



Eswatini Food Composition Table

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Siniketiwe Zwane-Mdaka, Bongekile Ndwandwe, Girlie Simelane,
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First Edition

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This publication was made possible with the support of the above mentioned organizations; however, the opinions expressed are those of the compilers / authors and do not necessarily reflect the views of the organisations

First Edition
2019

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Published by the MoA.
ISBN 978-978-131-361-5

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List of Acronyms

AOAC	Association of Official Analytical Chemists
CSO	Central Statistics Office
DARSS	Department of Agricultural Research and Specialist Services
DHS	Demographic and Health Survey
FAO	Food and Agriculture Organization
FCD	Food Composition Database
FCT	Food Composition Table
IITA	International Institute of Tropical Agriculture
INFOODS	International Network of Food Data Systems
MICS	Multiple Indicator Cluster Survey
MIRACLE	Making Agriculture Innovations work for Small Holder Farmers Affected by HIV/Aids in Southern Africa
MoA	Ministry of Agriculture
MOH	Ministry of Health
MRC	Medical Research Council
SADCAS	Southern African Development Community Accreditation Services
SIDA	Swedish International Development Agency
ENNC	Eswatini National Nutrition Council
UNESWA	University of Eswatini
USDA	United States Department of Agriculture
VAC	Vulnerability Assessment Committee
WFP	World Food Programme

Foreword

The foods we eat are defined by our up-bringing, culture, religion, availability, economic capacity, access and health status. Food consumption and dietary intake studies are important for defining nutrient adequacy in the population, explaining disease patterns especially in children; in policy formulation and in addressing food shortages or challenges in populations. The world is now a global village with ease of transportation of food. This brings about currently debated transitions in demography, nutrition and epidemiology of disease patterns in populations. Adequacy or inadequacy of dietary intake or access to food is responsible for most of the diet related diseases in the world. One method of addressing nutrient adequacy or inadequacy is the development of a Food Composition Table (FCT) or database.

A Food Composition Table or Database is an instrument that provides detailed Food Composition Data (FCD) on the nutritionally important components of foods. They provide values for energy, nutrients including protein, carbohydrates, fat, vitamins and minerals and other important food components such as fiber. FCT or FCD is important in many fields including clinical practice, research, nutrition policy formulation, public health and education, and the food manufacturing industry. It is also used in a variety of ways including: national programs for the assessment of diet and nutritional status of a population and development of therapeutic and institutional diets (Elmadfa and Meyer, 2010).

In the developed, industrialized countries of the world, food consumption studies are under taken at regular intervals to address food, nutrition and health issues in their countries. The dietary intake studies, give answers to the questions of what foods people are consuming, how much of each food per head are consumed, what are the nutrients supplied by this consumption, and how adequate are the nutrient intakes when compared with individual requirements.

Basic indicators strongly suggest that Eswatini is falling short of its food and nutrition security objectives. In 2010, 31% of children were affected with severe stunting, with stunting more prevalent in rural areas (33%) than urban areas (23%) (MICS, 2010). In 2014, twenty six (26) percent of children were stunted or too short for their age and two percent were wasted or too thin for their height. Moreover, stunting is 27 percent in rural areas and 19 percent in urban areas. For children whose mothers have no education, stunting is 33 percent, while it is only five percent for those with mothers who have tertiary education (MICS, 2014). The high prevalence of stunting is evidence of widespread under-nourishment as well as lack of dietary diversity and poor health including the high prevalence of HIV/AIDS. Overall, 42% of children under five years and 18% of those, 5-11 years have some degree of anaemia (DHS/07 & MICS/10)

Annual vulnerability assessment reports from year 2006-2012 consistently show higher numbers of food insecure households in the dry middle-veld and low-veld areas where crop yields are lower and less reliable. They indicate that 20-25% of Swazi households are chronically food insecure. Poor dietary diversity is also a challenge leading to a range of malnutrition conditions, including stunting and underweight conditions in children, obesity in adults and other non-communicable diseases like diabetes, cardio - vascular diseases and hypertension (VAC/13). Therefore there is need for Eswatini to have a Food Composition Table or Database that can be effectively used to calculate nutrient intake and determine if a person is consuming enough food to meet the daily requirements and for different daily physiological needs. The FCT will also guide relevant institutions in designing appropriate interventions for addressing nutrition and health status of the Swazi population. The FCT will also provide the first database of foods that consumed in Eswatini.

The data in the FCT are on foods that are frequently consumed by Swazis including locally produced and imported foods. The database consists of 300 common foods which were identified and prioritized by different communities in Eswatini during a national food consumption and nutrition survey conducted in 2012. Some foods were prepared using methods that are preferred by the local people and samples taken for proximate and mineral analysis in accredited laboratories, IITA Food and Nutrition Laboratory, Ibadan, Nigeria and Microchem Specialized Laboratory Services in Cape Town, South Africa, respectively.

It is therefore our pleasure to recommend this document for the use in the Kingdom of Eswatini.



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Acknowledgement

The Ministry of Agriculture (MoA) would like to acknowledge the listed individuals and organizations/institutions, for their invaluable contributions towards the development of the First Edition of the Food Composition Table for Eswatini.

The success of this document would not have been possible without the determination, support and visionary efforts of Dr Busie Maziya-Dixon who had a desire to see the livelihoods of the Swazi people improved, particularly those who are marginalized.

The Ministry expresses its heartfelt thanks to the International Institute of Tropical Agriculture (IITA), for initiating the project on “Nutrition and household Survey on Food Consumption and Dietary Intakes of Women of Child bearing Age and Children, 6-59 months of Age, from Households Affected by HIV & Aids in Eswatini”. The International Institute of Tropical Agriculture provided guidance and technical support during the implementation of the project, beginning with the survey, food preparation and standardization of recipes, sample preparation and analysis until the compilation of the Food Composition Table (FCT).

The Ministry is also grateful to the Swedish International Development Agency (SIDA), the sponsors who provided financial support; without which it would not have been possible to implement the project.

The contribution by the Home Economics Section and Eswatini National Nutrition Council (ENNC) in hosting and implementing the project is also recognized. In particular, the officers who agreed to host the project: Ms Nomakhosi Nxumalo, Ms Thankful Dlamini, Ms Nikiwe Dlamini and Ms Danisile Vilakati who were respectively in-charge of the Home Economics Section and Eswatini National Nutrition Council, during different periods of the project implementation.

The Ministry gives credit to everyone who participated in the data collection exercise namely: community leaders who allowed the survey to be carried out in their respective communities; community members who availed themselves for the survey to share their experiences and knowledge on the foods consumed by Swazis and how they are prepared and government officers from the Ministries of Agriculture and Health and other stakeholders who were involved.

In a special way, the Ministry is very grateful to the 8 women who represented the four regions of the country, for their hard work, dedication and patience during the kitchen testing and standardization of recipes and sample preparation. They sacrificed their family time and spent days away from their families to prepare food samples using the methods commonly used in their respective regions. The dedication shown by officers (Bongekile Jele-Magongo, Menzi Ngwenya and Nozizwe Tsabedze-Zwane) who supervised this activity which was demanding is also appreciated.

Special appreciation is extended to the Department of Agricultural Research and Specialist Services (DARSS) for their commitment and willingness to collaborate with IITA in carrying out research work and also for providing office space, laboratories for food and sample preparation.

The Ministry also wishes to acknowledge the laboratory personnel who diligently prepared samples and travelled to Nigeria for the sample analysis which was carried out in the Food and Nutrition Laboratory at IITA Headquarters. Gratitude also goes to the IITA laboratory staff, Dr. Alamu Emmanuel Oladeji and Michael Adesokan who were supervisors of the Laboratory during different times of the food analyses.

Special thanks go to Professor Babatunde Oguntona, Consultant in Foods and Nutrition and Dr Rasaki. A. Sanusi, from the University of Ibadan, Department of Human Nutrition, Nigeria for their dedication, patience and love, shown during the implementation of the project. They provided technical guidance on how to compile food composition tables/databases, reviewing all work done from the beginning to the end of the project including the nutrition survey, sample preparation, standardization of recipes and documentation skills and compilation of FCT.

The participation of Mr. Sam Ofodile, Biometrician, IITA, Nigeria and Mr. Shadrack Chisenga, Food Scientist/Nutritionist, IITA, Zambia, who also provided technical assistance and support during the nutrition and household dietary intake survey, is well appreciated.

The Ministry commends the Working Committee: Siniketiwe Zwane-Mdaka, Bongekile Jele- Magongo, Nozizwe Tsabedze- Zwane, Girlie Simelane, Bongekile Ndwandwe, Alfred Nkwanyana, Dr T. E. Sibiya and Phumzile Mdziniso, for working tirelessly in compiling the Food Composition Table.

Introduction

This is the First Edition of the Food Composition Table for Eswatini. It is a compilation of foods available and frequently consumed in the Kingdom of Eswatini and is put together to provide nutrient content of the foods, processed and prepared using the methods that people prefer in their homes and communities. However, the foods differ among communities and can sometimes be identified by different names in different communities. Processing and cooking methods also differ according to regions.

The nutrient content of the foods listed in the Food Composition Table, are derived from many sources which include: laboratory analyses, USDA Food Composition Database, South African Food Composition Tables, other Sub-Saharan Countries and Publications. Foods listed here were encountered during the Nutrition Survey on Food Consumption and Dietary Intakes of women of childbearing age and children 6-59 months of age from Households Affected by HIV/AIDS in Eswatini. The survey, using a 24 –hour dietary recall, was conducted in the four regions of Eswatini in 2012. However, there are other foods in this edition that were added after a team of experts reviewed the list and agreed to include other missing available and commonly consumed foods.

This edition includes 13 food groups as listed below, 210 individual foods that represent the most commonly consumed food items in Eswatini and 93 mixed dishes. The mixed dishes are classified into 5 groups; Relishes (fish and seafood, legume based, meat based, poultry based, vegetable based); Cereal Based; One-pot meals; Snacks and Vegetable side dishes. Each of the single food items has a unique code that identifies it with its food group and the food code within this group. Foods are listed alphabetically in English, SiSwati and Scientific names within each food group. The recipes compiled during the survey have been compiled in a separate document after they were kitchen tested and standardized.

Sample Preparation

Recipes that were compiled and documented during the national food consumption and nutrition survey were kitchen tested using the traditional methods as described by the women during the survey and without the interference of professionals. Each recipe was prepared in four (4) replications. Then 4 samples (4 x 100g) were taken for proximate analysis which was carried out in an accredited laboratory at IITA headquarters, Ibadan. The documented recipes were further standardized by the women with the assistance of professionals following the procedure recommended by InFoods, (Rand *et al* 1991). The standardized recipes were prepared in triplicate and a one (1) x 100 g sample was pooled from the 3 replications and was analyzed for mineral composition. The analysis was carried out at Microchem Specialized Service Laboratory, a SADCAS accredited laboratory in Cape Town, South Africa.

Food Groups

Food groups are recommended in structuring food composition tables. They ensure that the entire diet of the population is represented instead of focusing on certain food groups at the expense of others. The groups have been designed according to their contributions in the Swazi diet.

The Food Composition table provides information on the nutrient content of 100g edible portion of each of the listed foods. Foods are grouped in the food table in a manner suggested in the FAO “Program of Food Consumption Surveys” 1964, with the exception of nuts and seeds which are combined into one group with legumes (Greenfield and Southgate, (2003), Charrondière, *et al* (2012).

The thirteen (13) food groups are as follows: -

1. Cereals, and their products
2. Roots, tubers and their products
3. Legumes, nuts and seeds
4. Vegetables
5. Fruits and their products
6. Meat and meat products
7. Poultry and eggs
8. Fish and seafood
9. Milk and milk products
10. Oils and fats
11. Sweets and sugars
12. Beverages, alcoholic and non-alcoholic
13. Miscellaneous

Limitation of Data

Many of the tabulated nutritive values of single foods presented in this food composition table are derived from actual analyses reported by various investigators and databases. Data for many foods are still incomplete and inadequate for defining representative values for foods commonly used in Eswatini.

Methods of Analysis

The Association of Official Analytical Chemists (AOAC, 1990) Methods were used to determine proximate analysis (Moisture, Protein, Carbohydrates, Fat, Fiber and Ash). The minerals (sodium, calcium, copper, iron, potassium, magnesium, manganese, phosphorus, selenium, zinc) were also determined using the AOAC Method 984.27 (J. AOAC Int. 2009 Sept-Oct; 92(5):1484-518).

Total carbohydrate (CHO): This was determined by difference, which is the addition of percentage of moisture, protein, fat and ash contents subtracted from 100%.

Energy value (kcal) was calculated using the Atwater system for determination of energy values which is the addition of protein, fat and carbohydrates multiplied by the conversion factors: 4 kcal/g, 9 kcal/g, 4 kcal/g respectively. (Merrill, A. L., and Watt, B. K. (1973).

Definition and Expression of Nutrients

All values are presented per 100g edible portion. The data were compiled according to international standards for composition and compilation by use in the INFOODS Food Component Identifiers as enumerated below (Klensin et al 1989).

Edible portion	ratio	Calculated as the edible portion of the total food as purchased	EDIBLE
Energy	kcal	Calculated according to standardized Procedure using the Atwater conversion factors: Protein (4 kcal/g), Fat (9 kcal/g) and Carbohydrates (4 kcal/g).	ENER
Water	g	Drying	WATER
Protein, total	g	The values for protein were computed from the nitrogen content as determined by the Kjeldahl method, multiplied by a conversion factor. From the fact that most proteins contain approximately 16 percent nitrogen, protein contents were calculated with the factor 6.25 for conversion of nitrogen to protein.	PROT (formally PROTCNT)
Fat	g	Mixed solvent extraction (or Soxhlet extraction for cereals).	FAT (FATCE)
Carbohydrate	g	The values refer to "total carbohydrate by difference"--that is, the sum of the values for moisture, protein, fat, and ash are subtracted from 100.	CHOAVLDF
Fibre, total dietary or if missing then crude fibre)	g	AOAC Prosky method or (Weende Method)	FIBTG or (FIBC)
Ash	g	AOAC, 1990 Drying Method	ASH
Sodium	mg	Minerals were analysed using the AOAC method 984.27 (J. AOAC Int. 2009 Sept-Oct; 92(5):1484-518).	Na
Calcium	mg	"	Ca
Iron	mg	"	Fe
Copper	mg	"	Cu
Potassium	mg	"	K
Magnesium	mg	"	Mg
Manganese	mg	"	Mn
Phosphorus	mg	"	P
Selenium	mg	"	Se
Zinc	mg	"	Zn

How to use the Table

This first edition of Eswatini's Food Composition Table (FCT) provides information of the food available and consumed in Eswatini, as encountered during the Food Consumption and Nutrition survey in 2012. The grouping here follows international standards whereby foods are grouped based on their major contributions in the diet e.g. cereal groups provide energy. In each food group, there are many distinct foods. These are identified by codes, names and descriptions. The English, siSwati and Scientific names are also provided where possible. When the nutrient value is zero (0), it indicates that no data were found. For the mixed foods, the range values (minimum-maximum) and the number of analyses used for deriving the food values given in the food composition table are indicated in italics, below each nutrient. The term "with vegetables" which appears in relishes in the food composition table refers to the addition of onions, tomatoes, potatoes, carrots and green pepper to the main ingredients of the dish.

Finding Values for Food

Using the example of fresh maize, the first step is to identify the food group where the food of interest falls, in this case Cereals and their products. Identify and open the page number of the food group (Cereals and their products) as listed in the table of contents. On the identified page, the foods are listed in alphabetical order under each food group. Each food has its nutritional values listed in a table.

Arrangement of the Tables

Each page contains two (2) tables. The first table gives the food code, food name and description in English, SiSwati name and Scientific name, along with data for proximate nutrients (Water, Energy, Protein, Fat, Available carbohydrates, Fibre and Ash).

Serial no.	Code	Food name and Description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	PROT (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
1											
Cereals and their products											
1	01-01001	Maize, white, whole grain, raw	Umbbila	<i>Zea mays</i>	76.0	86.0	3.2	1.2	19.0	2.7	0.6
<i>min-max</i>											
<i>N</i>											

The second table gives the food code, food name and description in English, SiSwati name, and scientific name, along with data for the mineral values of the food (Sodium, Calcium, Copper, Iron, Potassium, Magnesium, Manganese, Phosphorus Selenium and Zinc).

Serial no	Code	Food name and Description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
1														
Cereals and their products														
1	01-01001	Maize, white, whole grain, raw	Umbbila	<i>Zea mays</i>	11.00	10.00	0.20	3.00	346.00	123.00	700.00	241.00	-	2.30
<i>min-max</i>														
<i>N</i>														

The second page gives the food code, food name and description in English, SiSwati name, scientific name along with data for the mineral values of the food (Sodium, Calcium, Copper, Iron, Potassium, Magnesium, Manganese, Phosphorus, Selenium, and Zinc) as shown below.

Food number

For ease of reference in this First Edition, each food has a serial number to make it easy to determine how many foods are in the food composition table and a unique food code number which is given in the index. Each food group has been coded and is written as a prefix in the food code; 01-Cereals, and their products, 02 -Roots, tubers and their products, 03-Legumes, nuts and seeds, 04-Vegetables, 05-Fruits and their products, 06-Meat and meat products, 07-Poultry and eggs, 08- Fish and seafood, 09-Milk and milk products, 10-Oils and fats, 11-Sweets and sugars, 12-Beverages, alcoholic and non-alcoholic, 13-Miscellaneous.

The next two digits after the food group represent the food number, within the food group. For example 01 means that this is the first food within the food group. This number is then followed by the three digit number assigned to the product of the food which is within the food group. For example, 001 means that this is the first product of the food which was analysed. Food products of a food could go up to 100; hence the 3 digit number to accommodate any number of food products up to 100.

Efforts have been made to ensure a complete list of all foods consumed in Eswatini. However, many foods have still not been covered even though they are frequently consumed by Swazis, due to inadequate resources to conduct laboratory analyses or unavailability of data for similar foods prepared in the same methods used in Eswatini.

Due to the fact that the costs of reagents for analysis are extremely high, this edition of the FCT will consist of only 300 proximate and/or mineral values of the selected foods. Some of the selected foods still have missing values. This situation then calls for attention or the immediate need for more analytical and biochemical investigation of foods used in Eswatini.

Appendices

Appendix 1 shows names of all the foods that were listed as commonly used foods in Eswatini in their raw, processed and prepared form.

Appendix 2 shows names of mixed dishes commonly consumed in Eswatini.

Sources of data

The bulk of the data was obtained from laboratory analyses of foods that were prepared and cooked by selected Swazi women using their everyday methods of processing (proximate) and analyses of samples from Swazi standardized recipes (minerals). Some data were imported from Food Composition Tables of other countries with similar food types and research publications. It is worth mentioning that due to inadequate nutrient data, the sources of data for proximate and mineral composition of the same food may come from different food composition tables/databases. However, such databases are referenced at the bottom of each table.

The food composition tables used include:

- MRC FCT
- Lesotho FCT
- Tanzania FCT
- Mozambique FCT
- Zimbabwe FCT
- USDA databases
- Food Composition Table for use in Africa

Nutrient values are presented in one (1) decimal point for proximate composition and two decimal points for mineral composition because of their small quantities.

Recommendation

There is need for more laboratory food analysis of the locally available foods in Eswatini. A periodic review of this document is necessary to include the missing data, new data that will emerge from better analytical methods and data for new foods.

Composition tables for proximate and mineral content

Serial no.	Code	Food name and Description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)	
	01	Cereals and their products										
1	01-01001	Maize, white, whole grain, raw	Umbbila	<i>Zea mays</i>	76.0	86.0	3.2	1.2	19.0	2.7	0.6	
		<i>min-max</i>										
		<i>N</i>										
2	01-01002	Maize, yellow, whole grain, raw	Sangalane	<i>Zea mays</i>	76.1	86.0	3.3	1.4	18.7	2.0	0.6	
		<i>min-max</i>										
		<i>N</i>										
3	01-01003	Maize, white, boiled, on the cob (without salt)	Lifutfo		58.8	169.0	2.7	1.4	36.4	0	0.8	
		<i>min-max</i>					2.1-4	0.7-2.3	0.7-0.8			
		<i>N</i>					4	4	4	4		
4	01-01004	Maize, yellow, boiled on the cob (without salt)	Sangalane lesiphekiwe		73.4	96.0	3.4	1.5	21.0	2.4	0.7	
		<i>min-max</i>										
		<i>N</i>										

Source: Chemical analysis, USDA databases

Serial no	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
1	01-01001	Maize, white, whole grain, raw	Umbbila	<i>Zea mays</i>	11.00	10.00	0.20	3.00	346.00	123.00	700.00	241.00	0	2.30
		<i>min-max</i>												
		<i>N</i>												
2	01-01002	Maize, yellow, whole grain, raw	Sangalane	<i>Zea mays</i>	11.00	10.00	0.20	3.00	346.00	123.00	0	241.00	0	2.30
		<i>min-max</i>												
		<i>N</i>												
3	01-01003	Maize, white, boiled, on the cob (without salt)	Lifutfo		13.50	2.50	0	0.70	118.00	0	0	89.10	0	0
		<i>min-max</i>												
		<i>N</i>												
4	01-01004	Maize, yellow, boiled on the cob (without salt)	Sangalane lesiphekiwe		0	0	0	0	0	0	0	0	0	0
		<i>min-max</i>												
		<i>N</i>												

Source: Chemical analysis, USDA Databases

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
5	01-01005	Maize, white, roasted, on the cob	Umbbila wekosa		45.3	228.2	3.4	2.2	48.7	0	1.0
		<i>min-max</i>			43.1-47.5		2.6-4.7	1.4-2.9	0	0	0.8-1.0
		<i>N</i>			4		4	3			4
6	01-01006	Maize, yellow, dried, popped with salt	i-popcorn		0	2092.0	9.0	28.1	58.1	10.0	0
		<i>min-max</i>									
		<i>N</i>									
7	01-01007	Maize, flaked (cornflakes)	ema-cornflakes		3.0	387.0	7.7	0.2	82.9	3.3	0
		<i>min-max</i>									
		<i>N</i>									
8	01-01008	Maize, white, wholegrain, dried, boiled with salt	Tinkhobe		51.6	212.3	2.2	1.1	48.4	0	0.6
		<i>min-max</i>			50.5-52.5		1.6-2.4	0.5-1.6			0.5-0.8
		<i>N</i>			4		4	4			4

Source: Chemical analysis; MRC

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
5	01-01005	Maize, white, roasted, on the cob	Umbbila wekosa		5.91	11.80	0.22	2.80	366.00	68.20	0.29	174.00	<800.0	2.04
		<i>min-max</i>												
		<i>N</i>												
6	01-01006	Maize, yellow, dried, popped with salt	i-popcorn		1940.00	8.00	0	2.10	0	0	0.30	216.00	0	0
		<i>min-max</i>												
		<i>N</i>												
7	01-01007	Maize, flaked (cornflakes)	ema-cornflakes		1211.00	11.00	0	12.00	106.00	13.00	0.08	51.00	0	0
		<i>min-max</i>												
		<i>N</i>												
8	01-01008	Maize, white, wholegrain, dried, boiled with salt	Tinkhobe		0	0	0	0	0	0	0	0	0	0
		<i>min-max</i>												
		<i>N</i>												

Source: Chemical analysis, MRC

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
9	01-01009	Maize, white, wholegrain, dry, pan-roasted	Imbhasha		3.0	390.0	9.8	4.4	77.8	0	1.0
		<i>min-max</i>					9.6-10.5	4.2-17.2			1.2-2.6
		<i>N</i>			4		4	4			4
10	01-01010	Maize, white, coarse ground (samp), boiled (without salt)	Sitambhu lesiphekiwe		77.0	94.3	1.2	1.1	19.9	0	0.8
		<i>min-max</i>					1.0-1.5	0.2-2.5			0.4-1.1
		<i>N</i>			4		4	4			4
11	01-01011	Maize, white, grits raw (mealie rice)	Liheleyisi		78.8		1.0	0.7		0	0.6
		<i>min-max</i>					0.7-1.2	0.06-1.2			0.4-0.9
		<i>N</i>			4		4	4			4
12	01-01012	Maize, white, grits (mealie rice), boiled (without salt)	Liheleyisi leliphekiwe		78.8	86.3	1.0	0.7	19.0	0	0.6
		<i>min-max</i>									
		<i>N</i>			4		4	4			4

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
9	01-01009	Maize, white, wholegrain, dry, pan-roasted	Imbhasha		4.00	4.00	0.07	1.12	129.00	46.00	261.20	90.00	0	0.86
		<i>min-max</i>												
		<i>N</i>												
10	01-01010	Maize, white, coarse ground (samp), boiled (without salt)	Sitambhu lesiphekiwe		1.00	1.00	0.02	0.20	28.00	7.00	30.00	15.00	0	0.13
		<i>min-max</i>												
		<i>N</i>												
11	01-01011	Maize, white, grits raw (mealie rice)	Liheleyisi		3.00	3.00	0.07	0.60	110.00	28.00	100.00	60.00	0	0.50
		<i>min-max</i>												
		<i>N</i>												
12	01-01012	Maize, white, grits (mealie rice), boiled (without salt)	Liheleyisi leliphekiwe		1.00	1.00	0.02	0.20	28.00	7.00	30.00	15.00	0	0.13
		<i>min-max</i>												
		<i>N</i>												

Source: MRC

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
13	01-01013	Maize meal, white, dry, unrefined	Imphuphu lehhayekile		12.0	356.3	9.5	3.7		0	0
<i>min-max</i>											
<i>N</i>											
14	01-01014	Maize meal, white, dry, refined	Imphuphu lecolisakele		12.7	363.2	8.3	1.8		0	0
<i>min-max</i>											
<i>N</i>											
15	01-01015	Maize meal, white, unrefined, boiled into stiff porridge (without salt)	Liphalishi lelihhayekile		65.0	138.9	1.9	0.5	31.7	0	1.0
<i>min-max</i>							1.6-2.1	0.1-0.6	0.7-1.3		
<i>N</i>					4	4	4	4			

Source: Chemical analysis, FCT for Zimbabwe

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
13	01-01013	Maize meal, white, dry, unrefined	Imphuphu		11.30	16.30	0	3.00	288.00	0	0	0	241.00	0
<i>min-max</i>														
<i>N</i>														
14	01-01014	Maize meal, white, dry, refined	Imphuphu ecolisakele		0	8.50	0	3.10	0	0	0	49.00	0	0
<i>min-max</i>														
<i>N</i>														
15	01-01015	Maize meal, white, unrefined, boiled into stiff porridge (without salt)	Liphalishi lelihhayekile		0	0	0	0	0	0	0	0	0	0
<i>min-max</i>														
<i>N</i>														

Source: FCT for Zimbabwe

Serial code	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
16	01-01016	Maize meal, white, refined, boiled into stiff porridge (without salt)	Liphalishi lelicosakele		68.7	126.2	0.9	0.6	29.3	0	0.5
		<i>min-max</i>						0.03-1.1			0.4-0.7
		<i>N</i>			4		4	4			4
17	01-01017	Maize meal, white, boiled into crumbled porridge (without salt)	Luphutfu		0	820.0	4.7	1.9	46.5	4.5	0
		<i>min-max</i>			66.9-70		2-2.4	0.4-6.8			0.6-1.0
		<i>N</i>			4		4	4			4
18	01-01018	Maize meal, white, unrefined, fermented, boiled into soft porridge with sugar added	Incwancwa yemphuphu lehhayekile		80.8	80.8	0.7	0.8	17.7	0	0.2
		<i>min-max</i>			78.5-82.1		0.5-0.8	0.2-1.4			0.2-0.3
		<i>N</i>			3		3	4			3

Source: Chemical analysis

Serial code	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
16	01-01016	Maize meal, white, refined, boiled into stiff porridge (without salt)	Liphalishi lelicosakele		5.00	4.00	0.04	0.30	96.00	30.00	114.68	67.00	0	0.34
		<i>min-max</i>												
		<i>N</i>												
17	01-01017	Maize meal, white, boiled into crumbled porridge (without salt)	Luphutfu		2.00	1.00	0.04	0.30	102.00	30.00	0.12	71.00	0	0.37
		<i>min-max</i>												
		<i>N</i>												
18	01-01018	Maize meal, white, unrefined, fermented, boiled into soft porridge with sugar	Incwancwa yemphuphu lehhayekile		0	0	0	0	0	0	0	0	0	0
		<i>min-max</i>												
		<i>N</i>												

Source: MRC

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
19	01-01019	Maize meal, white, refined, fermented, cooked into soft porridge with sugar	Incwancwa yemphuphu lecolisakele		82.9	77.0	0.5	1.8	14.7	0	0.1
	<i>min-max</i>				<i>52.3-84.1</i>		<i>0.4-0.6</i>	<i>0.2-6.1</i>			<i>0.09-0.16</i>
	<i>N</i>				<i>4</i>		<i>4</i>	<i>4</i>			<i>4</i>
20	01-01020	Maize meal, white, refined, fermented, boiled into stiff porridge	Liphalishi lelimunyu		73.7	107.6	1.1	0.8	24.0	0	0
	<i>min-max</i>				<i>69.8-75.6</i>		<i>0.5-2.03</i>	<i>0.3-1.7</i>			<i>0.3-0.3</i>
	<i>N</i>				<i>4</i>		<i>4</i>	<i>4</i>			<i>4</i>

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
19	01-01019	Maize meal, white, refined, fermented, cooked into soft porridge with sugar	Incwancwa Yemphuphu lecolisakele		0	0	0	0	0	0	0	0	0	0
	<i>min-max</i>													
	<i>N</i>													
20	01-01020	Maize meal, white, refined, fermented, boiled into stiff porridge	Liphalishi lelimunyu		0	0	0	0	0	0	0	0	0	0
	<i>min-max</i>													
	<i>N</i>													

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
21	01-01021	Maize meal, white, unrefined, fermented, thin porridge, with sugar added (beverage)	Emahewu		86.9	58.2	0.5	0.6	12.7	0	0.1
		<i>min-max</i>			84.5-89.3		0.4-0.8	0.39-0.9			0.09-0.12
		<i>N</i>			4		4	3			4
22	01-01022	Maize meal, white, refined, thick porridge, mixed with water and fermented	Singwangwa		78.2	87.6	0.8	0.3	20.4	0	2.1
		<i>min-max</i>			74.4-81.8		0.7-1	0.16-0.43			0.2-0.4
		<i>N</i>			4		4	4			4

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
21	01-01021	Maize meal, white, unrefined, fermented, thin porridge, with sugar added (beverage)	Emahewu		0	37.00	0	0.30	18.00	0	0	38.00	0	0
		<i>min-max</i>												
		<i>N</i>												
22	01-01022	Maize meal, white, refined, thick porridge, mixed with water and fermented	Singwangwa		0	0	0	0	0	0	0	0	0	0
		<i>min-max</i>												
		<i>N</i>												

Source: MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
23	01-02001	Oats, cream white, rolled, raw	i-oats	<i>Avena sativa</i>	10.8	379.0	13.2	6.5	67.7	10.1	1.8
min-max											
N											
24	01-02002	Oats, cream white, rolled, boiled into porridge	i-oats lephekiwe		83.6	71.0	2.5	1.5	12.0	1.7	0
min-max											
N											
25	01-02003	Oats, cream white, wholegrain, instant, raw	i-oats lengaphekwa		8.9	362.0	11.9	6.9	69.5	10.0	2.8
min-max											
N											

Source: USDA Databases

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
23	01-02001	Oats, cream white, rolled, raw	i-oats	<i>Avena sativa</i>	12.00	54.00	0.36	4.40	362.00	153.00	3.76	491.00	0	3.18
min-max														
N														
24	01-02002	Oats, cream white, rolled, boiled into porridge	i-oats lephekiwe		2.00	8.00	0.06	0.70	57.00	24.00	0.59	77.0	0	0.50
min-max														
N														
25	01-02003	Oats, cream white, wholegrain, instant, raw	i-oats lengaphekwa		0	0	0	0	0	0	0	0	0	0
min-max														
N														

Source: USDA databases

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
26	01-02004	Oats, cream white, rolled, instant, prepared with boiling water	i-oats letselwe emanti labilako		84.0	68.0	2.4	1.4	11.7	1.7	0.6
min-max											
N											
27	01-03001	Rice, white, parboiled, long-grain, raw	i-rice	<i>Oryza sativa</i>	9.9	374.0	7.5	1.0	80.9	1.6	0.7
min-max					68.4-73.1		0.68-1.4	0.004-0.4			0.1-0.7
N					4		4	4			4
28	01-03002	Rice, white, parboiled, long-grain, boiled (without salt)	i-rice lephekiwe		70.1	123.0	2.9	0.4	28.1	0.9	0.3
min-max											
N											

Source: Chemical analysis; USDA databases

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
26	01-02004	oats, cream white, rolled, instant, prepared with boiling water	i-oats letselwe emanti labilako		0	0	0	0	0	0	0	0	0	0
min-max														
N														
27	01-03001	Rice, white, parboiled, long-grain, raw	i-rice	<i>Oryza sativa</i>	1.00	3.00	0.21	4.23	76.00	23.00	1.04	95.00	15.10	1.10
min-max														
N														
28	01-03002	Rice, white, parboiled, long-grain, boiled (without salt)	i-rice lephekiwe		0	1.00	0.07	1.46	26.00	8.00	0.36	33.00	7.50	0.40
min-max														
N														

Source: Chemical analysis; USDA databases

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
29	01-03003	Rice, white, parboiled, medium-grain, boiled (without salt)	i-rice lephekiwe		70.1	0	1.2	0.3	0	0	0.3
min-max											
N											
30	01-03004	Rice, white, roasted, popped (rice crispies)	ema-rice crispies		3	1602.0	6.6	0.2	86.8	0.5	2.7
min-max											
N											
31	01-04001	Sorghum, red, wholegrain, raw	Emabele labovu	<i>Sorghum bicolor</i>	12.4	329.0	10.6	3.5	72.1	607.0	1.5
min-max											
N											

Source: USDA databases

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
29	01-03003	Rice, white, parboiled, medium-grain, boiled (without salt)	i-rice lephekiwe		0	0	0	0	0	0	0	0	0	0
min-max														
N														
30	01-03004	Rice, white, roasted, popped (rice crispies)	ema-rice crispies		1323.00	11.00	0.30	11.00	100.00	37.00	1.00	141.00	2.00	2.00
min-max														
N														
31	01-04001	Sorghum, red, wholegrain, raw	Emabele labovu	<i>Sorghum bicolor</i>	6.00	28.00	0	4.40	350.00	0	0	287.00	0	0
min-max														
N														

Source: USDA databases

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
32	01-04002	Sorghum, red, meal, raw	Imphuphu yemabele		12.3	348.0	10.3	2.9	76.3	0	0
min-max											
N											
33	01-04003	Sorghum, red, unrefined, fermented, cooked into soft porridge, sugar added	Umhidvo		84.7	64.0	1.0	0.8	13.2	0	20.0
min-max					83.4-86.7		0.7-1.3	0.2-2		0.18-0.23	
N					4	4	4	4			

Source: Chemical analysis, FCT for Zimbabwe

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
32	01-04002	Sorghum, red, meal, raw	Imphuphu yemabele		0	21.30	0	13.50	0	0	207.00	0	0	00
min-max														
N														
33	01-04003	Sorghum, red, unrefined, fermented, cooked into soft porridge, sugar added	Umhidvo		3.66	8.55	0.28	1.69	41.20	15.80	0.14	34.90	<800	0.55
min-max														
N														

Source: Chemical analysis, FCT for Zimbabwe

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
34	01-04004	Sorghum, red, meal, fermented, boiled into soft porridge, sugar added	Incwancwa yemabele		82.5	73.6	0.6	0.8	16.0	0	0.2
		min-max			81.2-85		0.3-0.8	0.2-2.0			0.14-0.19
		N			4		4	4			4
35	01-04005	Sorghum, red, refined, fermented thin porridge with sugar (beverage)	Emahewu emabele		84.7	0	1.0	0.8	0	0	0.2
		min-max									
		N									
36	01-05001	Wheat, wholegrain, raw	Kolo	<i>Triticum aestivum</i>	12.2	1383.0	10.4	1.6	61.7	12.5	1.7
		min-max									
		N									

Source: Chemical analysis, MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
34	01-04004	Sorghum, red, meal, fermented, boiled into soft porridge, sugar added	Incwancwa yemabele		4.03	10.40	0.30	0.90	32.70	11.30	0.13	24.40	<800	0.12
		min-max												
		N												
35	01-04005	Sorghum, red, refined, fermented thin porridge with sugar (beverage)	Emahewu emabele		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												
36	01-05001	Wheat, wholegrain, raw	Kolo	<i>Triticum aestivum</i>	2.00	27.00	0.45	3.21	397.00	126.00	4.39	493.00	0	2.63
		min-max												
		N												

Source: Chemical analysis, MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
37	01-05002	Wheat, flour, wholewheat	Flour wa kolo lohhayekile		0	1424.0	13.2	2.5	72.0	10.7	0
min-max											
N											
38	01-05003	Wheat, flour, white (cake flour)	Flour wemakhekhe		12.5	1515.0	8.2	0.9	75.3	2.7	0
min-max											
N											
39	01-05004	Wheat, flour, brown (bread flour)	Flour wesinkhwa lesimnyama		12.4	332.0	9.6	2.0	74.5	13.1	1.5
min-max											
N											

Source: MRC

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
37	01-05002	Wheat, flour, wholewheat	Flour wa kolo lohhayekile		3.00	38.00	0.45	3.90	340.00	120.00	3.10	320.00	6.00	2.90
min-max														
N														
38	01-05003	Wheat, flour, white (cake flour)	Flour wemakhekhe		360.00	350.00	0.17	2.00	150.00	20.00	6.00	450.00	2.00	0.60
min-max														
N														
39	01-05004	Wheat, flour, brown (bread flour)	Flour wesinkhwa lesimnyama		4.00	130.00	0.32	3.20	250.00	80.00	1.90	230.00	4.00	1.90
min-max														
N														

Source: MRC

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
40	01-05005	Wheat, flour, selfraising	Flour lotikhukhumkelako		0	14.8	9.9	1.0	74.2	2.7	0
min-max											
N											
02	Roots, Tubers and their products										
41	02-01001	Cassava, root, raw	Umjumbula	<i>Manihot esculenta</i>	59.7	160.0	1.4	0.3	38.1	1.8	0.6
min-max											
N											
42	02-01002	Cassava, root, peeled boiled with salt	Umjumbula lobilisiwe		69.9	120.3	0.4	0.7	28.1	0	1.0
min-max					67.7-71.5		0.2-0.5	0.05-1.8			0.9-1.1
N					4		4	4			4

Source: Chemical analysis; Tanzania FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
40	01-05005	Wheat, flour, selfraising	Flour lotikhukhumkelako		1270.00	338.00	0.11	1.60	124.00	19.00	1.00	595.00	0	0.62
min-max														
N														
41	02-01001	Cassava, root, raw	Umjumbula	<i>Manihot esculenta</i>	8.00	19.00	0	0.50	274.00	21.00	0	37.00	0	1.07
min-max														
N														
42	02-01002	Cassava, root, peeled boiled with salt	Umjumbula lobilisiwe		5.00	15.00	0	0.48	448.00	29.00	0	44.00	0	0.33
min-max														
N														

Source: FCT for Mozambique, MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
43	02-02001	Potato, Irish, raw	Emazambane	<i>Solanum tuberosum</i>	77.7	82.0	1.7	0.1	18.9	0.6	1.6
min-max											
N											
44	02-02002	Potato, Irish, boiled with skin, with salt	Emazambane lanesikhumba labilisiwe		81.2	93.2	1.2	1.2	19.4	0	1.3
min-max											
N											
45	02-02003	Potato, Irish, peeled, boiled with salt	Emazambane lacatiwe abiliswa		77.5	84.0	2.0	0.1	15.1	0.4	1.0
min-max					79.7-82.7		0.9-1.4	0.2-2.7			0.8-1.9
N					4		4	4			4

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
43	02-02001	Potato, Irish, raw	Emazambane	<i>Solanum tuberosum</i>	2.00	6.00	0.09	1.20	398.00	15.00	140.00	45.00	0.60	0.29
min-max														
N														
44	02-02002	Potato, Irish, boiled with skin, with salt added	Emazambane lanesikhumba labilisiwe		4.00	5.00	0.19	0.30	370.00	22.00	0.14	44.00	0	0.30
min-max														
N														
45	02-02003	Potato, Irish, peeled, boiled with salt added	Emazambane lacatiwe abiliswa		2.00	6.00	0.11	0.60	279.00	12.00	130.00	38.00	0.30	0.26
min-max														
N														

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
46	02-02004	Potato, Irish, baked with skin	Emazabane langakacatwa labhakiwe		73.8	98.0	2.4	0.1	22.5	0.5	1.2
min-max											
N											
47	02-02005	Potato, Irish, peeled, sliced, deep-fried in sunflower oil	Ema-chips emazambane		56.7	202.1	2.1	7.3	32.0	0	1.9
min-max					48.5-61.5		1.8-2.5	1.6-16.6			0.3-2.9
N					4		4	4			4
48	02-03001	Sweet Potato, white flesh, raw	Bhatata	<i>Ipomoea batatas</i>	0	323.0	1.1	0.1	17.7	2.1	0
min-max											
N											

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
46	02-02004	Potato, Irish, baked with skin	Emazambane langakacatwa labhakiwe		8.00	10.00	0.31	1.40	418.00	27.00	0.23	57.00	0	0.32
min-max														
N														
47	02-02005	Potato, Irish, peeled, sliced, deep-fried in sunflower oil	Ema-chips emazambane		12.00	11.00	0.14	0.80	660.00	31.00	200.00	62.00	2.00	0.60
min-max														
N														
48	02-03001	Sweet Potato, white flesh, raw	Bhatata	<i>Ipomoea batatas</i>	12.00	12.00	0.11	0.30	285.00	13.00	100.00	34.00	0.40	0.18
min-max														
N														

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
49	02-03002	Sweet potato, white flesh boiled with skin	Bhatata lobilisiwe		69.6	0	0.7	0	28.4	0	1.0
		min-max									
		N									
50	02-03003	Sweet potato,, white flesh, baked with skin	Bhatata lobhakiwe		63.6	146.7	0.8	0.7	34.3	0	0
		min-max			62.0-65.5		0.5-1.1	0.02-0.47			0.8-1.8
		N			4		4	4			4
51	02-03004	Sweet potato, yellow flesh, raw	Bhatata lomtfubi		68.8	121.0	1.6	0.2	28.5	1	0.9
		min-max			63.9-72.3		0.5-1	0.08-1			0.6-1.3
		N			4		4	4			4

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
49	02-03002	Sweet potato, white flesh boiled with skin	Bhatata lobilisiwe		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												
50	02-03003	Sweet potato, white flesh, baked with skin	Bhatata lobhakiwe		10.00	28.00	0.21	0.50	348.00	20.00	0.56	55.00	0	0.29
		min-max												
		N												
51	02-03004	Sweet potato, yellow flesh, raw	Bhatata lomtfubi		10.00	27.00	0	0.50	250.00	14.00	0	47.00	0	0.50
		min-max												
		N												

Source: FCT for Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
52	02-03005	Sweet potato, yellow flesh, boiled with skin	Bhatata lomtfubi lobilisiwe		73.2	102.0	1.9	0.2	23.7	0.6	1
min-max											
N											
53	02-04001	Taro, raw	Emathapha	<i>Colocasia esculenta</i>	70.6	112.0	1.5	0.2	26.5	4.1	1.2
min-max											
N											

Source: Tanzania FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
52	02-03005	Sweet potato, yellow flesh, boiled with skin	Bhatata lomtfubi lobilisiwe		21.00	29.70	0	0.70	282.00	0	0	45.50	0	00
min-max														
N														
53	02-04001	Taro, raw	Emathapha	<i>Colocasia esculenta</i>	11.00	43.00	0.2	0.1	591.00	33.00	0	84.00	0	0.20
min-max														
N														

Source: Tanzania FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
03		Legumes, Nuts and Seeds									
54	03-01001	Cowpea, red, dry	Tinhlumaya letibovu	<i>Vigna unguiculata</i>	11.1	292.0	24.0	2.3	27.3	33.1	2.3
min-max											
N											
55	03-01002	Cowpea, red, boiled (without salt)	Tinhlumaya letiphekiwe		68.0	105.0	8.6	0.8	9.8	11.9	0.8
min-max											
N											

Source: FCT for Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
54		Cowpea, red, dry	Tinhlumaya letibovu	<i>Vigna unguiculata</i>	6.00	82.00	0	6.30	966.00	151.00	0	438.00	0	3.60
min-max														
N														
55	03-01001	Cowpea, red, boiled (without salt)	Tinhlumaya letiphekiwe		2.00	25.00	0	1.70	226.00	38.00	0	126.00	0	1.10
min-max														
N														

Source: FCT for Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
56	03-01003	Cowpea, red, boiled, mashed with salt	Siphuphe setinhlumaya		45.3	0	12.2	10.9	0	0	2.4
min-max											
N											
57	03-01004	Cowpea, red, fresh	Tinhlumaya letimanti		86.0	49.0	3.3	0.3	6.8	2.7	0.9
min-max											
N											
58	03-02001	Jugo bean, dry, raw	Tindlubu	<i>Voandzeia Subterranean</i>	9.2	374.0	20.2	6.2	56.2	4.8	3.4
min-max											
N											

Source: Chemical analysis, FCT for Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
56	03-01003	Cowpea, red, boiled, mashed with salt	Siphuphe setinhlumaya		0	0	0	0	0	0	0	0	0	0
min-max														
N														
57	03-01004	Cowpea, red, fresh	Tinhlumaya letimanti		4.00	65.00	0	1.00	215.00	25.00	0	65.00	0	0.24
min-max														
N														
58	03-02001	Jugo bean, dry, raw	Tindlubu	<i>Voandzeia Subterranean</i>	25.00	90.00	0	4.40	1329.00	182.00	0	219.00	0	2.20
min-max														
N														

Source: Chemical analysis, FCT for Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
59	03-02002	Jugo bean, boiled, mashed, with salt	Siphuphe setindlubu		61.0	0	4.3	4.1	0	00	1.6
		min-max			58.6-62.7		3.9-4.8				
		N			3		3	3			3
60	03-03001	Mung bean, dry, raw	Mngomeni	<i>Vugna radiata</i>	9.1	326.0	23.9	1.2	46.3	16.3	3.3
		min-max									
		N									
61	03-04001	Pigeon pea, dry, raw	Livikandlala	<i>Cajanus cajan</i>	11.2	334.0	20.2	1.4	55.0	8.6	3.6
		min-max									
		N									

Source: FCT of Mozambique; chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
59	03-02002	Jugo bean, boiled, mashed, with salt	Siphuphe setindlubu	-	0	0	0	0	0	0	0	0	0	0
		min-max												
		N												
60	03-03001	Mung bean, dry, raw	Mngomeni	<i>Vugna radiata</i>	15.00	132.00	0	6.74	1246	189.00	0	367.00	0	2.68
		min-max												
		N												
61	03-04001	Pigeon pea, dry, raw	Livikandlala	<i>Cajanus cajan</i>	26.00	123.00	0	5.82	927.00	171.00	0	282.00	0	2.77
		min-max												
		N												

Source: FCT of Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
62	03-05001	Soya bean, dry, raw	i- soya	<i>Glycine max</i>	8.5	1543.0	35.9	18.6	14.4	1.6	1.6
min-max											
N											
63	03-06001	Sugar beans, speckled, dry, raw	Emabhontjisi	<i>Phaseolus vulgaris</i>	12.4	1308.0	16.9	1.3	46.2	19.4	1.9
min-max											
N											
64	03-06002	Sugar beans, speckled, dry, boiled with salt	Emabhontjisi laphekiwe		63.0	532.0	7.1	0.6	19.5	8.2	2.1
min-max											
N											
65	03-07001	Marula nut, raw	Tinganu	<i>Scelerocarya birrea</i>	3.9	604.0	24.6	57.5	9.7	2.7	4.8
min-max											
N											

Source: FCT for Mozambique, Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
62	03-05001	Soya bean, dry, raw	i- soya		5.00	5.00	1.55	9.70	1730.00	250.00	2600.00	660.00	14.00	4.30
min-max														
N														
63	03-06001	Sugar beans, speckled, dry, raw	Emabhontjisi		35.00	85.00	0.88	5.90	11.40	17	1310.00	164	0	2.54
min-max														
N														
64	3-06002	Sugar beans, speckled, dry, boiled with salt	Emabhontjisi laphekiwe		14.00	32.00	0.30	2.10	368.00	55.00	560.00	122.00	0	1.06
min-max														
N														
65	03-07001	Marula nut, raw	Tinganu		0	0	0	0	0	0	0	0	0	0
min-max														
N														

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
66	03-08001	Peanuts, shelled, raw	Emantongomane	<i>Arachis Hypogaea</i>	6.5	549.0	23.2	44.3	23.0	2.9	2.5
min-max											
N											
67	03-08002	Peanuts, unshelled, boiled with salt	Umbhonyo wemantongomane		35.9	291.9	10.4	9.5	41.2	0	3.0
min-max					34.7-37		3.9-14.1	6.7-14.1			2.8-3.2
N					4		4	4			4
68	03-08003	Peanuts, shelled, roasted with salt	Emantongomane lakhantingwe		1.7	595.0	23.2	50.9	32.7	3.2	2.4
min-max					1.4-2.3		25.6-26.6	28.7-44.9			3.5-5.2
N					4		4	4			4

Source: Chemical Analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
66	03-08001	Peanuts, shelled, raw	Emantongomane	<i>Arachis Hypogaea</i>	5.30	58.10	0	2.80	672.00	0	0	404.70	0	0
min-max														
N														
67	03-08002	Peanuts, unshelled, boiled with salt	Umbhonyo wemantongomane		0	0	0	0	0	0	0	0	0	0
min-max														
N														
68	03-08003	Peanuts, shelled, roasted with salt	Emantongomane lakhantingwe		335.00	56.50	0.90	6.52	774.00	223.00	1.75	386.00	< 0.800	7.48
min-max														
N														

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
69	03-09001	Pumpkin seeds, dry, raw	Tintsanga		6.3	2392.0	24.5	45.9	13.9	3.9	4.9
min-max											
N											
70	03-09002	Pumpkin seeds, roasted, powdered	Tintsanga letikhantiwe tasilwa		0.9	505.9	31.4	25.1	38.6	0	4.0
min-max					0.5-1.1		28.9-33.5	6-35.5			3.8-4.2
N					4		4	4			4
71	03-10001	Sesame seed, raw	Ludvonca	<i>Sesamum indicum</i>	8.0	414.0	10.8	18.1	55.2	30.5	8.0
min-max											
N											

Source: Chemical analysis, Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
69	03-09001	Pumpkin seeds, dry, raw	Tintsanga		0	40.00	0	10.00	0	0	0	0	0	0
min-max														
N														
70	03-09002	Pumpkin seeds, roasted, powdered	Tintsanga letikhantiwe tasilwa		4.23	43.20	1.67	12.10	762.00	359.00	4.06	721.00	< 0.800	6.27
min-max														
N														
71	03-10001	Sesame seed, raw	Ludvonca	<i>Sesamum indicum</i>	11.00	975.00	4.10	14.60	468.00	351.00	2.50	629.00	0	7.80
min-max														
N														

Source Chemical analysis, Tanzania FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
04		Vegetables									
Leafy vegetables											
72	04-01001	Amaranth, leaves, raw	Imbuya	<i>Amaranthus hybridus</i>	90.0	36.3	2.2	0.7	5.3	0	2.0
min-max					89.7-90.2		2.0-2.3		0.7-0.7		2-2
N					2	2	1	1			
73	04-01002	Amaranth, leaves, boiled (without salt)	lilasha lembuya		75.5	0	4.2	2.7	0	0	3.7
min-max					70.1-81.6		3.6-5		1.7-4.9		2.5-4.5
N					4	4	4	4			
74	04-01003	Black jack, leaves, raw	Chuchuza	<i>Bidens pilosa</i>	89.1	45.4	2.5	1.8	4.8	0	1.4
min-max					88.9-89.2		2.1-2.9		1.8-1.8		1.4-1.4
N					2	2	1	1			

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
72	04-01001	Amaranth, leaves, raw	Imbuya	<i>Amaranthus hybridus</i>	2.00	215.00	0	2.32	611.00	55.00	0	50.00	0	0.90
min-max														
N														
73	04-01002	Amaranth, leaves, boiled (without salt)	lilasha lembuya		4.00	407.00	0	3.80	128.00	258.00	0	37.00	0	0.66
min-max														
N														
74	04-01003	Black jack, leaves, raw	Chuchuza	<i>Bidens pilosa</i>	0	220.00	0	5.46	0	0	0	0	0	0.97
min-max														
N														

Source: FCT for Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
75	04-01004	Black jack, leaves, boiled (without salt)	Lilasha la chuchuza		77.4	0	4.2	1.4	0	0	2.6
	min-max				73.3-79.2		3-6	0.7-2.5			2.3-2.9
	N				4		4	4			4
76	04-01005	Cabbage, leaves, raw	Liklabishi	<i>Brassica oleracea capitata</i>	91.4	26.0	1.7	0.1	6.0	1.2	0.8
	min-max				74.4-81.3		0.3-0.6	9.7-16.2			0.6-0.8
	N				4		4	4			4
77	04-01006	Cabbage, leaves, boiled (without salt)	Liklabishi lelibilisiwe		83.6	0	1.1	4.8	0	0	1.6
	min-max				80.3-88.3		0.8-1.3	1.7-21.7			0.9-1.9
	N				4		4	4			4

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
75	04-01004	Black jack, leaves, boiled (without salt)	Lilasha la chuchuza		0	0.69	0	13.13	0	0	0	0	0	1.36
	min-max													
	N													
76	04-01005	Cabbage, leaves, raw	Liklabishi	<i>Brassica oleracea capitata</i>	29.00	31.00	0.02	0.30	173.00	13.00	150.00	32.00	0.90	0.15
	min-max													
	N													
77	04-01006	Cabbage, leaves, boiled (without salt)	Liklabishi lelibilisiwe		20.00	29.00	0.01	0.40	115.00	9.00	120.00	24.00	0.60	0.17
	min-max													
	N													

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
78	04-01007	Cabbage, leaves, fried in sunflower oil with salt added	Liklabishi lelitfosiwe		83.6	0	1.1	0	0	0	0.8
min-max											
N					4	0	4	4	0	4	4
79	04-01008	Cassava leaves, raw	Emacembe emjumbula	<i>Manihot esculenta</i>	71.7	91.0	7.0	1.0	18.3	4.0	2.0
min-max											
N											
80	04-01009	Cassava leaves, boiled with salt	Umbhidvo wemjumbula		88.3	0	8.2	0	0	0	2.4
min-max											
N											

Source: Chemical analysis, Food Composition Tables for use in Africa.

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
78	04-01007	Cabbage, leaves, fried in sunflower oil with salt added	Liklabishi lelitfosiwe		0	0	0	0	0	0	0	0	0	0
min-max														
N														
79	04-01008	Cassava leaves, raw	Emacembe emjumbula	<i>Manihot esculenta</i>	0	348.80	0	11.00	0	0	0	0	0.06	0
min-max														
N														
80	04-01009	Cassava leaves, boiled with salt	Umbhidvo wemjumbula		0	0.40	0	3.69	0	0	0	0	0.49	0
min-max														
N														

Source: Food Composition Tables for use in Africa.

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
81	04-01010	Inkakha, leaves, boiled (without salt)	Umbhidvo wenkakha		78.9	0	4.0	2.8	0	0	2.1
	min-max				76.4-80.6		3.4-5.5	1.2-6.3			1.7-2.7
	N				4		4	4			4
82	04-01011	Inshubaba, leaves, raw	Inshubaba	<i>Momordica foetida</i>	81.0	68.1	3.7	0.5	12.2	0	2.7
	min-max				81.0-81.1		3.7-3.7	0.5-0.5			2.7-2.7
	N				2		1	1			1
83	04-01012	Inshubaba, leaves, boiled (without salt)	Umbhidvo wenshubaba		85.4	0	1.5	0.9	0	0	2.3
	min-max				80.0-88.9		1.1-1.8	0.5-1.4			2-2.9
	N				4		4	4			4
84	04-01013	Jute mallow, leaves, raw	Ligusha	<i>Corchorus olitorius</i>	79.1	0	2.1	0.3	0	0	2.7
	min-max				77.9-80.9		1.1-3.0				2.7-2.7
	N				2		2				1

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
81	04-01010	Inkakha, leaves, boiled (without salt)	Umbhidvo wenkakha		0	0	0-	0	0	0	0	0	0	0
	min-max													
	N													
82	04-01011	Inshubaba, leaves, raw	Inshubaba	<i>Momordica foetida</i>	0	0	0	0	0	0	0	0	0	0-
	min-max													
	N													
83	04-01012	Inshubaba, leaves, boiled (without salt)	Umbhidvo wenshubaba		0	0	0	0	0	0	0	0	0	0
	min-max													
	N													
84	04-01013	Jute mallow, leaves, raw	Ligusha	<i>Corchorus olitorius</i>	0	0	0	0	0	0	0	0	0	0
	min-max													
	N													

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
85	04-01014	Jute mallow, leaves, boiled with salt and bicarbonate of soda	Ligusha leliphekiwe		93.0	0	0.5	5.5	0.6	0	1.7
		min-max			92.5-93.5		0.4-0.7	0.5-16.1			1.4-1.9
		N			4		4	4			4
86	04-01015	Lettuce, leaves, fresh	i- lethisi	<i>Lactuca sativa</i>	94.2	20.0	1.2	0.2	4.3	0.6	0.6
		min-max			93.9-94.7		0.8-0.9	0.2-0.8			0.5-1.1
		N			4		2	3			4
87	04-01016	Night shade, leaves, raw	Umsobo	<i>Solanum retroflexum</i>	85.5	38.0	4.2	0.8	5.7	1.3	2
		min-max			85.5-85.5		2.0-2.0				1.9-1.9
		N			1		1				1
88	04-01017	Night shade, leaves, boiled with salt	Umbhidvo wemsobo		78.9	91.1	2.0	4.7	10.2	0	2.6
		min-max			77.8-80.1		1.3-2.5	3.7-9.2			2.5-3.5
		N			3		3	3			3

Source Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
85	04-01014	Jute mallow, leaves, boiled with salt and bicarbonate of soda	Ligusha leliphekiwe		825.00	106.00	0.32	9.19	150.00	23.60	0.41	17.90	< .800	0.57
		min-max												
		N												
86	04-01015	Lettuce, leaves, fresh , raw	i- lethisi	<i>Lactuca sativa</i>	8.00	16.00	0.06	0.50	169.00	8.00	230.00	28.00	0.20	0.28
		min-max												
		N												
87	04-01016	Night shade, leaves, raw	Umsobo	<i>Solanum retroflexum</i>	0	0	0	0	0	0	0	0	0	0
		min-max												
		N												
88	04-01017	Night shade, leaves, boiled with salt	Umbhidvo wemsobo		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
89	04-01018	Pumpkin stalks and leaves, raw	Tintsanga		93.4	22.3	1.7	0.3	3.2	0	1.2
		min-max			93.3-93.4		1.5-1.9	0.29-0.29			1.2-1.2
		N			2		2	1			1
90	04-01019	Pumpkin stalks and leaves, boiled with salt	Umbhidvo wetintsanga		84.9	23.0	3.4	1.7	8.2	1.6	1.9
		min-max			83.1-86.9		1.1-3	1-2.3			1.6-2.1
		N			4		4	4			4
91	04-01020	Spinach (Swiss Chard), leaves, raw	Spinach lesishelelako	<i>Beta vulgaris var. cicla</i>	89.9	116.0	2.7	0.2	1.6	2.9	2.0
		min-max									
		N									

Source: Chemical analysis, Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
89	04-01018	Pumpkin stalks and leaves, raw	Tintsanga		11.00	39.00	0.13	2.20	436.00	38.00	355.00	104.00	0	0.20
		min-max												
		N												
90	04-01019	Pumpkin stalks and leaves, boiled with salt	Umbhidvo wetintsanga		8.00	43.00	0.13	3.20	438.00	38.00	355.00	79.00	0	0.20
		min-max												
		N												
91	04-01020	Spinach (Swiss Chard), leaves, raw	Spinach lesishelelako	<i>Beta vulgaris var. cicla</i>	892.00	117.00	0.17	4.40	348.00	78.00	1680.00	50.00	1.20	0.73
		min-max												
		N												

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
92	04-01021	Spinach leaves, (Swiss Chad), boiled with salt	Umbhidvo wespinach lesishelelako		85.5	0	1.9	2.7	0	0	2.0
min-max					82.8-87.0		1.1-2.9	2-4			1.5-2.5
N					4		4	4			4
93	04-10122	Sweet potato leaves, raw	Emacembe abhatata	<i>Ipomoea batatas</i>	83.0	49.0	4.6	0.2	10.2	2.4	2.0
min-max											
N											
94	04-10123	Sweet potato leaves, boiled with salt	Lidleledele		90.3	30.0	2.4	0.7	1.6	4.4	0.6
min-max											
N											

Source: Chemical analysis, food composition tables for use in Africa, FCT for Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
92	04-01021	Spinach leaves, (Swiss Chad), boiled with salt	Umbhidvo wespinach lesishelelako		1074.00	112.00	0.16	4.19	332.00	75.00	1600.12	48.00	1.14	0.70
min-max														
N														
93	04-10122	Sweet potato leaves, raw	Emacembe abhatata	<i>Ipomoea batatas</i>	9.00	155.00	0	4.56	518.00	61.00	0	94.00	0	0.37
min-max														
N														
94	04-10123	Sweet potato leaves, boiled with salt	Lidleledele		4.00	98.00	0	2.40	118.00	33.00	0	21.00	0	0.19
min-max														
N														

Source: FCT for Lesotho and Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
Non leafy vegetables											
95	04-02001	Beetroot, raw	i-beetroot	<i>Beta vulgaris</i>	86.7	46	1.9	0.1	10.5	1.2	0.8
min-max											
N											
96	04-02002	Beetroot, boiled, peeled	i- beetroot lephekiwe		88.9	34.5	1.3	0.1	7.8	0	0
min-max					72.6-86.1		0.3-1.3	0.1-10.0			0.7-1.1
N					4		4	4			4
97	04-02003	Butternut squash, raw	i- butternut		85.4	0	1.9	0.8	0	0	1.0
min-max					82.9-87.9		0.3-4.2	0.5-1.5			0.6-1.2
N					4		3	4			4

Source: Chemical analysis; Food composition for use in Africa.

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
95	04-02001	Beetroot, raw	i-beetroot	<i>Beta vulgaris</i>	105.00	20.00	0.08	1.00	381.00	11.00	410.00	29.00	trace	0.29
min-max														
N														
96	04-02002	Beetroot, boiled, peeled	i- beetroot lephekiwe		50.00	18.00	0	0.50	243.50	26.30	0	0	0	0
min-max														
N														
97	04-02003	Butternut squash, raw	i- butternut		0	0	0	0	0	0	0	0	0	0
min-max														
N														

Source: Lesotho FCT.

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
98	04-02004	Carrot, raw	Sicadze	<i>Daucus carota subsp. Sativus</i>	88.6	40.0	0.9	0.1	9.6	1.4	2.8
		min-max			71.2-79.3		0.5-3.1	12.3-20			0.7-0.8
		N			4		4	4			4
99	04-02005	Carrot, peeled, boiled	Sicadze lesiphekiwe		91.2	28.3	0.8	0.2	6.4	0	0
		min-max									
		N									
100	04-02006	Cauliflower, raw	i- cauliflower	<i>Brassica oleracea botrytis</i>	91.6	25.0	2.0	0.1	5.4	1.2	0.9
		min-max									
		N									
101	04-02007	Cucumber, fresh	i-cucumber	<i>Cucumis sativus</i>	15.0	95.1	0.8	0.1	3.4	0.8	0.6
		min-max									
		N									

Source Chemical analysis, Food composition for use in Africa

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
98	04-02004	Carrot, raw	Sicadze	<i>Daucus carota subsp. Sativus</i>	25.00	25.00	0.02	0.30	170.00	3.00	100.00	15.00	1.00	0.10
		min-max												
		N												
99	04-02005	Carrot, peeled, boiled	Sicadze lesiphekiwe		50.00	24.00	0.01	0.40	120.00	3.00	100.00	17.00	1.00	0.100
		min-max												
		N												
100	04-02006	Cauliflower, raw	i- cauliflower	<i>Brassica oleracea botrytis</i>	15.00	290.00	0.03	0.60	355.00	14.00	0.20	46.00	0	0.18
		min-max												
		N												
101	04-02007	Cucumber, fresh	i-cucumber	<i>Cucumis sativus</i>	2.00	14.00	0.04	0.30	149.00	11.00	0.06	17.00	0	0.23
		min-max												
		N												

Source Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
102	04-02008	Edible aloe, raw	Emahala	<i>Aloe maculata</i>	84.2	0	1.9	1.9	0	0	2.1
min-max											
N											
103	04-02009	Green beans, raw	Ema-green beans	<i>Phaseolus vulgaris</i>	89.7	133.0	2.1	0.1	3.8	3.4	0.8
min-max											
N											
104	04-02010	Green beans, boiled (without salt)	Ema-green beans laphekiwe		88.5	103.0	1.8	0.2	2.6	3.2	0.7
min-max					86.4-89.7		0.4-1.7	2.4-18.4			0.9-3.4
N					3		3	4			3

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
102	04-02008	Edible aloe, raw	Emahala	<i>Aloe maculata</i>	0	0	0	0	0	0	0	0	0	0
min-max														
N														
103	04-02009	Green beans, raw	Ema-green beans	<i>Phaseolus vulgaris</i>	5.00	51.00	0.11	1.30	265.00	24.00	250.00	45.00	0.60	0.36
min-max														
N														
104	04-02010	Green beans, boiled (with salt)	Ema-green beans laphekiwe		83.50	69.40	0.33	1.24	258.00	31.50	0.21	42.70	< 0.800	0.32
min-max														
N														

Source: Chemical analysis, Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
105	04-02011	Gourd, raw,	Liselwa		94.1	19.7	0.7	0.2	4.3	0	0
		min-max									
		N									
106	04-02012	Okra, raw	Mandwandwe	<i>Abelmoschus esculentus</i>	89.1	43.3	0.8	0.5	8.9	0	0.9
		min-max			89.1-89.2		0.7-0.8	0.5-0.5			0.9-0.9
		N			2		2	1			1
107	04-02013	Okra, boiled with salt	Mandwandwe lophekiwe		92.8	25.2	0.6	0.4	4.8	0	1.5
		min-max			92.4-93.4		0.3-0.8	0.3-0.5			1.2-1.8
		N			4		4	4			4

Source: Chemical analysis; FCT for Zimbabwe.

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
105	04-02011	Gourd, raw,	Liselwa		33.80	17.30	0	6.80	717.00	0	0	16.00	0	0
		min-max												
		N												
106	04-02012	Okra, raw	Mandwandwe	<i>Abelmoschus esculentus</i>	8.00	81.00	0	0.80	303.00	57.00	0	63.00	0	0.60
		min-max												
		N												
107	04-02013	Okra, boiled with salt	Mandwandwe lophekiwe		541.00	36.30	0.35	0.58	165.00	26.70	0.12	27.40	< 0.800	0.16
		min-max												
		N												

Source: Chemical analysis; FCT for Mozambique and Zimbabwe

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
108	04-02014	Pumpkin raw	Litsanga	<i>Cucurbita pepo</i>	91.0	28.8	1.0	0.1	6.1	0	0
		min-max									
		N									
109	04-02015	Pumpkin, sliced, boiled with peel	Tincheke		93.6	44.4	0.5	3.6	2.5	0	0.6
		min-max			90.4-95.7		0.2-0.6	0.06-3.7			0.5-0.7
		N			4		4	3			4
110	04-02016	Pumpkin pulp and seeds, boiled with salt	Budzibi		82.4	67.4	2.6	1.4	11.1	0	2.6
		min-max			70.0-90.4		1.1-3.7	1.0-2.6			1.8-3.3
		N			4		4	4			4
111	04-02017	Tomato, raw	Tamatisi	<i>Lycopersicon esculentum</i>	94.3	81.0	0.9	0.3	2.9	1.1	0.6
		min-max									
		N									

Source: Chemical analysis; FCT for Lesotho and Zimbabwe

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
108	04-02014	Pumpkin raw	Litsanga	<i>Cucurbita pepo</i>	6.00	18.00	0.09	0.40	237.00	12.00	110.00	19.00	0.10	0.24
		min-max												
		N												
109	04-02015	Pumpkin, sliced, boiled with peel,	Tincheke		3.39	112.00	0.28	1.49	4.61	30.80	0.04	18.10	< .800	0.50
		min-max												
		N												
110	04-02016	Pumpkin pulp and seeds, boiled with salt	Budzibi		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												
111	04-02017	Tomato, raw	Tamatisi	<i>Lycopersicon esculentum</i>	5.00	8.00	0.07	0.20	231.00	11.00	60.00	25.00	0.40	0.16
		min-max												
		N												

Source: Chemical analysis, FCT for Lesotho

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
05		Fruits and their Products									
112	05-01001	Apple, Golden Delicious, yellow, with skin, fresh	Lihhabhula	Malus domestica	83.5	253.0	0.2	0	13.6	2.5	0.3
min-max											
N											
113	05-01002	Apple, Granny Smith, green, with skin, fresh	Lihhabhula	Malus sylvestris	0	270.0	0.2	0	15.7	2.7	0
min-max											
N											
114	05-01003	Apple, Granny Smith, green, without skin, fresh	Lihhabhula		0	200.0	0.3	0	12.8	1.3	0
min-max											
N											

Source: FCT for Lesotho

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
112	05-01001	Apple, Golden Delicious, yellow, with skin, fresh	Lihhabhula		6.00	2.00	0.08	0.30	104.00	3.00	90.00	7.00	0.30	0.19
min-max														
N														
113	05-01002	Apple, Granny Smith, green, with skin, fresh	Lihhabhula	Malus sylvestris	0	0	0	0	0	0	0	0	0	0
min-max														
N														
114	05-01003	Apple, Granny Smith, green, without skin, fresh	Lihhabhula		0	0	0	0	0	0	0	0	0	0
min-max														
N														

Source: FCT for Lesotho

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
115	05-01004	Apple, Starking, red, with skin, fresh	Lihhabhula	<i>Malus domestica</i>	0	284.0	0.2	0	16.3	2.3	0
min-max											
N											
116	05-02001	Avocado pear, pulp, fresh	Likotapeni	<i>Persea americana</i>	80.3	121.0	1.4	11.3	6.1	1.8	0.9
min-max											
N											
117	05-03001	Banana, flesh, fresh	Bhanana	<i>Musa paradisiaca</i>	0	382.0	1.3	0	20.5	1.7	0
min-max											
N											

Source: Food Composition for use in Africa.

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
115	05-01004	Apple, Starking, red, with skin, fresh	Lihhabhula	<i>Malus domestica</i>	0	0	0	0	0-	0	0	0	0	0
min-max														
N														
116	05-02001	Avocado pear, pulp, fresh	Likotapeni	<i>Persea Americana</i>	10.00	11.00	0.26	1.00	599.00	39.00	0.23	41.00	0	0.42
min-max														
N														
117	05-03001	Banana, flesh, fresh	Bhanana	<i>Musa paradisiaca</i>	1.00	2.00	0.05	0.60	241.00	21.00	0	20.00	0	0.23
min-max														
N														

Source: FCT for Lesotho

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
118	05-04001	Gooseberry, pulp, fresh	Gcumgcumu	<i>Physallis peruvian</i>	87.9	73.0	2.2	1.3	15.3	2.9	1.1
min-max											
N											
119	05-05001	Granadila, pulp, fresh	Liganandela	<i>Passiflora edulis</i>	72.9	97.0	2.2	0.7	7.5	15.9	0
min-max											
N											
120	05-06001	Grapefruit, fruit pulp, raw	li- grapefruit	<i>Citrus paradisii</i>	90.9	32.0	0.6	0.1	7.5	0.6	0
min-max											
N											

Source: MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
118	05-04001	Gooseberry, pulp, fresh	Gcumgcumu	<i>Physallis peruvian</i>	1.00	25.00	0.07	0.30	198.00	10.00	0	27.00	0	0.12
min-max														
N														
119	05-05001	Granadila, pulp, fresh	Liganandela	<i>Passiflora edulis</i>	28.00	12.00	0.12	1.60	348.00	29.00	0	68.00	0	0
Min-max														
N														
120	05-06001	Grapefruit, fruit pulp, raw	li- grapefruit	<i>Citrus paradisii</i>	0	12.00	0.05	0.10	139.00	8.00	0.01	8.00	0	0.07
min-max														
N														

Source: MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
121	05-07001	Guava, with skin, fresh	Ligwava	<i>Psidium guajava</i>	82.2	64.0	1.1	0.4	15.7	5.3	0.6
min-max											
N											
122	05-07002	Guava, without skin, fresh	Ligwava		0	290.0	0.8	0	15.6	7.9	0
min-max											
N											
123	05-08001	Lemon, fresh	Lilamula	<i>Citrus limon</i>	89.8	29.0	0.7	0.4	8.8	0.9	0.3
min-max											
N											
124	05-09001	Loquat, fresh	Lokhwatsa	<i>Eriobotrya japonica</i>	0	197.0	0.4	0	12.1	1.7	0
min-max											
N											

Source: Food Composition Tables for use in Africa

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
121	05-07001	Guava, with skin, fresh	Ligwava	<i>Psidium guajava</i>	3.00	20.00	0.100	0.30	284.00	10.00	0.14	25.00	0	0.23
min-max														
N														
122	05-07002	Guava, without skin, fresh	Ligwava		1.00	8.00	0.15	0.40	264.00	10	180.00	23.00	0	0.15
min-max														
N														
123	05-08001	lemon, fresh, without peel	Lilamula	<i>Citrus limon</i>	2.00	26.00	0.04	0.60	138.00	7.00	0	16.00	0	0.06
minmax														
N														
124	05-09001	Loquat, fresh	Lokhwatsa	<i>Eriobotrya japonica</i>	1.00	16.00	0.04	0.30	266.00	13.00	0.15	27.00	0	0.05
minmax														
N														

Source: MRC FCT; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
125	05-10001	Mango, with skin, fresh	Mangoza	<i>Mangifera Indica</i>	82.9	60.0	0.6	0.2	15.8	0.9	0.5
min-max											
N											
126	05-10002	Mango, without skin, fresh	Mangoza		0	303.0	0.6	0	16.8	1.5	0
min-max											
N											
127	05-11001	Marula, fresh	Emaganu	<i>Sclerocarya birrea</i>	0	248.0	0.5	0	13.2	1.1	0
min-max											
N											

Source: Food Composition Tables for use in Africa

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
125	05-10001	Mango, with skin, fresh	Mangoza	<i>Mangifera Indica</i>	2.00	10.00	0.11	0.10	156.00	9.00	0.03	11.00	0	0.40
min-max														
N														
126	05-10002	Mango, without skin, fresh	Mangoza		1.00	9.00	0	0.20	164.00	10.00	0	11.00	0	0.07
min-max														
N														
127	05-11001	Marula, fresh	Emaganu	<i>Sclerocarya birrea</i>	0	0	0	0	0	0	0	0	0	0
min-max														
N														

Source: MRC FCT, Mozambique FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
128	05-12001	Mulberry, fresh	Emagumence	<i>Morus Alba</i>	84.9	54.0	1.4	0.8	11.4	0	0
min-max											
N											
129	05-13001	Naartjie, fresh	Linantji		0	230.0	0.9	0	12.2	2.2	0
min-max											
N											
130	05-14001	Orange, fresh	Liwolintji	<i>Citrus sinensis</i>	88.0	43.0	0.6	0.4	10.5	0.6	0.5
min-max											
N											
131	05-15001	Pawpaw, fresh	Liphopho	<i>Carica papaya</i>	90.8	32.0	0.4	0.1	8.3	0.9	0.4
min-max											
N											

Source: FCT for Zimbabwe; Food Composition Tables for use in Africa

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
128	05-12001	Mulberry, fresh	Emagumence	<i>Morus Alba</i>	10.00	39.00	0.05	1.90	194.00	18.00	0	38.00	0	0
min-max														
N														
129	05-13001	Naartjie, fresh	Linantji		1.00	14.00	0.03	0.10	157.00	12.00	0.03	10.00	0	0.10
min-max														
N														
130	05-14001	Orange, fresh	Liwolintji	<i>Citrus sinensis</i>	-	40.00	0.05	0.10	181.00	10.00	0.03	14.00	0	0.07
min-max														
N														
131	05-15001	Pawpaw, fresh	Liphopho	<i>Carica papaya</i>	3.00	24.00	0.02	0.10	257.00	10.00	0.01	5.00	0	0.07
min-max														
N														

Source: MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
132	05-16001	Peach, with skin, fresh	Limpentjisi	<i>Prunus persica</i>	85.8	50.0	0.9	0.2	12.5	0.9	0.6
		min-max									
		N									
133	05-16002	Peach, without skin, canned in white sugar syrup	Limpentjisi lelikheniwe	-	0	315.0	0.5	0	17.8	1.0	0
		min-max									
		N									
134	05-17001	Pear with skin, fresh	Ligonandvodza	<i>Pyrus communis</i>	84.2	58.2	0.4	0.6	14.5	1.8	0.3
		min-max									
		N									
135	05-17002	Pear without skin, cored, canned in syrup	Ligonandvodza lelikheniwe		0	315.0	0.2	0	18.1	1.3	0
		min-max									
		n									

Source: Food Composition Tables for use in Africa.

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
132	05-16001	Peach, with skin, fresh	Limpentjisi		4.00	4.00	0.08	0.30	201.00	8.00	50.00	17.00	0.40	0.09
		min-max												
		N												
133	05-16002	Peach, without skin, canned in white sugar syrup	Limpentjisi lelikheniwe		6.00	3.00	0.05	0.30	92.00	5.00	0.05	11.00	0	0.09
		min-max												
		N												
134	05-17001	Pear with skin, fresh	Ligonandvodza		0	11.00	0.11	0.30	125.00	6.00	0.08	11.00	0	0.12
		min-max												
		N												
135	05-17002	Pear without skin, cored, canned in syrup	Ligonandvodza lelikheniwe		5.00	5.00	0.05	0.20	65.00	4.00	0.03	7.00	0	0.08
		min-max												
		n												

Source: Lesotho FCT and MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
136	05-18001	Pineapple, fresh	Phayinaphu	<i>Ananas sativus</i>	86.8	47.0	0.4	0.1	12.4	0.5	0.3
min-max											
N											
137	05-18002	Pineapple, canned in syrup	Phayinaphu lokheniwe		0	369.0	0.2	0	21.3	0.2	0
min-max											
N											
138	05-19001	Plum, fresh	Liplema	<i>Prunus domestica</i>	86.1	49.0	0.6	0.2	12.5	1.1	0.6
min-max											
N											

Source: Food Composition Tables for use in Africa.

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
136	05-18001	Pineapple, fresh	Phayinaphu	<i>Ananas sativus</i>	1.00	4.00	0.04	0.30	159.00	10.00	440.00	6.00	0.70	0.03
min-max														
N														
137	05-18002	Pineapple, canned in syrup	Phayinaphu lokheniwe		1.00	14.00	0.10	0.40	104.00	16.00	1.08	7.00	0	0.12
min-max														
N														
138	05-19001	Plum, fresh	Liplema	<i>Prunus domestic</i>	0	4.00	0.04	0.10	172.00	7.00	0.05	10.00	0	0.10
min-max														
N														

Source: FCT for Mozambique; MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
139	05-20001	Strawberry, fresh	Strawberry	<i>Fragaria ananassa</i>	89.0	37.0	0.8	0.3	8.9	1.2	1.0
min-max											
N											
140	05-21001	Watermelon, fresh	Lihwabha	<i>Citrullus lanatus</i>	93.6	22.0	0.5	0.1	5.5	0.4	0.3
min-max											
N											

Source: Food Composition Tables for use in Africa

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
139	05-20001	Strawberry, fresh	Strawberry	<i>Fragaria ananassa</i>	4.00	9.00	0.14	0.70	170.00	11.00	340.00	28.00	0.30	0.16
min-max														
N														
140	05-21001	Watermelon, fresh	Lihwabha	<i>Citrullus lanatus</i>	4.00	3.00	0.09	0.10	137.00	10.00	25.00	5.00	0.10	0.09
min-max														
N														

Source: FCT for Lesotho

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
06		Meat and meat products									
141	06-01001	Beef head and hooves, boiled with salt added	Inhloko nemasondvo enkhomo laphekiwe		68.6	125.3	8.5	2.1	18.1	0	2.8
min-max					65.5-70.9		6.5-11.3		0.02-5.7		2.1-3.4
n					4		4				4
142	06-01002	Beef heart, raw	Inhlitiyo yenkhomo		77.1	449.0	17.7	3.9	0.1	0	1.1
min-max					N						
143	06-01003	Beef heart, braaied	Inhlitiyo leyosiwe		64.0	888.0	19.2	15.0	0	0	1.4
min-max					N						
144	06-01004	Beef heart fried	Inhlitiyo letfosiwe		42.4	0	4.4	27.8	12.6	0	3.5
min-max					40.2-44.8		9.7-18.0		21.2-36.1		2.6-3.2
N					4		4				4

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
141	06-01001	Beef head and hooves, boiled	Inhloko nemasondvo enkhomo laphekiwe		786.00	31.80	0.27	1.74	47.00	6.12	0.01	34.10	< 0.800	0.87
min-max					N									
142	06-01002	Beef heart, raw	Inhlitiyo yenkhomo		98.00	7.00	0.40	4.31	282.00	21.00	0.04	212.00	21.80	1.70
min-max					N									
143	06-01003	Beef heart, braaied	Inhlitiyo leyosiwe		284.00	13.00	0.32	0.71	277.00	20.00	17.15	165.00	8.68	3.45
min-max					N									
144	06-01004	Beef heart fried	Inhlitiyo letfosiwe		495.00	12.40	0.60	6.04	323.00	28.00	0.03	248.00	< 0.800	2.33
min-max					N									

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
145	06-01005	Beef kidneys, raw	Tinso tenkhomo		77.0	434.0	16.0	3.1	0	0	1.1
		min-max									
		N									
146	06-01006	Beef liver, raw	Sibindzi senkhomo		69.0	583.0	20.0	3.9	5.8	0	1.3
		min-max									
		N									
147	06-01007	Beef liver, fried	Sibindzi lesitfosiwe		55.7	883.0	26.7	8.0	7.9	0	1.8
		min-max			52.4-57.8		8.4-13.6	0.7-12.7			2.4-3.9
		N			4		4	4			4
148	06-01008	Beef meaty bones, boiled with salt added	Inyama yematsambo labilisiwe		59.4	227.4	9.3	15.4	12.9	0	2.6
		min-max			51.0-65.8		7.3-11.2	3.9-28.1			2.5-3.6
		N			4		4	4			4

Source: Chemical analysis; FCT for Lesotho; Food Composition Tables for use in Africa

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
145	06-01005	Beef kidneys, raw	Tinso tenkhomo		179.00	6.00	0.47	7.40	257.00	17.00	102.00	210.00	148.80	1.85
		min-max												
		N												
146	06-01006	Beef liver, raw	Sibindzi senkhomo		73.00	6.00	3.34	6.80	323.00	19.00	264.00	318.00	41.30	3.92
		min-max												
		N												
147	06-01007	Beef liver, fried in sunflower oil	Sibindzi lesitfosiwe		106.00	1.00	4.47	6.30	364.00	23.00	423.00	461.00	57.00	5.54
		min-max												
		N												
148	06-01008	Beef meaty bones, boiled with salt added	Inyama yematsambo labilisiwe		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												

Source: FCT for Lesotho

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
149	06-01009	Beef minced, raw	i- minced meat		62.0	955.0	19.7	16.2	0	0	0.9
		min-max									
		N									
150	06-01010	Beef minced, boiled	i- minced meat lephekiwe		64.4	247.5	21.8	13.5	9.7	0	0.9
		min-max			49.5-59.1		6.6-9.9	25.7-27.5			1.9-3.6
		N			4		4	4			4
151	06-01011	Beef offals, raw	Kwangekhatsi kwenkhomo		81.4	389.0	14.6	4.0	0	0	0.4
		min-max									
		N									

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
149	06-01009	Beef minced, raw	i- minced meat		80.00	9.0	trace	1.40	260.00	17.00	trace	160.00	7.00	3.90
		min-max												
		N												
150	06-01010	Beef minced, boiled	i- minced meat lephekiwe		73.00	20.00	0.10	2.70	210.00	15.00	0.02	150.00	7.00	5.00
		min-max												
		N												
151	06-01011	Beef offals, raw	Kwangekhatsi kwenkhomo		46.00	9.00	0.09	2.00	270.00	8.00	10.00	79.00	0	2.47
		min-max												
		N												

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
152	06-01012	Beef offals, boiled with salt added	Kwangekhatsi lokubilisiwe		66.2	230.2	3.8	21.0	6.5	0	2.6
		min-max			59.3-76.6		1.8-4.8	13.1-31.3		0	1.6-3.5
		N			4		4	4			4
153	06-01013	Beef, meat, raw	Inyama yenkhomu		65.4	857.0	19.2	14.2	0	0	0.9
		min-max									
		N									
154	06-01014	Beef, meat, boiled with salt	Inyama yenkhomu lephekiwe		50.3	1189.0	27.3	19.6	0	0	2.8
		min-max									
		N									

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
152	06-01012	Beef offals, boiled with salt added	Kwangekhatsi lokubilisiwe		581.00	21.90	0.25	3.02	122.00	9.76	0.67	59.80	< 0.800	1.06
		min-max												
		N												
153	06-01013	Beef, meat, raw	Inyama yenkhomu		85.00	13.00	0.32	0.70	274.00	19.00	17.00	164.00	8.60	3.42
		min-max												
		N												
154	06-01014	Beef, meat, boiled with salt added	Inyama yenkhomu lephekiwe		93.00	15.00	0.15	2.80	277.00	23.00	23.00	165.00	3.00	4.90
		min-max												
		N												

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
155	06-02001	Goat meat, raw	Inyama yembuti	<i>Capra aegagrus</i>	75.8	439.0	20.6	2.3	0	0	1.1
		min-max									
		N									
156	06-02002	Goat offals, boiled with salt added	Kwangekhatsi lokuphekiwe		57.5	187.6	5.3	12.0	14.6	0	2.2
		min-max			37.2-73.6		3.4-7.4	5.4-16.1			2.4-5.6
		N			4		4	3			4
157	06-03001	Pork, bacon, thinly sliced, cured	i-bacon	<i>Sus scrofa</i>	12.9	2349.0	30.5	49.2	0	0	6.8
		min-max									
		N									
158	06-03002	Pork, Ham, processed	i- ham		70.5	530.0	19.5	0	0	0	4.2
		min-max									
		N									

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
155	06-02001	Goat meat, raw	Inyama yembuti	<i>Capra aegagrus</i>	83.00	13.00	0.26	2.80	385.00	0	38.00	180.00	0	4.00
		min-max												
		N												
156	06-02002	Goat offals, boiled with salt added	Kwangekhatsi lokuphekiwe		1114.00	103.00	0.25	1.67	93.10	33.00	0.92	150.00	< 0.800	1.37
		min-max												
		N												
157	06-03001	Pork, bacon, thinly sliced, cured	i-bacon	<i>Sus scrofa</i>	1596.00	12.00	0.17	1.60	486.00	24.00	41.00	336.00	24.70	3.26
		min-max												
		N												
158	06-03002	Pork, Ham, processed	i- ham		1317.00	7.00	0.10	1.00	332.00	19.00	0.03	247.00	0	2.14
		min-max												
		N												

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
159	06-03003	Pork, meat, raw	Inyama yengulube		49.80	1544.0	13.9	35.1	0	0	0.7
		min-max									
		N									
160	06-03004	Pork trotters, boiled	Emasondvo engulube laphekiwe		54.7	195.1	11.0	6.3	23.6	0	2.3
		min-max			52.9-55.8		9.8-13.8	1.1-11.6			3.5-5.9
		N			4		4	4			4
161	06-03005	Pork, polony, processed	i-polony		69.5	133.4	8.6	4.6	14.4	0	3.9
		min-max			65.9-71.0		8.3-9.1	1.1-8			2.2-3.4
		N			5		5	5			5
162	06-03006	Pork, sausage, russian, fried	i-russian letfosiwe		56.3	232.7	7.1	14.7	18.0	0	2.4
		min-max			48.8-61.1		5.1-9.0	8.5-19.8			3.2-5.7
		N									

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
159	06-03003	Pork, meat, raw	Inyama yengulube		42.00	19.00	0.06	0.70	253.00	13.00	11.00	155.00	28.40	1.59
		min-max												
		N												
160	06-03004	Pork trotters, boiled with salt added	Emasondvo engulube laphekiwe		940.00	93.80	0.24	1.30	80.40	6.94	0.01	76.60	< 0.800	1.61
		min-max												
		N												
161	06-03005	Pork, polony, processed	i-polony		1019.00	12.00	0.08	1.50	180.00	11.00	0.04	91.00	0	1.94
		min-max												
		N												
162	06-03006	Pork, sausage, russian, fried	i-russian letfosiwe		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	07	Poultry & Eggs									
163	07-01001	Chicken, broiler, breasts, raw	Inyama lemhophe yenkhukhu	<i>Gallus gallus</i>	74.9	462.0	23.0	2.7	0	0	1.1
		<i>min-max</i>									
		N									
164	07-01002	Chicken, broiler, breasts, boiled	Inyama lemhophe lephekiwe		67.6	614.0	28.6	4.1	0	0	1.1
		<i>min-max</i>									
		N									
165	07-01003	Chicken, broiler, feet, raw	Tintwane		55.7	844.0	20.3	13.3	0	0.9	9.8
		<i>min-max</i>									
		N									
166	07-01004	Chicken, broiler, feet, boiled with salt	Tintwane letiphekiwe		84.6	27.0	6.6	4.3	0	0.3	4.2
		<i>min-max</i>									
		N									
		<i>min-max</i>									
		N									

Source: Lesotho FCT, Chemical analysis; MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
163	07-01001	Chicken, broiler, breasts, raw	Inyama lemhophe yenkhukhu	<i>Gallus gallus</i>	43.00	14.00	0.06	1.10	309.00	28.00	90.00	224.00	12.00	0.74
		<i>min-max</i>												
		N												
164	07-01002	Chicken, broiler, breasts, boiled	Inyama lemhophe lephekiwe		46.00	8.00	0.06	0.50	259.00	26.00	10.00	207.00	13.00	0.88
		<i>min-max</i>												
		N												
165	07-01003	Chicken, broiler, feet, raw	Tintwane		0	0	0	0	0	0	0	0	0	0
		<i>min-max</i>												
		N												
166	07-01004	Chicken, broiler, feet, boiled with salt	Tintwane letiphekiwe		383.00	2.00	0.01	0	1.00	2.00	0	0	0	0
		<i>min-max</i>												
		N												

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
167	07-01005	Chicken, broiler, heads, raw	Tinhloko tenkhukhu		73.1	523.0	13.5	7.4	0	2.4	3.6
		min-max									
		N									
168	07-01006	Chicken, broiler, heads, boiled with salt	Tinhloko letiphekiwe		90.3	169.0	1.6	2.4		0.8	2.2
		min-max			68.7-77.4		6.7-9	1.1-10			1.9-4
		N			4		4	4			4
169	07-01007	Chicken, broiler, meat, drumsticks fried in sunflower oil	Imilente letfosiwe		46.1	286.5	15.4	16.9	18.2	0	3.5
		min-max			38.7-53.5		8.9-23.9	13.5-18.4			2.8-4.8
		N			4		4	4			4
170	07-01008	Chicken, broiler, meat, thighs, fried	Litsanga lelitfosiwe		48.8	270.7	24.7	15.9	7.2	0	3.4
		min-max			47.3-50.9		21.2-26.9	14.4-17.8			3.2-3.5
		N			4		4	4			4

Source: Chemical analysis; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
167	07-01005	Chicken, broiler, heads, raw	Tinhloko tenkhukhu		383.00	2.00	0.01	0	1.00	2.00	0	0	0	0
		min-max												
		N												
168	07-01006	Chicken, broiler, heads, boiled with salt	Tinhloko letiphekiwe		383.00	2.00	0.01	0.00	1.00	2.00	0	0	0	0
		min-max												
		N												
169	07-01008	Chicken, broiler, meat, drumsticks fried in sunflower oil	Imilente letfosiwe		130.00	15.00	0.09	1.00	280.00	25.00	20.00	210.00	17.00	2.30
		min-max												
		N												
170	07-01012	Chicken, broiler, meat, thighs, fried in sunflower oil	Litsanga lenkhukhu lelitfosiwe		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
171	07-01005	Chicken, broiler, wings, fried in sunflower oil	Timpheko letiphekiwe		47.6	292.4	10.3	19.2	19.6	-	3.4
		min-max			43.1-56.8		5.6-14.6	12.8-24.1			2.0-4.8
		N			4		4	4			4
172	07-01006	Chicken, broiler, necks, fried in sunflower oil	Tintsamo letitfosiwe		51.1	212.8	14.4	10.8	14.5	0	9.1
		min-max			49.7-52.8		8.4-17.2	8.5-12.5			8.4-9.6
		N			4		4	4			4
173	07-01007	Chicken indigenous, meat, boiled with salt	Inkhukhu yemakhaya lephekiwe		73.0	-	12.0	2.4	0	0	2.9
		min-max			70.8-76.2		10.6-13.7	1.9-3.2			1.7-3.5
		N			4		4	4			4

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
171	07-01015	Chicken, broiler, wings, fried in sunflower oil	Timpheko letiphekiwe		77.00	15.00	0.06	1.25	177.00	19.00	21.00	150.00	0.03	1.76
		min-max												
		N												
172	07-01018	Chicken, broiler, necks, fried in sunflower oil	Tintsamo letitfosiwe		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												
173	07-01022	Chicken indigenous, meat, boiled with salt	Inkhukhu yemakhaya lephekiwe		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
174	07-01012	Chicken, liver, raw	Sibindzi senkhukhu		76.5	479.0	16.9	4.8		0	1.1
min-max											
N											
175	07-02001	Egg, chicken, raw	Licandza lenkhukhu		75.0	616.0	12.6	10.3	1.2	0	0.9
min-max											
N											
176	07-02002	Egg, chicken, boiled	Licandza lelibilisiwe		75.0	616.0	12.6	10.3	1.2	0	0.9
min-max											
N											
177	07-02003	Egg, chicken, fried in sunflower oil	Licandza lelitfosiwe		71.4	763.0	12.0	14.6	1.1	0	0.9
min-max											
N											

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
174	07-01012	Chicken, liver, raw	Sibindzi senkhukhu		71.00	8.00	0.49	8.99	230.00	19.00	0.26	297.00	54.60	2.67
min-max														
N														
175	07-02001	Egg, chicken, raw	Licandza lenkhukhu		126.00	39.00	0.12	1.80	98.00	9.00	60.00	192.00	30.80	1.15
min-max														
N														
176	07-02002	Egg, chicken, boiled	Licandza lelibilisiwe		126.00	39.00	0.12	1.80	98.00	9.00	60.00	192.00	30.80	1.15
min-max														
N														
177	07-02003	Egg, chicken, fried in sunflower oil	Licandza lelitfosiwe		120.00	37.00	0.11	1.70	93.00	9.00	57.00	183.00	29.00	1.09
min-max														
N														

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
178	07-02004	Chicken, egg, scrambled in margarine	Licandza lelishayiwe latfoswa		63.6	993.0	10.4	21.4	1.6	0	3.1
min-max											
N											
	08	Fish and Seafood									
179	08-01001	Fish Tilapia, shallow fried in sunflower oil	Sikhwakhwalala lesitfosive		56.9	200.4	16.2	8.0	15.9	0	2.9
min-max					51.2-64		13.6-20.5	0.2-13.7			2-4.4
N					3		3	3			3
180	08-01002	Fish Tuna, canned in brine	i-tuna	<i>Thunnus alalunga</i>	72.0	122.0	23.6	3.0		0	1.5
min-max											
N											

Source: Chemical analysis; FCT for Lesotho and Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	k (mg)	Mg (mg)	Mn (mg)	p (mg)	Se (mg)	Zn (mg)
178	07-02004	Chicken, egg, scrambled in margarine	Licandza lelishayiwe latfoswa		1123.00	46.00	0.10	1.44	99.00	10.00	47.63	162.00	24.59	0.96
min-max														
N														
179	08-01001	Fish Tilapia, shallow fried in sunflower oil	Inhlanti letfosive		0	0	0	0	0	0	0	0	0	0
min-max														
N														
180	08-01002	Fish Tuna, canned in brine	i-tuna	<i>Thunnus alalunga</i>	338.00	11.00	0.05	1.50	237.00	27.00	0.01	163.00	0	0.77
min-max														
N														

Source: FCT for Lesotho and MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
09		Milk and Milk Products									
181	09-01001	Milk, cow, whole, pastuerised	Lubisi lwenkhomo		85.2	79.0	3.8	4.8	5.4	0	0.8
min-max											
N											
182	09-02001	Milk, goat, whole, pastuerised	Lubisi lwembuti		83.9	85.0	3.4	4.9	7.0	0	0.8
min-max											
N											
183	09-03001	Milk, human, whole	Lubisi lwamake		86.5	67.0	1.1	3.1	9.1	0	0.2
min-max											
N											

Source: FCT for Mozambique

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
181	09-01001	Milk, cow, whole, pastuerised	Lubisi lwenkhomo		49.00	117.00	0.01	0.10	147.00	12.00	4.00	87.00	2.00	0.38
min-max														
N														
182	09-02001	Milk, goat, whole, pastuerised	Lubisi lwembuti		50.00	134.00	0.05	0.10	204.00	14.00	0.02	111.00	0	0.30
min-max														
N														
183	09-03001	Milk, human, whole	Lubisi lwamake		17.00	32.00	0.05	0	51.00	3.00	0.03	14.00	0	0.17
min-max														
N														

Source: MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
184	09-04001	Milk, powdered, infant formula	Lubisi lwebantfwana loluyimphuphu		3.0	2035.0	11.4	25.8	57.9	0	7.7
min-max											
N											
185	09-04002	Milk, powdered, whole	Lubisi lwemphuphu		3.0	2112.0	25.7	28.0	37.4	0	5.7
min-max											
N											
186	09-04003	Milk, powdered, skimmed	Lubisi lwemphuphu		3.0	1661.0	36.1	0	48.1	0	8.0
min-max											
N											

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
184	09-04001	Milk, powdered, infant formula	Lubisi lwebantfwana loluyimphuphu		120.00	230.00	0.30	6.10	500.00	34.00	40.00	160.00	0	3.80
min-max														
N														
185	09-04002	Milk, powdered, whole	Lubisi lwemphuphu		350.00	930.00	0.08	6.00	1200.00	85.00	40.00	750.00	16.30	3.34
min-max														
N														
186	09-04003	Milk, powdered, skimmed	Lubisi lwemphuphu		550.00	1280.00	0	0.27	1590.00	130.00		970.00	11.00	4.00
min-max														
N														

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
187	09-05001	Milk , sour, cultured	Emasi		87.8	270.0	3.3	3.7	4.5	0	0.7
		min-max									
		N									
188	09-06001	Milk, soya	Lubisi lwesoya		93.3	135.0	2.8	1.9	0.5	1.3	0.3
		min-max									
		N									
189	09-07001	Cheese, cheddar, sliced	Shizi		37.4	1646.0	24.7	32.3	1.8	0	3.8
		min-max									
		N									
190	09-07002	Cheese, gouda, sliced	Shizi		40.6	1577.0	20.8	31.5	0.3	0	3.7
		min-max									
		N									
191	09-07003	Cheese, processed, sliced	Shizi		45.7	1368.0	20.8	27.0	0.9	0	5.6
		min-max									
		N									

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
188	09-05001	Milk, sour, cultured	Emasi	71.00	162.00	0.01	0.10	190.00	14.00	4.00	93.00	2.20	0.59
		min-max											
		N											
189	09-06001	Milk, soya	Lubisi lwesoya	12.00	4.00	0.12	0.60	141.00	85.00	170.00	49.00	1.30	0.23
		min-max											
		N											
190	09-07001	Cheese, cheddar, sliced	Shizi	487.00	788.00	0.07	0.70	82.00	30.00	70.00	532.00	13.90	3.93
		min-max											
		N											
191	09-07002	Cheese, gouda, sliced	Shizi	511.00	806.00	0.06	0.80	71.00	31.00	80.00	565.00	14.50	3.74
		min-max											
		N											
192	09-07003	Cheese, processed, sliced	Shizi	1320.00	600.00	0.17	0.50	130.00	22.00	0	800.00	10.00	3.20
		min-max											
		N											

Source: Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	10	Oils & Fats									
193	10-01001	Oil, cooking, vegetable, olive	Emafutsa ekupheka ema-olives		0	884.0	0	100.0	0	0	0
		min-max									
		N									
194	10-01002	Oil, cooking, vegetable, sunflower	Emafutsa ekupheka abhekilanga		0	3700.0	0	100.0	0	0	0
		min-max									
		N									
195	10-02001	Butter	Bhotela		15.9	721.0	0.9	81.1	0.1	0	2.1
		min-max									
		N									

Source: FCT for Mozambique; Lesotho FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
193	10-01001	Oil, cooking, vegetable, olive	Emafutsa ekupheka ema-olives		2.00	0	0	0.56	1.00	0	0	0	0	0
		min-max												
		N												
194	10-01002	Oil, cooking, vegetable, sunflower	Emafutsa ekupheka abhekilanga		0	0	0	0	0	0	0	0	0	0
		min-max												
		N												
195	10-02001	Butter	Bhotela		826.00	24.00	0.03	0.20	26.00	2.00	0	23.00	0	0.05
		min-max												
		N												

Source: FCT for Mozambique; MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)	
	11	Sweets & Sugars										
196	11-01001	Honey, raw	Luju		19.2	311.0	0.4	0	80.1	0.7	0.3	
		min-max										
		N										
197	11-02001	Ice-cream	i-ice cream		57.2	1038.0	3.5	16.2	22.4	0	0.8	
		min-max										
		N										
198	11-03001	Jam, apricot, smooth, canned	Jamu wema-apricot		34.5	1111.0	0.7	0.2	64.0	0.3	0.2	
		min-max										
		N										
199	11-04001	Jelly	i-jelly		90.2	162.0	0.8	0	8.6	0	0.2	
		min-max										
		N										
200	11-05001	Sugar brown, granulated	Shukela lomnyama		2.1	373.0	0	0	96.4	0	0	
		min-max										
		N										

Source: Lesotho FCT; Food Composition Tables for use in Africa, MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)	
196	11-01001	Honey, raw	Luju		0	11.00	0	0.60	0	0	0	4.00	0	0	
		min-max													
		N													
197	11-02001	Ice-cream	i-ice cream		56.00	117.00	0.03	0.10	159.00	11.00	8.00	95.00	256.00	124.00	
		min-max													
		N													
198	11-03001	Jam, apricot, smooth, canned	Jamu wema-apricot		40.00	20.00	0.10	0.49	11.00	4.00	0.04	77.00	0.60	0.06	
		min-max													
		N													
199	11-04001	Jelly	i-jelly		5.00	6.00	0.03	0.23	3.00	1.00	0	1.00	0	0	
		min-max													
		N													
200	11-04001	Sugar brown, granulated	Shukela lomnyama		30.00	85.00	0.06	3.40	344.00	15.00		19.00	0	0	
		min-max													
		N													

Serial no.	Code	Food name and description in English	Food name in siSwati	scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
201	11-06002	Sugar white, granulated	Shukela lomhlophe		0.5	385.0	0	0	99.5	0	0
min-max											
N											
12	Beverages, Alcoholic and non alcoholic										
202	12-01001	Beer, barley, malted	Bhiya		92.0	194.0	0.5	0	3.6	0	0.2
min-max											
N											
	12-02001	Carbonated beverages	Namnedi		0	163.0	0	0	10.1	0	0
203	min-max										
N											

Source: Lesotho FCT; MRC FCT

Serial no.	Code	Food name in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
201	11-06002	Sugar white, granulated	Shukela lomhlophe		1.00	0	0.02	0.10	3.00	0	0	0	0	0
min-max														
N														
202	12-01001	Beer, barley, malted	Bhiya		4.00	4.00	0.01	0.02	27	6	0.01	14	0.6	0.01
min-max														
N														
203	12-02001	Carbonated beverages	Namnedi		7.00	4.00	0.01	0.10	1	1	0.04	3	0	0.04
min-max														
N														

Source: Lesotho FCT and MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
204	12-02008	Tea, brewed (five roses)	Litiya le-five roses	<i>Camellia sinensis</i>	99.7	5.0	0	0	0.3	0	0
min-max											
N											
205	12-02010	Tea, Rooibos, brewed	Litiya le-rooibos	<i>Aspalathus linearis</i>	99.7	5.0	0	0	0.2	0	0
min-max											
N											
13	Miscellaneous										
206	13-03001	Curry powder, medium	Khari		9.5	325.0	12.7	13.8	41.8	16.3	5.6
min-max											
N											
207	13-04001	Garlic, raw	i-garlic	<i>Allium sativum</i>	58.6	149.0	6.4	0.5	30.2	1.50	1.2
min-max											
N											

Source: Lesotho FCT; Food Composition Tables for use in Africa; MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
204	12-03001	Tea, brewed (five roses)	Litiya le-five roses		3.00	0	0.01	0	37.00	3.00	1.00	0	0	0.02
min-max														
N														
205	12-03002	Tea, Rooibos, brewed	Litiya le-rooibos		3.00	1.00	0.04	0	4.00	1.00	0.02	0	0	0.02
min-max														
N														
206	13-01001	Curry powder, medium	Khari		52.00	478.00	0.82	29.60	1543.00	254.00	4290	349.00	0	4.05
min-max														
N														
207	13-02001	Garlic, raw	Garlic	<i>Allium sativum</i>	17.00	181.00	0	1.70	40.10	25.00	0	153.00	0	0
min-max														
N														

Source: Lesotho FCT; Food Composition Tables for use in Africa, MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
208	13-02002	Ginger, peeled, dried, powdered	i-ginger leyomisiwe		9.4	1466.0	9.1	6.0	58.3	12.5	4.8
min-max											
N											
209	13-03001	Mayonnaise, salad dressing	i-mayonnaise		36.2	2132.0	1.1	54.0	8.7	0	1.9
min-max											
N											
210	13-04001	Vinegar, 5% acetic acid	i-vinegar		98.0	4.0	0.4	0	0.6	0	0.8
min-max											
N											

Source: MRC FCT

Serial no.	Code	Food name and description in English	Food name in siSwati	Scientific name	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
208	13-02002	Ginger, peeled, dried, powdered	i-ginger leyomisiwe		32.00	116.00	0.48	11.52	1343.00	184.00	26.50	148.00	32.50	4.42
min-max														
N														
209	13-03001	Mayonnaise, salad dressing	i-mayonnaise		354.00	6.00	0.03	0.20	13.00	1.00	0	21.00	0	0.08
min-max														
N														
210	13-04001	Vinegar, 5% acetic acid	i-vinegar		5.00	3.00	0.01	34.00	4.00	10.00	0	10.00	1.00	0.10
min-max														
N														

Mixed dishes

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	14-000	Relishes								
	14-100	Fish and Seafood								
1	14-101	Fish, tilapia, stewed with vegetables	Umshibo wenhlanti	77.1	83.2	7.4	1.2	10.7	0	2.2
2	14-102	Fish, tinned, pilchard, stewed with vegetables	Umshibo wenhlanti yesikotela	70.0	148.2	3.6	7.8	15.9	0	2.6
3	14-103	Maasbanker stewed with vegetables	Umshibo wenhlanti	78.9	86.2	7.4	3.4	6.5	0	4.5
	14-200	Legume Based								0
4	14-201	Baked beans, stewed with vegetables	Umshibo wesikotela semabhontjisi	76.2	94.1	1.9	1.3	18.7	0	2.6
5	14-202	Baked beans, with fish (pilchard) in tomato sauce	Umshibo wesikotela senhlanti nemabhontjisi	72.9	129.2	2.6	6.0	16.2	0	4.9
6	14-203	Jugo beans, stewed with vegetables	Umshibo wetindlubu	67.2	140.9	3.0	4.1	23.0	0	2.2

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
	14-000	Relishes											
	14-100	Fish and Seafood											
1	14-101	Fish, tilapia, stewed with vegetables	Umshibo wenhlanti	464.00	516.00	0.26	2.46	232.00	24.40	0.30	324.00	< 0.800	1.24
2	14-102	Fish, tinned, pilchard, stewed with vegetables	Umshibo wenhlanti yesikotela	732.00	121.00	0.29	2.07	281.00	21.30	0.149	122.00	< 0.800	0.62
3	14-103	Maasbanker stewed with vegetables	Umshibo wenhlanti	565.00	234.00	0.27	3.27	178.00	23.70	0.07	183.00	< 0.800	1.59
4	14-201	Baked beans, stewed with vegetables	Umshibo wesikotela semabhontjisi	0	0	0	0	0	0	0	0	0	0
5	14-202	Baked beans with fish (pilchard) in tomato sauce	Umshibo wesikotela senhlanti nemabhontjisi	658.00	80.00	0.22	5.75	234.00	23.20	0.21	101.00	< 0.800	3.14
6	14-203	Jugo beans, stewed with vegetables	Umshibo wetindlubu	550.00	21.40	0.25	5.08	417.00	50.10	0.38	79.40	< 0.800	4.03

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
7	14-204	Mung beans stewed with onion and garlic	Umshibo wamngomeni	76.3	-98.5	3.4	1.7	17.4	0	1.9
8	14-205	Soya bean mince soup	Lisobho lesoya	79.9	81.3	1.8	2.1	13.8	0	2.5
9	14-206	Sugar bean, stewed with peanut powder and vegetables	Umshibo wemabhontjisi nemantongomane	73.8	100.6	3.9	0.6	19.9	0	1.8
10	14-207	Sugar bean, stewed, with vegetables	Umshibo wemabhontjisi	72.2	112.9	2.2	1.7	22.2	0	1.9
11	14-208	Cowpea, stewed with vegetables	Umshibo wetinhlumaya	72.9	120.6	3.5	3.8	18.1	0	2.4
12	14-209	Pigeon pea, cooked with vegetables and peanut powder	Umshibo welivikandlala nemantongomane	69.6	136.0	2.8	4.4	21.3	0	4.4
13	14-210	Powdered Peanuts, boiled with onion, tomato and seasoning	Indakala	73.9	109.2	4.4	4.4	15.5	0	1.9

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
7	14-204	Beans mung cooked with onion and garlic	Umshibo wamngomeni	298.00	24.60	0.25	5.34	293.00	36.90	0.25	78.00	< 0.800	4.32
8	14-205	Bean soya mince relish	Lisobho lesoya										
9	14-206	Bean, sugar, stewed with peanut powder and vegetables	Umshibo wemabhontjisi nemantongomane	494.00	34.30	0.30	7.18	325.00	41.40	0.31	91.80	< 0.800	9.06
10	14-207	Bean, sugar, stewed, with vegetables	Umshibo wemabhontjisi	460.00	38.20	0.24	5.92	296.00	31.50	0.284	32.30	< 0.800	3.03
11	14-208	Cowpea, stewed with vegetables	Umshibo wetinhlumaya	502.00	28.10	0.31	4.50	348.00	50.40	0.71	102.00	< 0.800	2.54
12	14-209	Pea pigeon, cooked with vegetables and peanut powder	Umshibo welivikandlala nemantongomane	322.00	27.70	0.40	3.94	394.00	37.10	0.24	67.60	< 0.800	1.56
13	14-210	Peanut soup, powdered peanuts, boiled with onion and tomato	Indakala	435.00	19.30	0.23	3.97	212.00	39.70	0.25	76.80	< 0.800	2.16

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	14-300	Meat Based								
14	14-301	Beef, Boerwors, stewed with vegetables	Umshibo welivosi	69.6	155.7	6.3	9.3	11.7	0	3.0
15	14-302	Beef, chargrilled	Inyama yenkhomo leyosiwe	0	0	0	0	0	0	0
16	14-303	Beef liver, stewed with onion	Umshibo wesibindzi senkhomo	55.3	204.6	10.9	7.4	23.6	0	3.0
17	14-304	Beef, minced stewed with vegetables	Umshibo we mince	52.7	311.4	8.3	26.6	9.7	0	2.6
18	14-305	Beef, stewed, with vegetables	Umshibo wenyama yenkhomo	73.8	119.2	4.5	5.2	13.6	0	3.0
19	14-3006	Goat, stewed with onion and salt added	Umshibo wenyama yembhuti	71.6	129.3	5.2	6.5	12.5	0	2.5
20	14-307	Mutton, stewed with vegetables	Umshibo wenyama yemvu	56.4	322.4	7.3	31.6	2.2	0	3.4
21	14-308	Pork, stewed with vegetables	Umshibo wenyama yengulube	59.1	272.6	4.8	22.2	13.4	0	3.7

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
14	14-301	Beef, Boerwors, stewed with vegetables	Umshibo welivosi	888.00	45.60	0.25	2.15	158.00	17.10	0.22	82.40	< 0.800	1.24
15	14-302	Beef, chargrilled	Inyama yenkhomo leyosiwe	732.00	97.60	0.31	31.10	368.00	28.40	0.21	234.00	< 0.800	7.08
16	14-303	Beef liver, stewed with onion	Umshibo wesibindzi senkhomo	401.00	11.20	10.30	6.58	356.00	25.20	0.30	449.00	< 0.800	5.04
17	14-304	Beef, minced stewed with vegetables	Umshibo we mince	784.00	21.60	0.07	2.65	341.00	21.60	0.14	118.00	< 0.800	2.44
18	14-305	Beef, stewed, with vegetables	Umshibo wenyama yenkhomo	378.00	43.20	0.25	1.52	242.00	18.10	0.04	106.00	< 0.800	2.10
19	14-3006	Goat, stewed with onion and salt added	Umshibo wenyama yembhuti	754.00	58.20	0.31	2.76	235.00	19.30	0.09	131.00	< 0.800	3.19
20	14-307	Mutton, stewed with vegetables	Umshibo wenyama yemvu										
21	14-308	Pork, stewed with vegetables	Umshibo wenyama yengulube	414.00	29.00	0.27	1.31	180.00	12.50	0.04	82.60	< 0.800	1.48

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	14-400	Poultry Based								
22	14-401	Chicken broiler, breasts, stewed with vegetables	Umshibo wesifuba senkhukhu	72.9	122.1	4.9	4.9	14.6	0	2.7
23	14-402	Chicken broiler, drumsticks, stewed with vegetables	Umshibo wemlente wenkhukhu	75.9	104.9	5.8	3.7	12.1	0	3.4
24	14-403	Chicken broiler, feet, stewed with onions	Umshibo wetintwane	76.6	95.8	7.1	0.6	15.5	0	2.9
25	14-404	Chicken broiler, gizzards, stewed with vegetables.	Umshibo wetingingila	72.7	135.6	6.1	7.2	11.6	0	2.4
26	14-405	Chicken broiler, heads, stewed with vegetables	Umshibo wetinhloko	73.1	93.6	7.5	1.6	12.3	0	2.6
27	14-406	Chicken broiler, intestines, stewed with vegetables	Umshibo wematfumbu	77.5	97.2	5.0	3.2	12.1	0	2.3
28	14-407	Chicken broiler, necks, stewed with onion	Umshibo wetintsamo	63.1	166.0	4.4	7.6	20.0	0	1.7

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
		Poultry Based											
22	14-401	Chicken broiler, breasts, stewed with vegetables	Umshibo wesifuba senkhukhu	0	0	0	0	0	0	0	0	0	0
23	14-402	Chicken broiler, drumsticks, stewed with vegetables	Umshibo wemlente wenkhukhu	329	10	0.07	0.63	193	19	24.51	137	10.72	1.33
24	14-403	Chicken broiler, feet, stewed with onions	Umshibo wetintwane	718	405	0.26	1.37	126	17.30	0.05	223	< 0.800	0.845
25	14-404	Chicken broiler, gizzards, stewed with vegetables.	Umshibo wetingingila	770	19.9	0.34	1.91	223	16.70	0.09	91.20	< 0.800	1.77
26	14-405	Chicken broiler, heads, stewed with vegetables	Umshibo wetinhloko	474	807	0.32	2.40	154	25.6	0.08	466	< 0.800	1.77
27	14-406	Chicken broiler, intestines, stewed with vegetables	Umshibo wematfumbu	893	21.90	0.12	3.96	176	15.10	0.26	147	< 0.800	2.21
28	14-407	Chicken broiler, necks, stewed with onion	Umshibo wetintsamo	546	56.30	0.07	5.89	285	17.10	0.07	105	< 0.800	2.75

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
29	14-408	Chicken broiler, thighs, stewed with vegetables (carrot, potato onion and tomato).	Umshibo welitsanga lenkhukhu	65.4	183.1	6.1	11.5	13.8	0	2.3
30	14-409	Chicken broiler, wings stewed with vegetables.	Umshibo wetimphiko	73.5	120.1	4.2	6.9	10.3	0	2.9
31	14-410	Chicken indigenous, stewed with onion or shallot added	Umshibo wenkhukhu yasemakhaya	73.0	97.6	9.0	2.4	10.0	0	1.9
32	14-411	Egg relish, scrambled, fried with onion, tomato and green pepper	Umshibo welicandza	70.8	173.2	4.2	13.2	9.4	0	2.3
33	14-412	Turkey, drumsticks, stewed, with vegetables	Umshibo wemlente wengalukhuni	77.7	113.1	5.3	3.5	15.1	0	2.4

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
29	14-408	Chicken broiler, thighs, stewed with vegetables	Umshibo welitsanga lenkhukhu	0	0	0	0	0	0	0	0	0	0
30	14-409	Chicken broiler, wings stewed with vegetables.	Umshibo wetimphiko	0	0	0	0	0	0	0	0	0	0
31	14-410	Chicken indigenous, stewed with vegetable (onion)	Umshibo wenkhukhu yasemakhaya	527.00	23.70	0.33	2.01	208.00	16.20	0.05	113.00	< 0.800	1.32
32	14-411	Egg relish, scrambled, fried with onion, tomato and green pepper	Umshibo welicandza	716.00	41.30	0.22	7.20	244.00	17.30	0.111	128.00	< 0.800	3.38
33	14-412	Turkey, drumsticks, stewed, with vegetables	Umshibo wemlente wengalukhuni	951.00	46.10	0.11	2.25	184.00	15.9	0.06	103.00	< 0.800	3.10

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (mg)	Ash (g)
	14-500	Vegetable based								
34	14-501	Edible Aloe , boiled with cabbage and peanut powder	Emahala laphekwe nelikabishi nemantonogomane	75.5	0	4.2	0	0	0	2.3
35	14-502	Edible Aloe, boiled with amaranth and peanut powder	Emahala laphekwe nembhuya nemantonogomane	0	0	0	0	0	0	0
36	14-503	Edible Aloe, boiled with peanut powder	Emahala laphekwe nemantonogomane	0	0	0	0	0	0	0
37	14-504	Edible Aloe, boiled with pumpkin leaves	Emahala laphekwe nembhidvo wetintsanga	0	0	0	0	0	0	0
38	14-505	Amaranthus, boiled with peanut powder	Imbuya lenongwe ngemantongomane	75.5	90.3	2.5	2.7	14.0	0	1.9
39	14-506	Beetroot, boiled and dressed with vinegar	i-salad ye-beetroot lenongwe nga-vinegar	0	0	0	0	0	0	0
40	14-507	Black Jack, boiled with peanut powder	Chuchuzza lonongwe ngemantongomane	77.4	77.8	1.9	1.4	14.4	0	0.9
41	14-508	Cabbage, boiled with peeled potato, onion and tomato	Umshibo welikabishi	82.9	114.5	3.6	8.1	6.8	0	2.3
42	14-509	Cabbage, stewed with fish (pilchard)	Umshibo welikabishi lonenhlangi yeskotela	0	0	0	0	0	0	0

Source: chemical analysis

Vegetables in stews could be carrot, potato onion, green / yellow/ red peppers and tomato unless otherwise stated.

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
34	14-501	Edible Aloe , boiled with cabbage and peanut powder	Emahala laphekwe nelikabishi nemantonogomane	0	0	0	0	0	0	0	0	0	0
35	14-502	Edible Aloe, boiled with amaranth and peanut powder	Emahala laphekwe nembhuya nemantonogomane	392.00	150.00	0.26	3.65	236.00	68.40	0.44	32.60	< 0.800	0.24
36	14-503	Edible Aloe, boiled with peanut powder	Emahala laphekwe nemantonogomane	270.00	87.90	0.30	1.43	181.00	37.30	0.51	40.50	< 0.800	0.26
37	14-504	Edible Aloe, boiled with pumpkin leaves	Emahala laphekwe nembhidvo wetintsanga	560.00	73.10	0.34	1.90	207.00	38.10	0.43	44.70	< 0.800	0.27
38	14-505	Amaranthus, boiled with peanut powder	Imbuya lenongwe ngemantongomane	295.00	165.00	0.24	8.47	354.00	99.70	0.57	71.30	< 0.800	1.37
39	14-506	Beetroot, boiled and dressed with vinegar	i-salad ye-beetroot lenongwe nga-vinegar	46.00	10.00	0.06	0.60	296.00	35.00	0.23	29.00	0	0.24
40	14-507	Black Jack, boiled with peanut powder	Chuchuzza lonongwe ngemantongomane	289.00	145.00	0.28	11.40	359.00	68.60	0.72	65.50	< 0.800	0.84
41	14-508	Cabbage, boiled with peeled potato, onion and tomato	Umshibo welikabishi	380.00	36.50	0.21	3.16	304.00	19.70	0.20	33.20	< 0.800	1.63
42	14-509	Cabbage, stewed with fish (pilchard)	Umshibo welikabishi lonenhlangi yeskotela	364.00	141.00	0.30	5.11	324.00	24.80	0.17	112.00	< 0.800	2.56

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (mg)	Ash (g)
43	14-510	Inkakha, fresh, boiled with peanut powder	Umshibo wenkakha lonongwe ngemantongomane	85.4	0	1.5	0	12.2	0	0.9
44	14-511	Inkakha, dried boiled with peanut powder	Umshibo wenkakha leyomisiwe lenongwe ngemantongomane	81.0	0	3.7	0	0	0	3.1
45	14-5012	Inshubaba, fresh boiled with peanut powder	Inshubaba lenongwe ngemantongomane	85.4	0	0.5	0	9.9	0	2.6
46	14-513	Inshubaba, dried, boiled with peanut powder	Umshibo wenshubaba leyomisiwe lenongwe ngemantongomane	79.1	0	2.1	1.2	0	0	2.6
47	14-514	Nightshade, fresh, boiled with peanut powder	Umshibo wemsobo lonongwe ngemantongomane	92.8	0	0.6	0	10.3	0	0.7
48	14-515	Nightshade, dried, boiled with peanut powder	Umshibo wemsobo lowomisiwe lonongwe ngemantongomane	89.1	0	0.8	6.0		0	2.7
49	14-516	Potato, boiled with onion and tomato	Umshibo wemazambane	78.8	100.1	3.4	1.7	17.8	0	1.5
50	14-517	Pumpkin leaves, fresh, boiled with peanut powder	Umbhindvo wetintsanga lonongwe ngemantongomane	0	0	0	0	0	0	0
51	14-518	Pumpkin leaves, dried, boiled with peanut powder	Umbhidvo lowomisiwe wetintsanga lonongwe ngemantongomane	85.5	0	1.9	0	0		2.0

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
43	14-510	Inkakha, fresh, boiled with peanut powder	Umshibo wenkakha lonongwe ngemantongomane	315.00	219.00	0.26	7.85	241.00	90.10	0.76	65.50	< 0.800	1.21
44	14-511	Inkakha, dried boiled with peanut powder	Umshibo wenkakha leyomisiwe lenongwe ngemantongomane	353.00	104.00	0.52	11.30	303.00	71.80	0.68	110.00	< 0.800	2.01
45	14-512	Inshubaba, fresh boiled with peanut powder	Inshubaba lenongwe ngemantongomane	328.00	95.60	0.34	9.00	348.00	57.10	0.73	82.80	< 0.800	1.69
46	14-513	Inshubaba, dried, boiled with peanut powder	Umshibo wenshubaba leyomisiwe lenongwe ngemantongomane	0	0	0	0	0	0	0	0	0	0
47	14-514	Nightshade, fresh, boiled with peanut powder	Umshibo wemsobo lonongwe ngemantongomane	273.00	177.00	0.34	5.04	282.00	59.50	0.64	54.00	< 0.800	1.11
48	14-515	Nightshade, dried, boiled with peanut powder	Umshibo wemsobo lowomisiwe lonongwe ngemantongomane	0	0	0	0	0	0	0	0	0	0
49	14-516	Potato, boiled with onion and tomato	Umshibo wemazambane										
50	14-517	Pumpkin leaves, fresh, boiled with peanut powder	Umbhindvo wetintsanga lonongwe ngemantongomane	302.00	59.40	0.31	4.91	376.00	47.70	0.39	72.50	< 0.800	1.12
51	14-518	Pumpkin leaves, dried, boiled with peanut powder	Umbhidvo lowomisiwe wetintsanga lonongwe ngemantongomane	420.00	67.90	0.48	10.10	678.00	71.90	0.72	105.00	< 0.800	2.32

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
52	14-519	Soup powder, boiled, mixed with vegetables	Umshibo wesuphu	79.8	91.1	0.5	3.9	13.5	0	2.4
53	14-520	Soya mince, soup, boiled	Lisobho lesoya	79.9	76.1	0.5	2.1	13.8	0	3.0
54	14-521	Spinach leaves (Swiss chard), boiled with peanut powder	Umshibo wesipinashi lesishelelako lesinongwe ngemantongomane	85.5	63.1	1.8	2.7	7.9	0	2.5
55	14-522	Sweet potato leaves, boiled with peanut powder	Lidleledlele	79.8	0	0.5	0	0	0	2.4
56	14-523	Tomato and onion gravy, sautéed with seasoning	Lishisa	77.3	138.4	0.5	9.2	13.4	0	2.5
57	14-524	Vegetable atchar	i-atchar	0	0	0	0	0	0	0

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
52	14-519	Soup powder, boiled, mixed with vegetables	Umshibo wesuphu	417	26.0	0.02	0.10	22.0	4.0	0.04	17.0	0	0.12
53	14-520	Soya mince, soup, boiled	Lisobho lesoya	0	0	0	0	0	0	0	0	0	0
54	14-521	Spinach leaves, boiled with peanut powder	Umshibo wesipinashi lesishelelako lesinongwe ngemantongomane	434	77.30	0.36	2.14	261	87.60	0.86	50.60	< 0.800	0.89
55	14-522	Sweet potato leaves, boiled with peanut powder	Lidleledlele	404	32.50	0.50	2.72	278	47.40	0.43	73.50	< 0.800	0.60
56	14-523	Tomato and onion gravy, sautéed with seasoning	Lishisa	271	19.80	0.33	0.46	2.61	15.00	0.14	29.60	< 0.800	0.02
57	14-524	Vegetable Atchar	i-atchar	1010	57.00	0.24	3.06	202	21.00	0.18	31.30	< 0.800	0.95

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	15-000	Cereal Dishes								
58	15-001	maize, flaked (cornflakes) with sugar and milk	Ema-Cornflakes	3.0	0	7.7	0.2	82.9	3.3	0
59	15-002	Maize, white, fresh, minced, mixed with wheat flour, bread, steamed	sinkhwa sembila	48.9	0	1.4	5.6		0	0.2
60	15-003	maize meal, white, refined, boiled into thin porridge, sugar and milk added	indengane	0	0	0	0		0	0
61	15-004	maize meal, white, unrefined, boiled into thin porridge with sugar and milk	indengane	81.7		0.5	0		0	0.2
62	15-005	Rice, savoury, boiled with carrots	Lilayisi leliphekwe neticadze	70.2	0	0.5	0.2		0	0.2

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
	15-000	Cereal Dishes											
58	15-001	Cornflakes with sugar and milk	Ema-cornflakes										
59	15-002	Maize, white, fresh, minced, mixed with wheat flour, bread, steamed	Sinkhwa sembila	0	0	0	0	0	0	0	0	0	0
60	15-003	Maize meal, white, refined, boiled into thin porridge, sugar and milk added	Indengane	192.0	70.0	0.1	0.7	189.0	35.0	0.1	150.0	0	0.8
61	15-004	Maize meal, white, unrefined, boiled into thin porridge with sugar and milk	Indengane	5.0	8.0	0.0	0.3	53.0	12.0	41.5	25.0	0	0.1
62	15-005	Rice, savoury, boiled with carrots	Lilayisi leliphekwe neticadze	0	0	0	0	0	0	0	0	0	0

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
63	15-006	Rice crispies with milk and sugar	Ema-rice crispies	70.2	0	1.1	0		0	0.3
64	15-007	Sorghum meal, red, refined, cooked into thin porridge with sugar and milk	Indengane yemabele	82.4	302.0	1.8	0.8	14.0	0.6	0.5
65	15-008	Wheat bread, brown, sliced	Sinkhwa lesimnyama	37.7	249.2	8.2	1.2	51.4	0	1.6
66	15-009	Wheat bread, white, sliced	Sinkhwa lesimhlophe	36.1	238.0	10.7	1.0	56.4	9.2	3.7
67	15-010	Wheat flour, dough, deep fried (fat cakes)	Emafethi	31.5	310.7	1.9	7.9	58.0	0	0.7
68	15-011	Wheat flour, dough, oven baked (scones)	Ema- scones	27.7	365.1	4.6	16.7	49.1	0	2.0
69	15-012	Wheat flour, yeast dough, baked (Swazi buns)	Ema –swazi buns	29.8	282.5	6.1	1.3	61.6	0	1.3
70	15-013	Wheat flour, dough, steamed (dumpling)	Lidombolo	51.4	199.7	2.6	2.5	41.7	0	1.9

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
63	15-006	Rice crispies with milk and sugar	Ema-rice crispies	1323.00	11.00	0.25	11.00	100.00	37.00	0.99	141.00	2.00	2.00
64	15-007	Sorghum meal, red, refined, cooked into thin porridge with sugar and milk	Indengane yemabele	18.00	29.00	0.01	0.88	42.00	4.00	0.73	17.00	0.36	0.33
65	15-008	Wheat bread, brown, sliced	Sinkhwa lesimnyama	451.00	55.00	0.19	1.50	222.00	74.00	1.26	174.00	0	1.40
66	15-009	Wheat bread, white, sliced	Sinkhwa lesimhlophe	490.00	56.00	0.30	1.20	138.00	29.00	0.46	103.00	0	1.00
67	15-010	Wheat flour, dough, deep fried (fat cakes)	Emafethi	136.00	41.00	0.05	0.63	41.00	9.00	199.49	36.00	0.89	0.27
68	15-011	Wheat flour, dough, oven baked (scones)	Ema-scones	1197.00	226.00	0.07	1.00	128.00	15.00	543.36	352.00	0.68	0.47
69	15-012	Wheat flour, yeast dough, baked (Swazi buns)	Ema –swazi buns										
70	15-013	Wheat flour, dough, steamed (dumpling)	Lidombolo	259.00	78.00	0.10	1.21	78.00	18.00	381.31	69.00	1.70	0.51

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	16-000	One-Pot Meals								
71	16-001	Amaranthus, fresh, cooked with mealie meal	Sijabane	74.3	98.4	2.2	0.4	21.5	0	1.6
72	16-002	Jugo beans and maize,mashed	Siphushe	0	0	0	0	27.4	0	
73	16-003	Jugo beans cooked, maize meal added	Insontjwana	64.0	159.5	3.6	2.7	30.2	0	1.6
74	16-004	Maize meal porridge cooked in milk	Sitfubi	69.8	118.9	2.1	0.5	26.5	0	0.9
75	16-005	Maize meal, refined, crumbled porridge with sour milk	Luphutfu loluvutjwe ngemasi lalatsiwe	70.4	123.3	2.0	1.7	25.0	0	0.8
76	16-006	Maize meal, refined, crumbled porridge with indigenous sour milk	Emasi	69.0	0	3.7	8.6	0	0	0.8

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
71	16-001	Amaranthus, fresh, cooked with mealie meal	Sijabane	203.00	133.00	0.18	6.46	178.00	59.60	0.41	41.80	< 0.800	0.70
72	16-002	Jugo beans and maize,mashed	Siphushe	357.00	27.70	0.47	1.25	659.00	72.60	0.62	129.00	< 0.800	0.96
73	16-003	Jugo beans cooked, maize meal added	Insontjwana	277.00	19.30	0.28	4.69	444.00	58.00	0.42	101.00	< 0.800	6.73
74	16-004	Maize meal porridge cooked in milk	Sitfubi	132.00	97.20	0.20	0.56	173.00	21.20	0.05	110.00	< 0.800	0.45
75	16-005	Maize meal, refined, crumbled porridge with sour milk	Luphutfu loluvutjwe ngemasi lalatsiwe	0	0	0	0	0	0	0	0	0	0
76	16-006	Maize meal, refined, crumbled porridge with indigenous sour milk	Emasi	0	0	0	0	0	0	0	0	0	0

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
77	16-007	Maize meal, refined, porridge with whey	Liphalishi lelibhucwe ngemlaza	78.2	89.1	1.3	0.7	19.4	0	0.6
78	16-008	Maize meal, unrefined, crumbled porridge with cultured sour milk	Luphutfu loluvutjwe ngemasi lalatisiwe	68.7	123.4	2.1	1.4	25.6	0	0.9
79	16-009	Maize meal, unrefined, crumbled porridge with indigenous sour milk	Luphutfu loluvutjwe ngemasi latilatele	66.9	150.9	4.2	6.9	18.0	0	0.8
80	16-010	Maize meal, unrefined, fermented, boiled into thin porridge	Incwancwa	82.9	0	0.5	0	21.2	0	0.1
81	16-011	Melon, porridge mixed with mealie meal	Lijoti	81.9	74.9	0.6	1.3	15.2	0	1.2

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
77	16-007	Maize meal, refined, porridge with whey	Liphalishi lelibhucwe ngemlaza	0	0	0	0	0	0	0	0	0	0
78	16-008	Maize meal, unrefined, crumbled porridge with cultured sour milk	Luphutfu loluvutjwe ngemasi lalatisiwe	0	0	0	0	0	0	0	0	0	0
79	16-009	Maize meal, unrefined, crumbled porridge with indigenous sour milk	Luphutfu loluvutjwe ngemasi latilatele	81.00	92.60	0.33	0.93	151.00	22.90	0.07	121.00	< 0.800	0.52
80	16-010	Maize meal, unrefined, fermented, boiled into thin porridge	Incwancwa	0	0	0	0	0	0	0	0	0	0
81	16-011	Melon, porridge mixed with mealie meal	Lijoti	0	0	0	0	0	0	0	0	0	0

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
82	16-012	Pumpkin, porridge mixed with maize meal	Sidvudvu	76.4	97.2	1.9	0.8	20.6	0	0.8
83	16-013	Pumpkin, porridge mixed with maize meal and milk	Ludvwidvwi	79.1	84.8	1.2	0.8	18.2	0	0.9
84	16-014	Samp and jugo beans, cooked mixed	Umngqushu	68.4	130.8	3.2	2.0	25.0	0	1.4
85	16-015	Sorghum, whole grain, boiled, roughly ground with sour milk	Ticaba	68.7	146.4	3.4	4.8	22.4	0	0.7

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
82	16-012	Pumpkin, porridge mixed with maize meal	Sidvudvu	4.65	46.30	0.27	0.87	450.00	16.60	0.06	30.20	< 0.800	0.36
83	16-013	Pumpkin, porridge mixed with maize meal and milk	Ludvwidvwi	21.00	81.10	0.24	0.90	371.00	15.60	0.03	59.00	< 0.800	1.42
84	16-014	Samp and jugo beans, cooked mixed	Umngqushu	262.00	17.50	0.36	1.21	229.00	29.80	0.22	55.40	< 0.800	1.02
85	16-015	Sorghum, whole grain, boiled, roughly ground with sour milk	Ticaba	36.60	69.90	0.25	2.47	176.00	41.40	0.28	135.00	< 0.800	1.22

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	17-000	Snacks								
86	17-001	Cassava, root, boiled with salt	Umjumbula lophekiwe	45.2	262.5	12.2	10.9	28.9	0	2.4
87	17-002	Cowpea, red, mashed, deep fried	Emabhajiya	61.0	138.5	4.3	1.3	27.4	0	1.6
88	17-003	Jugo beans, boiled, mashed	Siphuphe	3.3	384.3	7.9	4.3	78.5	0	1.9
89	17-004	Maize, white, wholegrain, dry, roasted with peanuts, powdered	Lukhotse	69.9	0	0.4	0	0	0	1.0

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
86	17-001	Cassava, root, boiled with salt	Umjumbula lophekiwe	0	0	0	0	0	0	0	0	0	0
87	17-002	Cowpea, red, mashed, deep fried	Emabhajiya	372.00	42.90	0.30	10.50	429.00	65.10	0.51	105.00	< 0.800	10.60
88	17-003	Jugo beans, boiled, mashed	Siphuphe	0	0	0	0	0	0	0	0	0	0
89	17-004	Maize, white, wholegrain, dry, roasted with peanuts, powdered	Lukhotse	178.00	20.90	0.46	3.57	488.00	132.00	0.74	308.00	< 0.800	3.18

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Water (g)	Energy (kcal)	Protein (g)	Fat (g)	CHOAVLDF (g)	Fibre (g)	Ash (g)
	18-000	Vegetable Side Dishes								
90	18-001	Cabbage, shredded dressed with mayonnaise	i-salad yeliklabishi	78.0	150.1	0.5	12.9	8.0	0	3.7
91	18-002	Cabbage, stir-fried	Liklabishi lelitfosiwe	83.6	0	1.1	0	9.0	0	0.8
92	18-003	Lettuce, mixed with tomato and onion, dressed in vinegar	i-salad ye-lettuce	94.2	0	0.9	0	4.1	0	1.6
93	18-004	Potato, Irish, boiled, peeled, cubed, dressed with mayonnaise (salad)	i-salad yemazambane	74.6	108.3	1.2	2.3	20.7	0	1.2

Source: Chemical analysis

Serial no.	Code	Food name and description in English	Food name in siSwati	Na (mg)	Ca (mg)	Cu (mg)	Fe (mg)	K (mg)	Mg (mg)	Mn (mg)	P (mg)	Se (mg)	Zn (mg)
90	18-001	Cabbage, shredded dressed with mayonnaise	i-salad yeliklabishi	0	0	0	0	0	0	0	0	0	0
91	18-002	Cabbage, stir-fried	Liklabishi lelitfosiwe	205.00	43.70	0.12	4.76	224.00	15.00	0.12	29.40	< 0.800	1.35
92	18-003	Lettuce, mixed with tomato and onion, dressed with vinegar	i-salad ye-lettuce	235.00	71.20	0.15	3.39	149.00	13.40	0.22	16.50	< 0.800	1.42
93	18-004	Potato, Irish, boiled, peeled, cubed, dressed with mayonnaise (salad)	i-salad yemazambane	0	0	0	0	0	0	0	0	0	0

Source: Chemical analysis

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Appendix 1. Identified Single Foodstuff Commonly Consumed and Available in Eswatini Presented in English, Local and Scientific names

Serial no.	Food name and Description in English	Food name in siSwati	Scientific name
Cereals and their Products			
1	Maize, white, whole grain, raw	Umbbila	Zea mays
2	Maize, yellow, whole grain, raw	Sangalane	
3	Maize, white, boiled without salt, on the cob	Lifutfo	
4	Maize, yellow, boiled, on the cob	Sangalane lesiphekiwe	
5	Maize, white, roasted, on the cob	Umbbila wekosa	
6	Maize, yellow, roasted, on the cob	Sangalane lesosiwe	
7	Maize, yellow, dried, popped	i-popcorn	
8	Maize, flaked	ema-cornflakes	
9	Maize, white, wholegrain, dried, boiled	Tinkhobe	
10	Maize, white, wholegrain, dry, pan-roasted	Imbhasha	
11	Maize, white, coarse ground, boiled	Sitambhu lesiphekiwe	
12	Maize, white, grits, raw	Liheleyisi	
13	Maize, white, grits, boiled	Liheleyisi leliphekiwe	
14	Maize meal, white, dry, unrefined	Imphuphu lehhayekile	
15	Maize meal, white, dry, refined	Imphuphu lecolisakele	
16	Maize meal, white, unrefined, boiled into stiff porridge	Liphalishi lelihayekile	
17	Maize meal, white, refined, boiled into stiff porridge	Liphalishi lelisakele	
18	Maize meal, white, boiled into crumbled porridge	Luphutfu	
19	Maize meal, unrefined, fermented, boiled soft porridge	Incwancwa yemphuphu lehhayekile	
20	Maize meal, refined, fermented, boiled soft porridge	Incwancwa yemphuphu lecolisakele	
21	Maize meal, refined, fermented, boiled into stiff porridge	Liphalishi lelimunyu	
22	Maize meal, white, unrefined, fermented, thin porridge, with	Emahewu	
23	Maize meal, thick porridge, mixed with water and fermented	Singwangwa	
24	Oats, cream white, rolled, raw	i-oats	Avena sativa
25	Oats, rolled, cooked with water	i-oats lephekiwe	
26	Oats, wholegrain, instant, raw	i-oats lengaphekwa	
27	Oats, rolled, instant, prepared with hot water	i-oats letselwe emanti labilako	
28	Rice, white, parboiled, long-grain, raw	i-rice	Oryza sativa
29	Rice, white, parboiled, long-grain, boiled	i-rice lephekiwe	
30	Rice, white, parboiled, medium-grain, boiled	i-rice lephekiwe	
31	Rice, white, Chinese, raw	i-rice yemaShayina	
32	Rice, white, Chinese, boiled	i-rice yemaShayina lephekiwe	
33	Rice, white, roasted, popped	ema-rice crispies	
34	Sorghum, red, wholegrain, raw	Emabele labovu	Sorghum bicolor
35	Sorghum, red, meal, raw	Imphuphu yemabele	
36	Sorghum, red, fermented, cooked into soft porridge	Umhidvo	
37	Sorghum, red, meal, fermented, cooked into soft porridge,	Incwancwa yemabele	
38	Sorghum, red, beverage, fermented	Emahewu emabele	
39	Sorghum, instant thin porridge	i-morvite	
40	Wheat, wholegrain, raw	Kolo	Triticum aestivum
41	Wheat, flour, whole-wheat	Flour wa kolo lohlayekile	
42	Wheat, white, cake flour	Flour wemakhekhe	
43	Wheat, brown, bread flour	Flour wesinkhwa lesimnyama	
44	Wheat, self raising flour,	flour lotikhukhumkelako	
Roots, Tubers and their products			
45	Cassava, root, raw	umjumbula	Manihot esculenta
46	Cassava, root, raw, peeled	umjumbula locatiwe	Manihot esculenta
47	Cassava, root, peeled, boiled	umjumbula lobilisiwe	
48	Cassava root, peeled, boiled and shallow fried	ema-chips emjumbula	
49	Potato, Irish, raw	Emazambane	Solanum tuberosum

Serial no.	Food name and Description in English	Food name in siSwati	Scientific name
Cereals and their Products			
50	Potato, Irish, boiled with skin	Emazambane lanesikhumba labilisiwe	
51	Potato, Irish, peeled, boiled	Emazambane lacatiwe abiliswa	
52	Potato, Irish, baked with skin	Emazabane lanesikhumba labhakiwe	
53	Potato, Irish, peeled, baked	Emazambane lacatiwe abhakwa	
54	Potato, Irish, peeled, sliced, deep-fried	ema-chips emazambane	
55	Potato, sweet, white flesh, raw	Bhatata	<i>Ipomoea batatas</i>
56	Potato, sweet, white flesh boiled	Bhatata lobilisiwe	
57	Potato, sweet, white flesh, baked	Bhatata lobhakiwe	
58	Potato, sweet, yellow flesh, raw	Bhatata lomtfubi	
59	Potato, sweet, yellow flesh, boiled	Bhatata lomtfubi lobilisiwe	
60	Potato, sweet, yellow flesh, baked	Bhatata lomtfubi lobhakiwe	
61	Potato, Zulu, raw	Ematabhane	
62	Potato, Zulu, boiled with skin	Ematabhane labilisiwe	
63	Taro, raw	Emathapha	<i>Colocasia esculenta</i>
64	Taro, boiled with skin	Emathapha labilisiwe	
Legumes, Nuts and Seeds			
65	Beans, sugar/speckled, dry, raw	Emabhontjisi	<i>Phaseolus vulgaris</i>
66	Beans, sugar/speckled, dry, boiled	Emabhontjisi laphekiwe	
67	Beans, bio-fortified, dry, raw	Emabhontjisi langetelwe tinswayi	
68	Beans, bio-fortified, dry, boiled	Emabhontjisi langetelwe tinswayi laphekiwe	
69	Cowpea, red, dry	Tinhlumaya letibovu	<i>Vigna unguiculata</i>
70	Cowpea, red, boiled	Tinhlumaya letiphekiwe	
71	Cowpea, red, boiled, mashed	Siphuphe setinhlumaya	
72	Cowpea, red, fresh	Tinhlumaya letimanti	
73	Cowpea, red, fresh, boiled	Umbhonyo wetinhlumaya	
74	Cowpea, dry, white, raw	Tinhlumaya letimhlophe	
75	Cowpea, dry, white, boiled	Tinhlumaya letibilisiwe	
76	Cowpea, dry, white, boiled, mashed	Siphuphe setinhlumaya	
77	Jugo bean, dry, raw	Tindlubu	<i>Voandzeia Subterranean</i>
78	Jugo bean, unshelled, boiled	Umbhonyo wetindlubu	
79	Jugo bean, boiled, mashed	Siphuphe setindlubu	
80	Mung bean, dry, raw	Mngomeni	<i>Vigna radiata</i>
81	Mung bean, boiled	Mngomeni lophekiwe	
82	Mung bean, shelled, boiled, mashed	Siphuphe samngomeni	
83	Pigeon pea, dry, raw	Livikandlala	<i>Cajanus cajan</i>
84	Pigeon pea, shelled, boiled	Livikandlala leliphekiwe	
85	Soya bean, dry, raw	i- soya	<i>Glycine max</i>
86	Soya bean, roasted, powdered	i- soya lekhantingwe yasilwa	
87	Soya bean milk	Lubisi lwe soya	
88	Soya-corn blend powdered	Sidonono	
Nuts and Seeds			
89	Marula nut, raw	Tinganu	<i>Scelerocarya birrea</i>
90	Marula nut, powdered	Tinganu letisiliwe	
91	Peanuts, shelled, raw	Emantongomane	<i>Arachis Hypogaea</i>
92	Peanuts, unshelled, boiled	Umbhonyo wemantongomane	
93	Peanuts, unshelled, roasted	Emantongomane lakhantingwe	
94	Peanuts, shelled, roasted	Emantongomane lakhantingwe	
95	Peanuts, shelled, powdered	Emantongomane lasiliwe	
96	Peanuts, shelled, roasted powdered	Emantongomane lakhantingwe asilwa	
97	Pumpkin seed raw	Tintsanga	
98	Pumpkin seeds, roasted, powdered	Tintsanga letikhantiwe tasilwa	
99	Sesame seed, raw	Ludvonca	<i>Sesamum indicum</i>
100	Sesame seed, pan-roasted, powdered	Ludvonca lolukhantingwe lwasilwa	

Serial no.	Food name and Description in English	Food name in siSwati	Scientific name
	Cereals and their Products		
	Vegetables		
	Leafy vegetables		
101	Amaranth, leaves, raw	Imbuya	<i>Amaranthus hybridus</i>
102	Amaranth, leaves, boiled	Lilasha lembuya	
103	Black jack, leaves, raw	Chuchuza	<i>Bidens pilosa</i>
104	black jack, leaves, boiled	Lilasha la chuchuza	
105	Cabbage, leaves, raw	Liklabishi	<i>Brassica oleracea capitata</i>
106	Cabbage, leaves, boiled	Liklabishi lelibisiwe	
107	cabbage, leaves, fried	Liklabishi lelitfosiwe	
108	Cassava leaves, raw	Emacembe emjumbula	<i>Manihot esculenta</i>
109	Cassava leaves, boiled	Umbhidvo wemacembe emjumbula	
110	Inkakha, leaves, raw	Inkakha	<i>Momordica balsamina</i>
111	Inkakha, leaves, boiled	Umbhidvo wenkakha	
112	Inkakha, leaves, dried	Umfuso weinkakha	
113	Inshubaba, leaves, raw	Inshubaba	<i>Momordica foetida</i>
114	Inshubaba, leaves, boiled	Umbhidvo wenshubaba	
115	Inshubaba, leaves, dried	Umfuso wenshubaba	
116	Jute mallow, leaves, raw	Ligusha	<i>Corchorus olitorius</i>
117	Jute mallow, leaves, boiled with bicarbonate of soda	Ligusha leliphekiwe	
118	Lettuce, leaves, fresh	i- lethisi	<i>Lactuca sativa</i>
119	Night shade, leaves, raw	Umsobo	<i>Solanum retroflexum</i>
120	Night shade, leaves, boiled	Umbhidvo wemsobo	
121	Pumpkin stalks and leaves, raw	Tintsanga	
122	Pumpkin stalks and leaves, boiled	Umbhidvo wetintsanga	
123	Spinach mustard, leaves, raw	Spinach lesibabako	<i>brassica rapa</i>
124	Spinach mustard, leaves, boiled	Umbhidvo wespinach lesibabako	
125	Spinach (Swiss Chard), leaves, raw	Spinach lesishelelakobako	<i>Beta vulgaris</i> var. <i>cicla</i>
126	Spinach leaves, (Swiss Chad), boiled	Umbhidvo wespinach lesishelelako	
127	Sweet potato leaves, raw	Emacembe abhatata	<i>Ipomoea batatas</i>
128	Sweet potato leaves, boiled	Lidlelelele	
	Non leafy vegetables		
129	Beetroot, raw	i-beetroot	<i>Beta vulgaris</i>
130	Beetroot, boiled, peeled	i- beetroot lephekiwe	
131	Broccoli, raw	i- broccoli	<i>Brassica oleracea cymosa</i>
132	Broccoli, boiled	i- broccoli lephekiwe	
133	Butternut squash, raw	i- butternut	
134	Butternut squash, peeled, boiled	i-butternut lephekiwe	
135	Carrot, raw	Sicadze	<i>Daucus carota</i> subsp. <i>Sativus</i>
136	Carrot, peeled, boiled	Sicadze lesiphekiwe	
137	Cauliflower, raw	i- cauliflower	<i>Brassica oleracea botrytis</i>
138	Cauliflower, boiled	i- cauliflower lephekiwe	
139	Cucumber, fresh	i-cucumber	<i>Cucumis sativus</i>
140	Edible aloe, raw	Emahala	<i>Aloe maculata</i>
142	Edible aloe, boiled	Emahala laphekiwe	
143	Green beans, raw	ema-green beans	<i>Phaseolus vulgaris</i>
144	Green beans, boiled	ema-green beans laphekiwe	
145	Gourd, raw,	Liselwa	
146	Gourd, boiled	Liselwa leliphekiwe	
147	Melon, peeled, raw	Lijoti	<i>Citrillus lanatus</i>
148	Melon, peeled, boiled	Lijoti leliphekiwe	
149	Okra, raw	Mandwandwe	<i>Abelmoschus esculentus</i>
150	Okra, boiled	Mandwandwa lophekiwe	
151	Pumpkin squash, raw	Litsanga	<i>Cucurbita pepo</i>
152	pumpkin squash, with peel, boiled	Tincheke	

Serial no.	Food name and Description in English	Food name in siSwati	Scientific name
	Cereals and their Products		
153	Pumpkin squash, pulp and seeds, boiled	Budzibi	
154	Tomato, raw	Tamatisi	Lycopersicon esculentum
155	Tomato puree, canned	i- tomato puree	
	Fruits and their Products		
156	Apple, Golden Delicious, yellow, with skin, fresh	Lihhabhula	Malus domestica
157	Apple, Golden Delicious, yellow, without skin, fresh	Lihhabhula	
158	Apple, Granny Smith, green, with skin, fresh	Lihhabhula	Malus sylvestris
159	Apple, Granny Smith, green, without skin, fresh	Lihhabhula	
160	Apple, Starking, red, with skin, fresh	Lihhabhula	Malus domestica
161	Apple, Starking, red, without skin, fresh	Lihhabhula	Malus domestica
162	Avocado pear, pulp, fresh	Likotapeni	Persea americana
163	Banana, fresh	Bhanana	Musa paradisiaca
164	Emantulwa, with skin, dried	Emantulwa lomisiwe	Vangueria infausta
165	Emantulwa, with skin, fresh		
166	Emanumbela, with skin, fresh	Emanumbela	Englerophytum natalense
167	Gooseberry, pulp, fresh	Gcumgcumu	Physalis peruvian
168	Grapefruit, fruit pulp, raw	li- grapefruit	Citrus paradisi
169	Grapes, black, fresh	ema- grapes	Vitis vinifera
170	Grapes, red, fresh	ema- grapes	Vitis vinifera
171	Grapes white, fresh	ema-grapes	Vitis vinifera
172	Granadila, pulp, fresh	Liganandela	Passiflora edulis
173	Guava, with skin, fresh	Ligwava	Psidium guajava
174	Guava, without skin, fresh	Ligwava	
175	Lemon, fresh	Lilamula	Citrus limon
176	Loquat, fresh	Lokhwatsa	Eriobotrya japonica
177	Mango, with skin, fresh	Mangoza	Mangifera Indica
178	Mango, without skin, fresh	Mangoza	
179	Marula nut, fresh	Emaganu	Sclerocarya birrea
180	Mulberry, fresh	Emagumence	Morus Alba
181	Naartjie, fresh	Linantji	
182	Orange, fresh	Liwolintji	Citrus sinensis
183	Pawpaw, fresh	Phopho	Carica papaya
184	Peach, with skin, fresh	Limpentjisi	Prunus persica
185	Peach, without skin, fresh	Limpentjisi	
186	Peach, without skin, canned in syrup	Limpentjisi lelikheniwe	
187	Pear with skin, fresh	Ligonandvodza	Pyrus communis
188	Pear without skin, fresh	Ligonandvodza	
189	Pear, without skin, canned in syrup	Ligonandvodza lelikheniwe	
190	Pineapple, fresh	Phayinaphu	Ananas sativus
191	Pineapple, canned in syrup	Phayinaphu lokheniwe	
192	Plum, fresh	Liplema	Prunus domestica
193	Red Ivory, fresh	Tineyi	Phyllogeiton zeyheri
194	Strawberry, fresh	strawberry	Fragaria ananassa
195	Tree strawberry, fresh	Umfomfo	Cephalanthus natalensis
196	Water berry, fresh	Tincozi	Syzygium cordatum
197	Watermelon, fresh	Lihwabha	Citrullus lanatus
	Meat		
198	Beef head and hooves, raw	Inhloko nemasondvo enkhomo	Bos taurus
199	Beef head and hooves, boiled	Inhloko nemasondvo laphekiwe	
200	Beef heart, raw	Inhlitiyo yenkhomo	
201	Beef heart, braised	Inhlitiyo leyosiwe	
202	beef heart, fried	Inhloko letfosiwe	
203	Beef kidneys, raw	Tinso tenkhomo	

Serial no.	Food name and Description in English	Food name in siSwati	Scientific name
	Cereals and their Products		
204	Beef kidneys, braised	Tinso letosiwe	
205	Beef liver, raw	Sibindzi senkhomo	
206	Beef liver, fried	Sibindzi lesosiwe	
207	beef liver, roasted	Sibinzi lesosiwe	
208	Beef meaty bones, raw	Inyama yematsambo	
209	Beef meaty bones, boiled	Inyama yematsambo laphekiwe	
210	Beef minced, raw	i- minced meat	
211	Beef minced, boiled	i- minced meat lephekiwe	
212	Beef offal, raw	Kwangekhatsi kwenkhomo	
213	Beef offal, boiled	Kwangekhatsi lokuphekiwe	
214	Beef, meat, raw	Inyama yenkhomo	
215	Beef, meat, boiled	Inyama lephekiwe	
216	Beef, Boerwors, raw	Livosi	
217	Beef, Boerwors, fried	Livosi lelifosiwe	
218	Beef, Boerwors, roasted	Livosi lelosiwe	
219	Beef, Boerwors, boiled	Livosi leliphikiwe	
220	Goat meat, raw	Inyama yembuti	Capra aegagrus
221	Goat meat, boiled	Imbuti lephekiwe	
222	Goat offal, raw	Kwangekhatsi kwembuti	
223	Goat offal, boiled	Kwangekhatsi lokuphekiwe	
	mutton raw	Inyama yesiklabhu	
224	Mutton, boiled	Inyama yesiklabhu lephekiwe	
225	mutton, grilled	Siklabhu lesosiwe	
226	mutton, shallow fried	Siklabhu lesitfosiwe	
227	pork, bacon, thinly sliced, cured	i-bacon	Sus scrofa
228	pork, Ham, processed	i- ham	
229	Pork, meat, raw	Inyama yengulube	
230	Pork, meat, grilled	Ingulube leyesiwe	
231	pork trotters, raw	Emasondvo engulube	
232	pork trotters, boiled	Emasondvo engulube laphekiwe	
233	Pork, Polony, processed	i-polony	
234	Pork, sausage, Russian, fried	i- russian	
	Poultry & Eggs		
235	Chicken, broiler, breasts, raw	Inyama lemhlophe yenkukhu	Gallus gallus
236	Chicken, broiler, breast	Inyama lemhlophe lephekiwe	
237	Chicken, broiler, feet, raw	Tintwane	
238	Chicken, broiler, feet, boiled	Tintwane letiphekiwe	
239	Chicken, broiler, heads, raw	Tinhloko tenkukhu	
240	Chicken, broiler, heads, boiled	Tinhloko letiphekiwe	
241	Chicken, broiler, meat, drumsticks, raw	Imilente yenkukhu	
242	Chicken, broiler, meat, drumsticks fried	Imilente letfosiwe	
243	Chicken, broiler, meat, drumsticks boiled	Imilente lephekiwe	
244	Chicken, broiler, meat, thighs, raw		
245	Chicken, broiler, meat, thighs, boiled		
246	Chicken, broiler, meat, thighs, fried		
247	chicken, broiler, meat, wings raw	Timphiko tenkhukhu	
248	Chicken, broiler, meat, wings, boiled	Timphiko letiphekiwe	
249	Chicken, broiler, meat, wings, fried	Timphiko letiphekiwe	
250	Chicken, broiler, necks, raw	Tintsamo tenkhukhu	
251	Chicken broiler, necks, boiled	Tintsamo letiphekiwe	
252	Chicken, broiler, necks, fried	Tintsamo letitfosiwe	
253	Chicken, gizzards, raw	Tingingila	
254	Chicken, gizzards, boiled	Tingingila letiphekiwe	
255	Chicken indigenous, meat, raw	Inkhukhu yemakhaya	
256	Chicken indigenous, meat, boiled	Inkhukhu lephekiwe	

Serial no.	Food name and Description in English	Food name in siSwati	Scientific name
	Cereals and their Products		
257	Chicken, intestines, raw	Ematfumbu enkhukhu	
258	Chicken, intestines, boiled	Ematfumbu laphekiwe	
259	Chicken, intestines, fried	Ematfumbu latfosiwe	
260	Chicken, liver, raw	Sibindzi senkukhu	
261	Chicken, liver, fried	Sibindzi lesitfosiwe	
262	Turkey, meat, raw	Ingalukhuni	
263	Turkey, meat, boiled	Ingalukhuni lephekiwe	Meleagris gallopavo
264	Egg, chicken, raw	Licandza lenkhukhu	
265	Egg, chicken, boiled	Licandza lelibilisiwe	
266	Egg, chicken, fried	Licandza lelitfosiwe	
267	Egg, chicken, scrambled	Licandza lelitfosiwe lavutfutwa	
	Fish and Seafood		
268	Fish hake, frozen, raw	Inhlanti (hake)	Gadus merluccius
269	Fish hake, coated and fried	Inhlanti letfosiwe	
270	Fish Maasbanker, raw	Inhlanti (maasbanker)	
271	Fish Maasbanker, boiled	Inhlanti lephekiwe	Trachurus Trachurus
272	Fish Pilchards, canned in tomato sauce	Inhlanti yesikotela	
273	Fish Sardine, canned in oil	Inhlanti (sardine)	Sardina pilchardus
274	Fish Tilapia, raw	Inhlanti (tilapia)	Sardinops sagax
275	Fish Tilapia, boiled	Sikhwakhwalala lesiphekiwe	Oreochromis mossambicus
276	Fish Tilapia, shallow fried	Sikhwakhwalala lesitfosiwe	
277	Fish Tuna, canned in brine	Inhlanti (tuna)	Thunnus alalunga
	Milk and Milk Products		
278	Milk, cow, whole, pasteurized	Lubisi lwenkhomo	
279	Milk, goat, whole, pasteurised	Lubisi lwembuti	
280	Milk, human	Lubisi lwamake	
281	Milk, powdered, infant formula	Lubisi lwebantwana loluyimphuphu	
282	Milk, powdered, whole	lubisi loluyimphuphu	
283	Milk, powdered, skimmed	Lubisi lwemphuphu	
284	Milk, sour, naturally fermented	Emasi	
285	Milk, sour, cultured	Emasi	
286	milk, soya		
287	Cheese, cheddar, sliced	Shizi	
288	Cheese, gouda, sliced	Shizi	
289	Cheese, processed, sliced	Shizi	
290	Yoghurt, plain	lyogathi	
	Oils & Fats		
291	Oil, cooking, vegetable, canola	Emafutsa ekupheka e-canola	
292	Oil, cooking, vegetable, olive	Emafutsa ekupheka ema-olives	
293	Oil, cooking, vegetable, sunflower	Emafutsa ekupheka abhekilanga	
294	Butter	Bhotela	
295	Margarine, full fat	i-margarine	
296	Margarine, medium fat spread		
	Sweets & Sugars		
297	Custard, cooked in milk and sugar	i-custard	
298	Honey, raw	Luju	
299	Honey, processed	Luju loluphekiwe	
300	Ice-cream	i-ice cream	
301	Jam, apricot, smooth, canned	Jamu wema-apricot	
302	Jam, mixed fruit, smooth, canned	Jamu lobovu	

Serial no.	Food name and Description in English	Food name in siSwati	Scientific name
	Cereals and their Products		
303	Jam, peach, smooth, canned	Jamu wemampentjisi	
304	Jelly	i-jelly	
305	Marmalade, orange, canned	Jamu wema wolintji	
306	Sugar brown, granulated	Shukela lomnyama	
307	Sugar cane, stems	Umoba	
308	Sugar white, granulated	Shukela lomhlophe	
Beverages, Alcoholic and Non- alcoholic			
Alcoholic Drinks			
309	Beer, barley, malted	Bhiya	
310	Marula home brew, fermented	Buganu	
311	Sorghum malt, home-brewed, fermented	Umqombotsi	
312	Wine Red	Lidayini lelibovu	
313	Wine white	Lidayini lelimhlophe	
Non-Alcoholic Drinks			
314	Carbonated beverages	Namnedi	
315	Cocoa powder	Khokho	
316	Coffee, granules	Likhofi	
317	Coffee, granules, de-caffeinated		
318	Juice concentrates, 40%	i-juice	
319	Juice, 100% fruit juice		
320	Milo, granules	i-milo	
321	Tea, brewed (five roses)	Litya le-five roses	Camellia sinensis
322	Tea, brewed (Joko)	Litya le-joko	
323	Tea, Rooibos, brewed	Litya le-rooibos	Aspalathus linearis
Miscellaneous			
324	Aromat, seasoning	i-aromat	
325	Cayenne pepper, raw	Khayeni	
326	Cayenne pepper, dried, powdered	Khayeni lowomisiwe	
327	Curry powder, medium	Khari	
328	Garlic, raw	Garlic	Allium sativum
329	Garlic, peeled, dried, powdered	Garlic lowomisiwe wasilwa	
330	Ginger, raw	i-ginger	Zingiber officinale
331	Ginger, peeled, dried, powdered	i-ginger leyomisiwe	
332	Mayonnaise, salad dressing	i-mayonnaise	
333	Mayonnaise, salad dressing, lite		
334	Soup powder	i-soup leyimphuphu	
335	Spices	Tinongo	
336	Tomato sauce, condiment	i- tomato sauce	
337	Vinegar, 5% acetic acid	i-vinegar	

Appendix 2. Description of Mixed Dishes Commonly Consumed and available in Eswatini Presented in English and Local Language

	Description of Dishes	Local Name
1	Fish, tilapia, stewed with vegetables	I-tilapia lephekwiwe yanongwa ngetibhidvo
2	Fish, tinned, pilchard, stewed with vegetables	Inhlanti yesikotela lenongwe ngetibhidvo
3	Maasbanker stewed with vegetables	Umshibo wenhlanti lonongwe ngetibhidvo
4	Baked bean, stewed with vegetables	Umshibo wesikotela semabhontjisi
5	Baked bean, with fish (pilchard) in tomato sauce	Emabhontjisi esikotela laphekwe nenhlanti
6	Jugo Bean, stewed with vegetables	Umshibo wetindluba
7	Mung bean cooked with onion and garlic	Umshibo wamngomeni
8	Soya bean mince soup relish	Lisobho lesoya
9	Sugar bean, stewed with peanut powder and vegetables	Umshibo wemabhontjisi nemantongomane
10	Sugar bean, stewed, with vegetables	Umshibo wemabhontjisi
11	Cowpea, stewed with vegetables	Umshibo wetinhlumaya
12	Pigeon pea, cooked with vegetables and peanut powder	Umshibo welivikandlala nemantongomane
13	Peanut soup, powdered peanuts, boiled with vegetables	Indakala
14	Beef, Boerwors, stewed with vegetables	Umshibo welivosi
15	Beef liver, fried with onion	Umshibo wesibindzi senkhomo
16	Beef, minced stewed with vegetables	Umshibo we mince
17	Beef, stewed, with vegetables	Umshibo wenyama yenkhomo
18	Goat, stewed with onion	Umshibo wenyama yembhuti
19	Mutton, stewed with vegetables	Umshibo wenyama yemvu
20	Pork, stewed with vegetables	Umshibo wenyama yengulube
21	Chicken broiler, breasts, stewed with vegetables	Umshibo wesifuba senkhukhu
22	Chicken broiler, drumsticks, stewed with vegetables	Umshibo wemlente wenkhukhu
23	Chicken broiler, feet, stewed with onions	Umshibo wetintwane
24	Chicken broiler, gizzards, stewed with vegetables.	Umshibo wetingingila
25	Chicken broiler, heads, stewed with vegetables	Umshibo wetinhloko
26	Chicken broiler, intestines, stewed with vegetables	Umshibo wematfumbu
27	Chicken broiler, necks, stewed with onion	Umshibo wetintsamo
28	Chicken broiler, thighs, stewed with vegetables	Umshibo welitsanga lenkhukhu
29	Chicken broiler, wings stewed with vegetables.	Umshibo wetimphiko
30	Chicken indigenous, boiled with onion	Umshibo wenkhukhu yasemakhaya
31	Egg relish, scrambled, fried with onion, tomato and green pepper	Umshibo welicandza
32	Turkey, drumsticks, stewed, with vegetables	Umshibo wemlente wengalukhuni
33	Edible aloe, boiled with cabbage and peanut powder	Emahala laphekwe neliklabishi nemantongomane
34	Amaranthus, boiled with peanut powder	Imbuya lenongwe ngemantongomane
35	Black Jack, boiled with peanut powder	Chuchuza lonongwe ngemantongomane
36	Cabbage, boiled with peeled potato, onion and tomato	Umshibo weliklabishi
37	Cabbage, stewed with fish (pilchard)	Umshibo weliklabishi lone nhlanti yesikotela
38	Inkakha, dried boiled with peanut powder	Umfuso wenkaka lonongwe ngemantongomane
39	Inkakha, fresh, boiled with peanut powder	Inkaka lenongwe ngemantongomane

	Description of Dishes	Local Name
40	Inshubaba, dried, boiled with peanut powder	Umfuso wenshubaba lonongwe ngemantongomane
41	Inshubaba, fresh boiled with peanut powder	Inshubaba lenongwe ngemantongomane
42	Nightshade, dried, boiled with peanut powder	Umfuso wemsobo lonongwe ngemantongomane
43	Nightshade, fresh, boiled with peanut powder	Umshibo wemsobo lonongwe ngemantongomane
44	Potato, boiled with onion and tomato	Umshibo wemazambane
45	Pumpkin leaves, boiled with peanut powder	Umbhindvo wetintsanga lonongwe ngemantongomane
46	Pumpkin leaves, dried, boiled with peanut powder	Umfuso wembhidvo wetintsanga lonongwe ngemantongomane
47	Soup powder, boiled, mixed with vegetables	I-soup lephekwe netibhidvo
48	Soya mince, soup, boiled	Lisobho lesoya
49	Spinach leaves, mustard (bitter), boiled with peanut powder	Siphinashi lesibabako lesinongwe ngemantongomane
50	Spinach (Swiss chard) leaves, boiled with peanut powder	Umbhidvo wesipinashi lonongwe ngemantongomane
51	Sweet potato leaves, boiled with peanut powder	Lidlelelele
52	Tomato and onion gravy, sautéed with seasoning	Lishisa
53	Maize, flaked (cornflakes) with sugar and milk	Ema-cornflakes nelubisi
54	Maize, fresh, minced, bread steamed	Sinkhwa sembila
55	Maize meal, white, refined, boiled into thin porridge	Indengane
56	Maize meal, white, unrefined, boiled into thin porridge	Indengane yemphuphu lehayekile
57	Rice, savoury, boiled with carrots	Lilayisi leliphekwe neticadze
58	Rice, white, roasted, popped with milk and sugar	Ema-rice crispies
59	Sorghum meal, red, cooked into thin porridge	Indengane yemabele
60	Wheat bread, brown, sliced	Sinkhwa lesimnyama
61	Wheat bread, white, sliced	Sinkhwa lesimhlophe
62	Wheat flour, dough, deep fried (fat cakes)	Emafethi
63	Wheat flour, dough, oven baked (scones)	Ema scones
64	Wheat flour, dough, yeast added, oven baked (Swazi buns)	Ema-swazi buns
65	Wheat flour, dough, steamed (dumpling)	Lidombolo
66	Amaranthus, fresh, cooked with mealie-meal	Sijabane
67	Jugo beans and maize, mashed	Siphushe
68	Jugo beans cooked, maize meal added	Insontjwana
69	Maize meal porridge cooked in milk	Sitfubi
70	Maize meal, refined, crumbled porridge with sour milk	Luphutfu loluvutjwe ngemasi lalatisiwe
71	Maize meal, refined, crumbled porridge with indigenous sour milk	Emasi
72	Maize meal, refined, porridge with whey	Liphalishi lelibhucwe ngemlaza
73	Maize meal, unrefined, crumbled porridge with cultured sour milk	Luphutfu loluvutjwe ngemasi lalatisiwe
74	Maize meal, unrefined, crumbled porridge with indigenous sour milk	Luphutfu loluvutjwe ngemasi latilatele
75	Maize meal, unrefined, fermented, boiled into thin porridge	Incwancwa
76	Melon, cooked, mixed with mealie - meal	Sidvudvu selijoti

	Description of Dishes	Local Name
77	Pumpkin, cooked, mixed with maize meal	Sidvudvu selitsanga
78	Pumpkin, cooked, mixed with maize meal and eaten with milk	Ludvwidwi
79	Samp and jugo beans, cooked mixed	Umngqushu
80	Sorghum, whole grain, boiled and minced with sour milk added	Ticaba
81	Cassava, root, boiled	Umjumbula lophekiwe
82	Cowpea, red, mashed, deep fried	Emabhajiya
83	Jugo beans, boiled, mashed	Siphuphe
84	Maize , white, whole grain, dry, roasted with peanuts	Imbhasha lenemantongomane
85	Maize, wholegrain, dry, roasted with peanuts, powdered	Lukhotse
86	Beetroot Salad	i-salad ye-beetroot
87	Cabbage, shredded dressed with mayonnaise	i-salad yeliklabishi
88	Cabbage, stir-fried	Liklabishi lelifosiwe
89	Carrot Salad	i-salad yeticadze
90	Lettuce, mixed with tomato and onion, dressed in vinegar	i-salad ye-lettuce
91	Potato, Irish, boiled, peeled, cubed, dressed with mayonnaise	i-salad yemazambane

