

b02	Item name	calper100g	FAO_ItemNo
200	rice long-grained rice (imported)	363	111.
201	paddy rice long grain (local)	344	116.
202	medium-grained rice (imported)	362	110.
203	small grained rice (imported)	356	113.
204	basmati rice (imported)	363	111.
205	uncle ben's rice (imported)	363	111.
206	maize	367	69.
207	millet	341	78.
208	sorghum	154	20.
209	findi	341	78.
210	bread	261	26.
211	maize flour	368	52.
212	millet flour	387	103.
213	sorghum flour	335	227.
214	beef	237	1080.
215	sheep/goat meat (mutton)	382	1116.
216	chicken	146	1101.
217	pork	418	1172.
218	canned meat	119	1082.
219	fresh bonga	107	1368.
220	smoked bonga	420	1369.
221	cat fish	90	1255.
222	fresh grouper/ladyfish	91	1412.
223	fresh baracuda	94	1228.
224	dried couta/tenny	324	1253.
225	oyster	109	1364.
226	dried fish	269	1300.
227	shrimps	102	1372.
228	snail fish	107	1423.
229	saul fish	99	1454.
230	tilapia	107	1368.
231	crab	242	1283.
232	tin fish (sardines)	111	1390.
233	eggs	140	1208.
234	fresh milk	79	1493.
235	sour milk	122	1479.
236	evaporated milk	376	1500.
237	powdered milk	376	1500.
238	cream	862	1529.
239	cheese	685	1514.
240	yoghurt	84.7	1510.
241	vitalait	84.7	1510.
242	groundnut oil	862	1529.

243	palm oil	875	1554.
244	margarine	685	1514.
245	butter	685	1514.
246	vegetable oil	862	1529.
247	mayonnaise	84.7	1510.
248	palm kernels oil	875	1554.
249	peanut butter	555	331.
250	coco nuts	388	392.
251	banana	88	199.
252	oranges	49	989.
253	mangoes	60	966.
254	lime	32	961.
255	apple	58	860.
256	baobab fruit	290	866.
257	palm nut (fruit kernels)	875	1554.
258	daharr		
259	cashew	542	385.
260	paw - paw	32	999.
261	water melon	22	1055.
262	ananas/pineapple	47	1011.
263	grapes	62	930.
264	cabaa		
265	avocado	121	863.
266	plum (saloum plum)	49	1014.
267	potatoes (irish)	82	240.
268	potatoes (sweet)	121	245.
269	cassava	91	566.
270	dry beans	344	284.
271	small pepper-fresh	48	744.
272	tomatoes-fresh	21	825.
273	bitter tomato	29	830.
274	garden eggs	40	624.
275	okra	36	720.
276	onion	22	728.
277	pumpkin	23	757.
278	big red pepper	94	742.
279	kren-kren	73	820.
280	bisap	43	590.
281	cabbage	26	558.
282	lettuce (salad)	20	688.
283	tomato puree (paste)	245	828.
284	carrot	40	565.
285	cucumber	15	605.
286	onion leaves	22	728.

287	green peas	82	738.
288	okra powder	282	723.
289	green leaves	32	589.
290	sugar	344	1067.
291	black mint	44	1580.
292	chewing gum		
293	honey	311	1060.
294	jam	344	1067.
295	chocolate	351	1594.
296	ice cream	84.7	1510.
297	mint stick	311	1608.
298	salt	0	
299	garlic	82	645.
300	maggi tube	293	1619.
301	small dry pepper	347	748.
302	locust beans (neteetu)	426	276.
303	chilli powder (black pepper)	312	1602.
304	vinegar	62	1618.
305	powder pepper	347	748.
952	tea bags	4	1573.
953	chinese green tea(20)(ataya)	4	1573.
954	mineral water	0	
923	groundnuts-unshelled	549	327.
924	groundnuts-shelled	549	327.
925	kola nuts	148	395.

FAO Food and Description

Milled, polished

Paddy

Undermilled

Broken

Milled, polished

Milled, polished

White maize

Dried

Teff and sorghum

Dried

White bread

Sifted

Flour made from 80% millet and 20% defatted peanuts

Flour.

Medium fat

Flies, lake (*Chaoborus edulis*), cake

Young bird

Medium fat

Salted, fat removed ?

Raw

Dried

Raw

Sea-perch; grouper;

Raw

Dried

“Oyster” (*Etheria elliptica*), raw

Dried, salted, whole.

Raw

Raw

Trout (*Salmo* spp.), boiled

Raw

Meal

Raw

Raw

Whole

Sour milk (aybe),

Kishk, Egyptian product made from dried buttermilk and wheat grain

Kishk, Egyptian product made from dried buttermilk and wheat grain

Ghee

Cow milk

Whole milk

Whole milk

Ghee

Fruit pulp
Cow milk
Cow milk
Ghee
Whole milk
Fruit pulp
Peanut butter.
Mature kernel
Ripe
Fruit, raw
Ripe
Fruit
Apple, common(Malus silvestris; M. pumila; Pyrus malus), raw
Pulp
Fruit pulp

Dried
Papaya; papaw; pawpaw5 (Carica papaya), fruit raw
Watermelon (Citrullus lanatus), fruit, raw
Fruit, raw
Fruit

Avocado, American: alligator pear (Persea americana; P.gratissima), raw.
Plum (Prunus spp.), raw
Raw
Pale variety
Raw
Whole seeds
Raw, immature, green.
Ripe, whole
Tomato, bitter; jakato (Solanum incanum), fruit, raw
Fruit
Raw
Immature bulbs and leaves, raw
Raw, deep yellow variety
Raw
Tamarind (Tamarindus indica),leaves, raw
Collard; kale (Brassica oleracea var. acephala), leaves, raw
Cabbage common (Brassia oleracea var. capitata), raw
Unheaded
Dried
Carrot (Daucus carota), root, raw
Cucumber (Cucumis sati- vus), whole, raw
Immature bulbs and leaves, raw

Immature, raw

Dried, powdered

kale (*Crame abyssinica*), leaves, raw

Sugar, native brown

Black

Honey, local product

Sugar, native brown

Chocolate

Whole milk

Mackakscha, mixed spice from Ethiopia

Gembok-bean; gemsbuckbean (*Bauhinia esculenta*) leaves, raw

Vetch and paprika,

Dried

Dried

Chili (*Capsicum* sp.), dried

Vinegar

Dried

Coffee (*Coffea* spp.), infusion

Coffee (*Coffea* spp.), infusion

Dried.

Dried.

Raw