.0	0.4	0.0	0.1	0.0	0.0	2.4	0.2	0.1

G2 Miscellaneous-local dishes

Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
1006 Coffee with milk, without sugar	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
1004 Coffee without milk, with sugar,	0.2	0.2	0.0	0.3	1.8	0.0	0.0	0.0	0.0	0.0
1005 Coffee with milk and sugar	48.1	38.7	5.6	67.6	23.5	0.1	0.0	0.2	0.0	0.0
1008 Groundnut cluster	59.6	248.3	107.2	452.9	12.0	3.1	0.0	2.1	0.7	1.3
1007 Halwa	24.2	47.1	24.5	62.4	75.9	0.5	0.0	0.1	0.1	0.2
1003 Tea with milk, without sugar	0.2	0.2	0.0	0.3	1.8	0.0	0.0	0.0	0.0	0.0
1001 Tea without milk, with sugar	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
1002 Tea with milk and sugar	47.3	37.9	4.5	57.6	22.6	0.0	0.0	0.2	0.0	0.0

G2 Miscellaneous-local dishes

Amino acids		TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
1006	Coffee with milk, without sugar	18.9	61.6	82.4	133.8	107.6	34.1	12.9	66.2	65.9	91.3	49.2	0.6
1004	Coffee without milk, with sugar,	0.0	1.0	2.0	5.0	1.0	0.0	2.0	3.0	2.0	3.0	1.0	2.0
1005	Coffee with milk and sugar	18.9	61.6	82.4	133.8	107.6	34.1	12.9	66.2	65.9	91.3	49.2	0.6
1008	Groundnut cluster	166.4	573.5	594.9	1101.1	595.7	212.9	259.5	697.2	699.9	1955.1	441.4	657.5
1007	Halwa	29.9	64.4	75.8	138.6	60.3	21.2	30.6	95.4	62.1	90.1	204.7	48.4
1003	Tea with milk, without sugar	18.9	61.3	81.8	132.4	107.3	34.1	12.3	65.4	65.4	90.4	48.9	0.0
1001	Tea without milk, with sugar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1002	Tea with milk and sugar	18.9	61.3	81.8	132.4	107.3	34.1	12.3	65.4	65.4	90.4	48.9	0.0

H Local Broths

Macronutrients		ENERGY_KC	PROCNT	A_PROTEI	MFP_PROT	FAT	CHOCDF
		Kcal	g	g	g	g	g
853	Beef broth without oil	44.0	3.9	3.7	3.7	2.7	0.8
854	Beef broth with oil	88.0	3.9	3.7	3.7	7.7	0.8
855	Cabbage broth without oil	29.0	1.5	0.0	0.0	0.3	6.3
856	Cabbage broth with oil	50.0	0.2	0.0	0.0	5.1	1.3
859	Cassava leaf broth without oil	8.0	0.6	0.0	0.0	0.0	1.6
858	Cassava leaf broth with coconut milk	21.0	0.5	0.0	0.0	1.4	1.9
860	Cassava leaf broth with oil	48.0	0.5	0.0	0.0	5.0	1.0
862	Chicken broth without oil	91.0	4.2	4.0	4.0	7.9	0.8
861	Chicken broth with oil	46.0	4.2	4.0	4.0	2.9	0.8
865	Cow pea broth without oil	40.0	2.3	0.0	0.0	0.2	7.9
863	Cow pea broth with coconut milk	102.0	2.6	0.0	0.0	6.8	8.8
864	Cow pea broth with oil	87.0	2.0	0.0	0.0	6.4	5.8
881	Cow pea leaf broth without oil	8.0	0.6	0.0	0.0	0.0	1.6
866	Cow pea leaf broth with coconut milk	15.0	0.7	0.0	0.0	0.3	2.8
867	Cow pea leaf broth with oil	42.0	0.5	0.0	0.0	4.1	1.5
869	Fish broth without oil	12.0	1.7	1.5	1.5	0.2	0.9
884	Fish broth with coconut milk	25.0	2.3	2.2	2.2	1.5	0.7

Local Broths

Macronutrients		FASAT	FAMS	FAPU	CHOLE	FIB	SUCS	PHYTAC
		g	g	g	mg	g	g	mg
853	Beef broth without oil	1.3	1.1	0.1	11.0	0.1	0.1	0.0
854	Beef broth with oil	2.5	3.4	1.4	11.0	0.1	0.1	0.0
855	Cabbage broth without oil	0.0	0.0	0.1	0.0	2.5	0.6	0.0
856	Cabbage broth with oil	1.3	2.2	1.3	0.0	0.4	0.1	0.0
859	Cassava leaf broth without oil	0.0	0.0	0.0	0.0	0.3	0.1	4.0
858	Cassava leaf broth with coconut milk	1.3	0.1	0.0	0.0	0.5	0.1	17.0
860	Cassava leaf broth with oil	4.3	0.3	0.1	0.0	0.2	0.0	4.0
862	Chicken broth without oil	2.0	3.3	1.9	12.0	0.1	0.1	0.0
861	Chicken broth with oil	0.8	1.1	0.6	12.0	0.1	0.1	0.0
865	Cow pea broth without oil	0.0	0.0	0.1	0.0	1.8	0.6	129.0
863	Cow pea broth with coconut milk	6.0	0.3	0.2	0.0	3.3	0.3	194.0
864	Cow pea broth with oil	0.9	1.5	3.7	0.0	1.5	0.3	129.0
881	Cow pea leaf broth without oil	0.0	0.0	0.0	0.0	0.3	0.1	4.0
866	Cow pea leaf broth with coconut milk	0.3	0.0	0.0	0.0	0.4	0.8	8.0
867	Cow pea leaf broth with oil	3.5	0.2	0.1	0.0	0.2	0.1	3.0
869	Fish broth without oil	0.1	0.1	0.1	6.0	0.2	0.1	0.0
884	Fish broth with coconut milk	1.1	0.2	0.1	3.0	0.3	0.1	11.0

H Local Broths *continued*

	Macronutrients	ENERGY_KC Kcal	PROCNT g	A_PROTEI g	MFP_PROT g	FAT g	CHOCDF g
868	Fish broth with oil	55.0	1.7	1.5	1.5	5.2	0.9
870	Green pea broth without oil	17.0	1.1	0.0	0.0	0.0	3.1
880	Green pea broth with coconut milk	32.9	0.9	0.0	0.0	2.0	3.1
871	Green Pea Broth with oil	61.0	1.1	0.0	0.0	5.0	3.1
882	Ground beef relish broth	35.4	1.8	1.8	1.8	3.0	0.3
873	Kidney bean broth without oil	31.0	2.0	0.0	0.0	0.1	0.0
872	Kidney bean broth with coconut milk	101.0	2.6	0.0	0.0	6.8	8.7
874	Kidney bean broth with oil	48.0	2.0	0.0	0.0	2.1	5.9
883	Liver relish broth	12.9	1.7	1.7	1.7	8.6	0.4
878	Pumpkin leaf broth without oil	3.0	0.2	0.0	0.0	0.0	0.7
877	Pumpkin leaf broth with oil	46.0	0.2	0.0	0.0	5.0	0.7
879	Small dried fish broth with oil	78.0	5.9	5.9	5.9	5.9	0.0
851	Spinach broth without oil	6.0	0.4	0.0	0.0	0.1	1.3
852	Spinach broth with oil	25.0	0.4	0.0	0.0	5.1	1.3

Local Broths *continued*

	Macronutrients	FASAT g	FAMS g	FAPU g	CHOLE mg	FIB g	SUCS g	PHYTAC mg
868	Fish broth with oil	4.4	0.4	0.2	6.0	0.2	0.1	0.0
870	Green pea broth without oil	0.0	0.0	0.0	0.0	1.1	1.0	6.0
880	Green pea broth with coconut milk	1.7	0.1	0.1	0.0	1.2	0.5	18.2
871	Green pea broth with oil	1.3	2.2	1.3	0.0	1.1	1.0	6.0
882	Ground beef relish broth	1.9	0.8	0.1	5.9	0.1	0.0	0.3
873	Kidney bean broth without oil	0.0	0.0	0.1	0.0	1.5	0.3	129.0
872	Kidney bean broth with coconut milk	6.0	0.3	0.2	0.0	3.3	0.3	189.0
874	Kidney bean broth with oil	0.0	0.0	0.1	0.0	1.5	0.3	0.27
883	Liver relish broth	0.3	0.1	0.1	27.0	0.0	0.4	129.0
878	Pumpkin leaf broth without oil	0.0	0.0	0.0	0.0	0.4	0.0	4.0
877	Pumpkin leaf broth with oil	4.3	0.3	0.1	0.0	0.4	0.0	35.0
879	Small dried fish broth with oil	1.5	2.6	1.5	6.0	0.0	0.0	0.0
851	Spinach broth without oil	0.0	0.0	0.0	0.0	0.4	0.1	0.0
852	Spinach broth with oil	1.3	2.2	1.3	0.0	0.4	0.1	0.0

H Local Broths

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g RE	VIT B12 μ g RE	PANT mg
853	Beef broth without oil	6.0	0.0	0.0	0.0	2.0	0.0	0.0	0.5	0.1	3.0	0.3	0.1
854	Beef broth with oil	6.0	0.0	0.0	0.0	2.0	0.0	0.0	0.5	0.1	3.0	0.3	0.1
855	Cabbage broth without oil	20.0	0.0	0.0	0.0	34.0	0.1	0.1	0.4	0.1	45.0	0.0	0.2
856	Cabbage broth with oil	20.0	0.0	0.0	0.0	34.0	0.1	0.1	0.4	0.1	45.0	0.0	0.2
859	Cassava leaf broth without oil	58.0	0.0	0.0	0.0	4.0	0.0	0.0	0.1	0.1	12.0	0.0	0.1
858	Cassava leaf broth with coconut milk	43.0	0.0	0.0	0.0	3.0	0.0	0.0	0.1	0.1	11.0	0.0	0.0
860	Cassava leaf broth with oil	58.0	0.0	0.0	0.0	4.0	0.0	0.0	0.1	0.1	11.0	0.0	0.1
861	Chicken broth without oil	12.0	6.0	0.0	0.0	2.0	0.0	0.0	0.9	0.1	2.0	0.0	0.1
862	Chicken broth with oil	12.0	6.0	0.0	0.0	2.0	0.0	0.0	0.9	0.1	2.0	0.0	0.1
865	Cow pea broth without oil	7.0	0.0	0.0	0.0	3.0	0.1	0.0	0.2	0.1	32.0	0.0	0.1
863	Cow pea broth with coconut milk	7.0	0.0	0.0	0.0	3.0	0.1	0.0	0.3	0.1	34.0	0.0	0.1
864	Cow pea broth with oil	7.0	0.0	0.0	0.0	2.0	0.0	0.0	0.2	0.0	29.0	0.0	0.1
881	Cow pea leaf broth without oil	58.0	0.0	0.0	0.0	4.0	0.0	0.0	0.1	0.1	12.0	0.0	0.1
866	Cow pea leaf broth with coconut milk	61.0	0.0	0.0	0.0	5.0	0.0	0.0	0.2	0.1	13.0	0.0	0.1
867	Cow pea leaf broth with oil	49.0	0.0	0.0	0.0	4.0	0.0	0.0	0.1	0.1	11.0	0.0	0.1
869	Fish broth without oil	7.0	1.0	1.0	0.0	1.0	0.0	0.0	0.2	0.0	3.0	0.2	0.1
884	Fish broth with coconut milk	7.6	0.3	0.3	0.0	0.5	0.0	0.0	0.3	0.02	2.3	0.50	0.1

H Local Broths *continued*

Vitamins		VITA μ g RE	A_VITA μ g RE	VITD μ g	VITE μ g	VITC mg	THIA mg	RIBF mg	NIA mg	VIT B6 mg	FOL μ g RE	VIT B12 μ g RE	PANT mg
868	Fish broth with oil	7.0	1.0	1.0	0.0	1.0	0.0	0.0	0.2	0.0	3.0	0.2	0.1
870	Green pea broth without oil	12.0	0.0	0.0	0.0	3.0	0.1	0.0	0.4	0.0	13.0	0.0	0.0
880	Green pea broth with coconut milk	12.4	0.0	0.0	0.1	3.0	0.1	0.0	0.3	0.0	10.5	0.0	0.1
871	Green pea broth with oil	12.0	0.0	0.0	0.0	3.0	0.1	0.0	0.4	0.0	13.0	0.0	0.0
882	Ground beef relish broth	4.2	0.0	0.0	0.0	1.0	0.0	0.0	0.3	0.0	1.2	0.1	0.0
873	Kidney bean broth without oil	7.0	0.0	0.0	0.0	2.0	0.0	0.0	0.2	0.0	29.0	0.0	0.1
872	Kidney bean broth with coconut milk	7.0	0.0	0.0	0.0	3.0	0.1	0.0	0.3	0.1	33.0	0.0	0.1
874	Kidney bean broth with oil	7.0	0.0	0.0	0.0	2.0	0.0	0.0	0.2	0.0	29.0	0.0	0.1
883	Liver relish broth	0.9	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.01	3.60	0.00	0.0
878	Pumpkin leaf broth without oil	61.0	0.0	0.0	0.0	4.0	0.1	0.1	0.4	0.2	13.0	0.0	0.3
877	Pumpkin leaf broth with oil	61.0	0.0	0.0	2.0	4.0	0.1	0.1	0.4	0.2	13.0	0.0	0.3
879	Small dried fish broth with oil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	3.0	1.2	0.2
851	Spinach broth without oil	89.0	0.0	0.0	0.0	3.0	0.0	0.0	0.1	0.0	17.0	0.0	0.0
852	Spinach broth with oil	89.0	0.0	0.0	1.0	3.0	0.0	0.0	0.1	0.0	17.0	0.0	0.0

H Local Broths

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
853	Beef broth without oil	2.0	32.0	5.0	74.0	9.0	0.3	0.3	0.6	0.0	0.0
854	Beef broth with oil	2.0	32.0	5.0	74.0	9.0	0.3	0.3	0.6	0.0	0.0
855	Cabbage broth without oil	5.0	5.0	2.0	36.0	2.0	0.1	0.0	0.0	0.0	0.0
856	Cabbage broth with oil	5.0	5.0	2.0	36.0	2.0	0.1	0.0	0.0	0.0	0.0
859	Cassava leaf broth without oil	22.0	11.0	8.0	81.0	2.0	0.4	0.0	0.1	0.0	0.0
858	Cassava leaf broth with coconut milk	20.0	13.0	7.0	71.0	2.0	0.4	0.0	0.1	0.0	0.1
860	Cassava leaf broth with oil	21.0	9.0	7.0	71.0	2.0	0.4	0.0	0.1	0.0	0.0
862	Chicken broth without oil	3.0	30.0	4.0	50.0	12.0	0.3	0.2	0.3	0.0	0.0
861	Chicken broth with oil	3.0	30.0	4.0	50.0	12.0	0.3	0.2	0.3	0.0	0.0
865	Cow pea broth without oil	12.0	41.0	13.0	147.0	2.0	0.7	0.0	0.3	0.1	0.2
863	Cow pea broth with coconut milk	10.0	56.0	17.0	183.0	5.0	1.1	0.0	0.5	0.2	0.4
864	Cow pea broth with oil	8.0	34.0	11.0	113.0	1.0	0.7	0.0	0.2	0.1	0.1
881	Cow pea leaf broth without oil	22.0	11.0	8.0	81.0	2.0	0.4	0.0	0.1	0.0	0.0
866	Cow pea leaf broth with coconut milk	36.0	16.0	8.0	93.0	3.0	0.4	0.0	0.1	0.0	0.1
867	Cow pea leaf broth with oil	19.0	10.0	7.0	70.0	2.0	0.3	0.0	0.1	0.0	0.0
869	Fish broth without oil	2.0	28.0	4.0	60.0	5.0	0.1	0.0	0.1	0.0	0.0

H Local Broths *continued*

	Minerals	CA mg	P mg	MG mg	K mg	NA mg	FE mg	MFP_FE mg	ZN mg	CU mg	MN mg
884	Fish broth with coconut milk	54.5	50.9	6.3	54.6	11.8	0.2	0.4	0.2	0.0	0.1
868	Fish broth with oil	2.0	28.0	4.0	60.0	5.0	0.1	0.0	0.1	0.0	0.0
870	Green pea broth without oil	5.0	23.0	8.0	54.0	1.0	0.3	0.0	0.2	0.0	0.1
880	Green pea broth with coconut milk	4.3	22.3	7.3	64.7	1.7	0.3	0.0	0.2	0.1	0.2
871	Green pea broth with oil	5.0	23.0	8.0	54.0	1.0	0.3	0.0	0.2	0.0	0.1
882	Ground beef relish broth	0.7	15.2	2.2	35.9	15.3	0.1	0.1	0.3	0.0	0.0
873	Kidney bean broth without oil	8.0	34.0	11.0	113.0	1.0	0.7	0.0	0.2	0.1	0.1
872	Kidney bean broth with coconut milk	10.0	55.0	17.0	181.0	5.0	1.1	0.0	0.5	0.2	0.4
874	Kidney bean broth with oil	8.0	34.0	11.0	113.0	1.0	0.7	0.0	0.2	0.1	0.1
883	Liver relish broth	0.8	28.5	1.6	19.6	5.4	0.5	0.5	0.4	0.3	0.0
878	Pumpkin leaf broth without oil	14.0	5.0	3.0	36.0	4.0	0.1	0.0	0.0	0.0	0.0
877	Pumpkin leaf broth with oil	14.0	5.0	3.0	36.0	4.0	0.1	0.0	0.0	0.0	0.0
879	Small dried fish broth with oil	170.0	130.0	14.0	95.0	31.0	0.3	0.3	0.5	0.1	0.2
851	Spinach broth without oil	15.0	9.0	10.0	73.0	8.0	0.4	0.0	0.1	0.0	0.1
852	Spinach broth with oil	15.0	9.0	10.0	73.0	8.0	0.4	0.0	0.1	0.0	0.1

H Local Broths

Amino acids		TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
853	Beef broth without oil	43.0	166.0	172.0	300.0	316.0	97.0	44.0	149.0	128.0	185.0	247.0	130.0
854	Beef broth with oil	43.0	166.0	9.0	10.0	10.0	2.0	3.0	7.0	5.0	8.0	17.0	4.0
855	Cabbage broth without oil	2.0	7.0	9.0	10.0	10.0	2.0	3.0	7.0	5.0	8.0	17.0	4.0
856	Cabbage broth with oil	2.0	7.0	24.0	39.0	24.0	8.0	7.0	23.0	16.0	27.0	50.0	11.0
859	Cassava leaf broth without oil	3.0	16.0	19.0	33.0	19.0	5.0	4.0	19.0	13.0	22.0	21.0	10.0
858	Cassava leaf broth with coconut milk	5.0	18.0	22.0	36.0	23.0	6.0	6.0	21.0	15.0	24.0	33.0	11.0
860	Cassava leaf broth with oil	2.0	14.0	206.0	299.0	335.0	109.0	55.0	160.0	133.0	199.0	263.0	121.0
861	Chicken broth without oil	47.0	170.0	110.0	199.0	160.0	41.0	35.0	135.0	75.0	138.0	234.0	68.0
862	Chicken broth with oil	47.0	170.0	206.0	299.0	335.0	109.0	55.0	160.0	133.0	199.0	263.0	121.0
865	Cow pea broth without oil	27.0	87.0	25.0	41.0	27.0	8.0	6.0	23.0	18.0	27.0	38.0	12.0
863	Cow pea broth with coconut milk	31.0	104.0	84.0	150.0	130.0	28.0	22.0	102.0	54.0	98.0	125.0	53.0
864	Cow pea broth with oil	0.0	80.0	94.0	160.0	144.0	31.0	27.0	109.0	61.0	105.0	163.0	57.0
881	Cow pea leaf broth without oil	3.0	16.0	72.0	125.0	142.0	45.0	19.0	62.0	53.0	80.0	102.0	46.0
866	Cow pea leaf broth with coconut milk	31.0	19.0	19.0	30.0	20.0	5.0	5.0	17.0	13.0	19.0	27.0	9.0
867	Cow pea leaf broth with oil	3.0	14.0	22.0	36.0	23.0	6.0	6.0	21.0	15.0	24.0	33.0	11.0
869	Fish broth without oil	18.0	68.0	39.0	64.0	63.0	16.0	6.0	40.0	22.0	46.0	85.0	21.0
884	Fish broth with coconut milk	30.0	109.0	14.3	24.5	14.5	3.4	3.5	15.0	11.1	15.7	26.4	7.7

H Local Broths *continued*

Amino acids		TRP mg	THR mg	ILE mg	LEU mg	LYS mg	MET mg	CYS mg	PHE mg	TYR mg	VAL mg	ARG mg	HIS mg
868	Fish broth with oil	18.0	68.0	72.0	125.0	142.0	45.0	19.0	62.0	53.0	80.0	102.0	46.0
870	Green pea broth without oil	7.0	40.0	39.0	64.0	63.0	16.0	6.0	40.0	22.0	46.0	85.0	21.0
880	Green pea broth with coconut milk	7.2	33.9	33.4	56.2	51.2	14.1	8.0	35.6	20.7	41.7	84.0	18.4
871	Green pea broth with oil	7.0	40.0	108.0	194.0	155.0	40.0	35.0	132.0	73.0	135.0	231.0	66.0
882	Ground beef relish broth	23.0	80.0	7.0	13.0	9.0	3.0	2.0	9.0	5.0	10.0	8.0	4.0
873	Kidney bean broth without oil	30.0	101.0	84.0	150.0	130.0	28.0	22.0	102.0	54.0	98.0	125.0	53.0
872	Kidney bean broth with coconut milk	23.0	80.0	84.0	150.0	130.0	28.0	22.0	102.0	54.0	98.0	125.0	53.0
874	Kidney bean broth with oil	20.4	79.0	81.3	142.5	150.0	46.0	20.7	70.8	60.8	87.9	114.5	61.7
883	Liver relish broth	25.0	100.0	112.5	225.0	187.5	62.5	37.5	125.0	87.5	137.5	137.5	62.5
878	Pumpkin leaf broth without oil	2.0	7.0	272.0	480.0	542.0	175.0	63.0	231.0	199.0	304.0	354.0	174.0
877	Pumpkin leaf broth with oil	2.0	7.0	7.0	13.0	9.0	3.0	2.0	9.0	5.0	10.0	8.0	4.0
879	Small dried fish broth with oil	66.0	259.0	479.0	875.0	713.0	264.0	172.0	500.0	376.0	530.0	640.0	348.0
851	Spinach broth without oil	5.0	16.0	19.0	28.0	24.0	7.0	6.0	17.0	14.0	20.0	28.0	9.0
852	Spinach broth with oil	5.0	16.0	172.0	300.0	316.0	97.0	44.0	149.0	128.0	185.0	247.0	130.0

Table 2.2 Foods Names: English and Kiswahili

	Foods – names in English	Majina ya vyakula kwa kiswahili
A1	Cereal and Cereal products	Nafaka na bidhaa za nafaka
1	Biscuit	Biskuti
2	Bread roll	Mkate wa miviringo
3	Bread, white	Mkate
6	Cake	Keki
7	Cookie	Biskuti
8	Donut	Mandazi
9	Infant cereal, Cerelac	Cerelac (chakula cha mtoto)
33	Macaroni or spaghetti	Tambi
10	Maize, cracked, cooked	Mahindi ya kukobolewa yaliyopikwa
11	Maize, dried, raw	Mahindi makavu
12	Maize flour, dry	Unga wa mahindi
13	Maize green., cooked	Mahindi ya kuchemsha
14	Maize, on the cob, immature	Mahindi machanga
15	Maize, yellow, flour	Unga wa mahindi ya njano
16	Millet, bulrush	Uwele
17	Millet, finger, grain or flour	Ulezi, Unga wa ulezi
34	Mixed porridge flour (maize and oil)	Unga wa uji mchanganyiko (mahinidi na mafuta)
18	Mixed porridge flour (maize)	Unga wa uji mchanganyiko na mahindi
19	Mixed porridge flour (no maize)	Unga wa uji mchanganyiko bila mahinidi)
20	Porridge, fermented	Uji uliochachuka
22	Rice flour, local	Mchele au unga wa mchele wa kenyeji
21	Rice, fried and boiled	Wali wa kukaanga na kuchemsha
23	Rice, white grain, raw	Mchele
35	Semolina	Semolina
24	Sorghum	Mtama
26	Sorghum, flour	Unga wa mtama
27	Vermicelli, uncooked	Tambi zisizopikwa
28	Wheat, dough, deep fried	Half keik ya ngano
29	Wheat flour	Unga wa ngano usiokobolewa
30	Wheat flour, 72% extract	Unga wa ngano wa chapatti za kihindi – uliokobolewa
31	Wheat, flour, maida	Unga wa ngano mweupe
A2	Cereal-based local dishes	Vyakula vyenye asili ya nafaka
534	Cake (home made)	Keki ya kutengeneza nyumbani
513	Chapati (dry)	Chapati bila mafuta
512	Chapati with oil	Chapati yenye mafuta
532	Donut- african	Mandazi
525	Maize and kidney bean dish	Makande

523	Maize and sorgum ugali (stiff porridge)	Ugali wa mahindi na mtama
531	Maize porridge with margarine and sugar	Uji wa mahindi yenye marjarine na sukari
505	Maize porridge without sugar no milk	Uji wa mahindi bila sukari na maziwa
506	Maize porridge with sugar	Uji wa mahindi wenye sukari
502	Maize porridge with sugar and egg	Uji wa mahindi wenye sukari na yai
507	Maize porridge with sugar and milk	Uji wa mahindi wenye sukari na maziwa
519	Maize ugali (stiff porridge)	Ugali wa mahindi
508	Millet Porridge with sugar	Uji wa ulezi wenye sukari
509	Mix Flour Porridge with sugar	Uji wa unga mchanganyiko wenye sukari
514	Pancake	Chapati maji
543	Rice biriyani	Biriani
516	Rice boiled without oil	Wali bila mafuta
517	Rice boiled with oil	Wali wenye mafuta
530	Rice bread	Mikate kumimina
524	Rice bun	Kitumbua
515	Rice and meat pillau	Pilau
544	Rice and mung dish with coconut milk	Mseto wenye tui la nazi
545	Rice and mung dish without coconut milk	Mseto bila tui la nazi
533	Rice poridge with coconut without sugar	Uji wa mchele wenye tui la nazi bila sukari
528	Rice porridge with sugar	Uji wa mchele wenye sukari
521	Rice ugali (stiff porridge)	Ugali wa mchele
518	Rice with coconut milk	Wali wenye tui la nazi
540	Rice with ground meat	Wali na supu ya nyama ya kusaga
522	Sorgum and millet ugali (stiff porridge)	Ugali wa mtama na ulezi
511	Sorgum porridge with sugar	Uji wa mtama wenye sukari
527	Vermicelli - cooked	Tambi za kupika
535	Vermicelli with coconut milk and sugar	Tambi zenye tui la nazi na sukari
536	Vermicelli with oil and sugar	Tambi zenye mafuta na sukari
537	Vermicelli with coconut milk and salt	Tambi zenye tui la nazi na chumvi
529	Wheat fritter sweet	Visheti
542	Wheat porridge	Uji wa ngano
B1	Roots, Tubers and Bananas	Mizizi, Viazi na Ndizi
352	Banana, cooked	Ndizi ya kupika
365	Breadfruit, unripe	Sheli sheli mbichi
362	Cassava, dried	Mhogo mkavu
359	Cassava, dried flour	Unga wa mhogo mkavu
358	Cassava, raw	Mhogo mbichi
364	Cassava, spicy crisp or chips	Chips za mihogo
367	Edible starch, tapioca or corn	Wanga (mahindi/magimbi)
354	Potato, crisps, plain, salted	Crisps/chipsi

353	Potato, English, cooked	Viazi viringo vilivyopikwa
357	Squash, summer, fresh –AP	Mung'unya na maganda
366	Squash, summer, fresh,-EP	Mung'unya bila maganda
369	Sweet potato, red-orange	Viazi vitamu ya nyekundi -njano
361	Sweet potato, fresh –EP	Viazi vitamu bila maganda
360	Sweet, potato, fresh – AP	Viazi vitamu na maganda
356	Taro , raw	Magimbi ya kupikwa
368	Yam	Viazi vikuu
B2	Roots, Tubers and Banana-based local dishes	Asili ya Mizizi, Viazi na Ndizi
974	Banana porridge, plain	Mtori – wa kawaida
975	Banana porridge with meat	Mtori – wa nyamai
976	Banana porridge with fish	Mtori –wa samaki
977	Banana Porridge with meat, spinach	Mtori wenye nyama na spinach
954	Banana with cashew nut	Ndizi za kupika zenye korosho
955	Banana with coconut milk	Ndizi za kupika zenye tui la nazi
968	Banana with kidney beans	Ndizi za kupika zenye maharage
953	Banana with meat	Ndizi za kupika zenye nyama
952	Banana with meat and coconut milk	Ndizi za kupika zenye nyama na tui la nazi
973	Banana with meat, oil, vegetable,	Ndizi ya kupika yenye nyama,,mafuta,mboga
951	Banana with oil (without meat)	Ndizi ya kupika yenye mafuta (bila nyama)
969	Banana, boiled	Ndizi ya kuchemsha
964	Banana, fried	Ndizi ya kukaanga
971	Banana, roast	Ndizi ya kuchoma
541	Cassava porridge with sugar	Uji wa mihogo wenye sukari
526	Cassava stiff porridge	Ugali wa mihogo
956	Cassava with coconut milk	Mihogo yenye tui la nazi
965	Cassava, boiled	Mihogo ya kuchemsha
957	Cassava, fried	Mihogo ya kukaanga
978	Kachori (spicy potato balls)	Kachori
960	Potato chips	Chipsi
959	Potato relish with beef	Mchuzi wa viazi vyenye nyama
972	Potato relish with coconut milk	Mchuzi wa viazi vyenye tui la nazi
958	Potato relish with oil	Mchuzi wa viazi vyenye mafuta
961	Potato, boiled	Viazi vya kuchemsha
963	Roots and tubers mixed (futari)	Futari
967	Sweet potato, boiled	Viazi vitamu vya kuchemsha
966	Sweet potato, fried	Viazi vitamu vya kukaanga
970	Taro, cooked, without salt	Magimbi ya kuchemsha bila chumvi

C1	Pulses, Nuts and Seeds	Jamii ya maharage,njugu na mbegu
179	Almonds	Lozi
151	Bambara groundnut, fresh	Njugu mawe mbichi
154	Bean, kidney, green, cooked	Maharage mabichi yaliyopikwa
170	Bean, kidney, mature seeds, raw	Maharage mabichi yasiyopikwa
153	Bean, kidney, mature, boiled without salt	Maharage makavu yaliyopikwa
155	Bean, mung, dry	Choroko kavu
156	Bean, mung, raw	Choroko mbichi
157	Cashewnut	Koroshu
158	Chickpea	Dengu
159	Chickpea flour (besan)	Unga wa dengu
162	Cowpea, green, uncooked	Kunde changa mbichi zisizopikwa
163	Cowpea, uncooked	Kunde kavu zisizopikwa
164	Groundnuts	Karanga
173	Hyacinth beans (dried)	Fiwi kavu
174	Hyacinth beans, immature, raw	Fiwi mchanga mbichi
176	Hyacinth beans, immature, boiled without salt	Fiwi changa zilizopikwa
180	Lentils, whole	Adesi
177	Lentils, cooked	Adesi zilizopikwa
175	Palm seed	Mbegu za mawese
178	Peanut butter, smooth	Siagi ya karanga
165	Pigeon peas, cooked	Mbaazi uliyopikwa
166	Pigeon peas, green	Mbaazi mchanga mbichi
171	Pigeon peas, raw	Mbaazi kavu hazijapikwa
172	Pumpkin seed	Mbegu za boga
167	Sesame seed	Ufuta
168	Soybean, yellow	Maharage ya soya ya njano
169	Sunflower seeds	Mbegu za alizeti

C2	Pulses, nuts, seeds-based local dishes	Asili ya kunde, ndugu na mbegu
663	Bambara ground nut relish with coconut milk	Mchuzi wa njugu mawe wenye tui la nazi
32	Bhajia (chickpea flour fritters)	Bhajia
664	Chick pea relish with coconut milk	Mchuzi wa dengu wenye tui la nazi
653	Cow pea (dry) relish without oil	Mchuzi wa kunde bila mafuta
654	Cow pea (dry) relish with oil	Mchuzi wa kunde wenye mafuta
651	Cow pea (fresh) relish without oil	Mchuzi wa kunde mbichi bila mafuta
652	Cow pea relish with coconut milk	Mchuzi wa kunde wenye tui la nazi
657	Kidney bean relish without oil	Mchuzi wa maharage bila mafuta
656	Kidney bean relish with oil	Mchuzi wa maharage wenye mafuta
655	Kidney bean relish with coconut milk	Mchuzi wa maharage wenye tui la nazi
662	Mung bean (dry) relish with coconut milk	Mchuzi wa choroko wenye mafuta
658	Mung bean (dry, boiled)	Choroko zilizopikwa
659	Pigeon pea (fresh, cooked)	Mbaazi mbichi zilizopikwa
660	Pigeon pea relish with coconut milk	Mchuzi wa mbaazi wenye tui la nazi
661	Pigeon peas relish with oil	Mchuzi wa mbaazi wenye mafuta

D1	Meat, Poultry, Fish	Nyama, Kuku, Samaki
205	Beef liver, raw	Maini mabichi
204	Beef, boneless	Nyama bila mifupa, steki
201	Beef, liver, cooked	Maini ya kupikwa
202	Beef, medium fat, cooked	Nyama yenye mafuta kiasi iliyopikwa
203	Beef, tripe	Utumbo
206	Chicken, liver	Maini ya kuku
208	Chicken, raw	Nyama ya kuku mbichi
306	Egg yolk	Kiini cha yai
307	Egg, chicken	Yai la kuku
308	Fish, dried, cod	Samaki mkavu
309	Fish, dried, fresh water	Samaki mkavu wa ziwani
220	Fish, fresh	Samaki mbich
310	Fish, high fat	Samaki wa mafuta mengi
311	Fish, raw	Samaki
312	Fish, sardines	Dagaa
313	Fish, small, dried, fresh water	Samaki wadogo wakavu wa ziwani/mtoni
314	Fish, small, fresh, fresh water	Samaki wadogo wabichi wa ziwani/mtoni
319	Fish, smoked, dried-AP	Samaki wa kukausha kwa moshi
320	Fish, smoked, dried – EP	Minofu ya samaki iliyokaushwa kwa moshi (EP)
315	Goat meat	Nyama ya mbuzi
316	Mutton, meat	Nyama ya kondoo
317	Pork, medium fat, cooked	Nyama ya nguruwe ya kupikwa (mafuta kiasi)
318	Sausage	Soseji

D2	Meat, Poultry, Fish-based local dishes	Asili ya wanyama, ndege na samaki
552	Beef relish with coconut milk	Mchuzi wa nyama wenye tui la nazi
578	Beef relish without oil	Mchuzi wa nyama bila mafuta
551	Beef relish with oil	Mchuzi wa nyama wenye mafuta
577	Beef, fried	Nyama ya kukaanga
576	Beef, ground relish	Mchuzi wa nyama ya kusaga
574	Chicken boiled or roasted	Kuku wa kuchemsha/choma
554	Chicken relish without oil	Mchuzi wa kuku bila mafuta
573	Chicken relish with coconut milk	Mchuzi wa kuku wenye tui la nazi
556	Chicken relish with oil	Mchuzi wa kuku wenye mafuta
207	Chicken, fried	Kuku wa kukaanga
571	Egg boiled	Yai la kuchemsha
561	Egg, fried	Yai la kukaanga
565	Fish fresh stew	Mchuzi wa samaki wa kuchemsha
566	Fish relish without oil	Mchuzi wa samaki bila mafuta
567	Fish relish with coconut milk	Mchuzi wa samaki wenye tui la nazi

564	Fish relish with oil	Mchuzi wa samaki wenye mafuta
569	Fish, fried	Samaki wa kukaanga
563	Fish, fried relish	Supu wa samaki wa kukaanga
580	Liver relish	Mchuzi wa maini
579	Liver, fried	Mailni ya kukaanga
570	Meat samosa	Sambusa
572	Meat, barbecued	Mishikaki
562	Omelet, spanish	Spanish omelet
575	Omelet, spanish with potato	Spanish omelet na viazi
560	Small dried fish relish with coconut	Mchuzi wa dagaa wenye tul la nazi
558	Small dried fish relish with okra	Mchuzi wa dagaa wenye bamia
557	Small dried fish with tomatoes and oil	Mchuzi wa dagaa wenye nyanya na mafuta
559	Small dried fish, fried	Dagaa wa kukaanga
D3	Milk and Milk products	Maziwa na bidhaa za maziwa
261	Cheese, cheddar	Jibini cheddar
258	Cheese, cream	Kimu yoa jibini
259	Cheese, mozzarella	Jibini mozzarella
251	Ice cream	Icekrimu
252	Infant formula, Lactogen	Maziwa ya watoto wachanga (Lactogen)
253	Milk, condensed, sweetened	Maziwa yai ya kopo yenye sukari
257	Milk, condensed, evaporated, without vitamin A	Maziwa ya maji ya kopo bila vitamin A
260	Milk powder, non-fat without vitamin A	Maziwa ya unga bila mafuta na vitmmin A
254	Milk powder, full-cream	Maziwa ya unga namafula
255	Milk, cow, whole	Maziwa ya ng'ombe halisi
256	Yogurt , plain whole milk	Maziwa mtindi/magando
E	Oils and Fats	Mafuta na bidhaa ya mafuta
1102	Butter refined – ghee	Samli
1101	Butter with salt	Siagi
1105	Coconut cream	Tui la nazi
1114	Coconut meat, raw	Nyama ya nazi
1104	Coconut milk and water	Tui la nazi na maji
1115	Coconut water	Maji ya nazi
1103	Coconut oil	Mafuta ya nazi
1107	Margarine	Marjarine (siagi)
1108	Red palm oil	Mafuta ya mawese
1109	Sesame oil	Mafuta ya ufuta
1110	Vegetable fat	Mafuta ya mimea (kama blueband, tanbondi)
1111	Vegetable fat, cowboy	Mafuta ya cowboy
1112	Vegetable fat, kimbo	Mafuta ya kimbo
1113	Vegetable oil	Mafuta ya mimea (ya maji)

F1	Fruits and Fruit juice	Matunda na Juisi
129	Apple, raw with skin	Apple
101	Avocado, raw all common variety	Parachichi
102	Banana, ripe	Ndizi mbivu
103	Baobab, pulp	Ubuyu (bila mbegu)
131	Custard apple (bullock's heart) raw	Sitafeli
133	Date, red, dried	Tende ulyokaushiwa
134	Date, yellow	Tende mbichi
130	Durian	Duriani
135	Grapefruit	Dalansi
105	Grapes, pale green	Zabibu, rangi kijani
106	Guavas, common, raw	Mapera
107	Jackfruit, raw	Fenesi
109	Lemon, raw, without peel	Limao
110	Lime, raw	Ndimu
111	Mango juice	Juisi ya embe
112	Mango, ripe-fresh EP	Embe mbivu (EP)
113	Mango, unripe	Embe mbichi
108	Orange juice, concentrated, unsweetened	Juisi ya machungwa
114	Orange, raw - AP	Chungwa
115	Papaya, ripe	Papai bivu
116	Papaya, unripe	Papai bichi
117	Passion, fruit	Tunda la Pasheni
127	Peach	Peach
118	Pear	Peasi
120	Pineapple juice	Juisi ya nananasi
119	Pineapple, raw, all variety	Nanasi
121	Plums, raw	Matunda damu
128	Raspberry	Rasiberi
132	Soursop, raw	Staferi
122	Tamarind	Ukwaju
123	Tamarind, fruit, fresh	Ukwaju mbichi
124	Tangerine, raw	Machenza
125	Watermelon, raw	Tikiti maji
F2	Fruits based-local dishes	Juisi zenye asii ya matunda
603	Apple juice	Juisi ya apple
604	Avocado juice	Juisi ya parachichi
601	Grape juice	Juisi ya zabibu
610	Mixed fruit jam	Jam ya matunda
602	Mixed fruit juice	Juisi ya matunda

607	Papaya juice	Juisi ya papai
126	Passion juice	Juisi ya pesheni
606	Water melon juice	Juisi ya tikiti maji
F3	Vegetables	Mboga
421	African egg plant	Nyanya chungu
401	Amaranth, raw	Mchicha mbichi
424	Bean, cluster	Guar
425	Bean, fresh	Maharage machanga
431	Cabbage, Chinese, raw	Kabichi Chinese
402	Cabbage, cooked	Kabichi ya kupika
403	Cabbage, green or white, raw	Kabichi nyeupe
430	Carrot, juice	Juisi ya karoti
404	Carrot, raw	Karoti isiyopikwa
409	Cassava, leaf	Kisamvu (Majani ya mhogo)
405	Cauliflower, cooked without salt	Kaoliflower
406	Cauliflower, raw	Kaoliflower mbichi
427	Chilli, green	Pilipili za kijani
410	Cowpea leaf	Majani ya kunde
407	Cucumber, with peel, raw	Tango
408	Eggplant, raw	Biringanya
411	Green medium, leaf	Mboga za majani
429	Green pepper (capsicum)	Pilipili hoho
426	Hare lettuce (mchungu)	Mchungu
414	Lettuce	Mboga ya majani
415	Mushroom	Uyoga
416	Okra, raw	Bamia
417	Onion, raw	Kitungu
418	Pea, green, fresh	Njegere mbichi
433	Pepper, dried or fresh, hot	Pilipili kavu au mbichi kali
412	Pumpkin leaf, raw	Majani ya maboga
419	Pumpkin, cooked	Boga la kupikwa
432	Salad, green	Saladi
420	Spinach, cooked	Spinachi iliyopikwa
428	Sweet potato leaf	Matembele
413	Taro leaf, raw	Majani ya maghimbi
422	Tomato green	Nyanya mbichi
423	Tomato, ripe	Nyanya mbivu

F4	Vegetable-based local dishes	Asili ya mboga
755	Cabbage relish with oil	Mchuzi wa mboga ya kabeji na mafuta
754	Cabbage and onion salad	Kachmbari ya kabeji na kitungu
757	Cassava leaf relish with coconut milk	Mchuzi wa kisamvu na tui la nazi
759	Cow pea leaf relish with coconut milk	Mchuzi wa majani ya kunde na tui la nazi
779	Cow pea leaf relish with groundnuts	Mchuzi wa majani ya kunde na karanga
784	Egg plant relish	Mchuzi wa mboga ya biringanya
763	Green leaf, medium, relish with coconut milk	Mchuzi wa mboga ya majani na tui la nazi
762	Green leaf, medium, relish with groundnuts	Mchuzi wa mboga ya majani na karanga
761	Green leaf, medium, relish without oil	Mchuzi wa mboga ya majani bila mafuta
760	Green leaf, medium, relish with oil	Mchuzi wa mboga ya majani na mafuta
766	Green pea relish without oil	Mchuzi wa njegere bila mafuta
782	Green pea relish with oil	Mchuzi wa njegere na tui la nazi
767	Green pea relish with oil and coconut milk	Mchuzi wa njegere na mafuta
778	Green pea relish with coconut milk	Mchuzi wa njegere na mafuta na nazi
786	Hare lettuce (mchunga) relish with oil	Mchuzi wa mchunga na mafuta
783	Okra relish without oil	Mchuzi wa bamia bila mafuta
775	Okra relish with oil	Mchuzi wa bamia na mafuta
765	Okra relish with coconut milk	Mchuzi wa bamia na nazi
781	Okra, fried	Bamia iliyokaangwa
780	Potato leaf relish with coconut milk	Mchuzi wa matembele na tui la nazi
777	Potato leaf relish with milk	Mchuzi wa matembele na maziwa
764	Potato leaf relish with oil	Mchuzi wa matembele na mafuta
772	Potato samosa	Sambusa ya viazi
769	Pumpkin leaf relish without oil	Mchuzi wa majani ya maboga bila mafuta
768	Pumpkin leaf relish with oil	Mchuzi wa majani ya maboga na mafuta
770	Spinach relish with groundnut and oil	Mchuzi wa spinachi, karanga na mafuta
752	Spinach relish without oil	Mchuzi wa spinachi bila mafuta
753	Spinach relish with oil	Mchuzi wa spinachi na mafuta
771	Spinach relish with sesame seeds	Mchuzi wa spinachi na ufuta
785	Tomato relish	Mchuzi wa mboga ya nyanya
GMI	Miscellaneous	Mchanganyiko/Vinginenyo
451	Beer, commercial	Bia
452	Beer, local, grain	Pombe ya kienyeji
453	Beer, local non-specific	Gongo
454	Black currant, syrup, ribena	Juisi ya black currant, ribena
455	Candy, chocolate	Pipi, Chocolate
458	Carbonated drink, non-alcohol	Vinywaji baridi (Soda)
471	Chilli powder, red	Pilipili ya unga, nyekundu
481	Chilli sauce	Sausi ya pilipili

160	Coconut, immature meat and water	Maji na nyama ya dafu
459	Cod liver oil	Mafuta ya ini la samaki
472	Coffee, instant	Kahawa laini uliosagwa
460	Cricket or locust	Senene or Nzige
476	Fruit flavored drink, concentrated	Kinywaji cha ladha ya tunda lo lote
477	Garlic, fresh-AP	Kitunguu saumu
490	Ginger	Tangawizi
461	Honey	Asali
491	Ice sherbet	Icekrimu barafu
462	Orange drink, concentrated	Maji ya machungwa kwenye chupa
463	Salt, iodized	Chumvi yenye madini ya iodine
464	Salt, non-iodized	Chumvi bila madini ya iodine
474	Soy sauce	Sausi ya soya
475	Soybean, milk, dried	Maziwa ya soya ya unga
465	Sugar	Sukari
466	Sugarcane	Miwa
467	Sugarcane juice	Juisi ya Miwa
468	Tea leaves	Majani ya chai
469	Termite	Kumbikumbi
489	Tomato juice	Juisi ya nyanya
470	Tomato ketchup	Sausi ya nyanya
478	Tomato paste	Paste ya nyanya
480	Vinegar, wine	Siki
GM2	Miscellaneous-local dishes	Mengineyo
1006	Coffee with milk, without sugar	Kahawa yenye maziwa, bila sukari
1004	Coffee without milk, with sugar	Kahawa bila maziwa, yenye sukari
1005	Coffee with sugar and milk	Kahawa yenye sukari na maziwa
1007	Halwa	Halua
1008	Groundnut cluster	Kashata
1003	Tea without sugar with milk	Chai yenye maziwa bila sukari
1002	Tea with sugar and milk	Chai yenye sukari na maziwa
1001	Tea with sugar without milk	Chai yenye sukari bila maziwa
H	Local Broths	Supu
853	Beef broth without oil	Supu ya nyama bila mafuta
854	Beef broth with oil	Suu ya nyama yenye mafuta
855	Cabbage broth without oil	Supu ya kabichi bila mafuta
856	Cabbage broth with oil	Supu ya kabichi yenye mafuta
859	Cassava leaf broth without oil	Supu ya kisamvu bila mafuta
858	Cassava leaf broth with coconut milk	Supu ya kisamvu yenye tui la nazi
860	Cassava leaf broth with oil	Kisamvu yenye mafuta
862	Chicken broth with oil	Supu ya kuku yenye mafuta

861	Chicken broth without oil	Supu ya kuku bila mafuta
865	Cow pea broth without oil	Supu ya kunde bila mafuta
863	Cow pea broth with coconut milk	Supu ya kunde yenye tui la nazi
864	Cow pea broth with oil	Supu ya kunde yenye mafuta
881	Cow pea leaf broth without oil	Supu ya majani ya kunde bila mafuta
866	Cow pea leaf broth with coconut milk	Supu ya majani ya kunday yenye tui la nazi
867	Cow pea leaf broth with oil	Supu ya majani ya kunde yenye mafuta
869	Fish broth without oil	Supu ya samaki bila mafuta
884	Fish broth with coconut milk	Supu ya samaki yenye tui la nazi
868	Fish broth with oil	Supu ya samaki yenye mafuta
870	Green pea broth without oil	Supu ya njegere bila mafuta
880	Green pea broth with coconut milk	Supu ya njegere yenye tui la nazi
871	Green pea broth with oil	Supu ya njegere yenye mafuta
882	Ground beef relish broth	Supu ya nyama ya kusaga
873	Kidney bean broth without oil	Supu ya maharage bila mafuta
872	Kidney bean broth with coconut milk	Supu ya maharage yenye tui la nazi
874	Kidney bean broth with oil	Supu ya maharage yenye mafuta
883	Liver relish broth	Supu ya maini
878	Pumpkin leaf broth without oil	Supu ya majani ya maboga bila mafuta
877	Pumpkin leaf broth with oil	Supu ya majani ya maboga yenye mafuta
879	Small dried fish broth with oil	Supu ya dagaay yenye mafuta
851	Spinach broth without oil	Supu ya spinachi bila mafuta
852	Spinach broth with oil	Supu ya spinachi yenye mafuta

Table 2.3 Foods Names: English and French

	Foods - names in English	Les alimentations
A1	Cereal and Cereal products	les céréals et leur produits.
1	Biscuit	Le biscuit
2	Bread roll	Le pain rond
3	Bread, white	Le pain blanc
6	Cake	le gateau
7	Cookie	le cookie
8	Donut	le beignet
9	Infant cereal, Cerelac	le céréal de bebe, Cerelac
33	Macaroni or spaghetti	le macaroni ou le spagetti
10	Maize, cracked, cooked	le maïs cuit
11	Maize, dried, raw	le maïs sec cru
12	Maize flour, dry	la farine de maïs,sec
13	Maize green, cooked	le maïs vert,cuit
14	Maize, on the cob, immature	l'épi de maïs
15	Maize, yellow, flour	la farine de maïs jaune
16	Millet, bulrush	le millet bulrush
17	Millet, finger, grain or flour	l'épi ou la farine de millet
34	Mixed porridge flour (maize and oil)	le porridge avec farine de maïs et de l'huile
19	Mixed porridge flour (no maize)	le porridge de farine avec le maïs
18	Mixed porridge flour (maize)	le porridge de farine sans maïs
20	Porridge, fermented	le porridge fermenté
22	Rice, flour, local	le riz local les grains ou la farine
21	Rice, fried and boiled	le riz frite et bouillé
23	Rice, white, grain, raw	le riz cru
35	Semolina	la semoule
24	Sorghum	le sorgho
26	Sorghum, flour	la farine de sorgho
27	Vermicelli, uncooked	les vermicelles non cuit
28	Wheat, dough, deep fried	la farine du blé 72% extrait
29	Wheat flour, whole grain	la pâte du blé,frit
30	Wheat flour, 72% extract	la farine du blé
31	Wheat, flour, maida	la farine
A2	Cereal-based local dishes	les Céréals
534	Cake (home made)	le gâteau fait a la maison
513	Chapati (dry)	les galettes seches
512	Chapati with oil	les galettes avec de l'huile
532	Donut- African	le beignet africain
525	Maize and kidney bean dish	le plat de maïs et de haricots

523	Maize and sorghum ugali (stiff porridge)	le porridge ferme de sorgho et maïs
531	Maize porridge with margarine and sugar	le porridge de maïs avec du margarine et du sucre
505	Maize porridge without sugar without milk	le porridge de maïs sans sucre et lait
506	Maize porridge with sugar	le porridge de maïs avec du sucre
502	Maize porridge with sugar and egg	le porridge de maïs avec du sucre et des oeufs
507	Maize porridge with sugar and milk	le porridge de maïs avec du sucre et du lait
519	Maize ugali (stiff porridge)	le porridge ferme de maïs
508	Millet Porridge with sugar	le porridge de millet sans sucre
509	Mix Flour prridge with sugar	le porridge des farines mixe avec du sucre
514	Pancake	la crêpe
543	Rice biriyani	le biriani
516	Rice boiled without oil	du riz bouilli sans huile
517	Rice boiled with oil	du riz bouilli avec de l'huile
530	Rice bread	le pain du riz
524	Rice bun	la brioche de riz
515	Rice and meat pillau	le pilaf du riz et de la vinade
544	Rice and mung dish with coconut milk	du riz avec mungo a la noix de coco
545	Rice and mung dish without coconut milk	du riz avec mungo sans la noix de coco
533	Rice porridge with coconut milk without sugar	le porridge du riz avec la noix de coco sans sucre
528	Rice porridge with sugar	le porridge du riz avec la noix de coco avec du sucre
521	Rice ugali (stiff porridge)	le porridge du riz ferme
518	Rice with coconut milk	du riz au noix de coco
540	Rice with ground meat	du riz à la viande haché
522	Sorghum and millet ugali (stiff porridge)	le porridge ferme au sorgho et millet
511	Sorghum porridge with sugar	le porridge au sorgho avec du sucre
527	Vermicelli, cooked	les vermicelles cuites
535	Vermicelli with coconut milk and sugar	les vermicelles a la noix de coco et sucre
536	Vermicelli with oil and sugar	les vermicelles avec de l'huile et du sucre
537	Vermicelli with coconut milk and salt	les vermicelles avec la noix de coco et du sel
529	Wheat fritter, sweet	les beignets doux de farine
542	Wheat Porridge	le porridge de farine
B1	Roots, Tubers and Bananas	les racines et les tubers
352	Banana , cooked	la banane cuite
365	Breadfruit, unripe	le fruit à pain mûr
362	Cassava, dried	le manioc sec
359	Cassava, dried, flour	la farine de manioc
358	Cassava, raw	le manioc cru
364	Cassava, spicy crisp or chips	les chips de manioc épicé
367	Edible starch, tapioca or corn	l'amidon comestible
353	Potato, english, cooked	la pomme de terre anglaise cuite

354	Potato, crisps, salted	Les chips sales
357	Squash, summer, fresh- AP	la courge d'été fraîche AP
366	Squash, summer, fresh-EP	la courge d'été fraîche EP
369	Sweet potato, red-orange	La patate douce rouge-orange
361	Sweet potato, fresh-EP	la patate douce, fraîche EP
360	Sweet potato, fresh-AP	la patate douce, fraîche AP
356	Taro – raw	le taro , cru
368	Yam	la patate douce

B2	Roots, Tubers and Banana-based local dishes	les racines et les tubercule
974	Banana porridge, plain	le porridge de banana
975	Banana porridge with meat	le porridge de banana
976	Banana porridge with fish	le porridge de banana
977	Banana porridge with meat, spinach	le porridge de banane avec de la viande et de l'épinard
954	Banana with cashew nut	la banane avec la noix de cajou
955	Banana with coconut milk	la banane avec la noix de coco
968	Banana with kidney beans	la banane avec les haricots rouge
953	Banana with meat	la banane avec la viande
952	Banana with meat and coconut milk	la banane avec la viande et la noix de coco
973	Banana with meat, oil, vegetable	la banane avec la viande , la noix de coco et de l'huile végétale
951	Banana with oil (without meat)	la banane avec l'huile sans viande
969	Banana, boiled	la banane bouilli
964	Banana, fried	la banane frite
971	Banana, roast	la banane rôtie
541	Cassava porridge with sugar	le porridge de manioc avec le sucre
526	Cassava ugali (stiff porridge)	le porridge ferme de manioc
956	Cassava with coconut milk	le manioc avec la noix de coco
965	Cassava, boiled	le manioc bouilli
957	Cassava, fried	le manioc frit
978	Kachori (spicy potato balls)	Le kachori
960	Potato chips	les chips de pomme de terre
959	Potato relish with beef	la sauce de de pomme de terre aux boeuf
972	Potato relish with coconut milk	la sauce de pomme de terre avec la noix de coco
958	Potato relish with oil	la sauce de pomme de terre avec l'huile
961	Potato, boiled	la pomme de terre bouilli
963	Roots and tubers mixed (futari)	les racines et les tubercule mélangés
967	Sweet potato, boiled	la patate douce bouilli
966	Sweet potato, fried	la patate douce frite
970	Taro, cooked, without salt	Le taro cruite, sans sel

C1	Pulses, Nuts and Seeds	Les lentilles les grains et les noix
179	Almonds	les amandes
151	Bambara groundnut, fresh	l'arachide fraîche
154	Bean, kidney, green, cooked	les haricots, verts cuits
170	Bean, kidney, dried, raw	les haricots secs crus
153	Bean, kidney, dried, cooked	les haricot rouge sec, cuit
155	Bean, mung, dry	les lentilles vertes séché
156	Bean, mung, raw	les lentilles vertes crues
157	Cashew nut	la noix de cajou
158	Chickpea	les pois chiches
159	Chickpea, mashed or flour	la farine de pois chiches
162	Cowpea, green, uncooked	le dolci vert non cuit
163	Cowpea, uncooked	le dolci non cuit
164	Groundnuts	la cacahuète
173	Hyacinth beans (dried)	les haricots de jacinthe sec
174	Hyacinth beans, immature seeds, raw	les haricots de jacinthe frais
176	Hyacinth beans, immature, boiled without salt	les haricots de jacinthe cuit
180	Lentils, whole	les lentilles
177	Lentils, cooked	les lentilles cuit
175	Palm seed	la graine de palme
178	Peanut butter, smooth	le beurre de cacahuètes homogène.
165	Pigeon peas, cooked	le pois cuit
166	Pigeon peas, green	le pois vert
171	Pigeon peas, raw	le pois cru
172	Pumpkin seed	la calicoba
167	Sesame seed	la graine de sésame
168	Soybean, yellow	la grain de soja jaune
169	Sunflower seed	la graine de tournesol
C2	Pulses, Nuts and Seeds-based local dishes	Les légumes les lentilles les noix et les grains
663	Bambra groundnut relish with coconut milk	la noix de bambra
32	Bhajia (chickpea flour fritters)	les frites de farine de pois chiches
664	Chickpea with coconut milk	les pois chiches aux noix de coco
653	Cow pea (dry) relish without oil	le dolci sec sans huile
654	Cow pea (dry) relish with oil	le dolci sec avec de l'huile
651	Cow pea (fresh) relish without oil	la sauce fraîche de dolci sans huile
652	Cow pea relish with coconut milk	le dolci avec la noix de coco

D2	Meat, Poultry, Fish-based local dishes	le viande, le poulet les poissons
552	Beef relish with coconut milk	le codiment de boeuf avec la noix de coco
578	Beef relish without oil	le codiment de boeuf sans huile
551	Beef relish with Oil	le codiment de boeuf avec de l'huile
577	Beef, fried	le boeuf frit
576	Beef, ground relish	le codiment de boeuf haché
574	Chicken boiled or roasted	le poulet bouilli ou rôti
554	Chicken relish without oil	le codiment de poulet sans huile
573	Chicken relish with coconut milk	le codiment de poulet avec la noix de coco
556	Chicken relish with oil	le codiment de poulet avec de l'huile
207	Chicken, fried	le poulet frit
571	Egg boiled	les oeufs bouilli
561	Egg, fried	les oeufs poêlé
565	Fish, fresh, stew	le ragoût de poisson frais
566	Fish relish without oil	le codiment de poisson sanss huile
567	Fish relish with coconut milk	le codiment de poisson avec la noix de coco
564	Fish relish with oil	le codiment de poisson avec de l'huile
569	Fish, fried	le poisson frit
563	Fish fried relish	le codiment de poisson frit
580	Liver relish	le codiment au foie
579	Liver, fried	le foie frit
570	Meat samosa	le samosa à la viande
572	Meat, barbecued	la viande grille
562	Omelet, Spanish	l'omelette a l'espagnole
575	Omelet, Spanish with potato	l'omelette a l'espagnole avec la pomme de terre
560	Small dried fish relish with coconut milk	le codiment des sardines avec la noix de coco
558	Small dried fish relish with okra	le codiment des sardines avec le gombo
557	Small dried fish relish with tomatoes and oil	le codiment des sardines avec la tomate et de l'huile
559	Small dried fish, fried	les sardines frits
D3	Milk and Milk products	le lait et les produits de lait
261	Cheese, cheddar	le cheddar
258	Cheese, cream	Le fromage frais
259	Cheese mozzarella	La mozzarella
251	Ice cream	la glace
252	Infant formula, Lactogen	la bouille
260	Milk powder, non-fat without vitamin A	le lait en poudre dan matiere gras et san vitamin A
253	Milk, condensed, sweetened	le lait concentré,sucré
257	Milk, condensed, evaporated, without vitamin A	le lait condensé sans vitamine A

254	Milk powder, full cream	lait en poudre, plein de crème
255	Milk, cow, whole	le lait de vache
256	Yogurt , plain whole milk	le yaourt

E	Oils and Fats	les huiles et les graisses
1102	Butter refined-ghee	le beurre clarifié
1101	Butter without salt	le beurre
1105	Coconut cream	la crème de coco
1114	Coconut meat, raw	le coco
1104	Coconut, milk and water	le lait de coco avec de l'eau
1114	Coconut water	l'eau de coco
1103	Coconut oil	l'huile de coco
1107	Margarine	le margarine
1108	Red palm oil	l'huile de palme
1109	Sesame oil	l'huile de sesame
1110	Vegetable fat	la graisse vegetale
1111	Vegetable fat, cowboy	le beurre vegetal- cowboy
1112	Vegetable fat, kimbo	le beurre vegetal – kimbo
1113	Vegetable oil	l'huile vegetale

F1	Fruits and Fruit juice	les fruits et leur jus
129	Apple, raw with skin	la pomme
101	Avocado, raw, all common variety	l'avocat
102	Banana, ripe	la banane mûr
103	Baobab, pulp	la pulpe de baobab
131	Custard apple (bullock's heart) raw	l'anone
133	Date, red, dried	la datte rouge seche
134	Date, yellow	la datte jaune
130	Durian	le durion
135	Grapefruit	le pamplemousse
105	Grapes, pale green	les raisin blanc pâle
106	Guavas, common raw	la goyave
107	Jackfruit, raw	le jaque
109	Lemon, raw, without peel	le citron
110	Limes, raw	le citron vert
111	Mango juice	le jus de mangue
112	Mango, ripe, fresh EP	la mangue mûre-fraîche
113	Mango, unripe	la mangue,verte
108	Orange juice, concentrate, unsweetened	le jus d'orange
114	Orange, raw AP	l'orange
115	Papaya, ripe	La sesame mûre
116	Papaya, unripe	la sesame verte

117	Passion fruit	la fruit de la Passion
127	Peach	la pêche
118	Pear	la poivre
120	Pineapple juice	le jus'annanas
119	Pineapple, raw, all variety	l'annanas
121	Plums, raw	la prune
128	Raspberry	la framboise
132	Soursop, raw	le corossol
122	Tamarind	le tamarin
123	Tamarind, fruit, fresh	le fruit de tamarin, frais
124	Tangerine	la mandarine
125	Watermelon, raw	la pastèque
F2	Fruit-based local dishes	les jus de fruits
603	Apple juice	le jus de pomme
604	Avocado juice	le jus de avoact
601	Grape Juice	le jus de raisin
610	Mixed fruit jam	la confiture des fruits assortis
602	Mixed fruit Juice	le jus des fruits assortis
607	Papaya Juice	le jus de papaya
126	Passion Juice	le jus de fruit de la Passion
606	Water melon juice	le jus de pastèque
F3	Vegetables	Les Legumes
421	African egg plant	la tomate amer
401	Amaranth, raw	l'amarante cru
424	Bean, cluster	les haricots
425	Bean, French	les haricots-vert
431	Cabbage, Chinese, raw	le chou chinois cru
402	Cabbage, cooked	le chou cuit
403	Cabbage, green or white, raw	le chou blanc
430	Carrot juice	le jus de carotte
404	Carrot, raw	la carotte crue
409	Cassava leaf	les feuille de manioc
405	Cauliflower, cooked without salt	le chou-fleur
406	Cauliflower, raw	lew chou-fleur cru
427	Chilli, green	le pimet
410	Cowpea leaf	les feuille de dolic
407	Cucumber, with peel, raw	le concombre
408	Eggplant	l'aubergene
411	Green, medium leaf	les petites feuilles
429	Green pepper (capsicum)	le poivron

426	Hare lettuce (mchunga)	la laitue amère
414	Lettuce	la laitue
415	Mushroom	le champignon
416	Okra, raw	le gombo
417	Onion, raw	l'oignon
418	Pea, green, fresh	les petits-pois vert, frais
433	Pepper dried or fresh, hot	le poivre sec ou frais épicé
412	Pumpkin leaf	les feuilles de citrouille
419	Pumpkin, cooked	la citrouille cuite
432	Salad green	la salade
420	Spinach, cooked	les épinards cuits
428	Sweet potato leaf	les feuilles de patate douce
413	Taro leaf	les feuilles de taro
422	Tomato, green	la tomate verte
423	Tomato, ripe	la tomate mûre
F4	Vegetable-based local dishes	les plats végétals
755	Cabbage relish with oil	la sauce au chou avec de l'huile
754	Cabbage and onion salad	la salade d'oignon et du chou
757	Cassava leaf relish with coconut milk	la sauce aux feuilles de manioc avec la noix de coco
759	Cow pea leaf relish with coconut milk	la sauce aux feuilles de dolique avec la noix de coco
779	Cow pea leaf relish with groundnuts	la sauce aux feuilles de dolique avec de l'arachide
784	Egg plant relish	la sauce d'aubergine
763	Green leaf, medium, relish with coconut milk	le codiment des feuilles vertes avec de la noix de coco
762	Green leaf, medium, relish with groundnuts	la sauce des feuilles moyennes avec des arachides
761	Green leaf, medium, relish without oil	la sauce des feuilles moyenne sans huile
760	Green leaf, medium, relish with oil	la sauce des feuilles moyennes avec de l'huile
766	Green Pea Relish without Oil	la sauce de petit-pois sans huile
767	Green Pea Relish with Oil	la sauce de petit-pois avec de l'huile
782	Green pea with oil	les petits-pois avec de la noix de coco
778	Green pea relish with coconut milk	la sauce de petit-pois avec de l'huile et la noix de coco
786	Hare lettuce with oil	Launaea cornuta-- avec de l'huile
783	Okra relish without oil	la sauce de gombo sans huile
775	Okra relish with oil	la sauce de gombo avec de l'huile
765	Okra relish with coconut milk	la sauce de gombo avec la noix de coco
781	Okra, fried	le gombo frite
780	Potato leaf relish with coconut milk	la sauce des feuilles de patate avec la noix de coco
777	Potato leaf relish with milk	la sauce des feuilles de patate avec du lait
764	Potato leaf relish with oil	la sauce des feuilles de patate avec de l'huile
772	Potato samosa	le samosa de pomme de terre
769	Pumpkin leaf relish without oil	la sauce aux feuilles de citrouille sans huile

768	Pumpkin leaf relish with oil	la sauce aux feuilles de citrouille avec de l'huile
770	Spinach relish with groundnut and oil	la sauce aux epinard a l'huile de arachide
752	Spinach relish without oil	la sauce aux epinard sans de l'huile
753	Spinach relish with oil	la sauce aux epinard avec de l'huile
771	Spinach relish with sesame seeds	la sauce aux epinard avec les grains de sésame
785	Tomato Relish	la sauce de tomate
GM1	Miscellaneous	Misc.
451	Beer, commercial	le bière commercial
452	Beer, local, grain	le bière local
453	Beer, local, non-specific	le bière local pas spécifié
454	Black currant syrup, ribena	le sirop de cassis- RIBENA
455	Candy, chocolate	le bonbon. Le chocolat
458	Carbonated drink, non-alcohol	le boisson gazeuses sans alcool
471	Chilli powder, red	le chilli
481	Chilli sauce	la sauce aux piments
160	Coconut immature, meat and water	la noix de coco immature, l'eau et..
459	Cod liver oil	l'huile de morue
472	Coffee, instant	le café instanté
460	Cricket or locust	le grillon
476	Fruit flavored drink, concentrated	la boisson aux fruits
477	Garlic fresh AP	l'ail frais
490	Ginger	le gingeemore
461	Honey	le mile
491	Ice sherbet	ice sorbet
462	Orange drink concentrated	le jus d'orange concentré
463	Salt, iodized	le sel iodé
488	Salt, local	le sel local
464	Salt, non-iodized	le sel sans l'iode
474	Soy sauce	le sauce de soja
475	Soybean milk, dried	le lait de soja sec
465	Sugar	le sucre
466	Sugarcane	le canne à sucre
467	Sugarcane juice	le jus de canne à sucre
468	Tea leaves	les feuilles de thé
469	Termite	le termite
489	Tomato juice	le jus de tomate
470	Tomato ketchup	le ketchup
478	Tomato paste	la pureé de tomate
480	Vinegar	le vinaigre

GM2	Miscellaneous-local	Misc.-Les plats locaux
1006	Coffee with milk, without sugar	le café au lait sans sucre
1004	Coffee without milk, with sugar	le café avec sucre
1005	Coffee with sugar and milk	le café au lait avec sucre
1007	Halwa	le halva
1008	Ground nut cluster	le cookie de la cacahuète
1003	Tea without sugar with milk	le thé avec du lait sans sucre
1002	Tea with sugar and milk	le thé avec du lait et du sucre
1001	Tea with sugar without milk	le thé sans lait avec du sucre
H	Local Broths	les bouillons locaux
853	Beef broth without oil	le bouillon de boeuf sans huile
854	Beef broth with oil	le bouillon de boeuf avec de l'huile
855	Cabbage broth without oil	le bouillon de chou sans huile
856	Cabbage broth with oil	le bouillon de chou avec de l'huile
859	Cassava leaf broth without oil	la bouillon des feuilles de manioc sans huile
858	Cassava leaf broth with coconut milk	le bouillon des feuilles de manioc avec la noix de coco
860	Cassava leaf broth with oil	le bouillon de manioc avec de l'huile
862	Chicken broth with oil	le bouillon de poulet avec de l'huile
861	Chicken broth without oil	le bouillon de poulet sans huile
865	Cow pea broth without oil	le bouillon de dolich sans huile
863	Cow pea broth with coconut milk	le bouillon de dolich avec la noix de coco
864	Cow pea broth with oil	le bouillon de dolich avec de l'huile
881	Cow pea leaf broth without oil	le bouillon des feuilles de dolich sans huile
866	Cow pea leaf broth with coconut	le bouillon des feuilles de dolich avec la noix de coco
867	Cow pea leaf broth with oil	le bouillon des feuilles de dolich sans huile
869	Fish broth without oil	le bouillon de poisson sans huile
884	Fish broth with coconut	le bouillon de poisson avec la noix de coco
868	Fish broth with oil	le bouillon de poisson avec de l'huile
870	Green pea broth without oil	le bouillon de petits- pois sans huile
880	Green pea broth with coconut	le bouillon de petits- pois avec la noix de coco
871	Green pea broth with oil	le bouillon de petits- pois avec de l'huile
882	Ground beef relish broth	le bouillon de boeuf haché
873	Kidney bean broth without oil	le bouillon des haricots rouge sans huile
872	Kidney bean broth with coconut	le bouillon des haricots rouge avec le noix de coco
874	Kidney bean broth with oil	le bouillon de haricots rouge avec de l'huile
883	Liver relish broth	le bouillon du codiment de foie
878	Pumpkin leaf broth without oil	le bouillon des feuilles de citrouille sans huile
877	Pumpkin leaf broth with oil	le bouillon des feuilles de citrouille avec de l'huile
879	Small dried fish broth with oil	le bouillon des sardines secs avec de l'huile
851	Spinach broth without oil	le bouillon d'épinard sans huile
852	Spinach broth with oil	le bouillon d'épinard avec de l'huile

Table 2.4 Foods Names: English and Portuguese

	Foods - names in English	Nomes de Alimentos em Português
A1	Cereal and Cereal Products	Cereais e produtos à base de cereais
1	Biscuit	Bolacha
2	Bread roll	Pãozinho
3	Bread, white	Pão branco
6	Cake	Bolo
7	Cookie	Bolinho
8	Donuts	Argolas
9	Infant cereal, Cerelac	Cereal infantil, Cerelac
33	Macaroni or spaghetti	Macarrão ou esparguete
10	Maize, cracked, cooked	Milho, seco, cozido
11	Maize, dried, raw	Milho, seco, cru
12	Maize flour, dry	Milho, farinha, seco
13	Maize green, cooked	Milho, verde, cozido
14	Maize, on the cob, immature	Milho, na espiga, imaturo
15	Maize, yellow, flour	Milho, amarelo, farinha
16	Millet, bulrush	Milho miúdo, Junco
17	Millet, finger, grain or flour	Milho miúdo, dedo, grão ou farinha
34	Mixed porridge flour (maize and oil)	Farinha de papa misturada (farinha and óleo)
19	Mixed porridge flour (no maize)	Farinha de papa misturada (sem milho)
18	Mixed porridge flour (maize)	Farinha de papa misturada (com milho)
20	Porridge, fermented	Papa, fermentada
21	Rice, fried and boiled	Arroz, refogado and cozido
22	Rice, grain or flour, local	Arroz, grão ou farinha, local
23	Rice, raw	Arroz, cru
35	Semolina	Semolina
24	Sorghum	Mapira
26	Sorghum, flour	Mapira, Farinha
27	Vermicelli, uncooked	Aletria, não cozida
28	Wheat, dough, deep fried	Trigo, Farinha amassada, Frito
29	Wheat flour	Trigo, Farinha
30	Wheat flour, 72% extract	Trigo, Farinha, 72% Extrato
31	Wheat, flour, maida	Trigo, Farinha, -Branca
A2	Cereal-based local dishes	Derivados de Cereais
534	Cake (home made)	Bolo (caseiro)
513	Chapati (dry)	Apa (seca)
512	Chapati with oil	Apa com óleo
532	Donut- African	Argola Africana frita

525	Maize and kidney bean dish	Prato de Milho e Feijão Vulgar de grão pequeno
523	Maize and sorgum ugali (stiff porridge)	Milho e massa dura de mapira
531	Maize porridge with margarine and sugar	Papa de milho com margarina e açúcar
505	Maize porridge without sugar without milk	Papa de milho sem açúcar e sem leite
506	Maize porridge with sugar	Papa de milho com açúcar
502	Maize porridge with sugar and egg	Papa de milho com açúcar e ovo
507	Maize porridge with sugar and milk	Papa de milho com açúcar e leite
519	Maize ugali (stiff porridge)	Papa dura de milho
508	Millet porridge with sugar	Papa de milho miúdo com açúcar
509	Mix flour porridge with sugar	Mistura de farinha de papa com açúcar
514	Pancake	Panqueca
543	Rice biriyani	Biriyani de arroz
516	Rice boiled without Oil	Arroz cozido sem óleo
517	Rice boiled with Oil	Arroz cozido com óleo
530	Rice bread	Pão de arroz
524	Rice bun	Bolo de arroz
515	Rice and meat pillau	Arroz e Pulau de Carne
544	Rice and mung dish with coconut	Arroz e Feijão – Da –China com coco
545	Rice and mung dish without coconut	Arroz e Feijão – Da –China sem coco
533	Rice porridge with coconut milk without sugar	Papa de arroz com coco sem açúcar
528	Rice porridge with sugar	Papa de arroz com açúcar
521	Rice ugali (stiff porridge)	Papa dura de arroz
518	Rice with coconut milk	Arroz com coco
540	Rice with ground meat	Arroz com Carne Moída
522	Sorgum and millet ugali (stiff porridge)	Mapira e massa dura de milho miúdo
511	Sorgum porridge with sugar	Papa de Mapira com açúcar
527	Vermicelli, cooked	Aletria-cozida
535	Vermicelli with coconut and sugar	Aletria com Coco e açúcar
536	Vermicelli with oil and sugar	Aletria com Óleo e Açúcar
537	Vermicelli with coconut and salt	Aletria com Coco e Sal
529	Wheat Fritter, sweet	Fritos de trigo Doce
542	Wheat Porridge	Papa de trigo
B1	Roots, Tubers and Bananas	Raízes, Tubérculos, Banana
352	Banana, cooked	Banana para cozer
365	Breadfruit, raw	Fruta Pão (Não-madura)
362	Cassava, dried	Mandioca, Seca
359	Cassava, dried, flour	Mandioca, Seca, Farinha
358	Cassava, raw	Mandioca, Crua
364	Cassava, spicy crisp or chips	Mandioca, temperada quebradiça ou pedaços
367	Edible starch, tapioca or corn	Tapioca ou milho

354	Potato crisps, salted	Batata,
353	Potato, English, cooked	Batata, Inglesa, Cozida
355	Potato, raw, with skin	Batata, crua, com pele
357	Squash, summer, fresh-AP	Polpa, Verão, Fresco-Toda a porção
366	Squash, summer, fresh-EP	Polpa, Verão, Fresco- Parte comestível
360	Sweet potato, fresh-AP	Batata doce, Fresca Toda a porção
361	Sweet potato, fresh-EP	Batata doce, -Fresca Parte comestível
368	Sweet potato, orange	Batata doce, laranja
356	Taro, raw	Taro/Inhame
369	Yam, raw	Inhame, cru

B2	Roots, Tubers and Banana-based local dishes	Derivados de Raízes, Tubérculos, Banana
974	Banana porridge, plain	Papa de banana
975	Banana porridge with meat	Papa de banana
976	Banana porridge with fish	Papa de banana
977	Banana porridge with meat and spinach	Papa de banana com carne, Espinafre
954	Banana with cashewnut	Banana com castanha de cajú
955	Banana with coconut	Banana com coco
968	Banana with kidney beans	Banana com Feijão Vulgar Pequeno
953	Banana with meat	Banana com carne
952	Banana with meat and coconut	Banana com carne e coco
973	Banana with meat, coconut, oil, vegetables	Banana com carne, coco, leo, vegetal
951	Banana with oil without meat	Banana com oleo (sem carne)
969	Banana, boiled	Banana, cozida
964	Banana, fried	Banana frita
971	Banana, roast	Banana, assada
541	Cassava porridge with sugar	Papa de mandioca com açúcar
526	Cassava ugali (stiff porridge)	Papa de mandioca consistente
956	Cassava with coconut	Mandioca com coco
965	Cassava, boiled	Mandioca, cozida
957	Cassava, fried	Mandioca, frita
978	Kachori (spicy potato balls)	Kachori (bolinhas de batata picante)
960	Potato Chips, fried	Palitos de batata, frita
959	Potato relish with beef	Caril de carne de vaca com batata
972	Potato relish with coconut milk	Caril de bata com Coco
958	Potato relish with oil	Caril de batata com óleo
961	Potato, boiled	Batata, cozida
963	Roots and tubers mixed (futari)	Raízes e tubérculos, misturados
967	Sweet potato, boiled	Batata doce, cozida
966	Sweet potato, fried	Batata doce, frita
980	Taro, cooked, without salt	Belembe, cozido, sem sal

C1	Pulses, Nuts and Seeds	Leguminosas, Sementes, Amêndoas
179	Almonds	Amendoas
151	Bambara groundnut, fresh	Feijão Jugo, Amendoim , Fresco
154	Bean, kidney, green, cooked	Feijão, Feijão Vulgar de grão pequeno, Verde, Cozido
170	Bean, kidney, dried, raw	Feijão, Feijão Vulgar de grão pequeno, Seco, Crú
153	Bean, kidney, dried, cooked	Feijão, Feijão Vulgar de grão pequeno, Seco, Cozido
155	Bean, mung, dry	Feijão, Feijão Holoco, Seco
156	Bean, mung, raw	Feijão, Crú
157	Cashewnuts	Castanha de cajú
158	Chickpea	Grão-de bico
159	Chickpea, mashed or flour	Grão-de bico, Amassado ou Farinha
162	Cowpea, green, uncooked	Feijão nhemba, Verde, Não-cozido
163	Cowpea, uncooked	Feijão nhemba, Não-cozido
164	Groundnuts	Amendoin
173	Hyacinth beans (dried)	Lab lab purpureus (Seco)
174	Hyacinth beans fresh, immature	Lab lab purpureus- (Fresco, Imaturo)
176	Hyacinth beans,immature, boiled without salt	Lab lab purpureus (Imaturo) cozido
177	Lentil, cooked	Lentilha, cozinhada
180	Lentil, whole	Lentilha, inteira
175	Palm seed	Semente de palma
178	Peanut butter, smooth	Pasta de amendoim
165	Pigeon peas, cooked	Feijão Boer, Cozida
166	Pigeon peas, green	Feijão Boer, Verde
171	Pigeon peas, raw	Feijão Boer, Crua
172	Pumpkin seed	Sementes de abóbora
167	Sesame seed	Sementes de gergelim
168	Soybean, yellow	Soja, Amarelo
169	Sunflower seeds	Sementes de girassol
C2	Pulses, Nuts and Seeds-based local dishes	Derivados de Leguminosas,Sementes, Amêndoas
663	Bambra Nut with Coconut milk	Amêndoa de Feijão Jugo com Coco
32	Bhajia (Chickpea Flour Fritters)	Bagia (Fritos de Farinha de Grão-de-Bico)
664	Chick Pea with Coconut milk	Grão-de-Bico com Coco
653	Cow Pea (dry) without Oil	Feijão nhemba (seco) sem leo
654	Cow Pea (dry) with Oil	Feijão nhemba (seco) com óleo
651	Cow Pea (fresh) Relish without Oil	Molho de FeijãoNhemba (fresco) sem óleo
652	Cow Pea with Coconut milk	Feijão nhemba com Coco
657	Kidney Bean without Oil	Feijão Vulgar Pequeno sem Óleo
656	Kidney Bean Relish with Oil	Molho de Feijão Vulgar Pequeno com Óleo
655	Kidney Bean with Coconut milk	Feijão Vulgar Pequeno com Coco
662	Mung Bean (dry) with Cocount	Feijão Holoco (seco) com Coco
658	Mung bean (dry, boiled)	Feijão Holoco (seco, fervido)
659	Pigeon Pea (fresh, cooked)	Feijão Boer (fresco, cozido)
660	Pigeon Pea Relish with Coconut milk	Caril Feijão Boer com Coco
661	Pigeon Peas with Oil	Feijão Boer com Óleo

D1	Meat, Poultry, Fish	Carnes, Aves, Peixe
205	Beef liver, raw	Bife de figado, cru
204	Beef , boneless	Bife, sem osso
201	Beef, liver, cooked	Carne de vaca, Fígado, Cozido
202	Beef, medium fat, cooked	Carne de vaca, Meio gorda, Cozida
203	Beef, tripe	Carne de vaca, Dobrada
206	Chicken, liver	Galinha, Fígado
208	Chicken, raw	Galinha, Crua
306	Egg yolk	Gema de ovo
307	Egg, chicken	Ovo, Galinha
308	Fish, dried, cod	Peixe, Seco, Bacalhau
309	Fish, dried, fresh water	Peixe, Seco, Água doce
220	Fish, fresh	Peixe, Fresco
310	Fish, high fat	Peixe, Gorduroso
311	Fish, raw	Peixe, Crú
312	Fish, sardines	Peixe, Sardinha
313	Fish, small, dried, fresh water	Peixe, Pequeno, Seco, Água doce
314	Fish, small, fresh, fresh water	Peixe, Pequeno, Fresco, Água doce
319	Fish smoked, dried AP	Peixe, Fumado, Seco , toda a porcao
320	Fish, smoked, dried EP	Peixe, Fumado, Seco Parte comestível
315	Goat, meat	Cabra, Carne
316	Mutton, meat	Carneiro, Carne
317	Pork, medium fat, cooked	Porco, Meio gordo, Cozido
318	Sausage	Salsicha

D2	Meat, Poultry, Fish-based local dishes	Derivados de Carnes, Aves e Peixe
552	Beef relish with coconut milk	Caril de carne da vaca com Coco
578	Beef relish with without oil	Caril de carne da vaca sem Óleo
551	Beef relish with oil	Caril de carne da vaca com Óleo
577	Beef, fried	Carne de vaca, frita
576	Beef, ground Relish	Caril de carne de vaca moída
574	Chicken boiled or roasted	Galinha cozida/assada
554	Chicken Relish without oil	Caril de galinha sem Óleo

D3	Meat, Poultry, Fish-based local dishes	Derivados de Carnes, Aves e Peixe
573	Chicken relish with coconut milk	Caril de galinha com Coco
556	Chicken relish with oil	Caril de galinha com Óleo
207	Chicken, fried	Galinha, frita
571	Egg boiled	Ovo cozido
561	Egg, fried	Ovo, frito
565	Fish fresh stew	Refogado de peixe fresco

566	Fish Relish without Oil	Caril de peixe sem Óleo
567	Fish Relish with coconut milk	Caril de Peixe com Coco
564	Fish Relish with Oil	Caril de Peixe com Óleo
569	Fish, fried	Peixe, frito
563	Fish, fried relish	Molho de peixe frito
580	Liver relish	Pasta (ou pate) de figado
579	Liver, fried	Figado, seco
570	Meat samosa	Chamusa de carne
572	Meat, barbecued	Carne, espetada
562	Omelet, Spanish	Omolete, Espanhola
575	Omelet, Spanish with potato	Omolete, Espanhola com batata
560	Small dried fish relish with coconut milk	Caril de Sardinhas com Coco
558	Small dried fish relish with okra	Caril de Sardinas com Quiabo
557	Small dried fish relish with tomato and oil	Caril de Sardinas com tomate e Oleo
559	Small dried fish, fried	Sardinhas, fritas
D3	Milk and milk products	Leite e Derivados de Leite
261	Cheese, cheddar	Queijo, cheddar
258	Cheese, cream	Queijo cremoso
259	Cheese mozzarella	Queijo mozzarella
251	Ice cream	Sorvete
252	Infant formula, lactogen	Fórmula Infantil, Lactogen
253	Milk, condensed, sweetened	Leite, Condensado, adoçado
257	Milk, condensed, evaporated, without vitamin A	Leite, em po sem vit A
260	Milk powder, non-fat without vitamin A	Leite em po, sem gordura e sem vitamina A
254	Milk powder, full cream	Leite em Pó, Gordo
255	Milk, cow, whole	Leite, Vaca, Inteiro
256	Yogurt	Yogurte
E	Oils and Fats	Óleos e Gorduras
1102	Butter refined – ghee	Manteiga
1101	Butter with salt	Manteiga
1105	Coconut cream	Creme de coco
1114	Coconut meat, raw	Coco, cru
1104	Coconut milk and water	Leite de coco e agua
1115	Coconut water	Agua de coco
1103	Coconut oil	Óleo de coco
1107	Margarine	Margarina
1108	Red palm oil	Óleo de Palma
1109	Sesame oil	Óleo de Gergelim
1110	Vegetable fat	Gordura de origem vegetal
1111	Vegetable fat, cowboy	Gordura de origem vegetal, Vaqueiro
1112	Vegetable fat, kimbo	Gordura de origem vegetal, KIMBO-----
1113	Vegetble oil	Óleo de origem vegetal

F1	Fruits and Fruit juice	Fruta e sumo de fruta
129	Apple, raw with skin	Maçã
101	Avocado, raw all common variety	Pera abacate
102	Banana, ripe	Banana, Madura
103	Baobab, pulp	Embondeiro, Polpa
131	Custard apple (bullock's heart) raw	Custarda de maçã
133	Date, red, dried	Tâmara, Vermelha, Seca
134	Date, yellow	Tâmara, Amarela
130	Durian	Durião
135	Grapefruit	Uva
105	Grapes, pale green	Uvas, Verde Pálido
106	Guavas, common raw	Goiaba
107	Jackfruit	Fruta Pão
109	Lemon	Limão
110	Lime	Lima
111	Mango juice	Sumo de manga
112	Mango, ripe-fresh ep	Manga, Madura-EP Fresca
113	Mango, unripe	Manga-não madura
108	Orange juice	Sumo de laranja
114	Orange	Laranja
115	Papaya, ripe	Papaia, Madura
116	Papaya, unripe	Papaia, não-madura
117	Passion fruit	Maracujá
127	Peach	Pêssego
118	Pear	Pera
119	Pineapple, raw, all variety	Ananás
120	Pineapple juice	Sumo de ananás
121	Plums	Ameixas
128	Raspberry	Framboesa
132	Soursop	Araticu
122	Tamarind	Tamarino
123	Tamarind, fruit, fresh	Tamarino, Fruta, Fresca
124	Tangerine, raw	Tangerina
125	Watermelon, raw	Melancia
F2	Fruit-based local dishes	Derivados de Frutas
603	Apple juice	Sumo de maçã
604	Avocado juice	Sumo de pêra-abacate
601	Grape juice	Sumo de uvas
610	Mixed fruit jam	Jam de mistura de frutas
602	Mixed fruit juice	Sumo de mistura de frutas

607	Papaya juice	Sumo de papaia
126	Passion juice	Sumo de maracujá
605	Tamarind juice	Sumo de tamarino
606	Water melon juice	Sumo de melancia
F3	Vegetables	Vegetais
421	African egg plant	Beringela Africana
401	Amaranth, raw	Amarantus, Crú
424	Bean, cluster	Feijão, agrupar
425	Bean, Fresh	Feijão, Francês
431	Cabbage, Chinese, raw	Repolho, Chinês, Crú
402	Cabbage, cooked	Repolho, Cozido
403	Cabbage, green, white, raw	Repolho, Branco, Crú
430	Carrot juice	Sumo de cenoura
404	Carrot, raw	Cenoura, Crua
409	Cassava leaf	Folha de mandioca
405	Cauliflower, cooked without salt	Couve flor
406	Cauliflower, raw	Couve flor, Crua
427	Chilli, green	Piri-piri, Verde
410	Cowpea leaf	Folha de feijão nhemba
407	Cucumber, with peel, raw	Pepino
408	Eggplant, raw	Beringela
411	Green medium leaf	Folha meio verde
429	Green pepper (capsicum)	Pimento
426	Hare lettuce	Hare (Launaea cornuta) alface
414	Lettuce	Alface
415	Mushroom	Cogumenlo
416	Okra, raw	Quiabo
417	Onion, raw	Cebola
418	Pea, green, fresh	Ervilha, verde, fresca
433	Pepper dried or fresh, hot	Pimenta seca ou fresca, picante
412	Pumpkin leaf	Folha de abóbora
419	Pumpkin, cooked	Abóbora cozida
432	Salad green	Salada verde
420	Spinach, cooked	Espinafre cozida
428	Sweet potato leaf	Folhas de batata doce cozidas
413	Taro leaf	Folha de taro
422	Tomato, green	Tomate, verde
423	Tomato, ripe	Tomate, maduro

F4	Vegetable-based local dishes	Derivados de Vegetais
755	Cabbage relish with oil	Caril de repolho com óleo
754	Cabbage, onion salad	Repolho, salada de cebola
757	Cassava leaf relish with coconut milk	Caril de folhas de mandioca com coco
759	Cow pea leaf relish with coconut milk	Caril de folhas de Feijão Nhemba com coco
779	Cow pea leaf relish with groundnuts	Caril de Feijão Nhemba com Amendoim
784	Egg plant relish	Caril de Beringela
763	Green leaf, medium, relish with coconut milk	Folhas verdes, média, caril de coco
762	Green leaf, medium, relish with groundnuts	Folhas verdes, média, caril de amendoim
761	Green leaf, medium, relish without oil	Folhas verdes, média, caril sem óleo
760	Green leaf, medium, relish with oil	Folhas verdes, média, caril com óleo
766	Green pea relish without oil	Caril de ervilha verde sem óleo
782	Green pea with coconut milk	Ervilha verde com coco
767	Green pea relish with oil	Caril de ervilha verde com óleo
778	Green pea relish with oil and coconut milk	Caril de ervilha verde com óleo e coco
786	Hare lettuce with oil	Launea cornuta--com óleo
783	Okra relish without oil	Caril de quiabo sem óleo
775	Okra relish with oil	Caril de quiabo com óleo
765	Okra relish with coconut milk	Caril de quiabo com coco
781	Okra, fried	Quiabo, frito
780	Potato leaf relish with coconut milk	Caril de folhas de bataat com coco
777	Potato leaf relish with milk	Caril de folhas de batata com leite
764	Potato leaf relish with oil	Caril de folhas de bataata com óleo
772	Potato samosa	Cahmossa de Batata(enrolada)
769	Pumpkin leaf relish without oil	Caril de flas de abóbora sem óleo
768	Pumpkin leaf relish with oil	Caril de flas de abóbora com óleo
770	Spinach relish with groundnut and oil	Caril de espinafre com amendoim e óleo
752	Spinach relish without oil	Caril de espinafre sem óleo
753	Spinach relish with oil	Caril de espinafre com óleo
771	Spinach relish with sesame seeds	Caril de espinafre com sementes de gergelim
785	Tomato relish	Caril de tomate
GM1	Miscellaneous	Miscelânea/Diversos
451	Beer, commercial	Cerveja, commercial
452	Beer, local, grain	Cerveja, local, grão
453	Beer, local, non-specific	Cerveja, Local, não-específica
454	Black currant syrup, ribena	Xarope de groselha preta,(RIBENA) ----
455	Candy, chocolate	Caramelo, Chocolate
458	Carbonated drink, non-alcohol	Bebida Carbonada, Não-alcólica
471	Chilli powder, red	Piripiri em pó, Vermelho
481	Chilli sauce	Molho de Piripiri

160	Coconut, immature, meat and water	Polpa de coco imaturo and Água
459	Cod liver oil	Óleo de Fígado de Bacalhau
472	Coffee, instant	Café instantâneo
460	Cricket or locust	Grilo ou gafanhoto
476	Fruit flavored drink, concentrated	Bebida com sabor a frutas
477	Garlic, fresh-AP	Alho fresco
490	Ginger	Gengibre
461	Honey	Mel
491	Ice sherbet	Gelado de frutas
462	Orange drink, concentrated	Bebida concentrada de laranja
463	Salt, iodized	Sal, iodado
464	Salt, non-iodized	Sal não-iodado
474	Soy sauce	Molho de soja
475	Soybean, milk, dried	Leite de soja, desidratado
465	Sugar	Açúcar
466	Sugarcane	Cana-de-açúcar
467	Sugarcane juice	Sumo de cana-de-açúcar
468	Tea leaves	Folhas de chá
469	Termite	Termite
489	Tomato juice	Sumo de tomate
470	Tomato ketchup	Molho de tomate
478	Tomato paste	Massa de tomate
480	Vinegar, wine	Vinagre

GM2	Miscellaneous– Local dishes	Miscelania/Deversos
1006	Coffee with milk without sugar	Café sem açúcar com leite
1004	Coffee without milk with sugar	Café com açúcar
1005	Coffee with sugar and milk	Café com açúcar e leite
1007	Halwa	Halua
1008	Groundnut cluster	Bolinho de amendoim
1003	Tea without sugar with milk	Chá sem açúcar com leite
1002	Tea with sugar and milk	Chá com açúcar e leite
1001	Tea with sugar without milk	Chá com açúcar sem leite
H	LOCAL BROTHS	CALDOS
853	Beef broth without oil	Caldo de carne sem óleo
854	Beef broth with oil	Caldo de carne com óleo
855	Cabbage broth without oil	Caldo de repolho sem óleo
856	Cabbage broth with oil	Caldo de repolho com óleo
859	Cassava leaf broth without oil	Caldo de folha de cassava sem óleo
858	Cassava leaf broth with coconut milk	Caldo de folha de cassava com leite de coco
860	Cassava leaf broth with oil	Caldo de folha de cassava com óleo

862	Chicken broth with oil	Caldo de galinha com óleo
861	Chicken broth without oil	Caldo de galinha sem óleo
865	Cow pea broth without oil	Caldo de Feijão nhemba sem óleo
863	Cow pea broth with coconut milk	Caldo de Feijão nhemba com leite de coco
864	Cow pea broth with oil	Caldo de Feijão nhemba com óleo
881	Cow pea leaf broth without oil	Caldo de folha de Feijão nhemba sem óleo
866	Cow pea leaf broth with coconut milk	Caldo de folha de Feijão nhemba com leite de coco
867	Cow pea leaf broth with oil	Caldo de folha de Feijão nhemba com óleo
869	Fish broth without oil	Caldo de peixe sem ólep
884	Fish broth with coconut milk	Caldo de peixe com leite de coco
868	Fish broth with oil	Caldo de piexe com óleo
870	Green pea broth without oil	Caldo de ervilha verde sem óleo
880	Green pea broth with coconut milk	Caldo de ervilha verde com leite de coco
871	Green pea broth with oil	Caldo de ervilha verde com leo
882	Ground beef relish broth	Caldo de carne moida
873	Kidney bean broth without oil	Caldo de feijao vulgar pequeno sem óleo
872	Kidney bean broth with coconut milk	Caldo de feijao vulgar pequeno com leite de coco
874	Kidney bean broth with oil	Caldo de feijao vulgar pequeno com óleo
883	Liver relish broth	Caldo de carne de figado
878	Pumpkin leaf broth without oil	Caldo de folha de abobora sem óleo
877	Pumpkin leaf broth with oil	Caldo de folha de abobora com óleo
879	Small dried fish broth with oil	Caldo de peixe, pequeno, seco com óleo
851	Spinach broth without oil	Caldo de carne com espinafre sem óleo
852	Spinach broth with oil	Caldo de carne com espinafre com óleo

2.5 List of Recipes

Recipes of all the local dishes included in the Tanzania Food Composition Tables are presented in this section.

Same ingredients of dishes which had more than one recipe were summed up and divided by the number of entries.

The amount of water is not included for any recipe and therefore, the weight of the total cooked amount is indicated at the end of each recipe as "Total"

Recipes are listed by the assigned food code in the TFCT to enable the user to find it easily.

18. **Mixed porridge flour (with maize)**
1 kg maize flour 500 g rice flour
1 kg millet flour 500 g sorghum flour
500 g yellow soybeans
Total = 4 kg
19. **Mixed porridge flour (no maize)**
1 kg rice flour 2.5 kg sorghum flour
500 g millet flour 500 g groundnut
Total = 5 kg
- 32 **Bhajia (chick pea fritters)**
1 kg chickpea flour 150 g onion
500 mg chilli powder 350 g vegetable oil
Total = 2 kg
- 34 **Mixed porridge flour (with maize and groundnuts)**
500 g rice flour 1 kg maize flour
500 g yellow soybeans 500 g groundnut
Total = 2.5 kg
- 207 **Fried Chicken**
750 g chicken 100 g vegetable oil
250 mg salt 60 g lime
Total = 750 g
- 481 **Chilli sauce**
60 g green chilli 5 g salt
260 g tomato 250 g sugar
35 g onion 200 g vinegar
Total = 700 g
- 502 **Maize porridge with milk, egg and sugar**
30 g maize flour 15 g sugar
50 g egg 100 g milk
Total = 300 g

- 505 **Maize porridge (no sugar or milk)**
 10 g maize flour
 Total = 100 g
- 506 **Maize porridge with sugar**
 10 g maize flour
 15 g sugar
 Total = 100 g
- 507 **Maize porridge with milk and sugar**
 10 g maize flour 50 g milk
 50 g sugar
 Total = 100 g
- 508 **Millet porridge with sugar**
 10 g millet flour
 15 g sugar
 Total = 100 g
- 509 **Mixed flour porridge with groundnuts**
 10 g millet flour 5 g groundnut
 5 g rice flour 4 g vegetable oil
 4 g sugar
 Total = 100 g
- 511 **Sorghum flour porridge**
 10 g sorghum
 15 g sugar
 Total = 100 g
- 512 **Chapati**
 500 g wheat flour 250 mg salt
 190 g vegetable oil
 Total = 1.1 kg
- 513 **Chapati (dry with less oil)**
 500 g wheat flour
 30 g vegetable oil
 Total = 1 kg
- 514 **Pancake**
 1 kg plain flour 200 g cooking oil
 300 g egg 5 g salt
 Total = 2 kg

- 515 **Pillau**
 1 kg rice 100 g garlic
 915 g mutton (goat's meat) 100 g green peas
 100 g onion 50 g carrot
 100 g vegetable oil
Total = 3.8 kg
- 516 **Rice cooked (plain)**
 1 kg rice
Total = 2 kg
- 517 **Rice cooked with oil**
 1 kg rice
 50 g oil
Total = 800g
- 518 **Rice cooked with coconut milk**
 350 g rice
 100 g coconut milk
Total = 2 kg
- 519 **Stiff maize porridge (ugali)**
 450 g maize flour
Total = 1.4 kg
- 521 **Stiff rice porridge**
 40 g rice flour
Total = 100 g
- 522 **Stiff sorghum and millet porridge**
 75 g sorghum flour
 25 g millet flour
Total = 300 g
- 524 **Rice buns (Vitumbua)**
 1 kg rice flour 125 g vegetable oil
 120 g sugar
Total = 1.25 kg
- 525 **Maize and kidney dish (Makande)**
 2 kg maize 5 g salt
 500 g cooked kidney beans 300 mL coconut milk
 80 g oil
Total = 2 kg
- 527 **Vermicelli, plain**
 225 g vermicelli 3 g salt
 6 g oil
Total = 3 kg

- 528 **Rice porridge with sugar**
 10 g rice flour
 15 g sugar
Total = 100 g
- 530 **Rice bread**
 2.75 kg rice flour 875 g sugar
 100 g vegetable oil 2.25 L coconut milk
 10 g yeast
Total = 8 kg
- 531 **Maize porridge with margarine and sugar**
 150 g maize flour 4 g margarine
 150 g sugar
Total = 1.15 kg
- 532 **Donut – African (Mandazi)**
 1 kg plain flour 150 g vegetable oil
 250 g sugar
Total = 2 kg
- 534 **Cake**
 240 g plain flour 150 g egg
 240 g sugar 10 g baking powder
 240 g butter
Total = 1 kg
- 535 **Vermicelli with coconut milk and sugar**
 225 g vermicelli 40 g coconut milk
 6 g sugar
Total = 400 g
- 536 **Vermicelli with oil and sugar**
 225 g vermicelli 12 g vegetable oil
 9 g sugar
Total = 450 g
- 537 **Vermicelli with coconut milk and salt**
 120 g vermicelli 1 g salt
 40 g coconut milk
Total = 225 g
- 540 **Rice with ground beef**
 250 g rice 125 g ground beef
 5 g salt 45 g vegetable oil
 70 g carrot 50 g groundnut
Total = 700 g

- 543 **Rice and chicken biriyani**
 500 g chicken 50 g tomato
 200 g rice 50 g oil
 300 g onion 10 g salt
 150 g potato 20 g garlic
 75 g yogurt 10 g ginger
Total = 1.2 kg
- 544 **Rice with mung bean and coconut milk (Mseto with coconut milk)**
 200 g rice 200 g coconut milk
 50 g mung beans (green gram) 2 g salt
Total = 600 g
- 545 **Rice with mung beans (Mseto)**
 \ 200 g rice 2 g salt
 50 g mung beans (green gram)
Total = 700 g
- 551 **Beef relish with oil**
 450 g boneless beef 525 g tomato
 35 g vegetable oil 55 g onion
 250 mg salt
Total = 800 g
- 552 **Beef relish with coconut milk**
 2 kg boneless beef 350 g potato
 300 g tomato 125 mL coconut milk
 40 g onion 10 g salt
Total = 5 kg
- 554 **Chicken relish with no oil**
 100 g cooked chicken 25 g tomato
 150 g onion 250 mg salt
Total = 250 g
- 556 **Chicken relish with oil**
 100 g cooked chicken 200 g tomato
 50 g onion 45 g vegetable oil
 250 mg salt
Total = 450 g
- 557 **Small dried fish (Dagaa) relish with oil**
 100 g small dried fish 250 g tomato
 50 g onion 45 g vegetable oil
Total = 800 g

- 559 **Fried Small dried fish (dagaa)**
 2.25 kg small dried fish 20 g salt
 300 g vegetable oil
 Total = 2.25 kg
- 561 **Fried Egg**
 140 g egg 200 mg salt
 20 g vegetable oil
 Total = 150 g
- 562 **Spanish omelet, plain**
 140 g egg 15 g green pepper
 25 g onion 45 g vegetable oil
 25 g tomato 500 mg salt
 Total = 225 g
- 563 **Fried fish relish**
 200 g fried fish (recipe 569) 75 g coconut milk
 35 g onion 60 g vegetable oil
 100 g tomato 250 mg salt
 Total = 550g
- 564 **Fish relish with oil**
 140 g fish 25 g onion
 40 g vegetable oil 170 g tomato
 200 mg salt
 Total = 500 g
- 566 **Fish relish with no oil**
 65 g fish 40 g onion
 30 g tomato 200 mg salt
 Total = 180 g
- 567 **Fish relish with coconut milk**
 120 g fish 300 g coconut milk
 15 g onion 200 mg salt
 Total = 530 g
- 569 **Fried fish**
 120 g fish
 15 g vegetable oil
 Total = 100 g

- 573 **Chicken relish with oil and coconut milk**
 750 g fried chicken (recipe 270) 85 g green pepper (capsicum)
 550 g onion 85 g carrot
 800 g tomato 200 g coconut milk
 30 g vegetable oil 500 mg salt
Total = 2.55 kg
- 575 **Spanish omelet with potato**
 480 g potato 100 g green pepper (capsicum)
 420 g egg 125 g oil
 70 g onion 200 mg salt
Total = 2.5 kg
- 576 **Ground beef relish**
 500 g ground beef 40 g onion
 90 g oil 500 mg salt
 340 g tomato
Total = 1 kg
- 577 **Fried Beef**
 500 g beef 50 g ginger
 5 g salt 360 g oil
 10 g garlic 75 g lime
Total = 1.5 kg
- 602 **Mixed Fruit juice**
 400 g orange 215 g avocado
 100 g passion fruit 200 g papaya
Total = 1.5 kg
- 604 **Avocado juice**
 450 g avocado 150 g sugar
Total = 1.5 kg
- 606 **Watermelon juice**
 3 kg whole melon (with peel)
Total = 2 kg
- 608 **Passion fruit juice**
 100 g passion fruit 60 g sugar
Total = 250 g
- 651 **Fresh cowpea relish**
 60 g fresh cowpea 100 mg salt
 20 g tomato
Total = 100 g

- 652 **Cowpea relish with coconut milk**
- | | |
|---------------------|--------------------|
| 750 g dried cowpeas | 100 g coconut milk |
| 400 g onion | 300 mg salt |
- Total = 2.5 kg*
-
- 655 **Kidney bean relish with coconut milk**
- | | |
|-------------------------|-------------|
| 460 g dried kidney bean | 1 g salt |
| 250 g coconut milk | 60 g tomato |
| 60 g onion | 10 g carrot |
| 1 g salt | |
- Total = 1.3 kg*
-
- 656 **Kidney bean relish with oil**
- | | |
|---------------------------------|-------------|
| 300 g dried kidney bean, cooked | 35 g onion |
| 30 g vegetable oil | 10 g tomato |
| 200 mg salt | |
- Total = 500 g*
-
- 657 **Kidney bean relish with no oil**
- | | |
|----------------------------------|-------------|
| 160 g dried kidney beans, cooked | 200 mg salt |
| 25 g tomato | |
- Total = 200 g*
-
- 658 **Mung relish, plain**
- | | |
|---------------------|-------------|
| 250 g dry mung bean | 500 mg salt |
| 40 g onion | |
- Total = 700 g*
-
- 660 **Pigeon peas with coconut milk**
- | | |
|--------------------------|-------------------|
| 36 g pigeon peas, cooked | 20 g coconut milk |
| 10 g onion | |
- Total = 100 g*
-
- 661 **Pigeon peas relish with oil**
- | | |
|--------------------------|-------------------|
| 2 kg pigeon peas, cooked | 120 g cooking oil |
| 100 g onion | 500 mg salt |
- Total = 2.5 kg*
-
- 662 **Mung relish with coconut milk**
- | | |
|----------------------|--------------------|
| 250 g dry mung beans | 50 g vegetable oil |
| 40 g onion | 300 g coconut milk |
| 340 g tomato | 500 mg salt |
- Total = 1.3 kg*

- 752 **Spinach relish with no oil**
 280 g spinach leaves, raw 220 g tomato
 40 g onion 200 mg salt
 Total = 400 g
- 753 **Spinach relish with oil**
 320 g spinach leaves, raw 15 g tomato
 30 g onion 55 g vegetable oil
 200 mg salt
 Total = 490 g
- 754 **Cabbage and onion salad (Kachumbari)**
 300 g cabbage 200 g cucumber
 150 g onion 30 g lime
 30 g tomato 100 mg salt
 Total = 600 g
- 755 **Cabbage relish with oil**
 2 kg cabbage 250 g onion
 250 g carrot 700 g tomato
 300 g green peas 120 g vegetable oil
 250 g pepper 20 g salt
 Total = 6.25 kg
- 756 **Cassava leaf relish with groundnut**
 500 g cassava leaves 175 g onion
 125 g tomato 1 g salt
 100 g roasted groundnut
 Total = 750 g
- 757 **Cassava leaf relish with coconut milk**
 65 g cassava leave 200 mg salt
 45 g coconut milk
 Total = 100 g
- 789 **Cowpea leaf with coconut milk**
 100 g cowpea leaves 200 mg salt
 115 g coconut milk
 Total = 100 g
- 763 **Green leaf relish with coconut milk**
 100 g medium green leaves (any) 200 mg salt
 27 g coconut milk
 Total = 100 g

- 764 **Sweet potato leaf relish with oil**
700 g sweet potato leaves 60 g vegetable oil
50 g onion 200 mg salt
Total = 550 g
- 766 **Green pea relish, plain**
1.25 kg green peas 425 g tomato
85 g onion 5 g salt
Total = 1.8 kg
- 768 **Pumpkin leaf relish with oil**
400 g pumpkin leaves 40 g onion
50 g vegetable oil 30 g carrot
160 g tomato 1.5 g salt
Total = 900 g
- 770 **Spinach relish with oil and groundnuts**
100 g spinach leaves 6 g groundnut
50 g vegetable oil 200 mg salt
50 g onion
Total = 100 g
- 771 **Spinach relish with sesame seed**
200 g spinach leaves 100 mg salt
8 g sesame seeds
Total = 100 g
- 775 **Okra relish with oil**
200 g okra 40 g green pepper
170 g tomato 90 g vegetable oil
60 g onion 500 mg salt
40 g carrot
Total = 600 g
- 776 **Eggplant relish**
450 g eggplant 150 g onion
300 g tomato 35 g vegetable oil
150 g potato 1 g salt
Total = 900 g
- 777 **Sweet potato leaf with milk**
700 g sweet potato leaves 200 mg salt
200 g milk
Total = 350 g

- 778 **Green pea relish with coconut milk and oil**
 1.25 kg green peas 440 g tomato
 400 g coconut milk 45 g vegetable oil
 100 g onion 500 mg salt
Total = 2.4 kg
- 779 **Cowpea leaf relish with groundnut**
 60 g cowpea leaves 30 g tomato
 100 g coconut milk 10 g groundnut
Total = 200 g
- 782 **Green pea relish with coconut milk**
 1.25 kg green peas 100 g onion
 400 g coconut milk 390 g tomato
 5 g salt
Total = 2.5 kg
- 783 **Okra relish, plain**
 100 g okra 500 mg salt
 100 g pumpkin leaves
Total = 300 g
- 951 **Banana with oil, tomato and onion**
 1.5 kg banana 50 g onion
 200 g tomato 50 g vegetable oil
 1 g salt
Total = 2 kg
- 952 **Banana with meat and coconut milk**

 2.5 kg banana 100 g tomato
 125 g coconut milk 50 g onion
 100 g boneless beef 1 g salt
Total = 2.8 kg
- 954 **Banana with cashew nuts**

 350 g banana 25 g cashew nuts
 10 g tomato 500 mg salt
 10 g onion
Total = 500 g
- 955 **Banana with coconut milk**
 245 g banana 200 mg salt
 230 g coconut milk
Total = 535 g

- 974 **Banana porridge (Mtori)**
 2 kg banana 170 g tomato
 90g oil 800 g potato
 70 g onion 1 g salt
Total = 3 kg
- 975 **Banana porridge (Mtori) with meat**
 500 g banana 170 g tomato
 200 g beef or mutton 400 g coconut milk
 800 g potato 200 g green pepper
 340 g carrot 180 g oil
 70 g onion 5 g salt
Total = 4.5 kg
- 976 **Banana porridge (Mtori) with fish**
 300 g banana 30 g carrot
 50 g dried fish 125 g green peas
 70 g onion 45 g oil
 85 g tomato 1 g salt
Total = 800 g
- 977 **Banana porridge (Mtori) with ground meat**
 400 g banana 2 g salt
 250 g ground beef 45 g oil
 30 g carrot
Total = 800 g
- 978 **Kachori (spicy potato balls)**
 750 g potato 20 g lime juice
 10 g ginger 2 g salt
 10 g garlic 200 g chickpea flour
 100 g vegetable oil
Total = 1 kg
- 1107 **Halwa**
 150 g edible starch 225 g clarified butter (ghee)
 500 g sugar
Total = 1 kg

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2.8 Food additives and preservatives

2.8.1 Definition

Food additives are substances added to food to preserve flavor or improve its taste and appearance. Some additives have been used for centuries; for example, preserving food by pickling (with vinegar), salting, as with bacon, preserving sweets or using sulfur dioxide as in some wines. With the advent of processed foods in the second half of the 20th century, many more additives have been introduced, of both natural and artificial origin.

Food additives have been used for centuries. Salt, sugar and vinegar were among the first and used to preserve foods. In the past 30 years, however, with the advent of processed foods, there has been a massive explosion in the chemical adulteration of foods with additives. Considerable controversy has been associated with the potential threats and possible benefits of food additives

2.8.2 Numbering

To regulate these additives, and inform consumers, each additive is assigned a unique number. Initially these were the “E numbers” used in Europe for all approved additives. This numbering scheme has now been adopted and extended by the Codex Alimentarius Committee to internationally identify all additives, regardless of whether they are approved for use.

E numbers are all prefixed by “E”, but countries outside Europe use only the number, whether the additive is approved in Europe or not. For example, acetic acid is written as E260 on products sold in Europe, but is simply known as additive 260 in some countries. Additive 103, alkanet, is not approved for use in Europe so does not have an E number, although it is approved for use in Australia and New Zealand. Since 1987 Australia has had an approved system of labelling for additives in packaged foods. Each food additive has to be named or numbered. The numbers are the same as in Europe, but without the prefix ‘E’.

2.8.3 Categories

Food additives can be divided into several groups, although there is some overlap between them.

Acids: Food acids are added to make flavors “sharper”, and also act as preservatives and antioxidants. Common food acids include vinegar, citric acid, tartaric acid, malic acid, fumaric acid, lactic acid.

Acidity regulators: are used to change or otherwise control the acidity and alkalinity of foods.

Anticaking agents: keep powders such as milk powder from caking or sticking.

Antifoaming agents: reduce or prevent foaming in foods.

Antioxidants: such as vitamin C act as preservatives by inhibiting the effects of oxygen on food, and can be beneficial to health.

Bulking agents: such as starch are additives that increase the bulk of a food without affecting its nutritional value.

Food coloring: are added to food to replace colors lost during preparation, or to make food look more attractive.

Color retention agents: In contrast to colorings, color retention agents are used to preserve a food's existing color.

Emulsifiers: allow water and oils to remain mixed together in an emulsion, as in mayonnaise, ice cream, and homogenized milk.

Flavors: are additives that give food a particular taste or smell, and may be derived from natural ingredients or created artificially.

Flavor enhancers: enhance a food's existing flavors. They may be extracted from natural sources (through distillation, solvent extraction, maceration, among other methods) or created artificially.

Flour treatment agents: are added to flour to improve its color or its use in baking.

Humectants: prevent foods from drying out.

Tracer gas: allow for package integrity testing to prevent foods from being exposed to atmosphere, thus guaranteeing shelf life.

Preservatives: prevent or inhibit spoilage of food due to fungi, bacteria and other microorganisms.

Stabilizers: thickeners and gelling agents, like agar or pectin (used in jam for example) give foods a firmer texture. While they are not true emulsifiers, they help to stabilize emulsions.

Sweeteners: are added to foods for flavoring. Sweeteners other than sugar are added to keep the food energy (calories) low, or because they have beneficial effects for diabetes mellitus and tooth decay and diarrhea.

Thickeners: are substances which, when added to the mixture, increase its viscosity without substantially modifying its other properties.

Appendix: Food additive index

Updated up to the 30th Session of the Codex Alimentarius Commission (2007)

A

- Acesulfame Potassium (950)
- Acetic Acid (Glacial) (260)
- Acetic and Fatty Acid Esters of Glycerol (472a)
- Acetylated Distarch Adipate (1422)
- Acetylated Distarch Phosphate (1414)
- Acetylated Oxidized Starch (1451)
- Acid Treated Starch (1401)
- Agar (406)
- Alginic Acid (400)
- Alitame (956)
- Alkaline Treated Starch (1402)
- Allura Red AC (129)
- Aluminium Ammonium Sulphate (523)
- Aluminium Silicate (559)
- Amaranth (123)
- Ammonium Acetate (264)
- Ammonium Alginate (403)
- Ammonium Carbonate (503(i))
- Ammonium Chloride (510)
- Ammonium Hydrogen Carbonate (503(ii))
- Ammonium Hydroxide (527)
- Ammonium Lactate (328)
- Ammonium Salts of Phosphatidic Acid (442)
- Amylase (*Aspergillus oryzae* var.), Alpha- (1100)
- Amylase (*Bacillus Megaterium* expressed in *Bacillus Subtilis*), Alpha- (1100)
- Amylase (*Bacillus Stearothermophilus*), Alpha- (1100)
- Amylase (*Bacillus Stearothermophilus* expressed in *Bacillus Subtilis*), Alpha- (1100)
- Amylase (*Bacillus subtilis*), Alpha- (1100)
- Amylase (Carbohydrase) (*Bacillus licheniformis*), Alpha- (1100)
- Annatto Extracts (160b)
- Ascorbic Acid (L-) (300)
- Aspartame (951)
- Aspartame-Acesulfame Salt (962)
- Azodicarbonamide (927a)
- Azorubine (Carmoisine) (122)

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- Beeswax (901)
- Beet Red (162)
- Benzoyl Peroxide (928)
- Bleached Starch (1403)

- Brilliant Black (Black PN) (151)
- Brilliant Blue FCF (133)
- Bromelain (1101(iii))
- Brown HT (155)
- Butylated Hydroxyanisole (320)
- Butylated Hydroxytoluene (321)

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- Calcium 5'-Guanylate, (629)
- Calcium 5'-Inosinate, (633)
- Calcium 5'-Ribonucleotides, (634)
- Calcium Acetate (263)
- Calcium Alginate (404)
- Calcium Aluminium Silicate (556)
- Calcium Ascorbate (302)
- Calcium Carbonate (170(i))
- Calcium Chloride (509)
- Calcium Gluconate (578)
- Calcium Glutamate (D, L-) (623)
- Calcium Hydroxide (526)
- Calcium Lactate (327)
- Calcium Malate (D, L-) (352(ii))
- Calcium Oxide (529)
- Calcium Propionate (282)
- Calcium Silicate (552)
- Calcium Sulphate (516)
- Candelilla Wax (902)
- Canthaxanthin (161g)
- Caramel II - Caustic Sulphate Process (150b)
- Caramel III - Ammonia Process (150c)
- Caramel I - Plain (150a)
- Caramel IV - Sulphite Ammonia Process (150d)
- Carbon Dioxide (290)
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- Carnauba Wax (903)
- Carob Bean Gum (410)
- Carotenes, beta (Vegetable) (160a(ii))
- Carrageenan and its Na, K, NH₄, Ca and Mg Salts (Includes Furcelleran) (407)
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- Chlorine (925)
- Chlorine Dioxide (926)
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- linked Cellulose Gum) (468)
 - Curcumin (100(i))
 - Curdlan (424)
 - Cyclamic Acid (and Na, K, Ca Salts) (952)
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 - Cyclodextrin, Beta- (459)
 - Cyclodextrin, Gamma- (458)
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- Dextrins, Roasted Starch, (1400)
 - Diacetyltartaric and Fatty Acid Esters of Glycerol (472e)
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 - Dioctyl Sodium Sulphosuccinate (480)
 - Diphenyl (230)
 - Dipotassium 5'-Guanylate, (628)
 - Disodium 5'-Guanylate, (627)
 - Disodium 5'-Inosinate, (631) \
 - Disodium 5'-Ribonucleotides, (635)
 - Distarch Phosphate (1412)
- E**
- Erythritol (968)
 - Erythrosine (127)
 - Ethyl Cellulose (462)
 - Ethyl Hydroxyethyl Cellulose (467)
 - Ethyl Maltol (637)
- F**
- Fast Green FCF (143)
 - Ferric Ammonium Citrate (381)
 - Ferrous Gluconate (579)
 - Ferrous Lactate (585)
 - Formic Acid (236)
 - Fumaric Acid (297)
- G**
- Gellan Gum (418)
 - Glucono Delta-Lactone (575)
 - Glucose Oxidase (*Aspergillus niger* var.) (1102)
 - Glutamic Acid, (L(+)-) (620)
 - Glycerol (422)
 - Glycerol Esters of Wood Rosin (445)
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 - Guaiac Resin (314)
 - Guanylic Acid, 5'- (626)
 - Guar Gum (412)
 - Gum Arabic (Acacia Gum) (414)

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- Hexamethylene Tetramine (239)
 - Hydrochloric Acid (507)
 - Hydrogenated Poly-Decenes (907)
 - Hydroxypropyl Cellulose (463)
 - Hydroxypropyl Distarch Phosphate (1442)
 - Hydroxypropyl Methyl Cellulose (464)
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- Indigotine (Indigo Carmine) (132)
 - Inosinic Acid (630)
 - Invertase (*Saccharomyces cerevisiae*) (1103)
 - Isoascorbic acid (Erythorbic Acid) (315)
 - Isomalt (Isomaltitol) (953)
 - Isopropyl Citrates (384)
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- Karaya Gum (416)
 - Konjac Flour (425)
- L**
- Lactic Acid, (L-, D- and DL-) (270)
 - Lactic and Fatty Acid Esters of Glycerol (472b)
 - Lactitol (966)
 - Lecithin (322(ii))
 - Lipase (Animal Sources) (1104)
 - Lipase (*Aspergillus Oryzae* var.) (1104)
 - Lutein from *Tagetes erecta* (161b(ii))
 - Lysozyme (1105)
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- Magnesium Carbonate (504(ii))
 - Magnesium Chloride (511)
 - Magnesium Gluconate (580)
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 - Magnesium Hydrogen Carbonate (504(ii))
 - Magnesium Hydroxide (528)
 - Magnesium Lactate (DL-) (329)
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 - Magnesium Silicate (553(ii))
 - Malic Acid, (DL-) (296)
 - Maltitol and Maltitol Syrup (965)
 - Maltol (636)
 - Mannitol (421)
 - Methyl Cellulose (461)
 - Methyl Ethyl Cellulose (465)
 - Microcrystalline Cellulose (460(ii))

- Microcrystalline Wax (905c(i))
- Mineral Oil, High Viscosity (905d)
- Mineral Oil, Medium and Low Viscosity (Class I) (905e)
- Monoammonium Glutamate (624)
- Mono- and Di-Glycerides of Fatty Acids (471)
- Monopotassium Glutamate (622)
- Monosodium Glutamate (621)
- Monostarch Phosphate (1410)

N

- Neotame (961)
- Nisin (234)
- Nitrogen (941)
- Nitrous Oxide (942)

O

- Oxidized Starch (1404)
- Oxystearin (387)

P

- Papain (1101(ii))
- Pectins (440)
- Phosphated Distarch Phosphate (1413)
- Pimaricin (Natamycin) (235)
- Polydextroses A and N (1200)
- Polydimethylsiloxane (900a)
- Polyethylene Glycol (1521)
- Polyglycerol Esters of Fatty Acids (475)
- Polyglycerol Esters of Interesterified Ricinoleic Acid (476)
- Polyglycitol Syrup (964)
- Polyvinyl Alcohol (1203)
- Polyvinylpyrrolidone (1201)
- Polyvinylpyrrolidone (Insoluble) (1202)
- Ponceau 4R (Cochineal Red A) (124)
- Potassium Acetates (261)
- Potassium Alginate (402)
- Potassium Ascorbate (303)
- Potassium Carbonate (501(i))
- Potassium Chloride (508)
- Potassium Dihydrogen Citrate (332(ii))
- Potassium Gluconate (577)
- Potassium Hydrogen Carbonate (501(ii))
- Potassium Hydrogen Malate (351(ii))
- Potassium Hydroxide (525)
- Potassium Inosinate (632)
- Potassium Lactate (326)

- Potassium Malate (351(ii))
- Potassium Propionate (283)
- Potassium Sulphates (515)
- Powdered Cellulose (460(ii))
- Processed Eucheuma Seaweed (PES) (407a)
- Propane (944)
- Propionic Acid (280)
- Propylene Glycol (1520)
- Propylene Glycol Alginate (405)
- Propylene Glycol Esters of Fatty Acids (477)
- Propyl Gallate (310)
- Protease (*Aspergillus oryzae* var.) (1101(i))
- Pullulan (1204)

Q

- Quinoline Yellow (104)

R

- Red 2G (128)

S

- Saccharin (and Na, K, Ca Salts) (954)
- Salts of Myristic, Palmitic and Stearic Acids with Ammonia, Calcium, Potassium and Sodium (470(i))
- Salts of Oleic Acid with Calcium, Potassium and Sodium (470(ii))
- Shellac (904)
- Silicon Dioxide, Amorphous (551)
- Sodium Acetate (262(i))
- Sodium Alginate (401)
- Sodium Ascorbate (301)
- Sodium Carbonate (500(i))
- Sodium Carboxymethyl Cellulose, Enzymatically Hydrolysed (469)
- Sodium Carboxymethyl Cellulose (Cellulose Gum) (466)
- Sodium Diacetate (262(ii))
- Sodium Dihydrogen Citrate (331(i))
- Sodium Fumarates (365)
- Sodium Gluconate (576)
- Sodium Hydrogen Carbonate (500(ii))
- Sodium Hydrogen Malate (350(i))
- Sodium Hydroxide (524)
- Sodium Isoascorbate (316)
- Sodium Lactate (325)
- Sodium Malate (350(ii))
- Sodium Propionate (281)

- Sodium Sesquicarbonate (500(iii))
- Sodium Sulphates (514)
- Sorbitol and Sorbitol Syrup (420)
- Stannous Chloride (512)
- Starch Acetate (1420)
- Starches, Enzyme Treated (1405)
- Starch Sodium Octenyl Succinate (1450)
- Stearyl Citrate (484)
- Stearyl Tartrate (483)
- Sucralose (Trichlorogalactosucrose) (955)
- Sucroglycerides (474)
- Sucrose Acetate Isobutyrate (444)
- Sucrose Esters of Fatty Acids (473)
- Sunset Yellow FCF (110)
- T
- Talc (553(iii))
- Tannic Acid (Tannins, Food Grade) (181)
- Tara Gum (417)
- Tartrazine (102)
- Tertiary Butylhydroquinone (319)
- Thaumatin (957)
- Thermally Oxidized Soya Bean Oil with Mono- and Di-Glycerides of Fatty Acids (TOSOM) (479)
- Titanium Dioxide (171)
- Tragacanth Gum (413)
- Triacetin (1518)
- Triammonium Citrate (380)
- Tricalcium Citrate (333(iii))
- Triethyl Citrate (1505)
- Tripotassium Citrate (332(ii))
- Trisodium Citrate (331(iii))
- X
- Xanthan Gum (415)
- Xylitol (967)
- Z Zeaxanthin (synthetic) (161h(i))
-
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- <http://www.codexalimentarius.net/gsfaonline/additives/details.html>(accessed 2007)
- © FAO and WHO 2007

3 Adult and child food portion databases

These databases are based on the foods included in the food composition tables and are listed by their assigned food codes.

3.1 Objectives: The databases aim to:

- provide estimates on the average portion size of foods commonly consumed by Tanzanian adults and children based on information gathered from several sources. The average portion size was calculated after weighing different amounts of the same food consumed by a number of different people. This information is particularly useful when no other information is available on how much of a food is normally consumed.
- provide weights of food items using different commonly available domestic utensils.
- provide information on the average weights of “countable foods” such as oranges, maandazi, chapatti etc.

3.2 Sources of information for average amount of foods consumed

The different food items presented in these databases were measured using the same utensils shown in illustration 3.1 and indicated in table 3.1 during the dietary assessments of the study participants. Three or more samples of all the foods were obtained from the medical students' canteen at MUHAS, the staff canteen at TFNC, or from vendors, markets and staff households.

The foods were transferred to the utensils and then removed and weighed. The recorded weights were entered into the adult and child food-portion databases. The countable foods were also categorized as small, medium and large.

Table 3.1. Utensils used

Utensil code	Utensil - Type	Volume of water (ml)
1	Bowl	350
2	Glass	250
3	Cup	200
4	Plate	500
5	Tablespoon	15
6	Teaspoon	5
7	Saucer	150

Table 3.2 **Adults Food Portion data base**

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

Food code	Name	Name	Size	u1	u2	u3	u4	u5	u6	u7	u8	10
	Kiswahili	English	.	bowl	glass	cup	plate	tbsp	tsp	saucer	unit	Average
10	mahindi yaliyokobolewa	Maize dehulled	Std	.	.	.	450	.	.	150	.	.
13	mahindi mabichi	Maize green	S	100	
13	mahindi mabichi	Maize green	M	350	
13	mahindi mabichi	Maize green	A									225
14	mahindi kwenye gunzi	Maize on cob	S	100	
14	mahindi kwenye gunzi	Maize on cob	M	350	
14	mahindi kwneye gunzi	Maize on cob	A									225
21	wali	Rice cooked	Std	.	.	.	450	.	.	175	.	.
21	wali	Rice cooked	A									315
101	parachichi	Avocado	S	150	
101	parachichi	Avocado	M	200	
101	parachichi	Avocado	L	500	
101	parachichi	Avocado	A				150
102	ndizimbivu	Banana ripe	S	50	
102	ndizimbivu	Banana ripe	M	115	
102	ndizimbivu	Banana ripe	L	175	
102	ndizimbivu	Banana ripe	A									100
103	ubuyu	Baobab fruit	Std	.	.	150		.	.	10		
103	ubuyu	Baobab fruit	A									50
104	zabibu	Grape	A									150
106	mapera	Guava	S	60	
106	mapera	Guava	M	100	
106	mapera	Guava	L	150	

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
106	mapera	Guava	A									100
107	mafenesi	Jack fruit	S	50	
107	mafenesi	Jack fruit	M	150	
107	mafenesi	Jack fruit	L	250	
107	mafenesi	Jack fruit	A									150
108	juisi ya chungwa	Orange juice	Std	.	200	
108	Juisi ya chungwa	Orange juice	A									200
109	ndimu	Lemon	Std								70	
109	ndimu	Lemon	A									15
110	limau	Lime	Std	30	
110	limau	Lime	A									15
111	juisi ya embe	Mango juice	Std	200								
111	juisi ya embe	Mango juice	A									200
112	embe	Mango	S	120	
112	embe	Mango	M	155	
112	embe	Mango	L	270	
112	embe	Mango	A									200
113	embe mbichi	Mango unripe	A									100
114	chungwa	Orange	S	120	
114	chungwa	Orange	M	170	
114	chungwa	Orange	L	200	
114	chungwa	Orange	A									160
115	papai	Pawpaw	S	250	
115	papai	Pawpaw	M	300	
115	papai	Pawpaw	L	650	
115	papai	Pawpaw	A									400

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
116	papai bichi	Pawpaw unripe	A									200
117	pesheni	Passion fruit	Std	60	
117	pesheni	Passion fruit	A									150
118	mapeasi	Pears standard	Std	275	
118	mapeasi	Pears standard	A									275
119	nanasi	Pineapple	S	100	
119	nanasi	Pineapple	M	190	
119	nanasi	Pineapple	L								550	
119	nanasi	Pineapple	A									400
120	juisi ya nanasi	Pineapple juice	Std	.	200	
120	juisi ya nanasi	Pineapple juice	A									200
121	matunda damu	Plums	Std	.	200		
121	matunda damu	Plums	A									125
122	ukwaju - kavu	Tamarind – dry	Std	.	.	150	.	30	.	.		
122	ukwaju - kavu	Tamarind - dry	A									60
123	ukwaju - mbichi	Tamarind fresh	Std								20	
123	ukwaju - mbichi	Tamarind fresh	A									60
124	machenza	Tangerine	S	40	
124	machenza	Tangerine	M	70	
124	machenza	Tangerine	L	100	
124	machenza	Tangerine	A			70
125	tikiti maji	Water melon	S	100	
125	tikiti maji	Water melon	M	200	
125	tikiti maji	Water melon	L	400	
125	tikiti maji	Water melon	A									230
126	jusi ya pensheni	Passion Juice	Std	.	200	

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
126	jusi ya pensheni	Passion Juice	A									200
127	pichi	Peaches	S	60	
127	pichi	Peaches	M	80	
127	pichi	Peaches	L	150	
127	pichi	Peaches	A									100
128	rasiberi	Raspberry	A									100
129	tofaa	Apple	A				100
157	korosho	Cashewnuts	Std								100	100
157	korosho	Cashewnuts	A									
160	maji ya madafu	Coconut water immature	A									300
164	karanga kiungio	Groundnuts in indiv dish	Std	20	
164	karanga tupu	Groundnuts as snack	Std								50	
164	karanga tupu	Groundnuts as snack	A				50
165	mbaazi	Pigeon peas	Std	500	200	.	
165	mbaazi	Pigeon peas	A									200
166	mbaazi mbichi	Pigeon peas-green	Std	400						200		
166	mbaazi mbichi	Pigeon peas-green	A									200
169	mbegu ya alizeti	Sunflower seeds	A									10
201	kipande cha maini	Liver piece	S	50	
201	kipande cha maini	Liver piece	M	80	
201	kipande cha maini	Liver piece	L	180	
201	kipande cha maini	Liver piece	A									100
202	kipande nyama ya ngombe	Beef - piece	S			12	
202	kipande nyama ya ngombe	Beef - piece	M				25	
202	kipande nyama ya ngombe	Beef - piece	L	50	
202	kipande cha nyama ya ngombe	Beef - piece	A									30

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
206	maini ya kuku	Chicken liver	Std								60	
206	maini ya kuku	Chicken liver	A									60
207	kuku wa kukaanga	Chicken fried	S								50	
207	kuku wa kukaanga	Chicken fried	M								100	
207	kuku wa kukaanga	Chicken fried	L								200	
207	kuku wa kukaanga	Chicken fried	A									120
251	aiskrimu	Icecream	Std	100	
251	aiskrimu	Icecream	A									100
253	maziwa mazito ya kopo yenye sukari	Milk condensed	A									15
254	maziwa ya unga	Milk powder	A									10
255	maziwa yasiyoenguliwa	Whole Milk	Std	200	.	150	
255	maziwa yasiyoenguliwa	Whole Milk	A									150
307	mayai	Egg	Std	70	
307	mayai	Egg	A									70
308	samaki wa kukausha	Fish dried	A									200
313	dagaa	Small dried fish	Std	200	.	100	.	.	.	70		
313	dagaa	Small dried fish	A									70
315	nyama ya mbuzi	Goat meat	S	12	
315	nyama ya mbuzi	Goat meat	M	25	
315	nyama ya mbuzi	Goat meat	L	50	
315	nyama ya mbuzi	Goat meat	A									150
317	nyama ya nguruwe	Pork	S	12	
317	nyama ya nguruwe	Pork	M	25	
317	nyama ya nguruwe	Pork	L	50	
318	soseji	Sausage	A									100

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

Food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
319	samaki wa kukausha kwa moshi	Fish smoked	A									200
353	viazi mviringo	Potato	S	.	.	.	300	.	.	150	.	.
353	viazi mviringo	Potato	M								25	
353	viazi mviringo	Potato	L								50	
353	viazi mviringo	Potato	VL								100	
353	viazi mviringo	Potato	A									150
356	maghimbi	Taro	Std				400			200		
356	maghimbi	Taro	A									150
361	viazi vitamu	Sweet potato	Std	.	.	.	400	.	.	200		
361	viazi vitamu	Sweet potato	A		150
403	kabichi nyeupe	Cabbage raw white	Std								60	
403	kabichi nyeupe	Cabbage raw white	A									60
404	karoti	Carrot	S	70	
404	karoti	Carrot	M	85	
404	karoti	Carrot	L	110	
404	karoti	Carrot	A									50
407	matango	Cucumber	S	50	
407	matango	Cucumber	M	100	
407	matango	Cucumber	L	150	
407	matango	Cucumber	A									100
408	biringanya	Egg plant	Std	250	125	.	
408	biringanya	Egg plant	A									125
415	uyoga	Mushroom	Std							20		
415	uyoga	Mushroom	A									20

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsps	u6 tsp	u7 saucer	u8 unit	10 Average
416	bamia	Okra	S	15	
416	bamia	Okra	M	225						175		
416	bamia	Okra	A									235
416	mchuzi wa bamia na mafuta	Okra relish with oil	Std	225						175		
416	mchuzi wa bamia na mafuta	Okra relish with oil	A									235
417	kitunguu	Onion	S	25	
417	kitunguu	Onion	M	40	
417	kitunguu	Onion	L	70	
417	kitunguu	Onion	VL	100	
417	kitunguu	Onion	A									30
418	njegere	Green peas	Std	400	200	.	
418	njegere	Green peas	A									150
419	boga	Pumpkin	Std	.	.	.	400	.	.	200	.	
419	boga	Pumpkin	A	80	150
421	nyanya chungu	African eggplant	S	100		
421	nyanya chungu	African eggplant	A			75
423	nyanya	Tomato	VS	35	
423	nyanya	Tomato	S	60	
423	nyanya	Tomato	M	100	
423	nyanya	Tomato	L	200	
423	nyanya	Tomato	A									65
429	pilipili hoho	Green pepper	S	60	
429	pilipili hoho	Green pepper	M	100	
429	pilipili hoho	Green pepper	L	150	
430	pilipili hoho	Green pepper	A									50

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
432	saladi	Salad green	A									30
451	bia	Beer	Std	.	0.25	0.2		
451	bia	Beer	Std	0.5	
451	bia	Beer	A									500
452	pombe ya kienyeji	Local brew	A									500
455	chocolate	Candy chocolate	A									40
458	soda	Carbonated drink	Std	350	
458	soda	Carbonated drink	Std	500	
458	soda	Carbonated drink	A									250
460	senene	Cricket	Std	100								
460	senene	Cricket	A									100
461	asali	Honey	A	10
462	maji ya matunda yoyote	Any fruit juice	Std	.	250		
462	maji ya matunda yoyote	Any fruit juice	A									250
463	chumvi	Salt	Std	10	5	.	.	
463	chumvi	Salt	A									7.5
464	chumvi bila madini joto	Salt non iodized	Std					10	5			
464	chumvi bila madini joto	Salt non iodized	A									7.5
465	sukari	Sugar	Std	15	5	.	.	
465	sukari	Sugar	Std									20
466	miwa	Sugar cane	A									400
467	juisi ya miwa	Sugar cane juice	A									250
470	sosi ya nyanya	Tomato ketchup	A									20
474	sosi ya soya	Soy sauce	A									10

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size .	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
475	kinywaji cha soya	Soya drink	Std	200	.	150	
475	kinywaji cha soya	Soya drink	A									200
476	juisi ya stroberi	Strawberry juice	A									200
479	jamu ya matunda	Mixed fruit jam	A									15
481	sosi ya pilipili	Chilli sauce	A									10
482	tangawizi	Ginger	A									5
488	chumvi yenye madini joto	Salt iodized	Std					10	5			
488	chumvi yenye madini joto	Salt iodized	A									7.5
491	barafu ya maji (sharubati)	Ice sherbet										
502	uji wa mahindi na sukari na yai	Maize porridge with sugar and egg	Std	400	200	200						
502	uji wa mahindi na sukari na yai	Maize porridge with sugar and egg	A									300
505	uji wa mahindi bila sukari na maziwa	Maize porridge, no sugar no milk	std	400	200	200						
505	uji wa mahindi bila sukari na maziwa	Maize porridge, no sugar no milk	a									300
506	uji wa mahindi na sukari bila maziwa	Maize porridge+sugar no milk	std	400	200	200	
506	uji wa mahindi na sukari bila maziwa	Maize porridge+sugar no milk	a									300
507	uji wa mahindi na sukari na maziwa	Maize porridge+sugar+milk	Std	400	200	200	
507	uji wa mahindi na sukari na maziwa	Maize porridge+sugar+milk	A									300
508	uji wa mtama na sukari	Millet porridge + sugar	Std	400	200	200	
508	uji wa mtama na sukari	Millet porridge + sugar	A									300
509	uji wa unga mchanganyiko na sukari	Mix flour porridge+sugar	Std	400	200	200	

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
509	uji wa ungamchanganyiko na sukari	Mix flour porridge+sugar	A									300
511	uji wa ulezi na sukari	Sorghum porridge with sugar	Std	400	200	200						
511	uji wa ulezi na sukari	Sorghum porridge with sugar	A									300
512	chapati	Chapati	S								50	
512	chapati	Chapati	L								100	
512	chapati	Chapati	A									100
513	chapati kavu	Chapati dry	Std								50	100
513	chapati kavu	Chapati dry	A									100
514	chapati maji	Pancake	Std								75	
514	chapati maji	Pancake	A									150
515	pilau	Pillau	Std				450			200		
515	Pilau	Pillau	A									450
516	wali bila mafuta	Rice boiled no oil	Std				450			175		
516	wali bila mafuta	Rice boiled no oil	A									315
517	wali na mafuta	Rice with oil	Std	.	.	.	450	.	.	175	.	
517	wali na mafuta	Rice with oil	A									315
518	wali na tui la nazi	Rice with coconut milk	Std	.	.	.	450	.	.	175	.	
518	wali na tui la nazi	Rice with coconutmilk	A									315
519	ugali wa unga mahindi	Maize ugali (stiff porridge)	Std	225	.	.	475	.	.	250	.	
519	ugali wa unga mahindi	Maize ugali (stiff porridge)	A									450
521	ugali wa unga mchele	Rice ugali (stiff porridge)	Std	200			450			200		
521	ugali wa unga mchele	Rice ugali (stiff porridge)	A									350
522	ugali wa unga mtama na ulezi	Sorghum and finger millet ugali (stiff porridge)	std	200	.	.	450	.	.	200	.	

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 Bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
522	ugali wa unga mtama na ulezi	Sorghum and millet ugali (stiff porridge)	A									350
523	ugali wa unga mahindi na mtama	Maize and sorghum ugali (stiff porridge)	Std	400			450			200		
523	ugali wa unga mahindi na mtama	Maize and sorghum ugali (stiff porridge)	A									350
524	kitumbua	Rice bun	S	50	
524	kitumbua	Rice bun	L	75	
524	kitumbua	Rice bun	A									75
525	makande	Maize and kidney beans dish	Std				500		200			
525	makande	Maize and kidney beans dish	A									350
526	ugali wa unga mhogo	Cassava ugali (stiff porridge)	Std	400	.	.	450	.	.	200	.	
526	ugali wa unga mhogo	Cassava ugali (stiff porridge)	A									350
527	tambi zilizoungwa na chumvi	Vermicelli, plain cooked	Std	350	.	.	400	.	.	200	.	
527	tambi zilizoungwa na chumvi	Vermicelli, plain cooked	A									225
528	uji wa mchele na sukari	Rice porridge with sugar	Std	400	200	200	
528	uji wa mchele na sukari	Rice porridge with sugar	A									350
530	mkate wa kumimina	Rice bread	A									100
531	uji wa mahindi na sukari na siagi	Maize porridge with margarine and sugar	Std	400	200	200						
531	uji wa mahindi na sukari na siagi	Maize porridge with margarine and sugar	A									350
532	maandazi	African doghnut/bun	S	25	
532	maandazi	African doghnut/bun	M	50	
532	maandazi	African doghnut/bun	L	90	
532	maandazi	African doghnut/bun	A			100

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food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
533	uji wa unga mchele na tui la nazi na sukari	Rice porridge with coconut and sugar	Std	400	200	200						
533	uji wa unga mchele na tui bila sukari	Rice porridge with coconut no sugar	A									350
534	keki	Cake (home baked)	S								25	
534	keki	Cake (home baked)	M								50	
534	keki	Cake (home baked)	L								100	
534	keki	Cake (home baked)	A									120
535	tambi na tui la nazi na sukari	Vermicelli with coconut and sugar	Std	350	.	.	400	
535	tambi na tui la nazi na sukari	Vermicelli with coconut and sugar	A									225
536	tambi na mafuta na sukari	Vermicelli with oil and sugar	Std	350	.	.	400	
536	tambi na mafuta na sukari	Vermicelli with oil and sugar	A									225
537	tambi na tui la nazi na chumvi	Vermicelli with coconut and salt	Std	350	.	.	400	
537	tambi na tui la nazi na chumvi	Vermicelli with coconut and salt	A									225
541	uji wa mhogo na sukari	Cassava porridge and sugar	Std	400	200	200	
541	uji wa mhogo na sukari	Cassava porridge and sugar	A									350
542	uji wa ngano na sukari	Wheat porridge + sugar	Std	400	200	200	
542	uji wa ngano na sukari	Wheat porridge + sugar	A									350
551	mchuzi wa nyama	Beef relish	Std	300	150	.	
551	mchuzi wa nyama	Beef relish	A									225
552	mchuzi wa nyama na nazi	Beef relish with coconut	Std	300						150		
552	mchuzi wa nyama na nazi	Beef relish with coconut	A									225

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food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
553	mchuzi wa kuku bila mafuta	Chicken relish with no oil	Std	300						150		
553	mchuzi wa kuku bila mafuta	Chicken relish with no oil	A									200
554	kipande cha kuku	Chicken piece	S	50	
554	kipande cha kuku	Chicken piece	M								100	
554	kipande cha kuku	Chicken piece	L								200	
554	kipande cha kuku	Chicken piece	A									200
556	mchuzi wa kuku na mafuta	Chicken relish with oil	Std	300						150		
556	mchuzi wa kuku na mafuta	Chicken relish with oil	A									200
557	dagaa	Small dried fish	Std	200	.	100	.	.	.	70	.	
558	dagaa	Small dried fish	A									100
559	dagaa	Small dried fish	Std	200	.	100	.	.	.	70	.	
560	dagaa wa kukaanga	Small dried fish -fried	A									100
561	yai la kukaanga	Egg fried	Std								70	
561	yai la kukaanga	Egg fried	A									70
562	spanish omelet	Spanish omelet	Std								100	
563	mchuzi wa samaki	Fish(fresh) fried relish	Std				200			100		
563	mchuzi wa samaki	Fish(fresh) fried relish	A									200
564	samaki wakavu	Dried fish	S	135	
564	samaki wakavu	Dried fish	M	275	
564	samaki wakavu	Dried fish	L	450	
564	samaki wakavu	Dried fish	A									315
565	samaki wabichi	Fresh fish	S	135	
565	samaki wabichi	Fesh fish	M	275	
565	samaki wabichi	Fresh fish	L	450	
565	samaki wabichi	Fresh fish	A									

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food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
566	mchuzi wa samaki wakavu bila mafuta	Fish dried relish no oil	S								120	
566	mchuzi wa samaki wakavu bila mafuta	Fish dried relish no oil	M								250	
566	mchuzi wa samaki wakavu bila mafuta	Fish dried relish no oil	L								400	
566	mchuzi wa samaki wakavu bila mafuta	Fish dried relish no oil	A									250
567	samakiwakavu	Dried fish	S	120	
567	samakiwakavu	Dried fish	M	250	
567	samakiwakavu	Dried fish	L	400	
567	samakiwakavu	Dried fish	A									250
569	samaki wa kukaanga	Fried fish	S	135	
569	samaki wa kukaanga	Fried fish	M	275	
569	samaki wa kukaanga	Fried fish	L	450	
569	samaki wa kukaanga	Fried fish	A									315
570	sambusa – nyama	Samosa – meat	Std								50	
570	sambusa – nyama	Samosa – meat	A		150
571	yai ya kuchemsha	Egg boiled	Std								70	
571	yai ya kuchemsha	Egg boiled	A									70
572	mishikaki	Barbecued meat	A									300
573	mchuzi wa kuku na tui la nazi	Chicken relish with coconut milk	Std	300						150		
573	mchuzi wa kuku na tui la nazi	Chicken relish with coconut milk	A									250
574	kipande cha kuku	Chicken piece	S								50	
574	kipande cha kuku	Chicken piece	M	100	

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food Code	Name Kiswahili	Name English	Size .	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
574	kipande cha kuku	Chicken piece	L	200	
574	kipande cha kuku	Chicken piece	A									200
577	nyama ya kukaanga	Meat fried	Std	300			300			150		
577	nyama ya kukaanga	Meat fried	A									250
601	juisi ya zabibu	Grape juice	Std	200								
601	juisi i ya zabibu	Grape juice	A									200
651	mchuzi wa kunde bila mafuta	Cow pea relish no oil	Std	450						175		
651	mchuzi wa kunde bila mafuta	Cow pea relish no oil	A									200
652	mchuzi wa kunde na tui la nazi	Cow pea relish with coconut milk	Std	450						175		
652	mchuzi wa kunde na tuil la nazi	Cow pea relish with coconut milk	A									200
653	Kunde	Cow peas plain	Std	400	150	.	
653	kunde	Cow peas plain	A									150
654	mchuzi wa kunde na mafuta	Cow pea relish with oil	Std	450						175		
654	mchuzi wa kunde na mafuta	Cow pea relish with oil	A									200
655	maharage mchanganyiko	Beans in mixed dish	Std	200	150	.	
655	maharage mchanganyiko	Beans in mixed dish	A									100
656	maharage kwa ugali au wali	Bean with ugali or rice	Std	200	150	.	
656	maharage kwa ugali au wali	Bean with ugali or rice	A									120
656	maharage kwa ugali au wali	Bean with ugali or rice	A									120
657	maharage- tupu bila mafuta	Beans alone – no oil	Std	450	175	.	
657	maharage matupu	Beans alone	A								.	200
658	choroko – ya kuiva	Mung beans – cooked	Std	400						200		
658	choroko – ya kuiva	Mung beans – cooked	A									150

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food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
658	choroko	Mung bean	Std	200						100		
658	choroko	Mung bean	A									100
659	mbaazi mbichi za kuchemshwa	Pigeon peas fresh boiled	Std	400						200		
659	mbaazi mbichi za kuchemshwa	Pigeon peas fresh boiled	A									120
660	mchuzi wa mbaazi na tui la nazi	Pigeon pea relish with coconut milk	Std	400						200		
660	mchuzi wa mbaazi na tui la nazi	Pigeon pea relish with coconut milk	A									120
661	mchuzi wa mbaazi na mafuta	Pigeon pea relish with oil	Std	400						200		
661	mchuzi wa mbaazi na mafuta	Pigeon pea relish with oil	A									120
662	uji wa soya na sukari	Soya porridge + sugar	Std	400	.	200	
662	uji wa soya na sukari	Soya porridge + sugar	A									350
663	njugumawe	Bambara nuts	Std	500	200	.	
663	njugumawe	Bambara nuts	A									120
664	Dengu iliyopikwa	Chick peas cooked	Std	200	100	.	
664	Dengu iliyopikwa	Chick peas cooked	A									75
664	mchuzi wa dengu na tui la nazi	Chick pea relish with coconut milk	Std	300						150		
664	mchuzi wa dengu na tui la nazi	Chick pea relish with coconut milk	A									150
752	mchicha bila mafuta	Spinsch relish no oil	Std	400	200		.
752	mchicha bila mafuta	Spinach relish no oil	A		200
753	mchicha na mafuta	Spinach relish + oil	Std	400	200	.	
753	mchicha na mafuta	Spinach relish + oil	A									200
754	kachumbari	Cabbage and onion salad	Std	100	.	
754	kachumbari	Cabbage and onion salad	A									50

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food Code	Name Kiswahili	Name English	Size .	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
755	mchuzi wa kabichi na mafuta	Cabbage relish with oil	Std	400	200	.	
756	mchuzi wa kabichi na mafuta	Cabbage relish with oil	A									120
757	mchuzi wa kisamvu na tui la nazi	Cassava leaf relish with coconut	Std	400	200	.	
757	mchuzi wa kisamvu na tui la nazi	Cassava leaf relish with coconut	A									120
759	mchuzi wa majani ya kunde na tui la nazi	Cow pea leaf relish with coconut	Std	400						200		
759	mchuzi wa majani ya kunde na tui la nazi	Cow pea leaf relish with coconut	A									120
762	mchuzi wa mboga za majani na karanga	Medium green leaf relish with groundnuts	Std	400	200	.	
762	mchuzi wa mboga za majani na karanga	Medium green leaf relish with groundnuts	A									120
763	mchuzi wa s mboga za majani na tui la nazi	Medium green leaf relish with coconut milk	Std	400						200		
763	mchuzi wa spinachi na tui la nazi	Medium green leaf relish with coconut milk	A									120
765	mchuzi wa bamia na tui la nazi	Okra with coconut milk	Std	400						200		
765	mchuzi wa bamia na tui la nazi	Okra with coconut milk	A									120
766	njegere	Peas plain	Std	400	200	.	
766	njegere	Peas plain	A									200
767	mchuzi wa njegere	Green pea relish	Std	400	200	.	
767	mchuzi wa njegere	Green pea relish	A									200
768	mchuzi wa majani ya maboga na mafuta	Pumpkin leaf relish with oil	Std	400						200		
768	mchuzi wa majani ya maboga na mafuta	Pumpkin leaf relish with oil	A									120
769	mchuzi wa majani ya maboga bila mafuta	Pumpkin leaf relish without oil	Std	400						200		
769	mchuzi wa majani ya maboga bila mafuta	Pumpkin leaf relish without oil	A		120

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770	mchuzi wa spinachi na karanga na mafuta	Spinach relish with groundnuts and oil	Std	400	200	.	
770	mchuzi wa spinachi na karanga na mafuta	Spinach relish with groundnuts and oil	A									120
771	mchuzi wa spinachi na ufuta	Spinach relish with sesame seeds	9	400						200		
771	mchuzi wa spinachi na ufuta	Spinach relish with sesame seeds	10									120
772	sambusa ya viazi	Samosa potato	Std								70	
772	sambusa ya viazi	Samosa -potato	A		210
776	mchuzi wa mchunga	Mchunga relish with oil	Std	300	100	.	
776	mchuzi wa mchunga	Mchunga relish with oil	A									120
778	mchuzi wa njegere, tui la nazi na mafuta	Green pea relish with coconut and oil	Std	300						200		
778	mchuzi wa njegere, tui la nazi na mafuta	Green pea relish with coconut and oil	A									120
779	mchuzi wa majani ya kunde na karanga	Cowpea leaf relish with groundnuts	Std	300						200		
779	mchuzi wa majani ya kunde na karanga	Cowpea leaf relish with groundnuts	A									120
780	mchuzi wa matembele na tui la nazi	Potato leaf relish with coconut milk	Std	300	200	.	
780	mchuzi wa matembele na tui la nazi	Potato leaf relish with coconut milk	A									120
781	bamia ya kukaanga	Fried okra	A									90
782	mchuzi wa njegere na tui la nazi	Green peas relish with coconut milk	Std	150	200	.	
782	mchuzi wa njegere na tui la nazi	Green peas relish with coconut milk	A									100
851	mchuzi wa mchicha bila mafuta	Spinach broth no oil	Std	400	.	200	.	20		60	.	

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food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
851	mchuzi wa mchicha bila mafuta	Spinach broth no oil	A									60
852	mchuzi wa mchicha na mafuta	Spinach broth+ oil	Std	400		200		20		60		
852	mchuzi wa mchicha nama futa	Spinach broth+ oil	A									60
853	mchuzi wa nyama bila mafuta	Beef broth no oil	Std	400		200		20		60		
853	mchuzi wa nyama bila mafuta	Beef broth no oil	A									60
854	mchuzi wa nyama na mafuta	Beef broth with oil	Std	400		200		20		60		
854	mchuzi wa nyama na mafuta	Beef broth with oil	A									60
855	mchuzi wa kabichi bila mafuta	Cabbage broth no oil	Std	400		200		20		60		
855	mchuzi wa kabichi bila mafuta	Cabbage broth no oil	A									60
856	mchuzi wa kabichi na mafuta	Cabbage broth w oil	Std	400		200		20		60		
856	mchuzi wa kabichi na mafuta	Cabbage broth w oil	A									60
858	mchuzi wa kisamvu na tui la nazi	Cassava leaf broth with coconut milk	Std	400		200		20		60		
858	mchuzi wa kisamvu na tui la nazi	Cassava leaf broth with coconut milk	A									60
860	mchuzi wa kisamvu na mafuta	Cassava leaf broth with oil	Std	400		200		20		60		
860	mchuzi wa kisamvu na mafuta	Cassava leaf broth with oil	A									60
861	mchuzi wa kuku bila mafuta	Chicken broth no oil	Std	400		200		20		60		
861	Mchuzi wa kuku bila mafuta	Chicken broth no oil	A									60
862	mchuzi wa kuku na mafuta	Chicken broth w oil	Std	400				20		60		
862	mchuzi wa kuku na mafuta	Chicken broth w oil	A									60
863	supu ya kunde na tui la nazi	Cow pea broth with coconut milk	Std	400		200		20		60		
863	supu ya kunde na tui la nazi	Cow pea broth with coconut milk	A									60

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864	supu kunde na mafuta	Cow pea broth with oil	Std	400		200		20		60		
864	supu ya kunde na mafuta	Cow pea leaf broth with oil	A									60
865	supu ya kunde bila mafuta	Cow pea broth with no oil	Std	400		200		20		60		
865	supu ya kunde bila mafuta	Cow pea broth with no oil	A									60
866	supu ya majani ya kunde na tui la nazi	Cow pea leaf broth with cocounut milk	Std	400		200		20		60		
866	supu ya majani ya kunde na tui la nazi	Cow pea leaf broth with cocounut milk	A									60
867	supu ya majani ya kunde na mafuta	Cow pea leaf broth with no oil	Std	400		200		20		60		
867	supu ya majani ya kunde na mafuta	Cow pea leaf broth with oil	A									60
868	supu ya samaki na mafuta	Fish broth with oil	Std	400		200		20		60		
868	supu ya samaki na mafuta	Fish broth with oil	A									60
869	supu ya samaki bila mafuta	Fish broth no oil	Std	400		200		20		60		
869	supu ya samaki bila mafuta	Fish broth no oil	A									60
870	supu ya njegere bila mafuta	Green pea broth no oil	Std	400		200		20		60		
870	supu ya njegere bila mafuta	Green pea broth no oil	A									60
871	supu ya njegere na mafuta	Green pea broth with oil	Std	400		200			20	60		
871	supu ya njegere na mafuta	Green pea broth with oil	A									60
872	supu ya maharage na tui la nazi	Kidney bean broth with coconut milk	Std	400		200			20	60		
872	supu ya maharage na tui la nazi	Kidney bean broth with coconut milk	A									60
873	supu ya maharage bila mafuta	Kidney bean broth no oil	Std	400		200			20	60		
873	supu ya maharage bila mafuta	Kidney bean broth no oil	A									60

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food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
874	supu ya maharage na mafuta	Kidney bean broth with oil	Std	400		200			20	60		
874	supu ya maharage na mafuta	Kidney bean broth with oil	A									60
878	supu ya maboga bila mafuta	Pumpkin leaf broth no oil	Std	400		200			20	60		
878	supu ya maboga bila mafuta	Pumpkin leaf broth no oil	A									60
878	supu ya maboga bila mafuta	Pumpkin leaf broth no oil	Std	400		200			20	60		
878	supu ya maboga bila mafuta	Pumpkin leaf broth no oil	A									60
879	supu ya dagaa na mafuta	Sardines broth with oil	Std	400		200			20	60		
879	supu ya dagaa na mafuta	Sardines broth with oil	A									60
880	supu ya njegere na tui la nazi	Green pea broth with coconut	Std	400		200			20	60		
880	supu ya njegere na tui la nazi	Green pea broth with coconut	A									60
881	supu ya majani ya kunde na mafuta	Cow pea leaf broth with oil	Std	400		200		20		60		
881	supu ya majani ya kunde na mafuta	Cow pea leaf broth with oil	A									60
951	ndizi zilizopikwa na mafuta	Banana with oil	Std	420			500			300		
951	ndizi mbichi na mafuta	Banana with oil	A									515
952	ndizi zilizopikwa na tui la nazi na nyama	Banana with meat and coconut milk	Std	420			500			300		
952	ndizi zilizopikwa na nazi tui la na nyama	Banana with meat and coconut milk	A									515
953	ndizi zilizopikwa na nyama	Banana with meat	Std	420			500			300		
953	ndizi zilizopikwa na nyama	Banana with meat	A									515
954	ndizi zilizopikwa na korosho	Banana with cashewnuts	Std	420			500			300		

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Food Code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
954	ndizi zilizopikwa na korosho	Banana with cashewnuts	A									515
955	ndizi zilizopikwa na tui la nazi	Banana with coconut	Std	420			420			210		
955	ndizi zilizopikwa na tui la nazi	Banana with coconut	A		.	.					.	515
956	mhogo na tui na nazi	Cassava with coconut	Std	400	.	.	400	.	.	200	.	
956	mhogo na tui na nazi	Cassava with coconut	A									400
957	mhogo wa kukanga	Cassava fried	Std	50	
957	mhogo wa kukanga	Cassava fried	A									350
958	mchuzi wa viazi mviringo na mafuta	Potato relish with oil	Std	450			450			225		
958	mchuzi wa viazi mviringo na mafuta	Potato relish with oil	A									450
959	mchuzi wa viazi mviringo na nyama	Potato relish with beef	Std	450			450			225		
959	mchuzi wa viazi mviringo na nyama	Potato relish with beef	A									450
960	viazi chipsi	Potato chips	Std	.	.	.	300	.	.	150	.	
960	viazi chipsi	Potato chips	A	300
961	viazi viringo vya kuchemsa	Potato boiled	Std				300	.	.	150		
961	viazi viringo vya kuchemsa	Potato boiled	A									225
963	futari	Selected fruits and tubers	Std				400			200		
963	futari	Selected fruits and tubers	A									400
964	ndizi mbichi ya kukaanga	Banana fried	Std	130	
964	ndizi mbichi ya kukaanga	Banana fried	A									310
965	mhogo mchanganyiko	Cassava mixed	Std	.	.	.	100	.	.	50	.	
965	mhogo mchanganyiko	Cassava mixed	A									100
965	mhogo	Cassava plain	Std	.	.	.	350	.	.	175	.	
965	mhogo mtupu	Cassava plain	A									200
966	viazi vitamu vya kukaanga	Sweet potato fried	Std				400			200		

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Food Code	Name Kiswahili	Name English	Type	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
966	viazi vitamu vya kukaanga	Sweet potato fried	A									200
967	viazi vitamu vya kuchemsha	Boiled sweet potato plain	Std	.	.	.	400	.	.	200	.	
967	viazi vitamu vya kuchemsha vitupu	Boiled sweet potato plain	A	200
968	ndizi mbichi na maharage	Banana with kidney bean	Std	420			500			300	.	.
968	ndizi mbichi na maharage	Banana with kidney bean	A									515
969	ndizi mbichi ya kuchemsha	Banana plain – boiled	Std	.	.	.	290	.	.	175	.	
969	ndizi mbichi ya kuchemsha	Banana plain – boiled	A	200
970	maghimbi mchanganyiko	Taro mixed	Std	.	.	.	200	.	.	100	.	.
970	maghimbi mchanganyiko	Taro mixed	A	.	.	.						200
970	maghimbi ya kuchemsha	Taro plain	A		200
970	maghimbi ya kuchemsha	Taro plain	Std	.	.	.	290	.	.	175		
970	maghimbi mchanganyiko	Taro mixed	Std	.	.	.	200	.	.	100	.	.
970	maghimbi mchanganyiko	Taro mixed	A	.	.	.						200
970	maghimbi ya kuchemsha	Taro plain	Std	.	.	.	290	.	.	175		
972	mchuzi wa viazi mviringo na tui la nazi	Potato relish with coconut milk	Std	400			400			225		
972	mchuzi wa viazi mviringo na tui la nazi	Potato relish with coconut milk	A									450
973	ndizi zilizopikwa na nyama na mboga a majani	Banana with meat and vegetables	A									515
973	ndizi zilizopikwa na nyama na mboga za majani	Banana with meat and vegetables	Std	420			500			300	.	.
975	mtori	Mtori	Std	400		250						
975	mtori	Mtori	A									350
1001	chai na sukari bila maziwa	Tea with sugar no milk	Std	200	.	200	
1001	chai na sukari bila maziwa	Tea with sugar no milk	A									200
1002	chai na maziwa na sugar	Tea with milk and sugar	Std	200	.	200	
1002	chai na maziwa na sugar	Tea with milk and sugar	A									200

VS = Very small S= Small size; M = Medium size; L = Large; VL = Very Large; Std = Standard; A = Adult average portion

food code	Name Kiswahili	Name English	Size	u1 bowl	u2 glass	u3 cup	u4 plate	u5 tbsp	u6 tsp	u7 saucer	u8 unit	10 Average
1003	chai na maziwa bila sukari	Tea with milk no sugar	Std	200	.	200	
1003	chai na maziwa bila sukari	Tea with milk no sugar	A									200
1004	kahawa na sukari bila maziwa	Coffee with sugar no milk	Std	200	.	200	
1004	kahawa na sukari bila maziwa	Coffee with sugar no milk	A									200
1005	kahawa na maziwa and sugar	Coffee with milk and sugar	Std	200		200						
1005	kahawa na maziwa na sugar	Coffee with milk and sugar	A									200
1006	kahawa na maziwa bila sukari	Coffee with milk no sugar	Std	200		200						
1006	kahawa na maziwa bila sukari	Coffee with milk no sugar	Std	200		200						
1101	kahawa na maziwa bila sukari	Coffee with milk no sugar	A									200
1102	samli	Butter oil - ghee	A									7.5
1104	tui la nazi	Coconut milk (squeezed out of coconut)	A		50
1107	margarine na mkate	Margarine with bread	A	15
1107	margarine in mixed dish	Margarine	A	10
1108	mafuta ya mawese	Red palm oil	A	10
1111	mafuta ya Cowboy	Vegetable fat	A									10
1113	mafuta ya maji (yatokanayo na mimea)	Vegetable oil	A									10

Table 3.4 Children Food portion data base

Amounts of food consumed are categorized by age group. Amounts of certain foods can be applied to all foods in that category for example, the amount of rice cooked can be applied to the rice cooked with oil or coconut and likewise for tea with sugar, tea with sugar and milk and so on

Children

Food Code	Name	Name	Age in Months		
	Swahili	English	6-12	13-36	37 and over
			Amount (gm)		
1	biskuti	Biscuits		45	50
3	mkate	Bread		190	135
6	keki	Cake		130	100
9	cerelac ya mtoto	Infant Cerelac	160		
101	parachichi	Avocado		100	
102	ndizi mbivu	Ripe banana	215	80	90
112	embe	Mango			150
114	machungwa	Orange	100	130	
115	papai	Pawpaw		350	250
118	mapeasi	Pears			75
235	maziwa	Milk	150	240	230
251	aisikrimu	Icecream		100	100
256	mtindi	Yoghurt		100	
318	soseji	Sausage		25	
404	karoti	Carrot			70
418	njegere	Peas		10	50
458	soda	Soft drinks (coke, pepsi)		150	200
461	asali	Honey		5	
465	sukari	Sugar			5
512	chapati	Chapati			100
515	pilau	Pillau			175
516	wali	Rice, cooked		140	175
519	ugali	Ugali (stiff porridge)	80	140	130
527	tambi	Vermicelli		100	100

Contd children - Food portion data base

Food Code	Name	Name	Age in Months	Food Code	Name
	Swahili	English	6-12		Swahili
			Amount (gm)		
532	mandazi	African doghnut/bun		75	150
561	yai la kukaanga	Fried egg		40	
569	samaki	Fish	100	90	80
572	mishkaki	Beef pieces			75
574	kuku	Chicken			100
578	nyama (mchuzi)	Meat (in relish)		30	
610	jamu	Jam		5	
658	choroko	Mung bean		50	
679	mchuzi wa dagaa	Sardines relish	75	65	50
752	spinachi	Spinach	30	70	50
754	kachumbari	Cabbage and onion salad		100	45
761	majani ya maboga	Pumpkin leaf		50	
764	mchuzi wa matembele	potato leaf relish			50
781	bamia	Okra		15	
853	mchuzi wa nyama	Beef relish		125	
869	supu ya samaki	Fish broth	45		
873	mchuzi wa maharage	Kidney bean relish	100	70	65
953	ndizi na nyama	Banana and meat relish		200	200
956	mhogo na tui la nazi	Cassava with coconut milk			165
960	chipsi	Chips		100	200
961	viasi	Potato, cooked	60	190	150
965	mhogo	Cassava			65
1001	chai	Tea	60	165	140
603-610	juisi	Juice	55	155	150
974-977	mtori	Banana porridge	180	270	
1101/1110	siagi/ marjarin	Butter/Margarine		2.5	5
All broths					
Section H	mchuzi	Broth	30	75	80
All porridges	uji	Porridge	160	260	260