



Potatoes



Corn Flakes



White Bread



All Bran (wheat)



Mahangu Pap (*Oshifima*)



Maize Flour



Instant Porridge (maize, flavored)



Omahangu Bread (*Oshikwiila / Ongome*)



Chickpeas



Pasta (wheat)



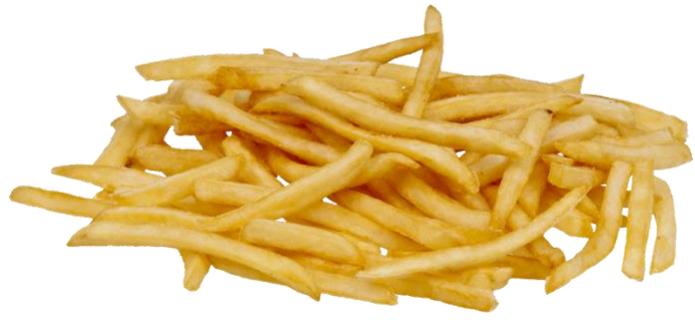
Spaghetti (wheat)



Sweet Corn



Sweet Potatoes



French Fries = 'Warm Chips' (potatoes)



Fat Cakes



Wheat Biscuits



Brown Bread, whole wheat



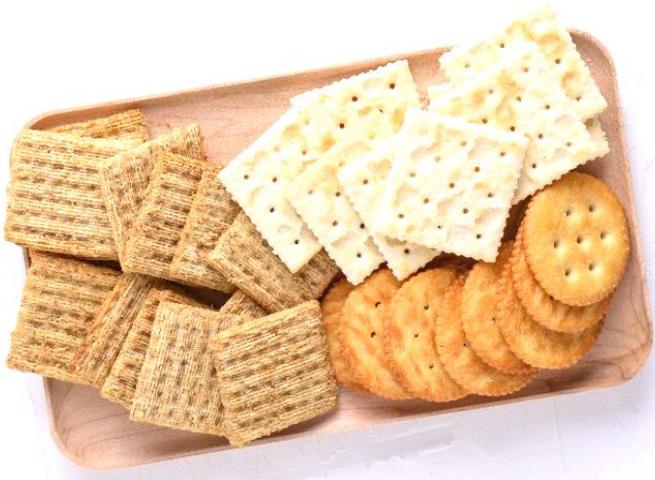
Brötchen / Bread Rolls



Popcorn (maize)



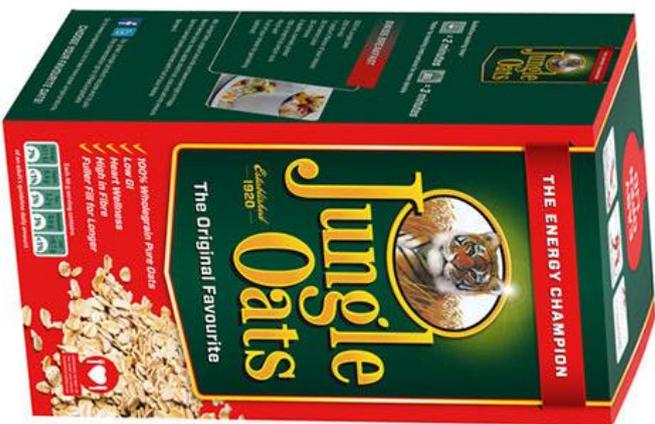
Pearl Millet Grains (*Mahangu*)



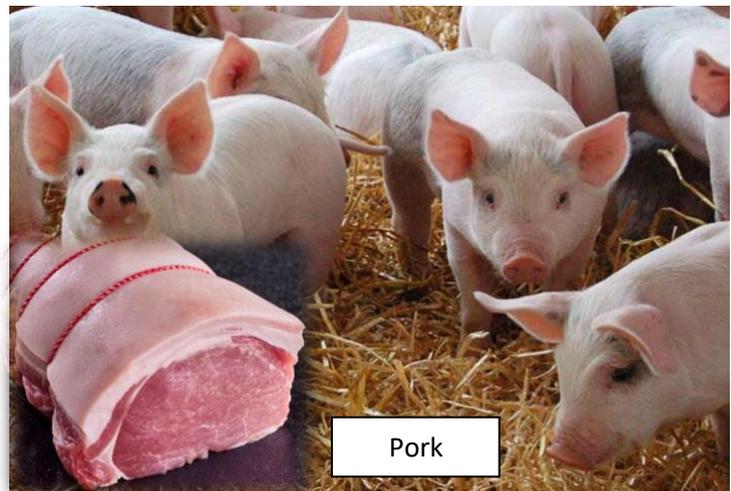
Crackers



Rice (white)



Oats



Pork



Cassava / Manioc



Samp (corn)



Instant Noodles



Potato Chips (various flavours)



Muffins



Rice Crispies



Bell Peppers



Beetroot



Broccoli



Butternut



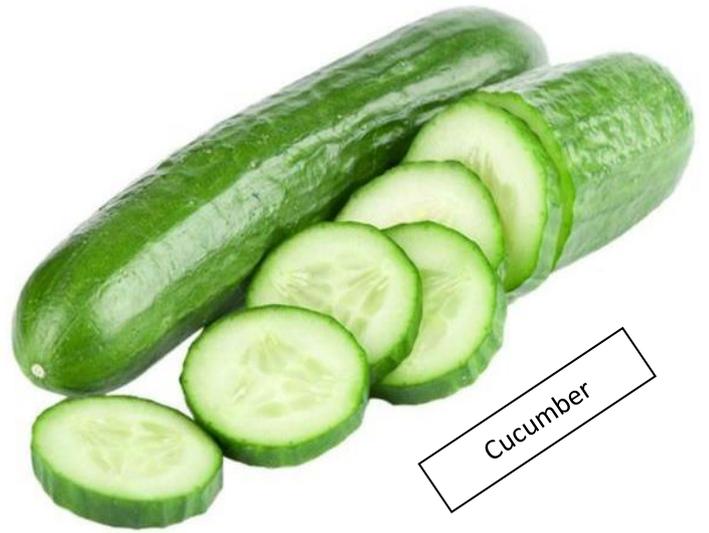
Cabbage



Carrots



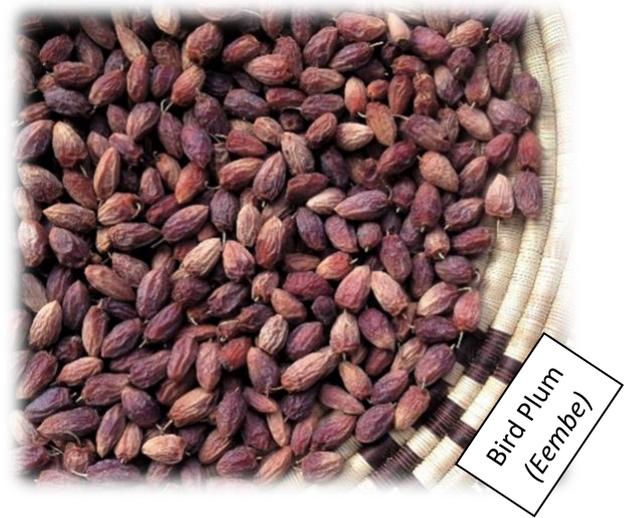
Cauliflower



Cucumber



Dates



Bird Plum (Embe)



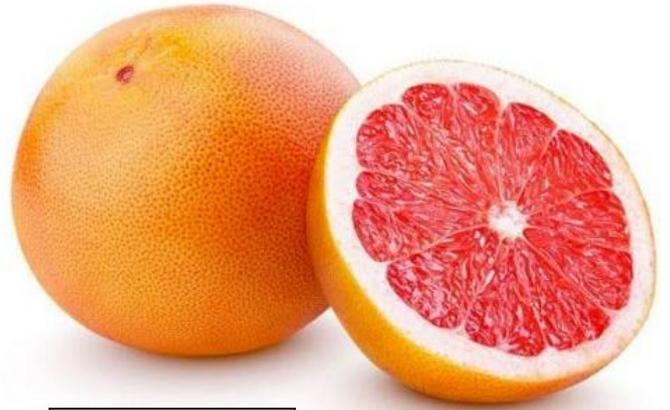
Jackalberry (Eenyandi)



Eggplants



Garlic



Grapefruit



Grapes



Kiwi



Lettuce



Mangoes



Marula



Monkey Orange (*Omauni*)



Mushrooms



Grewia, Berry (*Mumaka*)



Dwarf Jackal-Berry (*Mukushuwa*)



Manketti Fruit (*Mongongo*)



Onions



Oranges



Passion Fruit



Pawpaw



Plums



Pears



Kalahari Truffles



Prickly Pears



Peaches



Strawberries



Spinach



Wild Spinach (*Mutete/Ombidi*)



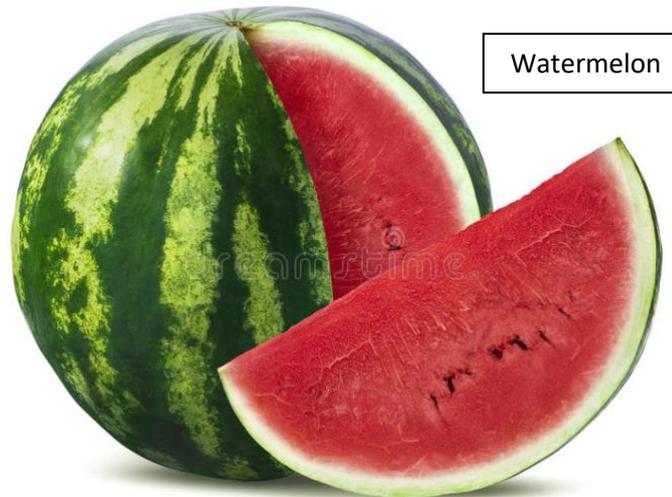
Wild Spinach, dried (*Evanda*)



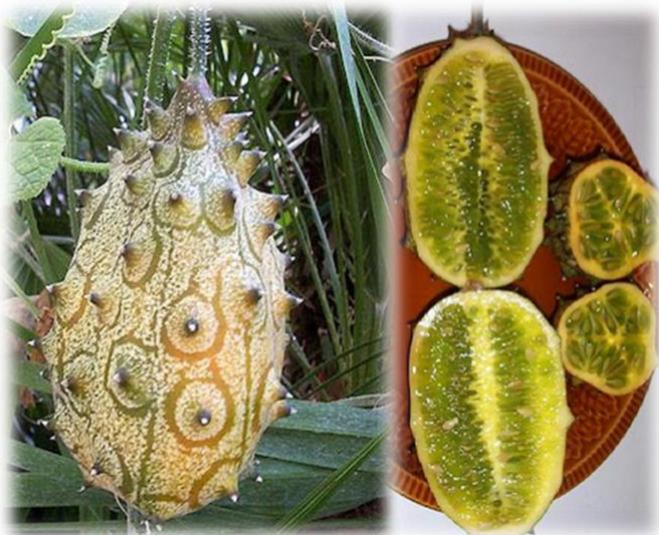
Naartjies



Tomatoes



Watermelon



African Horned Melon (*Omashonywa*)



Apples

Bananas



Butter (*Omadi Megombe*)



Peas



Mopane Worms



Zambezi Bream



Fresh Beef



Biltong



Meat, dried (*eedingu*)



Canned Fish



Horse Mackerel (*Maasbanker*)



Eggs



Chicken, grilled/baked

Yoghurt



Baked Beans



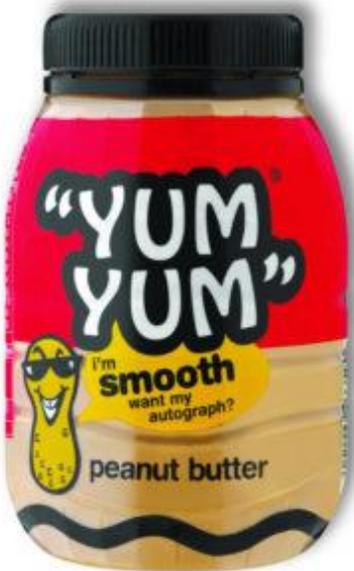
Fresh Milk



Lentils



Peanut Butter



Cowpeas (Omakunde)





Dried Catfish



Bambara Ground Nuts (*Eefukwa*)



Walnuts



Green Beans



Cashew Nuts



Salami



Chicken Breast



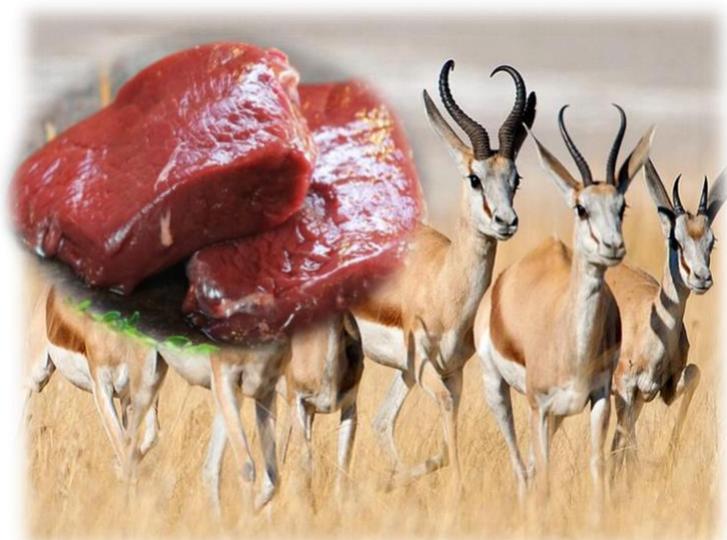
Mixed Polony



Beef Fat



Almonds



Game (Springbok)



Chicken Feet



Small Fish, dried (*Kapenta*)



Edible Insects (*Ishiwa*)



Donkey Meat (*donkie //gan*)



Liver



Chicken Gizzards



Fish Oil



Tripe (*Matangara*)



Marama Beans



Bull Frog (*Omafuma*)



Sheep



Shea Butter



Coconut Oil



Salad Dressing



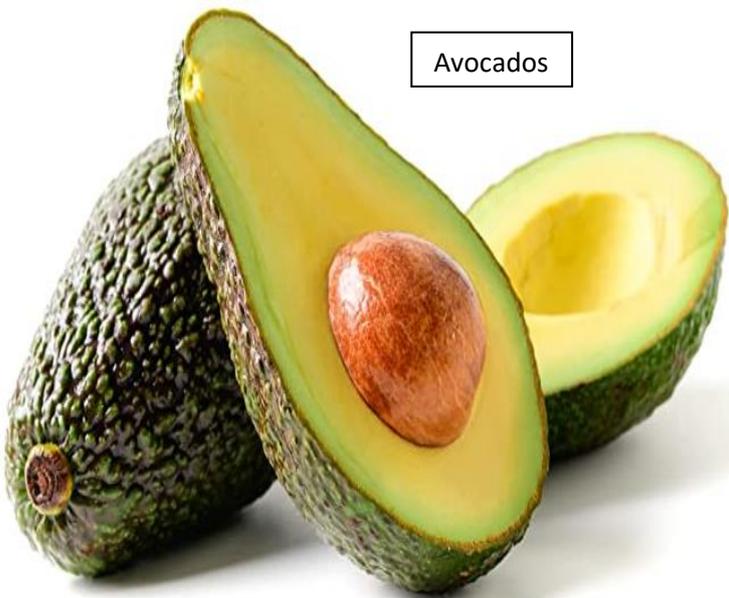
Sunflower Oil



Marula Oil (*Ondjove*)



Fat Spread (Margarine)



Avocados



Cheese



Canola Oil



!Nara Oil



Olive Oil



Mayonnaise



Black Seed Oil



Chicken Skin