



RESEARCH
PROGRAM ON
Livestock



RESEARCH
PROGRAM ON
Agriculture for
Nutrition
and Health

International Livestock Research Institute and Emory University

Household doer/non-doer survey – food list for CoD

April 2021



This publication is licensed for use under the Creative Commons Attribution 4.0 International Licence. To view this licence, visit <https://creativecommons.org/licenses/by/4.0>.

Unless otherwise noted, you are free to share (copy and redistribute the material in any medium or format), adapt (remix, transform, and build upon the material) for any purpose, even commercially, under the following conditions:



ATTRIBUTION. The work must be attributed, but not in any way that suggests endorsement by the publisher or the author(s).

INTERNATIONAL LIVESTOCK RESEARCH INSTITUTE AND EMORY UNIVERSITY
HOUSEHOLD DOER / NONDOER SURVEY – FOOD LIST FOR CoD

SECTION D – FOOD RECALL LIST FOR COST OF DIET

THANK YOU MOTHER, I NOW HAVE ONLY ONE LAST SECTION.

*I would now like ask you about specific foods and how often your household eats these foods of dishes made from these foods over the course of a year **when they are in season**. I have a long list of foods and will ask you to tell me, **when these foods are in season**, whether you eat these foods **several times a week** (usually), **a few times a month** (often), **a few times a year** (rarely) or **never***

Local Name	English Name	Usually	Often	Rarely	Never
Cereals, breads					
Chapati	chapati with wheat flour				
Mandazi (african donut)	Wheat, dough, deep fried				
Mkate mweupe	Bread, loaf, white				
Makate wa brown	Bread, loaf, whole wheat				
Mkate wa Sinia	Bread, rice				
Mahindi	Maize, cracked (dehulled)				
Unga wa mahindi wa Kiwandani (industrially packaged)	Sifted maize Maize, white, flour, refined, 85% extract				
Unga wa kusagwa	Maize, flour, dry, dehulled, locally processed				
Unga wa mahindi	Maize, flour, dry, whole / unhulled, locally processed				
Mahindi makavu	Maize, dried				
Mahindi Makavu	Maize , dried, popcorn				
Mahindi mabichi (raw, white)	Maize, green (white)				
Mahindl mabichi (raw, yellow)	Maize, green (yellow)				
Wimbi	Millet, finger				
Pasta	Pasta (Spaghetti/ noodles)				
Mchele mwekundu	Rice, brown				
Mchele	Rice, white				
Unga wa mtama	Sorghum, flour				
Roots and Tubers					
Viazi waru	Irish potatoes				
Nduma	Arrow roots				
Mihogo mibichi	Cassava, tuber, fresh				
Mihogo iliyokaushwa	Cassava, tuber, dried				
Viazi vitamu (white) vibichi	Sweet potato, white flesh				
Viazi vitamu, chungwa	Sweet potato, orange				
Viazi vitamu njano vilivyopikwa	Sweet potato, yellow				
Matoke	Banana, large, unripe (cooking banana)				
Viazi waru	Irish potatoes				
Maharage mkavuu	Bean, kidney, dried				

County Ward Village Household Enumerator Date / /17
DD MM

Local Name	English Name	Usually	Often	Rarely	Never
Maharage Mabichi	Bean, kidney, green				
Pojo	Bean, mung(green grams)				
Koroshio	Cashew nut				
Kunde mbichi	Cowpea, green				
Kunde kavu	Cowpea, dried				
Kamande	Lentils (also called Chickpeas), dried				
Mbaazi mbichi	Pigeon pea, green				
Mbaazi kavu	Pigeon pea, dried				
Soya	Soybean, dried				
Njugu	Groundnut				
Njugu Mawe	Bambara Nuts				
Bhajia	lentil, flour				
Simsim/Ufuta	Sesame				
Mbegu za malenge	pumpkin, seed				
Meats					
Matumbo	Beef, intestines and stomach				
Nyama	Beef, meat				
Nyama, Maini mbichi	Beef, liver				
Figo ya ngombe	Beef, kidney				
Kuku wa kienyeji	Chicken, local				
Kuku wa nyama/grade	Chicken, broiler				
Maini/utumbo wa kuku	Chicken, liver (and / or other organs)				
Miguu ya kuku	chicken, feet				
Nyama ya mbuzi	Goat, meat				
Maini ya mbuzi	Goat, liver				
Figo za mbuzi	Goat, kidney				
Utumbo wa mbuzi	Goat, intestines				
Makanyagio/miguu ya mbuzi	Goat, hooves				
Nyama ya kondoo	Mutton, meat				
Nyama ya nguruwe	Pork, meat				
Sungura	Rabbit				
Bata	Duck				
Bata mzinga	Turkey				
Quils					
Kanga	Guinea fowl				
Fish, seafood					
Omena	Fish, small, dried				
Kamongo	Mud fish, fresh				
Kamongo	Mud fish, fried				
Kambale wa kukaanga (Imumi)	Lung fish, fried				
Tilapia	Tilapia, fresh				
Tilapia	Tilapia, fried				
Tilapia	Tilapia, smoked/salted				

County Ward Village Household Enumerator Date / /17
DD MM

Local Name	English Name	Usually	Often	Rarely	Never
Mbuta	Nile perch, fresh				
Mbuta	Nile perch, fried				
Mbuta	Nile perch, dried				
Pweza	Octopus				
Kamba kamba	Shrimps				
Kaa	Crab				
Chango	Longfin fish				
Thafi	Rabbit fish				
Kiboma					
Eggs					
Mayai ya kuku wa kienyeji	Egg, chicken, local				
Mayai ya kuku wa kisasa	Egg, chicken, layers				
Mayai ya bata	Egg, duck				
Dairy					
Maziwa ya ngombe	Milk, cow, fresh,				
Maziwa ya mbuzi	Milk, goat				
Maziwa ya unga (non / lowfat)	Milk, cow, powdered, nonfat				
Maziwa ya unga (whole fat)	Milk, cow, powdered, whole				
Maziwa	Milk, cow, UHT				
Maziwa ya unga ulioongezwa virutubisho	Milk, powder, fortified				
Yoghurt	Yogurt, industrial				
Maziwa mala	Fermented milk, local				
Cream ya ngombe	Ghee				
Wild game					
Quails	Quails				
Vegetables					
kabichi	Cabbage, green or white				
Spinach	Swiss chard				
Sukuma	Kale				
Mkunde	Cowpea, leaves				
Mwangani	Spider plant, leaves				
Mnavu	Nightshade, leaves				
Matembele	Sweet potato, leaves				
Mbalu	Green leafy vegetables				
Mchicha	Leaf, amaranth, raw				
Majani ya Kitunguu	Onion, leaves, spring				
Mrenda	Leaf, jute				
Maboga/seveve	Pumpkin, leaves				
Vitunguu	Onion tuber				
Malenge	Pumpkin				
Biringanya	Eggplant				
Nyanya Chungu	African eggplant				

County / / Ward / / Village / / Household / / Enumerator / / Date / / /17
DD MM

Local Name	English Name	Usually	Often	Rarely	Never
Majani ya mihigo	Cassava leaves				
Ndizi	Green bananas, unripe				
Karoti	Carrot				
Mabenda	Okra				
Lettuce	Lettuce				
Pili pili hoho	Pepper, sweet, green				
Pili pili kali	Pepper, hot				
Nyanya	Tomato, red, ripe				
Uyoga	Mushroom				
Butternut boga	Butternut squash				
Minji	Peas, fresh, green				
Mchungu	Rabbit leaves				
Tungunya	Small tomatoes, bitter				
Any vegetables that I have not mentioned that are eaten? indicate name, source (gathered, market, home production) and frequency in columns below					
Name (local)	Source				
Fruits					
Ndizi kisukari	Banana, small, sweet				
Ndizi za kuiva	Banana, large, ripe				
Pera	Guava				
Tikiti maji	Watermelon				
Tomoko	Cherimoya (custard apple, sweetsop))				
Nanasi	Pineapple				
Fenesi	Jackfruit				
loquat	Loquat				
Embe	Mango				
Chungwa	Orange				
Papai	Papaya, ripe or unripe				
Pasheni	Passion fruit (yellow)				
Pasheni	Passion fruit, granadilla, purple				
Chenza/sandara	Tangerine				
Avocado	Avocado, pulp				
Ukwaju	Tamarind				
Mabuyu	Baobab fruit				
Apple	Apple				
Nazi	Coconut, whole				
Limao	Lemon				
Ndimu	Lime				
Zambarao	Purple fruit				
Zabibu	Grape fruit				

County Ward Village Household Enumerator Date / /17
DD MM

Local Name	English Name	Usually	Often	Rarely	Never
Tende	Dates				
Fats, oils					
Mafuta ya wanyama	Fat, animal				
Kimbo - Mafuta ya kiwandani iliyoongezwa virutubishao	Fat, vegetable, white, fortified				
Kimbo - Mafuta ya kiwandani isiyongezwa virutubishao	Fat, vegetable, white, unfortified				
Siagi ya Mkate	Blueband				
Mafuta ya halizeti	Oil, sunflower				
Mafuata ya ufuta	Oil, sesame				
Mafuta ya mahindi	Oil, corn				
Siagi	Butter, from cow's milk				
Tui la nazi	Coconut milk				
Mafuta ya kupima ya yellow	Yellow vegetable fat				
Mafuta ya salad	Vegetable oil				
Sugars and sweets					
Halfkeki	Half cakes (no egg)				
Cake	Queen cakes				
Chocolate	Candy, chocolate				
Pipi Ngumu	Candy, hard				
Big G	Chewing gum				
Juice ya Miwa	Sugar cane, juice				
Muwa	Sugar cane, whole				
Biscuit	Biscuit, sweet, packaged				
Asali	Honey				
Sukari nyeupe	Sugar, white				
Sukari brown	Sugar, brown				
Sukari Nguru	Hard Brown sugar				
Halua					
Condiments					
Magadi	Bicarbonate soda				
Baking powder	Baking powder				
Royco	Royco				
Iliki	Cardamom				
Pilipili za kijani	Chilli, green				
Pilipili nyekundu	Chilli, red				
Kokoa	Cocoa, powdered				
Binzari	Curry powder				
Glucose	Glucose powder				
Chumvi ya Madini	Salt, iodized				
Chumvi ya isiyo na Madini	Salt, non-iodized				

County / Ward / Village / Household / Enumerator / Date / / /17
DD MM

Local Name	English Name	Usually	Often	Rarely	Never
Vitunguu saumu	Garlic				
Madalasini	Cinnamon, ground				
Malimao	Lemon				
Tangawizi	Ginger, root				
Pilipili manga	Peppercorn, black, ground or whole kernel				
Viungo Mchanganyiko	Spices, mix, ground				
Tumeric/manjano	Tumeric				
Dania	Corriander leaves				
Beverages					
Bia	Beer, commercial				
Pombe za kienyeji	Beer, local brew, grains], Bussa				
Pombe ya miwa	Beer, local brew, molasses, Changaa				
Makali	Spirits				
Mnazi	Local brew from coconut				
Ribena	Beverage, blackcurrant syrup, Ribena				
Soda	Beverage, carbonated, non-alcoholic				
Juisi	Sweetened colored juice flavored drinks				
Majani ya chai	Black tea, leaf				
Soya	Soya				
Milo	Chocolate mix, powdered, milo				
Kahawa	Coffee, ground, dry				
Kahawa iliyotayari	Coffee, instant				
Madafu	Coconut, water				
Juisi ya Chungwa	Orange, juice				
Infant foods					
Mchanganyiko wa chakula cha mtoto	Infant cereal				
Mchanganyiko wa chakula cha mtoto	Infant formula				
Mchuchula					
Uji wa ngano	Coconut, wheat flour, porridge				
Prepared Snacks					
Chips	Potato, strips, fried				
Crisps	Crisps and other packaged savory snacks				
Viazi karai	Potato pancakes				
Bajia	Bajhia				
Kitumbua	Kitumbua, snack like andazi, made from rice				
Soseji	Sausage				
Sambusa	Samosa				
Karanga za kuchemsaha	Groundnut, boiled in shell				
Udongo	Soil				
Katlesi	Minced meat, irish potatoes, flour, eggs				

County Ward Village Household Enumerator Date / /17
DD MM

Local Name	English Name	Usually	Often	Rarely	Never
Kashata	Coconut, food color, sugar				
Chapatti					
Mandazi					
Kande	Maize, cracked, cooked without any additions				
Mahindi mbichi ya kuchemsha	Maize green(white-cooked, roasted)				
Mahindi mbichi ya kuchemsha	Maize green(yellow, cooked, roasted)				
Viazi vitamu vilivyopikwa	Sweetpotato white flesh, cooked				
Viazi vitamu vilivyopikwa na chungawa	Sweet potato orange cooked				
Viazi vitamu njano vibichi	Sweetpotato yellow cooked				
Githeri	Mixed maize and beans boiled				
Mutura	Large intestines, fried				
<i>Any snacks that I have not mentioned that are eaten? indicate name, source (gathered, market, home production) and frequency in columns below</i>					
Name	Souce				
<i>Any other foods that I have not mentioned that are eaten? Indicate name, source (market, home production, gathered) and frequency in columns below</i>					
Name	Souce				