

	Ukubwa	Kalorie	Vitamini A	Chuma %	Vitamini B6	Vitamini B1	Uzi %	Vitamini C	Kalisi %	Protini (g)	Vitamini K	Vitamini E	Selenium %	Zinki %
Majani														
Spinachi	100g	23	187	25	10	0	9	47	9	6	604	7	1	2
Mchicha	100g	23	58	13	10	0	9	72	22	5	1425	0	1	6
Matembele	100g	42	76	5	10	0	2	18	8	5	378	0	1	2
Chinesi	100g	13	89	4	10	0	4	75	11	1	57	0	1	1
Kabagasi	100g	24	3	3	5	0	9	85	5	1	0	0	1	1
Mboga														
Maboga	100g	26	170	4	3	0	2	15	2	2	1	4	0	0
Karoti	100g	41	334	2	5	0	1	10	3	0	16	2	0	2
Pili Pili Ho I	100g	20	7	1	10	6	0	134	1	1	14	6	0	1
Viazi	100g	86	0	2	13	0	8	12	1	3	3	0	0	2
Parachichi	100g	100	3	3	13	0	277	17	1	4	26	7	1	4
Tango	100g	15	2	2	2	0	2	5	2	1	20	0	0	1
Njegere	100g	81	15	8	8	0	20	67	2	11	31	0	3	8
Vitongo	100g	40	0	1	6	0	7	12	2	1	0	0	1	1
Bamia	100g	31	7	4	11	0	13	35	8	2	66	2	1	4
Vitongo Sau	100g	149	0	9	62	0	8	52	18	6	2	0	20	8
Muhogo	100g	160	0	1	6	0	7	34	2	1	2	1	1	2
Uyoga	100g	22	0	3	5	1	4	4	0	3	0	0	13	3
Magimbi	100g	112	2	3	14	0	16	8	4	1	1	12	1	2
Mbilingani	100g	25	0	1	4	0	12	4	1	2	4	1	0	1
Matunda														
Peach	100g	39	7	1	1	0	6	11	1	2	3	2	0	1
Papayi	100g	43	19	1	2	0	7	102	2	1	3	1	1	1
Embe	100g	60	22	1	6	0	6	61	1	2	5	3	1	1
Nyanya	100g	79	13	6	4	0	7	30	3	4	0	0	2	1
Tikitiki Maji	100g	30	11	1	2	0	2	14	1	1	0	0	1	1
Machungua	100g	49	5	1	4	0	9	98	4	2	0	0	0	1
Limau	100g	29	0	3	4	0	11	88	3	2	0	0	1	0
Pera	100g	68	12	1	6	0	22	380	2	5	3	2	1	2
Pashon	100g	97	25	9	5	0	42	25	1	2	1	0	1	1
Ndizi	100g	89	1	1	18	0	10	15	1	1	1	1	1	1
Nanasi	100g	45	1	1	5	0	5	79	1	1	1	0	0	1
Lichi	100g	66	0	2	5	0	5	119	1	1	0	0	1	0
Finesi	100g	94	6	3	5	0	6	11	3	1	0	0	1	3
Kitu ya Nyama														
Maziwa	1 kicombe	148	7	0	5	18	0	0	27	16	1	1	13	7
Nyama ya M	100g	143	0	21	0	20	0	0	2	27	1	2	17	35
Ini ya Ngom	100g	133	388	127	34	988	0	0	0	42	0	6	24	20
Ini ya kitimo	100g	134	433	129	34	433	0	42	1	42	0	0	75	38
Ini ya Kuku	100g	167	267	65	38	281	0	46	1	48	0	31	118	27
Nyama ya K	100g	310	1	8	12	8	0	0	3	38	0	1	41	9
Kitimoto	100g	235	0	5	17	12	0	0	2	50	0	1	42	21
Nyama ya N	100g	186	0	16	26	42	0	0	2	64	2	0	46	56
Samaki	100g	96	0	3	8	26	0	0	1	40	2	1	60	2
Yai	1	90	7	5	4	8	0	0	3	13	3	2	22	4
Chakula Kingine														
karanga	100g	567	0	25	17	0	34	0	9	52	0	28	10	22
Mafuta ya Pi	1 cup	1910	0	0	0	0	0	0	0	0	22	172	0	0
Mafuta ya M	1 cup	1927	0	0	0	0	0	0	0	0	15	448	0	0
Soya	100g	173	0	29	12	0	24	3	10	34	24	1	10	8
Maharague	100g	143	0	12	11	0	36	1	5	18	4	3	9	7
Mung Beans	100g	347	2	8	20	0	64	37	13	48	17	0	1	2
Mahindi	1 kipande	606	7	25	52	0	48	0	1	31	1	4	37	24
Ugali	100g	361	0	13	15	0	29	0	1	14	0	1	22	12
Wali	100g	97	0	1	2	0	4	0	0	4	0	0	8	5
Tambi	100g	157	0	7	2	0	7	0	1	11	0	0	38	4