Kibaya - Melin
Jasmine 20/06/17

# 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 yasiyokoh | Maize, cracked (dehulled), raw | | g | g | g | |
| Mahindi makavu | Maize, dried, raw | 300 | 279 g | 290 g | 313 g | JV3 |
| Unga Sembe | Maize, flour, dry, dehulled, | | g | g | g | |
| Unga wa mahindi wa Dona | Maize, flour, dry, whole / | | g | g | g | |
| Mahindi mbichi | Maize, green (white), | 100 | 296 g | 236 g | 323 g | JV2 |
| 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 | |
| Uiezi | Millet, finger | | g | g | g | |
| Tambi (pasta) | Pasta, wheat, dry | 600 | 209 g | 187 g | 201 g | JV10 |
| Mchele mwekund | Rice, brown, raw | | g | g | g | |
| Mchele | Rice, raw | | g | g | g | |
| 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 | |
| Mahindi yaliyokobolewa. | | 500 | 280 g | 260 g | 287 g | JV3 |
| | | | 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 | 200 | 190 g | 187 g | 168 g | JV2 |
| Viazi vikuu | Taro, raw | | g | g | g | |
| Magimbi mabichi | Yam, raw | 700 | ~~850~~ 740 | 713 g | 585 g | JV6 |
| Mihogo mibichi | Cassava, tuber, raw | 500 | 778 g | 1020 g | 930 g | ~~JV9~~ JV5 |

| | Jina kwa kiingereza | Bei (TZS) Msimu 2 | Uzito 1 | Uzito 2 | Uzito 3 | Maelezo |
|---|---|---|---|---|---|---|
| mu | Sweet potato, white flesh, | | g | g | g | |
| iazi 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 | 500 | 520 g | 581 g | 615 g | JV5 |
| 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 | | g | g | g | |
| Maharage Mabichi | Bean, kidney, green, raw | 100 | 22 g | 33 g | 36 g | JV2 |
| Choroko (green | Bean, mung, raw | 200 | 143 g | 153 g | 155 g | JV3 |
| Korosho | Cashew nut | | g | g | g | |
| Kunde mbichi | Cowpea, green, | | g | g | g | |
| Kunde kavu | Cowpea, dried, uncooked | 250 | 145 g | 148 g | 138 g | JV3 |
| 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, | | g | g | g | |
| 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 | |

| ...a la ...sili | 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 | 500 | 43 g | 29 g | 49 g | JV12 |
| Dagaa | Fish, small, dried, from | | g | g | g | |
| Kambale | Lung fish, fresh | | g | g | g | |
| Kambale wa kukaanga | Lung fish, fried | 500 | 47 g | 50 g | 55 g | JV13 |
| Kambale wa kubanikwa | Lung fish, smoked, dried | | g | g | g | |
| Perege wabichi | Tilapia, fresh | | g | g | g | |
| Perege wa | Tilapia, fried | 600 | 37 g | 35 g | 36 g | JV13 |
| 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 | 500 | 43 g | 40 g | 42 g | JV1 |
| Kuku wa mayai wa kisasa | Egg, chicken, layers | | g | g | g | |
| Mayai ya bata | Egg, duck | 500 | 77 g | 66 g | 73 g | JV1 |

| la<br>sili | Jina kwa<br>kiingereza | Bei (TZS)<br>Msimu 2 | Uzito 1 | Uzito 2 | Uzito 3 | Maelezo |
|---|---|---|---|---|---|---|
| | | | g | g | g | |
| | | | g | g | g | |

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

| Jina la<br>Asili | Jina kwa<br>kiingereza | Bei (TZS)<br>Msimu 1 | Uzito 1 | Uzito 2 | Uzito 3 | Maeleezo |
|---|---|---|---|---|---|---|
| **Mbogam** | | | | | | |
| kabichi<br>kijani au | Cabbage, green<br>or white, raw | 500 | 939 g | 501 g | 610 g | JV1 |
| Spinach | Swiss chard | 200 | 225 g | 240 g | — g | JV2 (only 2) |
| Sukuma | Kale, raw or<br>cooked | | g | g | g | |
| Chainizi | Chinese<br>spinach (dark C | 200 | 219 g | 219 g | 185 g | JV2 |
| Kisamvu | Cassava, leaves | | g | g | g | |
| Majani ya<br>kunde | Cowpea, leaves | | g | g | g | |
| Mchunga | Spider plant,<br>leaves | | g | g | g | |
| Mchicha Pori | Nightshade,<br>leaves | 100 | 103 g | 128 g | 97 g | JV2 |
| Matembele | Sweet potao,<br>leaves | 100 | 119 g | 125 g | 110 g | JV2 |
| Majani ya<br>Kitunguu | Onion, leaves | | g | g | g | |
| Majani<br>mashona | Blackjack,<br>leaves | | g | g | g | |
| Mnavu | Nightshade,<br>leaves | 200 | 191 g | 223 g | 225 g | JV2 |
| Majani ya<br>maboga | Pumpkin,<br>leaves | | g | g | g | |
| Majani ya<br>magini | Taro, leaves | | g | g | g | |
| Vitunguu | Onion tuber | 50 | 22 g | 22 g | 25 g | JV1 |
| Boga | Pumpkin, raw<br>or cooked | 500 | 738 g | 892 g | 601 g | JV1 |
| Mung'unya (small) | | 200 | 423 | 334 | 484 | JV1 |
| pumpkin seeds | | 100 | 9 | 9 | 8 | JV1 |

| a<br>li | Jina kwa<br>kiingereza | Bei (TZS)<br>Msimu 2 | Uzito 1 | Uzito 2 | Uzito 3 | Maelezo |
|---|---|---|---|---|---|---|
| Achicha | Leaf, amaranth, raw | | g | g | g | |
| Ngogwe | Eggplant, raw | 200 | 186 g | 166 g | — g | JV1 (only 2) |
| Nyanya Chungu | African eggplant, raw | 200 | 82 g | 77 g | 80 g | JV1 |
| Mzuzu ndizi | Plantain, ripe, raw | | g | g | g | |
| Ndizi | Plantain, unripe, raw | | g | g | g | |
| Karoti | Carrot, raw | 100 | 34 g | 43 g | 63 g | JV1 |
| Bamia | Okra, raw | 200 | 83 g | 58 g | 62 g | JV1 |
| 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 | 100 | 18 g | 17 g | 26 g | JV1 |
| Pili pili kambi | Pepper, hot | 100 | [redacted] g | 21 g | 28 g | JV1 |
| Bilinganya | | 200 | 86 g | 94 g | 99 g | JV1 |
| Munda | | 200 | 11 g | 11 g | 13 g | JV1 |
| | | | g | g | g | |

| 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 | 100 | 86 g | 88 g | 82 g | JV9 |
| Matoke | Cooking banana, soft | | g | g | g | |
| Mshare | Cooking banana, | | g | g | g | |
| Msuzu | Cooking banana hard | | g | g | g | |
| Pera | Guava | 50 | 74 g | 51 g | 90 g | JV1 |
| 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 (small) | 100 | 123 g | 111 g | 138 g | JV7 |
| Juisi ya Chungwa | Orange, juice | | g | g | g | |
| papai | Papaya, ripe or unripe | | g | g | g | |
| Pasheni | Passion fruit | | g | g | g | |

| | Jina kwa kiingereza | Bei (TZS) Msimu 2 | Uzito 1 | Uzito 2 | Uzito 3 | Maelezo |
|---|---|---|---|---|---|---|
| eni | Passion fruit, granadilla, | 100 | 50 g | 50 g | 65 g | JV 8 |
| Chenza | Tangerine | | g | g | g | |
| Parachichi | Avocado, pulp | 200 | 167 g | 138 g | 149 g | JM 0 |
| Ukwaju | Tamaring | | g | g | g | |
| Ubuyu | Baobab fruit | | g | g | g | |
| Apple | Apple | | g | g | g | |
| Nazi | Coconut, whole | 300 | 138 g | 164 g | 150 g | JV 1 |
| Chungwa | Orange | 100 | 145 g | 128 g | 161 g | JV 1 |
| Papai | Papaya, fruit, ripe | 700 | 823 g | 569 g | 725 g | JV 1 |
| Limao | Lemon | | g | g | g | |
| Nyanya | Tomato, red, ripe, raw | 200 | 187 g | 184 g | 188 g | JV 1 |
| Tango · | (local) cucumber | 100 | 149 g | 154 g | 286 g | JV 1 |
| Odimu · | | 50 | 20 g | 28 g | 38 g | JV 1 |
| | | | 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 kwa kiingereza | Bei (TZS) Msimu 2 | Uzito 1 | Uzito 2 | Uzito 3 | Maelezo |
|---|---|---|---|---|---|---|
| ke | 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 | 100 | 371 g | 303 g | 373 g | JV4 |
| 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 | | 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** |
| **Mitishm** | | | | | | |
| Magadi soda | Baking powder | | g | g | g | |
| | Bouillon mix | | g | g | g | |
| Iliki | Cardamom | 100 | 1 g | <1 g | <1 g | JV12 |
| 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 | 200 | 230 g | 230 g | 240 g | JV10 |
| Vituu soumu | Garlic, raw | 100 | 7 g | 8 g | 12 g | JV11 |
| Madalasini | Cinnamon, ground | | g | g | g | |
| Malimao | Lemon | 50 | 85 g | 84 g | 101 g | JV2 |
| Tangawizi | Ginger, root, raw | 100 | 11 g | 8 g | 7 g | JV1 |
| Pilipili hoho | Pepper, black | | g | g | g | |

Wrapped in newspaper

| | Jina kwa kiingereza | Bei (TZS) Msimu 2 | Uzito 1 | Uzito 2 | Uzito 3 | Maelezo |
|---|---|---|---|---|---|---|
| ngo Ichangan | Spices, mix, ground Whole | 200 | 16 g | 16 g | 14 g | JV9 |
| Pilipili Mzinga | | 200 | 7 g | 5 g | 6 g | JV12 |
| | Cumin | | g | g | g | |
| Binzari Nyembamba | | 100 | 0.67 g | 0.67 g | 0.67 g | JV12 |

| Jina la Asili | Jina kwa kiingereza | Bei (TZS) Msimu 1 | Uzito 1 | Uzito 2 | | Maeleezo |
|---|---|---|---|---|---|---|
| **Vileo** | | | | | | |
| Bia | Beer, commercial | | g | g | g | |
| Pombe za kienyeji | Beer, local brew, grains] | | g | g | g | |
| Pombe ya Asali | Beer, local brew, honey | | g | g | g | |
| Pombe ya miwa | Beer, local brew, molasses | | g | g | g | |
| Pombe mchanyik | Beverage mix, bottled liquid | | g | g | g | |
| Fruto | Beverage, blackcurrant | | g | g | g | |
| Soda, | Beverage, carbonated, | | g | g | g | |
| Juisi | Sweetened colored juice | | g | g | g | |
| Majani ya chai | Black tea, leaf | | g | g | g | |
| Mchachai | Chamomile, tea | | g | g | g | |
| Majani ya mchai chai | Lemongrass tea | 100 | 16 g | 21 g | 23 g | JV1 |
| Milo | Chocolate mix, powdered, | | g | g | g | |
| Kahawa | Coffee, ground, dry | | g | g | g | |
| Kahawa iliyotayari | Coffee, instant | | g | g | g | |
| Togwa | local partially fermented | | g | g | g | |
| Madafu | Coconut, water | | 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 |
|---|---|---|---|---|---|---|
| **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 kwa kiingereza | Bei (TZS) Msimu 2 | Uzito 1 | Uzito 2 | Uzito 3 | Maelezo |
|---|---|---|---|---|---|---|
| ina 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 | 50 | 21 | 11 g | 18 g | JV12 |
| Kweme | | 200 | 11 g | 9 g | 9 g | JV14 |
| | | | 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 | |