20/6/17

Kibaya - Melin Market
Konje

BANGO KITITA LA DODOSO LA SOKO

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Nafaka						
Mkate,Chapati	Bread, chapati withwheat		g	g	g	
Mkate wa unga	Bread, loaf, white		g	g	g	
Makate wa ngano	Bread, loaf, whole wheat		g	g	g	
Kande	Maize, cracked, cooked		g	g	g	
Mahindi yasiyokob	Maize, cracked (dehulled), raw		g	g	g	
Mahindi makavu	Maize, dried, raw		g	g	g	
Unga Sembe	Maize, flour, dry, dehulled,	400	260 g	253 g	253 g	SU-9
Unga wa mahindi wa Dona	Maize, flour, dry, whole /		g	g	g	
Mahindi mbichi	Maize, green (white),		g	g	g	
Mahindi mabichi	Maize, green (white), raw		g	g	g	
Mahindi mabichi	Maize, green (yellow),		g	g	g	
Mahindi mabichi	Maize, green (yellow), raw		g	g	g	
Uwele	Millet, bulrush		g	g	g	
Ulezi	Millet, finger		g	g	g	
Tambi (pasta)	Pasta, wheat, dry	600	256 g	258 g	270 g	SU-8
Mchele mwekund	Rice, brown, raw		g	g	g	
Mchele	Rice, raw	500	260 g	253 g	256 g	SU-9
Unga wa mtama	Sorghum, flour		g	g	g	
Mtama	Sorghum, grain, dried		g	g	g	
Unga wa ngano	Wheat, flour, all purpose,		g	g	g	
Unga wa Kiwandani	Maize, white, flour, refined,		g	g	g	
	homemade pasta		g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	uzito 3	Maeleezo
Vyakula						
Viazi mviringo	Potato, english, raw	300	296 g	258 g	270 g	SU 8
Viazi vikuu	Taro, raw		g	g	g	
Magimbi mabichi	Yam, raw		g	g	g	
Mihogo mibichi	Cassava, tuber, raw		g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Viazi vitamu	Sweet potato, white flesh,		g	g	g	
Viazi vitamu (white), vilivyobikwa	Sweet potato, white flesh,		g	g	g	
Viazi viatam,chungwa	Sweet potato, orange, raw		g	g	g	
Viazi vitam, vilivyopikwa na chungawa	Sweet potato, orange, cooked		g	g	g	
Viazi vitamu	Sweet potato, yellow, raw		g	g	g	
Viazi vitamu	Sweet potato, yellow, cooked		g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	Uzito 3	Maeleezo
Mikunde						
Maharage mkavuu	Bean, kidney, dried, raw	500	253 g	254 g	256 g	SU-9
Maharage Mabichi	Bean, kidney, green, raw		g	g	g	
Choroko (green	Bean, mung, raw		g	g	g	
Korosho	Cashew nut		g	g	g	
Kunde mbichi	Cowpea, green,		g	g	g	
Kunde kavu	Cowpea, dried, uncooked		g	g	g	
Dengu	Chickpeas, dried, raw		g	g	g	
Mbaazi mbichi	Pigeon pea, green		g	g	g	
Mbaazi kavu	Pigeon pea, raw, dried		g	g	g	
Soya	Soybean, dried, raw		g	g	g	
Karanga	Groundnut, shelled, dried,	900	256 g	257 g	263 g	SU-9
Njugu Mawe	Bambara Nuts		g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	Maeleezo
Nyama					
Nyama iliyonona	Beef, high fat, raw		g	g	g	
Utumbo	Beef, intestines and stomach,		g	g	g	
Nyama isiyo na	Beef, lean, raw		g	g	g	
Nyama,Maini	Beef, liver, raw		g	g	g	
Nyama ilioyona	Beef, medium fat, raw		g	g	g	
Kuku wa kienyeji	Chicken, local raw, whole		g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Kuku wa nyama	Chicken, broiler, raw,		g	g	g	
Nyama ya mbuzi	Goat, raw		g	g	g	
Nyma ya kondoo	Mutton, raw		g	g	g	
Nyama ya nguruwe	Pork, raw		g	g	g	
Utumbo nguruwe	Pork, intestines and stomach,		g	g	g	
Sungura	Rabbit, raw		g	g	g	
Bata	Duck, raw		g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	
Jina la Asili	**Jina kwa kiingereza**	**Bei (TZS) Msimu 1**	**Uzito 1**	**Uzito 2**		**Maeleezo**
Samaki,						
Dagaa	Fish, small, dried, from sea	600	109 g	103 g	100 g	SU-9
Dagaa	Fish, small, dried, from		g	g	g	
Kambale	Lung fish, fresh		g	g	g	
Kambale wa kukaanga	Lung fish, fried		g	g	g	
Kambale wa kubanikwa	Lung fish, smoked, dried		g	g	g	
Perege wabichi	Tilapia, fresh		g	g	g	
Perege wa	Tilapia, fried		g	g	g	
Perege wa kukausha	Tilapia, dried		g	g	g	
Sangara wabichi	Nile perch, fresh		g	g	g	
Sangara kukaanga	Nile perch, fried		g	g	g	
Sangara kukausha	Nile perch, dried		g	g	g	
Makare	Prawn, fresh		g	g	g	
Kibua	Prawn, fried		g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	
Jina la Asili	**Jina kwa kiingereza**	**Bei (TZS) Msimu 1**	**Uzito 1**	**Uzito 2**	**uzito 3**	**Maeleezo**
Eggs and						
Kuku wa mayai wa	Egg, chicken, local		g	g	g	
Kuku wa mayai wa kisasa	Egg, chicken, layers		g	g	g	
Mayai ya bata	Egg, duck		g	g	g	

Mchicha 100 246 287 225 SV-5

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	uzito 3	Maeleezo
Maziwa						
Maziwa ya ngombe	Milk, cow, fresh, non		g	g	g	
Maziwa ya mbuzi	Milk, goat		g	g	g	
Maziwa ya unga (non	Milk, cow, powdered,		g	g	g	
Maziwa ya unga	Milk, cow, powdered,		g	g	g	
Maziwa	Milk, cow, UHT		g	g	g	
Maziwa ya unga ulioongezwa virutubis	Milk, powder, fortified		g	g	g	
Mtindi wa kiwandani	Yogurt, industrial		g	g	g	
Maziwa mgando	Fermented milk, local		g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	Uzito 3	Maeleezo
Mboga						
kabichi kijani au	Cabbage, green or white, raw		g	g	g	
Spinach	Swiss chard	100	189 g	266 g	269 g	SV-4
Sukuma	Kale, raw or cooked		g	g	g	
Chainizi	Chinese spinach (dark c	100	202 g	169 g	218 g	SV-1
Kisamvu	Cassava, leaves		g	g	g	
Majani ya kunde	Cowpea, leaves	100	157 g	153 g	152 g	SV-2
Mchunga	Spider plant, leaves	100	174 g	148 g	142 g	SV-3
Mchicha Pori	Nightshade, leaves	100	99 g	134 g	154 g	SV-5
Matembele	Sweet potao, leaves	100	271 g	223 g	222 g	SV-1
Majani ya Kitunguu	Onion, leaves		g	g	g	
Majani mashona	Blackjack, leaves	100	179 g	183 g	179 g	SV-1
Mnavu	Nightshade, leaves	100	235 g	188 g	234 g	SV-5
Majani ya maboga	Pumpkin, leaves	100	168 g	180 g	198 g	SV-1
Majani ya magini	Taro, leaves		g	g	g	
Vitunguu	Onion tuber	100	34 g	36 g	33 g	SV-8
Boga	Pumpkin, raw or cooked		g	g	g	

insalati 100 149 223 132 SV-3

chelewe 100 97 107 127 SV-3

figiri 100 134 125 132 SV-5

Mtenda

bwando 100 129 76 104 SV-3

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Mchicha	Leaf, amaranth, raw		g	g	g	
Ngogwe	Eggplant, raw		g	g	g	
Nyanya Chungu	African eggplant, raw	500	299 g	305 g	370 g	SV-6
Mzuzu ndizi	Plantain, ripe, raw		g	g	g	
Ndizi	Plantain, unripe, raw		g	g	g	
Karoti	Carrot, raw	500	252 g	200 g	206 g	SV-6
Bamia	Okra, raw	~~100~~ 100	129 g	146 g	g	SV-3 only 2 piles
Namemba	Leaf, jute, raw		g	g	g	
Lettuce (eaten by	Lettuce, raw		g	g	g	
Matembel e	Leaf, sweet potato, raw		g	g	g	
Pili pili ho ho	Pepper, sweet, green, raw	300	100 g	86 g	100 g	SV8
Pili pili kambi	Pepper, hot	100	36 g	g	g	SV-5 had to stop weighing b/c leaking
small green things tura		100	101 g	111 g	109 g	SV-2
machaga pod beans		100	171	172 g	175 g	SV-2 (only enough to weigh once)
Wild mkobo		100	81 g 117 g	184 g	211 g	SV2

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	uzito 3	Maeleezo
Matunda						
Ndizi kisukari	Banana, small, sweet		g	g	g	
Ndizi za kuiva	Banana, large, ripe		g	g	g	
Matoke	Cooking banana, soft		g	g	g	
Mshare	Cooking banana,		g	g	g	
Msuzu	Cooking banana hard		g	g	g	
Pera	Guava	100	197 g	174 g	167 g	SV-5
Tikiti maji	Watermelon		g	g	g	
Matope tope	Cherimoya (custard apple,		g	g	g	
Stafele	Soursop		g	g	g	
Nanasi	Pineapple		g	g	g	
Fenesi	Jackfruit		g	g	g	
loquat	Loquat		g	g	g	
Embe	Mango		g	g	g	
Juisi ya Chungwa	Orange, juice		g	g	g	
papai	Papaya, ripe or unripe	1000	1125 g	11166 g	997 g	SV-8
Pasheni	Passion fruit		g	g	g	

ngobe 100 145 108 114 SV-5

Mkenda

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Pasheni	Passion fruit, granadilla,		g	g	g	
Chenza	Tangerine	2000	297 g	303 g	281 g	SV-3
Parachichi	Avocado, pulp		g	g	g	
Ukwaju	Tamaring		g	g	g	
Ubuyu	Baobab fruit		g	g	g	
Apple	Apple		g	g	g	
Nazi	Coconut, whole		g	g	g	
Chungwa	Orange		g	g	g	
Papai	Papaya, fruit, ripe		g	g	g	
Limao	Lemon		g	g	g	
Nyanya	Tomato, red, ripe, raw	300	182 g	171 g	211 g	SV-7
			g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	Uzito 3	Maeleezo
Mafuta						
Mafuta ya wanyama	Fat, animal		g	g	g	
Kimbo - Mafuta ya	Fat, vegetable, white, fortified		g	g	g	
Kimbo - Mafuta ya	Fat, vegetable, white,		g	g	g	
Siagi ya Mkate	Margarine		g	g	g	
Mafuata ya alizeti	Oil, sunflower		g	g	g	
Mafuata ya uafuata	Oil, sesame		g	g	g	
Mafuta ya mahindi	Oil, corn		g	g	g	
Siagi	Butter, from cow's milk		g	g	g	
Mafuata ya Mawese mekundu	Oil, palm, red		g	g	g	
Wafuta ya mawese	Oil, palm, flesh		g	g	g	
Mafuata ya	Oil, palm, kernel		g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	uzito 3	Maeleezo
Sukari						
Halfkeki	Half cakes (no egg)		g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Kake	Queen cakes		g	g	g	
Chokolat e	Candy, chocolate		g	g	g	
Pipi Ngumu	Candy, hard		g	g	g	
Bublish, big G	Chewing gum		g	g	g	
Biscut	Cookie		g	g	g	
Juice ya Miwa	Sugar cane, juice		g	g	g	
Muwa	Sugar cane, whole S		g	g	g	
Mandazi (african	Wheat, dough, deep fried		g	g	g	
Biscuit	Biscuit, sweet, packaged		g	g	g	
Asali	Honey		g	g	g	
Sukari Guru	Molasses		g	g	g	
Sukari nyeupe	Sugar, white		g	g	g	
Sukari	Sugar, brown	350	117 g	119 g	120 g	SV-9
•			g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	Uzito 3	Maeleezo
Mitishm						
Magadi soda	Baking powder		g	g	g	
	Bouillon mix		g	g	g	
Iliki	Cardamom		g	g	g	
Pilipili za kijani	Chilli, green, raw		g	g	g	
Pilipili nyekundu	Chilli, red, raw		g	g	g	
Kokoa	Cocoa, powdered		g	g	g	
Binzari	Curry powder		g	g	g	
Glucose	Glucose powder		g	g	g	
Chumvi ya Madini	Salt, iodized		g	g	g	
Chumvi ya isiyo na	Salt, non iodized		g	g	g	
Vituu soumu	Garlic, raw	200	32 g	20 g	22 g	SV-8
Madalasini	Cinnamon, ground		g	g	g	
Malimao	Lemon		g	g	g	
Tangawizi	Ginger, root, raw	200	104 g	81 g	69 g	SV-8
Pilipili hoho	Pepper, black		g	g	g	
Pilipili mangam		500	16	—	—	

Clove 300 21 23 19 SV-9

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Viungo Mchanganyiko	Spices, mix, ground	~~800~~ 500	29 g	29 g	42 g	SV-9
			g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	Maelezo
Vileo					
Bia	Beer, commercial		g	g	
Pombe za kienyeji	Beer, local brew, grains]		g	g	
Pombe ya Asali	Beer, local brew, honey		g	g	
Pombe ya miwa	Beer, local brew, molasses		g	g	
Pombe mchanyik	Beverage mix, bottled liquid		g	g	
Fruto	Beverage, blackcurrant		g	g	
Soda,	Beverage, carbonated,		g	g	
Juisi	Sweetened colored juice		g	g	
Majani ya chai	Black tea, leaf		g	g	
Mchachai	Chamomile, tea		g	g	
Majani ya mchai chai	Lemongrass tea		g	g	
Milo	Chocolate mix, powdered,		g	g	
Kahawa	Coffee, ground, dry		g	g	
Kahawa iliyotayari	Coffee, instant		g	g	
Togwa	local partially fermented		g	g	
Madafu	Coconut, water		g	g	
			g	g	
			g	g	
			g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	Uzito 3	Maelezo
Virutubi						
Mchangan yiko wa	Infant cereal		g	g	g	
Mchangan yiko wa	Infant formula		g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 1	Uzito 1	Uzito 2	Uzito 3	Maeleezo
Composi						
Chips	Potato, strips, fried		g	g	g	
Kake za viazi	Potato pancakes		g	g	g	
Bagia	Bajhia		g	g	g	
Kitumbua	Kitumbua, snack like		g	g	g	
Karanga za	Groundnut, boiled in shell		g	g	g	
Utumbo	Beef, intestines and stomach,		g	g	g	
Nyama isiyo na	Beef, lean, cooked		g	g	g	
Nyama ya mbuzi	Goat, cooked		g	g	g	
Utumbo wa mbuzi	Goat, intestines and		g	g	g	
Utumbo	Goat, intestines and		g	g	g	
Nyama ya Kondoo	Mutton, cooked		g	g	g	
Nyama ya Kondoo	Mutton, high fat, cooked		g	g	g	
Nyama ya kondoo	Mutton, medium,		g	g	g	
Nyama nguruwe	Pork, high fat, cooked		g	g	g	
Utumbo wa	Pork, intestines and stomach,		g	g	g	
Soseji	Sausage		g	g	g	
Sambusa	Samosa		g	g	g	
Ndizi mbivu	Plantain, ripe, cooked		g	g	g	
Udongo	Soil		g	g	g	
			g	g	g	
			g	g	g	
Jina la Asili	**Jina kwa kiingereza**	**Bei (TZS) Msimu 1**	**Uzito 1**	**Uzito 2**	**Uzito 3**	**Maeleezo**
New						
			g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	
			g	g	g	