Jasmine 23/06/17

Kimbada Dakawa

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,		g	g	g	
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	
Mahindl mabichi	Maize, green (yellow), raw		g	g	g	
Switch Uwele	Millet, bulrush	1600	254 g	252 g	250 g	JV1
Ulezi	Millet, finger	~~1600~~ 600	248 g	257 g	244 g	JV1
Tambi (pasta)	Pasta, wheat, dry		g	g	g	
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	500	245 g	248 g	252 g	JV1
Unga wa ngano	Wheat, flour, all purpose,		g	g	g	
Unga wa Kiwandani	Maize, white, flour, refined,		g	g	g	
	Wheat grain	1600	252 g	256 g	251 g	JV1
			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		g	g	g	
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		g	g	g	
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,	200	602 g	52 g	56g	JV1
Njugu Mawe dried	Bambara Nuts	750	249g	252g	249g	JV1
Ufuta	Sesame	750	262g	252g	260g	JV1
Ubuyu	Baobo	300	254g	252g	252g	JV1

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		g	g	g	
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	

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
Mbogam						
kabichi kijani au	Cabbage, green or white, raw		g	g	g	
Spinach	Swiss chard		g	g	g	
Sukuma	Kale, raw or cooked		g	g	g	
Chainizi	Chinese spinach (dark c	200	257 g	398 g	305 g	JV3
Kisamvu	Cassava, leaves		g	g	g	
Majani ya kunde	Cowpea, leaves		g	g	g	
Mchunga	Spider plant, leaves		g	g	g	
Mchicha Pori	Nightshade, leaves		g	g	g	
Matembele	Sweet potao, leaves	200	212 g	241 g	— g	JV2 (only 2)
Majani ya Kitunguu	Onion, leaves		g	g	g	
Majani mashona	Blackjack, leaves		g	g	g	
Mnavu	Nightshade, leaves		g	g	g	
Majani ya maboga	Pumpkin, leaves		g	g	g	
Majani ya magini	Taro, leaves		g	g	g	
Vitunguu	Onion tuber	100	42 g	41 g	43 g	JV2
Boga	Pumpkin, raw or cooked		g	g	g	

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Mchicha	Leaf, amaranth, raw	200	194 g	237 g	243 g	JV2
Ngogwe	Eggplant, raw	200	205 g	204 g	174 g	JV2
Nyanya Chungu	African eggplant, raw		~~7~~ g	g	g	
Mzuzu ndizi	Plantain, ripe, raw		g	g	g	
Ndizi	Plantain, unripe, raw		g	g	g	
Karoti	Carrot, raw	200	64 g	65 g	69 g	JV2
Bamia	Okra, raw		g	g	g	
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	73 g	62 g	74 g	JV2
Pili pili kambi	Pepper, hot	50	12 g	12 g	12 g	JV1
	cucumber	300	157 g	237 g	g	JV4
			g	g	g	
			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	150	118 g	129 g	134 g	JV3
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		g	g	g	
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		g	g	g	
Pasheni	Passion fruit		g	g	g	

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		g	g	g	
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	1800	464g	529g	413g	JV1
Chungwa	Orange		g	g	g	
Papai	Papaya, fruit, ripe		g	g	g	
Limao	Lemon		g	g	g	
Nyanya	Tomato, red, ripe, raw	800	244g	267g	234g	JV2
			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		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	2 g	1 g	1 g	JV1
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	200	195 g	193 g	190 g	JV1
Chumvi ya isiyo na	Salt, non iodized		g	g	g	
Vituu soumu	Garlic, raw	100	5 g	4 g	6 g	JV1
Madalasini	Cinnamon, ground		g	g	g	
Malimao	Lemon	100	62 g	78 g	85 g	JV1
Tangawizi	Ginger, root, raw		g	g	g	
Pilipili ~~hoho~~ mango	Pepper, black		g	g	g	

Cumin 100 5 8 5 JV1

Jina la Asili	Jina kwa kiingereza	Bei (TZS) Msimu 2	Uzito 1	Uzito 2	Uzito 3	Maelezo
Viungo Mchangan	Spices, mix, ground		g	g	g	
Karafu	cloves	100	~~2~~ g	3 g	2 g	JV2
giligiliani		100	6 g	7 g	5 g	JV1
			g	g	g	

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		g	g	g	
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 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	50	9 g	8 g	8 g	JV1
			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	