Food Composition Table for use in The Gambia

By C.J. Prynne and A.A. Paul

MRC Human Nutrition Research, Cambridge, UK

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Foreword

Accurate food composition data is the cornerstone of dietary assessment. There are many methods of collecting information on the types and quantity of foods eaten but in order to derive any quantitative assessment of the nutritional value of that food the use of reliable food composition data is essential.

The collection of dietary data in The Gambia started in the 1970s. At the time there were food composition tables for foods eaten in Africa but nutrient values were only for the raw ingredients. Following the example set by McCance and Widdowson’s food composition tables for the UK it was recognised that what was needed was the nutrient composition of prepared foods. So, in addition to recording foods eaten by people living in rural Gambia, samples of those cooked foods were sent back to the MRC laboratory in Cambridge for analysis. Not all nutrients could be analysed but researchers in the field also collected information on the quantities of ingredients that were combined to make up dishes; thus arriving at a series of standard recipes that could be used for calculations if the nutrient content of the ingredients could be found in the existing literature.

Thus what started as a limited number of foods and nutrients has grown over the years into a useful compendium of foods eaten in rural Gambia. It is hoped that the wider dissemination of these Tables may assist others working in West African countries with similar foods and dietary habits.

Acknowledgements

We should like to acknowledge the help of many people for collecting the data and in preparing this document. Particular thanks are due to Dr David Southgate, Dr. Geoffrey Hudson, Peter John, Barbara Bailey, Dr Laurence Villard, Dr Ann Laskey, Dr Nick Davies, Dr Harumi Tsuchiya, Dr Chris Bates and the Gambian field staff for preparation and analyses of the foods, and to Melanie Hutton, and many others who collected the food samples. The dietary studies which are the foundation of these Tables were established and extended over many years by Dr Roger Whitehead, Ingrid Rutishauser, Ramou Jangne, Dr John Mason, Elisabeth Müller, Dr Andrew Prentice, Dr Susan Roberts, Dr Bakary Dibba, Dr Landing Jarjou, Dr Collette Jones, Dr Geoffrey Hudson, Jane Singh, Momodu Darboe, Bintou Jaiteh Sanyang and Dr Ann Prentice. Others, who would be too numerous to mention by name, have assisted in various ways particularly the many Gambian staff who have recorded food intake in the West Kiang villages.

The food table could not have been created and computerised without the design and input over many years of Ken Day. His knowledge and enthusiasm were invaluable. Thanks are due also to Sheila Levitt for data processing, Rebecca Key and Ruth Weir for help in data preparation, particularly for iron, magnesium and potassium. We also thank The National Nutrition Agency in The Gambia for the Wolof translations. Special thanks are due to Dr Gail Goldberg, Dr Landing Jarjou and Darren Cole for their contributions to the preparation of these Tables.
Introduction

Dietary intake studies have been an integral component of the UK Medical Research Council’s (MRC’s) nutritional research programme in the West Kiang District of The Gambia over many years. A food composition database has been developed during this time, and the present publication brings this together with the aim of making it more widely available to users in The Gambia and elsewhere. While it relates to one particular area of The Gambia, the foods encountered are characteristic of many other areas in the Sahel zone of West Africa.

The nutrient composition of the most commonly consumed rural Gambian foods as prepared by Mandinka people is given in the Food Composition Table. These are mostly cooked cereal foods and sauces, plus some of the main vegetables, fruits, fish and other foods. The Tables do not aim to cover foods consumed in urban areas of The Gambia where these differ from rural foods. Nutritional values for a much wider collection of food plants are given in Tattersall’s publication from the Ministry of Agriculture and Natural Resources in The Gambia. Further descriptions of the foods and the rural Gambian diet are given in McCrae & Paul’s Foods of Rural Gambia. Guidance on how to use food composition data is given in GAFNA Handbook No 1.

Sources of data

The original MRC Gambian nutrient database was derived from chemical analysis of foods most commonly consumed by young children. This covered basic cooked cereals and prepared sauces, but not many of the possible variations of the basic sauces or many mixtures of cereals and sauces which were encountered when dietary recording was extended to adults. In order to facilitate more recent computer coding of the dietary records, these mixtures were calculated and added to the database. Some of the nutritive values for fruits, vegetables and some minor items were obtained from other published sources, as shown in Appendix 1. There are 463 foods in the Table.

Foods analysed

The information for the 38 basic foods is derived mainly from analyses of numerous individual samples of cooked foods collected in Keneba, Manduar and Kanton Kunda over many years (1974 to 1990). They were sent to Cambridge and analysed for water and protein (nitrogen x 6.25). Fat, available carbohydrates and fibre (unavailable carbohydrate, Southgate procedure) were analysed in pooled samples of the 10 most important foods. Although more recent analyses of non-starch polysaccharides in Gambian foods by the Englyst method gave lower values for fibre, the Southgate values were retained for the present Food Composition Table, as they are compatible with the starch and sugars values for the same foods. Calcium and phosphorus were analysed in leaves, fish, other raw ingredients, and also in samples of cooked dishes. Zinc and phytate were analysed in 16 common cooked cereal dishes and in fish and leaves. Carotene was determined in key source foods, such as those containing green leaves or palm oil. Further details of all analyses are given in Appendix 2.

Calculated values and recipes

Values from the analysed foods were also used for closely related foods, correcting for water content if appropriate. Sometimes a food could be adopted from another, and only one or two nutrients recalculated. The information for the remaining cooked cereal dishes and sauces in the Food Composition Table has been obtained by calculation from the ingredients, using recipe information primarily from Hudson, as described by Pryme et al. Details of these calculations are given in Appendix 3.
Literature sources
These were used primarily for vitamin C and iron. Other literature values were mostly for items such as fruits and vegetables, or for minor non-local foods such as tinned milk and tea. Such information was obtained from published sources, details are given in Appendix 1. The information was scrutinised for factors such as food identity, expression of data, appropriateness for the present table, method of analysis and water content, following appropriate guidance.13,14

Key to sources of data
The data sources for each food are noted in the Tables, as a letter key, A (most nutrients analysed), C (calculated from a related food), R (calculated from a recipe), L (literature) and E (estimated from a related food). For the analysed foods (A) and for data obtained from the literature (L), further details and reference numbers are given in Appendix 1. Details of recipes are given in Appendix 3.

Food descriptions
The foods are arranged in 17 sections, in order of cereals, groundnuts and sauces, leaf sauces, vegetables, fruit, nuts, fish, meat, milk, oils, sugars, water and drinks. Most of the cooked dishes are given by their Mandinka names, a few basic foods are in English, following the practice of local staff. Mandinka-Wolof-English vocabularies and further details of the foods are given in Appendix 4. Taxonomic names for plant foods and for fish are given in Appendix 5.

Expression of nutrients
All values are expressed per 100g edible portion, that is excluding the weight of material such as fruit stones or fish bones.

Food Codes These are in the range 4001 to 4999. The two letter food codes were the ones originally used, and are given again here to retain the familiar identification of the foods. These codes range from AA (4001) to ZZ (4676), using a mnemonic to assign the correct numerical code to letters. They were designed as a two level indicator, first letter for the cereal, e.g. R for rice, and second letter for the mode of preparation, e.g. mono. However, this became limited when there were numerous foods, so not all foods follow it. Three letter codes were used for the newer recipe calculations of mixed cereal and sauce dishes, based on the same principles.

Food Groups The food group sub-headings are those used for nutrient data analysis. There are 144 groups, whose numbers range from 101 to 284.

Protein is calculated from total nitrogen x 6.25 for all foods.
Carbohydrate is the sum of sugars, dextrin, starch and glycogen and is available carbohydrate expressed as the monosaccharide equivalents.13,18 This means that sugar, code 4539, has 105g available carbohydrate per 100g. For foods taken from published tables where carbohydrate is obtained ‘by difference’, values for available carbohydrate are estimated.
Fibre (unavailable carbohydrate or dietary fibre) is defined as the sum of polysaccharides and lignin which are not digested by the human gastrointestinal tract. It is also expressed as monosaccharide equivalents. For foods taken from published tables where crude fibre is given, values for total dietary fibre are estimated.
Available energy (metabolisable energy) values are calculated using the factors.

kilocalories (kcal) per g: protein = 4, fat = 9, carbohydrate = 3.75
kilojoules (kJ) were calculated as kilocalories x 4.184
For foods taken from published tables, energy values have been re-calculated using these factors.

Carotene is expressed as β-carotene equivalents, which is the sum of β-carotene plus half the α-carotene. This is important for palm oil, in which 45% of the total carotene is α-carotene. Leaves and
mangoes have no α-carotene. Where the different carotenoids had not been measured in other foods, they were assumed to be all β-carotene.

**Tag names** The internationally recognised abbreviations for the nutrients (components) in the Tables are shown below:

<table>
<thead>
<tr>
<th>Component</th>
<th>Tagname</th>
<th>Component</th>
<th>Tagname</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy, kcal</td>
<td>ENERGYC</td>
<td>Water</td>
<td>WATER</td>
</tr>
<tr>
<td>Energy, kJ</td>
<td>ENERGYC</td>
<td>Calcium</td>
<td>CA</td>
</tr>
<tr>
<td>Protein</td>
<td>PROCNT</td>
<td>Phosphorus</td>
<td>P</td>
</tr>
<tr>
<td>Fat</td>
<td>FAT</td>
<td>Iron</td>
<td>FE</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>CHOAVLM</td>
<td>Zinc</td>
<td>ZN</td>
</tr>
<tr>
<td>Fibre</td>
<td>FIBTS</td>
<td>Carotene</td>
<td>CARBEQ</td>
</tr>
<tr>
<td>Phytate</td>
<td>PHYTAC</td>
<td>Vitamin C</td>
<td>VITC</td>
</tr>
</tbody>
</table>

From INFODS

**Bioavailability of nutrients**

The values given in the Tables, apart from carotene, give the total amount of the constituent in the food. There are many factors that influence bioavailability, and these can depend on the physiological state of the individual as well as the interactions of dietary components. Fibre and phytate can inhibit absorption of some minerals, while vitamin C can enhance iron absorption.

**Notes on food groups**

**Cereals** A large number of items are given for rice, the main staple. A few foods are given for the other cereals, even though some, for example findo, are not often consumed nowadays. As it is usual practice, dried baobab leaf (naa) has been included in the steamed cereals futo and nyelengo. This makes an important contribution to micronutrients such as calcium and carotene.

**Sauces** These contain many ingredients, and can differ according to region of the country. For these Tables, sauces called ‘jambo’ have been assumed to contain groundnuts, while those called ‘kucha’ to have no groundnuts. Nomenclature for leaves can be the same for the leaf itself and for a sauce made from those leaves. The use of chilli peppers (kano) is specified in the Tables as this makes an important contribution to micronutrients such as calcium, iron, carotene and vitamin C. A similar situation holds for dried baobab leaves (naa).

**Fish** A large number of options for items containing fish are included as the three main fish *furo, challo* and *kujalo*, are used fresh or dried. Other fish are consumed occasionally and each of these varieties was related back to one of the main types, based on size and whether bones are discarded, as shown below:

<table>
<thead>
<tr>
<th>Fish</th>
<th>Fish for coding</th>
<th>Fish</th>
<th>Fish for coding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feta, fresh</td>
<td>Kujalo, fresh</td>
<td>Tabasse, fresh</td>
<td>Kujalo, fresh</td>
</tr>
<tr>
<td>Feta, dried</td>
<td>Kujalo, dried</td>
<td>Tabasse, dried</td>
<td>Kujalo, dried</td>
</tr>
<tr>
<td>Jotto, fresh</td>
<td>Challo, fresh</td>
<td>Tambajango, fresh</td>
<td>Furo, fresh</td>
</tr>
<tr>
<td>Jotto, dried</td>
<td>Kujalo, dried</td>
<td>Tambajango, dried</td>
<td>Challo, dried</td>
</tr>
<tr>
<td>Koso, fresh</td>
<td>Kujalo, fresh</td>
<td>Tarorow, fresh</td>
<td>Kujalo, fresh</td>
</tr>
<tr>
<td>Koso, dried</td>
<td>Kujalo, dried</td>
<td>Tarorow, dried</td>
<td>Kujalo, dried</td>
</tr>
<tr>
<td>Kunkalengo, fresh</td>
<td>Kujalo, fresh</td>
<td>Wangkango, fresh</td>
<td>Kujalo, fresh</td>
</tr>
<tr>
<td>Kunkalengo, dried</td>
<td>Kujalo, dried</td>
<td>Wangkango, dried</td>
<td>Kujalo, dried</td>
</tr>
</tbody>
</table>

If a fish has been weighed whole, but the bones are then discarded, the nutrient values should be multiplied by 0.9 for kujalo and 0.7 for other fish, these factors being the average edible proportions.

**Use of the Tables**

**Variability in food composition**

Average values are shown in the Table, but it should be remembered that all foods vary in composition between different samples and according to exact ingredients, and on the recipe calculation. The values in the Tables are therefore a guide, and should not be thought of as the exact composition for any of the foods. They may differ from those in other published sources.

Water content is an important determinant of energy density of a food which contains little or no fat, as is the case for most of the foods in
the Table. Examples of variability in water content are given below:

<table>
<thead>
<tr>
<th>Food code number</th>
<th>Letter code</th>
<th>Food</th>
<th>Water, mean, g/100g</th>
<th>sd</th>
<th>No. of samples</th>
</tr>
</thead>
<tbody>
<tr>
<td>4451</td>
<td>RI</td>
<td>Mani fajiringo</td>
<td>65.8</td>
<td>5.5</td>
<td>2666</td>
</tr>
<tr>
<td>4637</td>
<td>YM</td>
<td>Sanyo mono</td>
<td>87.9</td>
<td>3.8</td>
<td>107</td>
</tr>
<tr>
<td>4274</td>
<td>KN</td>
<td>Kinti futo and naa</td>
<td>37.9</td>
<td>6.4</td>
<td>46</td>
</tr>
<tr>
<td>4501</td>
<td>TG</td>
<td>Tia durango</td>
<td>79.5</td>
<td>4.3</td>
<td>150</td>
</tr>
</tbody>
</table>

From Dibba \textit{et al}^{13}, Hudson \textit{et al}^{15}

Carotene and vitamin C are particularly variable, ranges of some important foods in this respect in the Table are given below:

<table>
<thead>
<tr>
<th>Food code number</th>
<th>Letter code</th>
<th>Food</th>
<th>Carotene μg/100g</th>
<th>Vitamin C mg/100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>4192</td>
<td>HJ</td>
<td>Jambo sauce</td>
<td>1100-7300</td>
<td></td>
</tr>
<tr>
<td>4207</td>
<td>HY</td>
<td>Kucha sauce</td>
<td>200-2500</td>
<td></td>
</tr>
<tr>
<td>4043</td>
<td>BQ</td>
<td>Chilli pepper, dried</td>
<td>120-1200</td>
<td>2-50</td>
</tr>
<tr>
<td>4033</td>
<td>BG</td>
<td>Tomatoes</td>
<td>200-1000</td>
<td></td>
</tr>
<tr>
<td>4323</td>
<td>MK</td>
<td>Mangoes, unripe</td>
<td>30-80</td>
<td></td>
</tr>
<tr>
<td>4314</td>
<td>MB</td>
<td>Mangoes, ripe</td>
<td>1500-3400</td>
<td>10-180</td>
</tr>
<tr>
<td>4561</td>
<td>VO</td>
<td>Oranges</td>
<td>35-80</td>
<td></td>
</tr>
<tr>
<td>4550</td>
<td>VD</td>
<td>Baobab fruit</td>
<td>302-445</td>
<td></td>
</tr>
<tr>
<td>4554</td>
<td>VH</td>
<td>Palm oil</td>
<td>56700-71800</td>
<td></td>
</tr>
</tbody>
</table>

From Villard & Bates\textsuperscript{11}, Platt\textsuperscript{15}, Wu Leung \textit{et al}\textsuperscript{16}

DINO coding and nutrient analysis program

A direct entry computer program DINO (Diet In Nutrients Out) has been prepared in MS-Access. This is a new procedure derived from the original program DIDO devised by the MRC Dunn Nutrition Unit which has been described elsewhere\textsuperscript{17}. The DINO program is designed for coding dietary records on screen and for conducting nutrient analysis of those diets. The food items are chosen from a menu in which the foods are arranged in sections similar to those given in these Tables. The nutrient analysis uses the food composition database from which these Tables were printed.

Computer file of the Tables

The Tables in computer readable format is available from MRC Human Nutrition Research, Cambridge, UK.

Foods not in the Tables

It is inevitable that users will encounter a food that is not in the Tables. There are a number of options take:

a) Find a closely related food, e.g. mono for sato, nyelengo for serengo.

b) Combine two foods, or add another ingredient to an existing food.

c) If a mixed dish, obtain information on the amounts of ingredients and calculate the composition as shown in Appendix 3.

d) Use other food composition tables\textsuperscript{15,16,18} or if facilities available, the internet for foods such as fruit, fish or purchased, manufactured items.

Probable level of accuracy when using the Tables

The variations in the composition of foods have a considerable influence on the level of accuracy that one can expect from food tables\textsuperscript{13}. The greater the number of items in the diet, the more people that are studied and the greater the number of days all increase the accuracy of calculated average intakes. As close a match as possible to the food items actually consumed also increases accuracy.
Superscript numbers refer to the references given at the end of the document.
<table>
<thead>
<tr>
<th>Food group</th>
<th>Code</th>
<th>Letter code</th>
<th>Name</th>
<th>Energy kcal</th>
<th>Energy kJ</th>
<th>Protein g</th>
<th>Fat g</th>
<th>Carbohydrate g</th>
<th>Fibre g</th>
<th>Phytate g</th>
<th>Water g</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. - Rice (Mano)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>101</td>
<td>4393</td>
<td>PC</td>
<td>Mani dempetengo</td>
<td>338</td>
<td>1414</td>
<td>7.2</td>
<td>1.2</td>
<td>79.5</td>
<td>7.8</td>
<td>0.18</td>
<td>10</td>
</tr>
<tr>
<td>101</td>
<td>4460</td>
<td>RR</td>
<td>Mani monko</td>
<td>327</td>
<td>1368</td>
<td>7.0</td>
<td>1.2</td>
<td>76.8</td>
<td>6.9</td>
<td>0.17</td>
<td>13</td>
</tr>
<tr>
<td>101</td>
<td>4451</td>
<td>RI</td>
<td>Mani fajiringo</td>
<td>114</td>
<td>477</td>
<td>2.7</td>
<td>0.5</td>
<td>26.7</td>
<td>2.9</td>
<td>0.06</td>
<td>66</td>
</tr>
<tr>
<td>1.1 - Mani Fajiringo and Tia Durango</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>102</td>
<td>4449</td>
<td>RG</td>
<td>Mani fajiringo and tia durango</td>
<td>108</td>
<td>452</td>
<td>3.5</td>
<td>2.2</td>
<td>21.5</td>
<td>2.3</td>
<td>0.10</td>
<td>71</td>
</tr>
<tr>
<td>105</td>
<td>4708</td>
<td>RBV</td>
<td>Mani fajiringo, tia durango, chilli pepper and naa</td>
<td>108</td>
<td>453</td>
<td>3.1</td>
<td>1.9</td>
<td>21.6</td>
<td>2.6</td>
<td>0.07</td>
<td>69</td>
</tr>
<tr>
<td>102</td>
<td>4711</td>
<td>RBE</td>
<td>Mani fajiringo, tia durango, chilli pepper and okra</td>
<td>106</td>
<td>444</td>
<td>3.0</td>
<td>1.7</td>
<td>21.5</td>
<td>2.6</td>
<td>0.07</td>
<td>70</td>
</tr>
<tr>
<td>102</td>
<td>4712</td>
<td>RBD</td>
<td>Mani fajiringo, tia durango and tomato</td>
<td>107</td>
<td>447</td>
<td>3.0</td>
<td>1.8</td>
<td>21.5</td>
<td>2.6</td>
<td>0.07</td>
<td>70</td>
</tr>
<tr>
<td>102</td>
<td>4713</td>
<td>RFW</td>
<td>Mani fajiringo, tia durango and mango slices</td>
<td>107</td>
<td>448</td>
<td>2.9</td>
<td>1.6</td>
<td>22.0</td>
<td>2.6</td>
<td>0.07</td>
<td>70</td>
</tr>
<tr>
<td>102</td>
<td>4715</td>
<td>RQA</td>
<td>Mani fajiringo, tia durango and pumpkin</td>
<td>101</td>
<td>421</td>
<td>2.7</td>
<td>1.3</td>
<td>21.4</td>
<td>2.5</td>
<td>0.06</td>
<td>71</td>
</tr>
<tr>
<td>102</td>
<td>4716</td>
<td>RPQ</td>
<td>Mani fajiringo, tia durango and bitter tomato</td>
<td>105</td>
<td>439</td>
<td>3.0</td>
<td>1.6</td>
<td>21.4</td>
<td>2.6</td>
<td>0.07</td>
<td>70</td>
</tr>
<tr>
<td>106</td>
<td>4454</td>
<td>RL</td>
<td>Mani fajiringo, tia durango and meat</td>
<td>123</td>
<td>515</td>
<td>8.7</td>
<td>3.3</td>
<td>17.2</td>
<td>1.8</td>
<td>0.09</td>
<td>70</td>
</tr>
<tr>
<td>114</td>
<td>4709</td>
<td>ROQ</td>
<td>Mani fajiringo, tia durango and oil</td>
<td>118</td>
<td>495</td>
<td>3.1</td>
<td>3.1</td>
<td>21.5</td>
<td>2.5</td>
<td>0.07</td>
<td>68</td>
</tr>
<tr>
<td>1.1.1 - Mani Fajiringo, Tia Durango and Fish</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>103</td>
<td>4717</td>
<td>RHK</td>
<td>Mani fajiringo, tia durango and dried challo</td>
<td>112</td>
<td>467</td>
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## Food Composition Table for The Gambia

**March 2011**

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Food Composition Table for The Gambia
March 2011

20
### Food Composition Table for The Gambia

#### March 2011

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March 2011
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9.- Leaves and Other Vegetables

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Food Composition Table for The Gambia
March 2011
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9.- Leaves and Other Vegetables

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Food Composition Table for The Gambia
March 2011
### Food Composition Table for The Gambia

**March 2011**

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#### 9.3 - Jambo Leaf Sauces (with groundnuts and chili pepper)

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## Food Composition Table for The Gambia

**March 2011**

### 9.5 - Other Vegetables

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### 9.5.1 - Beans

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### 9.6 - Vegetable Oil Stew - Oil Sauce

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## 9.5 - Other Vegetables

| Code | Code | Name                          | Calcium | Phosphorus | Magnesium | Potassium | Iron | Zinc | Carotene | Vitamin C | Source of |
|------|------|-------------------------------|---------|------------|-----------|-----------|------|------|----------|-----------| data      |
| 264  | 4035 | BI Aubergine                  | 10      | 12         | 16        | 255       | 0.8  | 0.2  | 0        | 9         | L         |
| 264  | 4566 | VT Bitter tomato              | 10      | 12         | 8         | 97        | 0.5  | 0.1  | 0        | 8         | L         |
| 264  | 4037 | BK Cabbage                    | 44      | 36         | 17        | 194       | 0.5  | 0.5  | 60       | 40        | L         |
| 264  | 4042 | BP Chilli pepper, fresh       | 16      | 39         | 42        | 203       | 1.2  | 0.3  | 4100     | 225       | L         |
| 264  | 4043 | BQ Chilli pepper, dried       | 150     | 256        | 161       | 1931      | 14.3 | 1.2  | 600      | 10        | L         |
| 264  | 4570 | VX Okra                       | 70      | 60         | 49        | 260       | 1.0  | 0.9  | 270      | 47        | L         |
| 264  | 4049 | BW Okra, dried                | 825     | 397        | 440       | 2313      | 26.3 | 5.3  | 60       | 20        | L         |
| 264  | 4034 | BH Onions                     | 31      | 30         | 7         | 161       | 0.8  | 0.1  | 0        | 10        | L         |
| 262  | 4549 | VC Pumpkin, boiled            | 20      | 26         | 7         | 270       | 0.5  | 0.2  | 480      | 4         | L         |
| 262  | 4547 | VA Pumpkin and groundnuts     | 21      | 153        | 23        | 331       | 0.8  | 0.4  | 330      | 1         | C         |
| 264  | 4551 | VE Sweet potato               | 25      | 41         | 18        | 275       | 2.0  | 0.3  | 1230     | 37        | L         |
| 264  | 4033 | BG Tomatoes                   | 13      | 21         | 10        | 242       | 0.5  | 0.2  | 600      | 50        | L         |
| 283  | 4127 | EW Tomato paste               | 35      | 94         | 44        | 916       | 1.4  | 0.5  | 1780     | 10        | L         |
| 264  | 4560 | VN Yam                        | 52      | 61         | 22        | 368       | 0.8  | 0.3  | 0        | 6         | L         |

### 9.5.1 - Beans

| Code | Code | Name                          | Calcium | Phosphorus | Magnesium | Potassium | Iron | Zinc | Carotene | Vitamin C | Source of |
|------|------|-------------------------------|---------|------------|-----------|-----------|------|------|----------|-----------| data      |
| 263  | 4210 | IB Beans, boiled              | 15      | 5          | 65        | 452       | 3.5  | 1.2  | 0        | 0         | L         |
| 263  | 4226 | IR Locust beans, fermented (Tulingo) | 449   | 282        | 0         | 1304      | 3.6  | 2.6  | 0        | 0         | L         |
| 263  | 4228 | IT Locust Bean Pod Powder (Nete munko) | 130   | 160        | 290       | 2030      | 3.5  | 2.5  | 800      | 190       | L         |
| 263  | 4227 | IS Nete mono and sugar        | 16      | 17         | 47        | 327       | 0.4  | 0.3  | 90       | 10        | C         |

### 9.6 - Vegetable Oil Stew - Oil Sauce

<p>| Code | Code | Name                          | Calcium | Phosphorus | Magnesium | Potassium | Iron | Zinc | Carotene | Vitamin C | Source of |
|------|------|-------------------------------|---------|------------|-----------|-----------|------|------|----------|-----------| data      |
| 258  | 4552 | VF Vegetable oil stew (oil sauce) | 36      | 29         | 27        | 182       | 0.6  | 0.6  | 120      | 6         | C         |
| 258  | 4197 | HO Vegetable oil stew and cassava | 34      | 28         | 25        | 214       | 0.9  | 0.6  | 90       | 8         | R         |
| 258  | 4589 | WQ Vegetable oil stew and pumpkin | 27      | 27         | 18        | 222       | 0.9  | 0.4  | 320      | 5         | R         |
| 271  | 4199 | HQ Vegetable oil stew and fresh challo | 59      | 109        | 26        | 194       | 1.2  | 0.3  | 70       | 3         | C         |
| 271  | 4200 | HR Vegetable oil stew and fresh furo | 42      | 76         | 26        | 197       | 1.2  | 0.3  | 70       | 3         | C         |
| 271  | 4201 | HS Vegetable oil stew and fresh kujalo | 33      | 48         | 27        | 199       | 0.5  | 0.3  | 70       | 3         | C         |
| 271  | 4540 | UT Vegetable oil stew and fresh fish (unspecified) | 46      | 84         | 27        | 200       | 1.1  | 0.3  | 70       | 3         | R         |
| 271  | 4333 | MU Vegetable oil stew and shellfish | 84      | 111        | 37        | 185       | 4.4  | 1.0  | 70       | 3         | R         |
| 273  | 4196 | HN Vegetable oil stew and meat | 24      | 105        | 25        | 214       | 2.1  | 2.6  | 70       | 3         | C         |
| 273  | 4185 | HC Vegetable oil stew and chicken | 27      | 85         | 25        | 190       | 0.8  | 0.8  | 70       | 3         | C         |</p>
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Food Composition Table for The Gambia
March 2011

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### Food Composition Table for The Gambia

#### March 2011

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<td>11</td>
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<td>Wonjo (sorrel) ice/drink</td>
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<td>18</td>
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Appendix 1
Sources of data

The data sources for each food are noted in The Tables, as a letter key, as shown below.

Key to sources of data

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<thead>
<tr>
<th>Letter</th>
<th>Source</th>
<th>Details</th>
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<tbody>
<tr>
<td>A</td>
<td>Analysed</td>
<td>Water, protein, fat, carbohydrate reported in 1980(^4), fibre in 1980(^8) and 1995(^9), Ca and P in 1991(^4), Zn and Phy in 1998(^10), see Appendix 2</td>
</tr>
<tr>
<td>C</td>
<td>Calculated</td>
<td>Calculated from a related food, correcting for water content, or from mixtures of foods.</td>
</tr>
<tr>
<td>R</td>
<td>Recipie calculation</td>
<td>All values calculated from recipes, see Appendix 3. Most of these were calculated in 1998, a few in 1997 and 2006.</td>
</tr>
<tr>
<td>L</td>
<td>Literature</td>
<td>All values from published literature, further details and reference sources below.</td>
</tr>
<tr>
<td>E</td>
<td>Estimated</td>
<td>Estimated from a related food, or an assumed zero.</td>
</tr>
</tbody>
</table>

The Tables originally contained values for energy, protein and water in foods consumed by young children\(^4\). When a new nutrient was incorporated into the Tables, basic foods known to be good sources were analysed, and the rest of the foods and mixtures were obtained by calculation from the basic foods. This approach applied to carotene\(^11\), calcium\(^8\) and phosphorus\(^6\), and zinc\(^10\) and phytate\(^10\). In contrast, vitamin C was obtained from published food composition tables (see details below). Iron, potassium and magnesium values were obtained from a number of publications, the references to these are given at the end of the reference section of the Food Composition Table.

Source details for foods obtained from the literature

<table>
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<th>Food code</th>
<th>Letter code</th>
<th>Food name</th>
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<td>ZG</td>
<td>Tubanyo, on the cob, roast</td>
<td>Murphy</td>
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<td>EN</td>
<td>Wheat flour, white</td>
<td>MW4 (12), Ca and Fe unfortified flour</td>
</tr>
<tr>
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<td>WB</td>
<td>Bread</td>
<td>MW6 (11-471), Ca and Fe unfortified flour</td>
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<td>4586</td>
<td>WN</td>
<td>Pancakes</td>
<td>MW4 (85) doughnut</td>
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<td>4352</td>
<td>NN</td>
<td>Nyambi, raw</td>
<td>Platt (34)</td>
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<tr>
<td></td>
<td></td>
<td>Groundnuts</td>
<td>Calculated, except Vit C Platt (55)</td>
</tr>
<tr>
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<td>PI</td>
<td>Groundnuts, fresh, raw</td>
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<tr>
<td>4495</td>
<td>TA</td>
<td>Groundnuts (Tio)</td>
<td>MW4 (835), except Ca(^6) and P(^6), Fe FAO (327), Zn(^10)</td>
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<td>FAO (328), except CHO, fibre, Ca, P, calculated from code 4495</td>
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<td>Leaves</td>
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<td>Toury, except fibre(^2), Ca(^6) and P(^6), Zn(^10), carotene(^11)</td>
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<td>4146</td>
<td>FP</td>
<td>Baobab leaves, dried</td>
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<td>EX</td>
<td>Keren-kerengo leaves, fresh Other vegetables</td>
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<td>Aubergine</td>
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<td>Bambara groundnuts, fresh Fish</td>
<td>FAO (515) except Vit C as 50% of groundnuts fresh</td>
</tr>
<tr>
<td>4001</td>
<td>AA</td>
<td>Challo, dried</td>
<td>Based on Platt (183) except Ca(^6), P(^6), Zn(^{10})</td>
</tr>
<tr>
<td>4021</td>
<td>AU</td>
<td>Furo/furundingo, dried</td>
<td>Based on Platt (183) except Ca(^6), P(^6), Zn(^{10})</td>
</tr>
<tr>
<td>4002</td>
<td>AB</td>
<td>Kujalo, dried</td>
<td>Platt (183) except Ca(^6), P(^6), Zn(^{10})</td>
</tr>
<tr>
<td>4023</td>
<td>AW</td>
<td>Challo, flesh only</td>
<td>FAO (1414) except Ca(^6), P(^6), Zn(^{10})</td>
</tr>
<tr>
<td>4022</td>
<td>AV</td>
<td>Furo, flesh only</td>
<td>FAO (1264) except Ca(^6), P(^6), Zn(^{10})</td>
</tr>
<tr>
<td>4024</td>
<td>AX</td>
<td>Kujalo, flesh only</td>
<td>FAO (1254) except Ca(^6), P(^6)</td>
</tr>
<tr>
<td>4009</td>
<td>AI</td>
<td>Shellfish, boiled</td>
<td>Platt (184)</td>
</tr>
<tr>
<td>4014</td>
<td>AN</td>
<td>Meat, boiled</td>
<td>MW4 based</td>
</tr>
<tr>
<td>4020</td>
<td>AT</td>
<td>Chicken, boiled</td>
<td>MW4 based</td>
</tr>
<tr>
<td>4026</td>
<td>AZ</td>
<td>Corned beef, canned (Aid Food)</td>
<td>MW4 (393)</td>
</tr>
<tr>
<td>4039</td>
<td>BM</td>
<td>Breastmilk</td>
<td>Protein(^{10}), fat(^{10}), Ca(^6), P(^6), Zn(^{10}); MW4 (138) CHO, Fe, Vit C</td>
</tr>
<tr>
<td>4058</td>
<td>CF</td>
<td>Milk, cows</td>
<td>MW4 (124), except Ca(^6), P(^6)</td>
</tr>
<tr>
<td>4072</td>
<td>CT</td>
<td>Milk, tinned (for example 'Peak' brand)</td>
<td>MW4 (134)</td>
</tr>
<tr>
<td>4111</td>
<td>EG</td>
<td>Egg</td>
<td>Platt (200) protein, fat, CHO, water; MW4 (165) minerals &amp; vitamins</td>
</tr>
<tr>
<td>4557</td>
<td>VK</td>
<td>Groundnut oil</td>
<td>MW4 (195)</td>
</tr>
<tr>
<td>4120</td>
<td>EP</td>
<td>Vegetable oil</td>
<td>MW4 (195)</td>
</tr>
<tr>
<td>4554</td>
<td>VH</td>
<td>Palm oil</td>
<td>MW4 (195), except carotene(^{11})</td>
</tr>
<tr>
<td>4067</td>
<td>CO</td>
<td>Butter</td>
<td>MW4 (140)</td>
</tr>
<tr>
<td>4539</td>
<td>US</td>
<td>Sugar</td>
<td>MW4 (843), except Ca(^6)</td>
</tr>
<tr>
<td>4523</td>
<td>UC</td>
<td>Sugar cane</td>
<td>Platt (267)</td>
</tr>
<tr>
<td>4522</td>
<td>UB</td>
<td>Honey</td>
<td>FAO (1060)</td>
</tr>
<tr>
<td>4592</td>
<td>WT</td>
<td>Water</td>
<td>Ca(^6), P(^6)</td>
</tr>
<tr>
<td>4584</td>
<td>WL</td>
<td>Salt, local</td>
<td>Ca(^6), P(^6)</td>
</tr>
<tr>
<td>4598</td>
<td>WZ</td>
<td>Maggi cube</td>
<td>MW6 (17-368 &amp; 17-369)</td>
</tr>
</tbody>
</table>

References: FAO\(^{16}\), Platt\(^{15}\), MW4\(^{13}\), MW6\(^{18}\), Toury et al\(^{24}\), Murphy et al\(^{25}\)
Analytical methods for the nutrients analysed by the MRC Dunn Nutrition Unit and MRC Human Nutrition Research are summarised below:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Samples</th>
<th>Method</th>
<th>Reference(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Samples, n=6 to n=197, of 38 cooked foods, analysed individually, sampled 1975-1977</td>
<td>Loss of weight on freeze drying, followed by loss of weight on drying to 105 degrees.</td>
<td>Hudson et al.8</td>
</tr>
<tr>
<td>Nitrogen</td>
<td>Same as water above</td>
<td>Micro-Kjeldhal procedure</td>
<td>Hudson et al.8</td>
</tr>
<tr>
<td>Fat</td>
<td>Bulked samples of each of 10 cooked foods, from the individual samples as for water above</td>
<td>Neutral fat determined by specific gravity (Foss Oil Meter, York), after extraction into tetrachloroethylene</td>
<td>Hudson et al.8</td>
</tr>
<tr>
<td>Available carbohydrate</td>
<td>Same as above</td>
<td>Free sugars and starch</td>
<td>Hudson et al.8, Southgate22 reported in Hudson et al.8</td>
</tr>
<tr>
<td>Unavailable carbohydrate</td>
<td>Same as above</td>
<td>Southgate procedure</td>
<td>Southgate22 reported in Hudson et al.8</td>
</tr>
<tr>
<td>Calcium</td>
<td>19 cooked foods from samples as collected for water above, individual analyses, n=1 to n=16; 11 raw ingredients, 4 fishes and 11 types of leaves, sampled in 1990, pooled analyses, n=1 to n=7</td>
<td>Atomic absorption spectrophotometry</td>
<td>Prentice et al.6</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>As calcium above</td>
<td>Colorimetric</td>
<td>Fiske and Subarrow, reported in Prentice et al.6</td>
</tr>
<tr>
<td>Zinc – cereals</td>
<td>2 samples analysed of each of 19 cooked foods, selected from the samples for water above</td>
<td>Atomic absorption spectrophotometry</td>
<td>Davies (unpublished, Rowett Research Institute, 1976), reported in Paul et al.10</td>
</tr>
<tr>
<td>Zinc – fish and leaves</td>
<td>Same samples as for calcium, see above</td>
<td>Flame atomic absorption spectrophotometry</td>
<td>Tsuchiya, as reported in Paul et al.10</td>
</tr>
<tr>
<td>Phytate</td>
<td>Same samples as zinc – cereals, see above</td>
<td>Fe precipitation</td>
<td>Davies and Reid, by modification of Holt, reported in Paul et al.10</td>
</tr>
<tr>
<td>Carotene</td>
<td>180 foods containing palm oil, leaves or leaf sauces, fruits, vegetables, mangoes</td>
<td>HPLC</td>
<td>Villard and Bates22</td>
</tr>
</tbody>
</table>
Appendix 3
Recipe calculations

The recipes were compiled from a great many observations and measurements carried out by workers in the field\textsuperscript{6,12}. For each of the five main sauces, default percentages of each of the possible ingredients and additions were established, as shown in Table 1 below. These percentages were then used in the calculations for multi-ingredient sauces\textsuperscript{7}.

<table>
<thead>
<tr>
<th>Table 1. Main and subsidiary ingredients of Gambian Sauces\textsuperscript{7}</th>
<th>Durango</th>
<th>Kucha</th>
<th>Jambo</th>
<th>Oil stew</th>
<th>Bukolo</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Groundnuts</td>
<td>26 (roast)</td>
<td></td>
<td>22 (raw)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh leaves</td>
<td>10</td>
<td>45</td>
<td></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Dried baobab leaf (naa)</td>
<td>1.2</td>
<td>1.2</td>
<td>1.2</td>
<td></td>
<td>1.2</td>
</tr>
<tr>
<td>Salt</td>
<td>2.4</td>
<td>3.8</td>
<td>1.8</td>
<td>5.2</td>
<td>1.7</td>
</tr>
<tr>
<td>Maggi cube</td>
<td>0.9</td>
<td>0.9</td>
<td>0.9</td>
<td>0.9</td>
<td>0.9</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>3.5</td>
<td>2.6</td>
<td>2.0</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Tomato pulp</td>
<td></td>
<td>10</td>
<td></td>
<td>34</td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td>4.6</td>
<td>1.9</td>
<td>5.1</td>
<td>17</td>
<td>17</td>
</tr>
<tr>
<td>Fresh chilli pepper</td>
<td>1.6</td>
<td>1.8</td>
<td>0.9</td>
<td>2.0</td>
<td></td>
</tr>
<tr>
<td>Dried chilli pepper</td>
<td>1.0</td>
<td>1.7</td>
<td>0.6</td>
<td>1.0</td>
<td></td>
</tr>
<tr>
<td>Rice flour</td>
<td>6</td>
<td>6</td>
<td>5</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Oil</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td><strong>Possible additions to basic sauce</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried fish</td>
<td>4.7</td>
<td>4.7</td>
<td>4.7</td>
<td>4.7</td>
<td>4.7</td>
</tr>
<tr>
<td>Fresh fish</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>42</td>
<td>12</td>
</tr>
<tr>
<td>Meat</td>
<td>25</td>
<td>25</td>
<td>25</td>
<td>47</td>
<td>25</td>
</tr>
<tr>
<td>Locust bean</td>
<td>4.7</td>
<td>4.7</td>
<td>4.7</td>
<td>4.7</td>
<td>4.7</td>
</tr>
<tr>
<td>Okra</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Bitter tomato</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>45</td>
<td>45</td>
<td>45</td>
<td>55</td>
<td>45</td>
</tr>
</tbody>
</table>

Sauces also contain variable amounts of water, but the amounts are not included in the table. Not every sauce necessarily has all these ingredients at the same time. Ingredients in bold are usually present, those in plain text may be present * i.e. if fresh fish is added to durango there will be 88g of basic sauce and 12g of fish per 100g.

Dajiwo sauces were calculated as either 12 % fresh fish, 4.7% dried fish, 10% beans, or 5% groundnuts, leaves, pumpkin or cassava.
Rice was the cereal most often weighed with the sauce so all possible combinations had to be added to the database. In order to determine average percentage contributions of rice and sauce in a mixture, a number of dietary records were examined to find the individual weights of rice and sauce eaten at the same meal. It was found that the proportion of sauce to cereal varied according to the type of sauce but for each type the proportion in the mixture was fairly constant. The proportions were also similar for the other cereals, apart from durango, whether cooked by boiling or steaming (fajiringo or nyelengo), or steamed to a drier consistency (futo). Defaults were therefore established for the percentages of cereal and sauce recorded together, as shown in Table 2 below.

<table>
<thead>
<tr>
<th>Sauce</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>With fajiringo and nyelengo</td>
<td></td>
</tr>
<tr>
<td>Durango*</td>
<td>24</td>
</tr>
<tr>
<td>Kucha</td>
<td>16</td>
</tr>
<tr>
<td>Jambo</td>
<td>33</td>
</tr>
<tr>
<td>Vegetable oil stew</td>
<td>13</td>
</tr>
<tr>
<td>Palm oil stew</td>
<td>13</td>
</tr>
<tr>
<td>Bukolo</td>
<td>19</td>
</tr>
<tr>
<td>With futo</td>
<td></td>
</tr>
<tr>
<td>Dajiwo</td>
<td>44</td>
</tr>
<tr>
<td>Water</td>
<td>44</td>
</tr>
</tbody>
</table>

*Cereals other than rice, which are steamed as nyelengo, the sauce durango = 37%

All cereals could be prepared as mono, a thin porridge, but millet the most frequently. Churo is a slightly thicker rice porridge. The porridges often had additions, default percentages of these were arrived at as above to formulate recipes for the mixtures, as shown in Table 3 below.

<table>
<thead>
<tr>
<th></th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>With mono or churo</td>
<td></td>
</tr>
<tr>
<td>Sour milk</td>
<td>22</td>
</tr>
<tr>
<td>Sugar</td>
<td>2.5</td>
</tr>
<tr>
<td>Sour milk plus sugar</td>
<td>24</td>
</tr>
<tr>
<td>Sour milk plus baobab juice</td>
<td>24</td>
</tr>
<tr>
<td>Baobab juice</td>
<td>10</td>
</tr>
</tbody>
</table>
Standard worksheets were prepared, one for sauces listing all possible ingredients, one for cereal plus sauces mixtures, and one for porridges listing all possible ingredients.
A recipe program\textsuperscript{23} was used to enter all the “new” sauces and combinations of cereals and sauces.
The method of calculation is shown in Table 4 below, for energy and four nutrients. The other nutrients are calculated in the same way.

Table 4. Calculating a cooked food from proportions of cooked ingredients

<table>
<thead>
<tr>
<th>Food code</th>
<th>Ingredient</th>
<th>Composition per 100g ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>4192</td>
<td>Jambo sauce</td>
<td>78.0</td>
</tr>
<tr>
<td>4554</td>
<td>Palm oil</td>
<td>0</td>
</tr>
<tr>
<td>4002</td>
<td>Dried kujalo</td>
<td>20.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food code</th>
<th>Ingredient</th>
<th>Weight</th>
<th>Amounts in multi-ingredient food</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>g</td>
<td>Water</td>
</tr>
<tr>
<td>4192</td>
<td>Jambo sauce</td>
<td>90.3</td>
<td>70.4</td>
</tr>
<tr>
<td>4554</td>
<td>Palm oil</td>
<td>5.0</td>
<td>0</td>
</tr>
<tr>
<td>4002</td>
<td>Dried kujalo</td>
<td>4.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Total in recipe</td>
<td></td>
<td>100.0</td>
<td>71.3</td>
</tr>
</tbody>
</table>

Since the recipe is calculated using proportions of ingredients in the \textit{cooked} food, there is no need to make allowance for loss of water on cooking. A 50\% cooking loss\textsuperscript{18} has been adopted for vitamin C for leaf sauces and vegetables.

Calculating a new recipe from raw ingredients
If you have a cooked food mixture which is not in the tables, and have obtained information on the weight of each ingredient \textit{before} it was cooked, you can calculate the composition of the cooked food. It is assumed that you do not know how much water was added before cooking and how much is lost during cooking. So you will need to make an adjustment for the amount of water estimated to be lost in cooking, this is done by adopting the water content of a similar food.
The method of calculation is shown in Table 5 below, for energy and four nutrients. The other nutrients are calculated in the same way.

### Table 5. Calculating a cooked food from raw ingredients

**Bukolo, fresh fish, dried fish and oil**

<table>
<thead>
<tr>
<th>Food code</th>
<th>Ingredient</th>
<th>Water (g)</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>4118</td>
<td>Wheat flour, white</td>
<td>13</td>
<td>9.8</td>
<td>1.2</td>
<td>80.1</td>
<td>350</td>
</tr>
<tr>
<td>4127</td>
<td>Tomato paste</td>
<td>75</td>
<td>5.0</td>
<td>0.3</td>
<td>14.2</td>
<td>76</td>
</tr>
<tr>
<td>4001</td>
<td>Challo dried</td>
<td>20</td>
<td>61.1</td>
<td>9.3</td>
<td>0.0</td>
<td>328</td>
</tr>
<tr>
<td>4023</td>
<td>Challo, flesh only</td>
<td>75</td>
<td>19.1</td>
<td>2.9</td>
<td>0.0</td>
<td>103</td>
</tr>
<tr>
<td>4033</td>
<td>Tomatoes</td>
<td>93</td>
<td>0.9</td>
<td>0.0</td>
<td>2.8</td>
<td>14</td>
</tr>
<tr>
<td>4034</td>
<td>Onions</td>
<td>93</td>
<td>0.9</td>
<td>0.0</td>
<td>5.2</td>
<td>23</td>
</tr>
<tr>
<td>4043</td>
<td>Chilli pepper, dried</td>
<td>8</td>
<td>15.0</td>
<td>11.0</td>
<td>33.0</td>
<td>283</td>
</tr>
<tr>
<td>4120</td>
<td>Vegetable oil</td>
<td>0</td>
<td>0.0</td>
<td>99.9</td>
<td>0.0</td>
<td>900</td>
</tr>
</tbody>
</table>

**Amounts in the sauce**

<table>
<thead>
<tr>
<th>Food code</th>
<th>Ingredient</th>
<th>Amount (g)</th>
<th>Water (g)</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>kcal (kJ)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4118</td>
<td>Wheat flour, white</td>
<td>267</td>
<td>35</td>
<td>26.2</td>
<td>3.2</td>
<td>213.9</td>
<td>935</td>
</tr>
<tr>
<td>4127</td>
<td>Tomato paste</td>
<td>100</td>
<td>75</td>
<td>5.0</td>
<td>0.3</td>
<td>14.2</td>
<td>76</td>
</tr>
<tr>
<td>4001</td>
<td>Challo dried</td>
<td>326</td>
<td>65</td>
<td>199.2</td>
<td>30.3</td>
<td>0.0</td>
<td>1069</td>
</tr>
<tr>
<td>4023</td>
<td>Challo, flesh only</td>
<td>170</td>
<td>128</td>
<td>32.5</td>
<td>4.9</td>
<td>0.0</td>
<td>175</td>
</tr>
<tr>
<td>4033</td>
<td>Tomatoes</td>
<td>259</td>
<td>241</td>
<td>2.3</td>
<td>0.0</td>
<td>7.3</td>
<td>36</td>
</tr>
<tr>
<td>4034</td>
<td>Onions</td>
<td>200</td>
<td>186</td>
<td>1.8</td>
<td>0.0</td>
<td>10.4</td>
<td>46</td>
</tr>
<tr>
<td>4043</td>
<td>Chilli pepper, dried</td>
<td>10</td>
<td>1</td>
<td>1.5</td>
<td>1.1</td>
<td>3.3</td>
<td>28</td>
</tr>
<tr>
<td>4120</td>
<td>Vegetable oil</td>
<td>360</td>
<td>0</td>
<td>0.0</td>
<td>359.6</td>
<td>0.0</td>
<td>3240</td>
</tr>
</tbody>
</table>

Water added (unknown quantity)

<table>
<thead>
<tr>
<th>Amount (g)</th>
<th>Water (g)</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>kcal (kJ)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total in recipe (apart from added water) (a)</td>
<td>1692</td>
<td>730</td>
<td>268.5</td>
<td>399.5</td>
<td>249.0</td>
</tr>
<tr>
<td>Composition per 100g (apart from added water) (b)</td>
<td>100</td>
<td>43</td>
<td>15.9</td>
<td>23.6</td>
<td>14.7</td>
</tr>
<tr>
<td>Composition per 100g, adjusted for added water (c)</td>
<td>100</td>
<td>65*</td>
<td>9.8</td>
<td>14.5</td>
<td>9.0</td>
</tr>
</tbody>
</table>

*Estimated water content typical for Vegetables in oil sauce. Solids are 100-65 = 35g per 100g.

(a) Sum of the ingredients

(b) Line (a) divided by the weight of the total recipe (apart from added water) (1692) multiplied by 100

(c) Line (b) divided by solids per 100g (100-43 =57) then multiplied by solids adjusted to 65% water (100-65 =35)

You will see that the final composition is not identical to the ‘Bukolo, fresh fish, dried fish and oil’ in the Food Composition Table (code 4181). This is because the item in the Table is the average of four different recipes.

*Food Composition Table for The Gambia*

*March 2011*
### Appendix 4a

**Mandinka - Wolof - English Vocabulary**

(Based on McCrae and Paul; Wolof provided by the Gambian National Nutrition Agency (NaNa))

<table>
<thead>
<tr>
<th>Mandinka</th>
<th>Wolof</th>
<th>English</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banano</td>
<td>Banana</td>
<td>A rice dish with a rich oil sauce</td>
<td>1.6</td>
</tr>
<tr>
<td>Benechin</td>
<td>Benachin</td>
<td>A flour and tomato sauce. It sometimes contains fish and may also contain oil</td>
<td>9.7</td>
</tr>
<tr>
<td>Biabo</td>
<td>Guyab</td>
<td>Guava</td>
<td>10.2</td>
</tr>
<tr>
<td>Bukolo</td>
<td>Sauce farring</td>
<td>A flour and tomato sauce. It sometimes contains fish and may also contain oil</td>
<td>9.7</td>
</tr>
<tr>
<td>Casuo</td>
<td>Cashew</td>
<td>Cashew</td>
<td>10.2</td>
</tr>
<tr>
<td>Challo, chalo</td>
<td>Kobo</td>
<td>West African herring, bonga, shad</td>
<td>11</td>
</tr>
<tr>
<td>Churo</td>
<td>Chura</td>
<td>A term used with rice for a thick porridge</td>
<td>1.8</td>
</tr>
<tr>
<td>Dajio, dajiwo</td>
<td></td>
<td>A watery sauce eaten with futo. It is usually made from the water the vegetables, leaves, fish or meat were cooked in, and may contain groundnuts or fish, but not chilli pepper</td>
<td>9.8</td>
</tr>
<tr>
<td>Dempetengo</td>
<td>Dempeteng</td>
<td>A snack food made of parched flaked rice</td>
<td>1</td>
</tr>
<tr>
<td>Domoda</td>
<td>Bisab</td>
<td>Sour leaf or sorrel. Also a sauce made from these leaves in Lower River Division. A similar sauce to kucha</td>
<td>9.2</td>
</tr>
<tr>
<td>Domoda</td>
<td></td>
<td>Groundnut sauce in McCarthy Island and at the coast</td>
<td></td>
</tr>
<tr>
<td>Durango</td>
<td>Domoda</td>
<td>A thick sauce, most commonly as tio durango, a groundnut sauce made from roasted groundnuts</td>
<td>8.1</td>
</tr>
<tr>
<td>Duto</td>
<td>Mango</td>
<td>Bush or wild mango</td>
<td>10.1</td>
</tr>
<tr>
<td>Fajiringo</td>
<td>Bahal</td>
<td>A method of cooking rice by boiling</td>
<td>1</td>
</tr>
<tr>
<td>Farinyi munko</td>
<td></td>
<td>Wheat flour</td>
<td>6</td>
</tr>
<tr>
<td>Farinyo</td>
<td>Farring</td>
<td>Wheat</td>
<td>6</td>
</tr>
<tr>
<td>Feta</td>
<td>Tonon</td>
<td>Ladyfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Findi mono</td>
<td>Ruiyi findi</td>
<td>A thin gruel made from findo</td>
<td>3.3</td>
</tr>
<tr>
<td>Findi nyelengo</td>
<td>Nyelengi findi</td>
<td>Steamed findo</td>
<td>3</td>
</tr>
<tr>
<td>Findo</td>
<td>Findi</td>
<td>A locally grown millet type grass</td>
<td>3</td>
</tr>
<tr>
<td>Furo</td>
<td>Wass</td>
<td>A fish, tilapia</td>
<td>11</td>
</tr>
<tr>
<td>Mandinka</td>
<td>Wolof</td>
<td>English</td>
<td>Section</td>
</tr>
<tr>
<td>------------------</td>
<td>---------------------</td>
<td>-------------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Furundingo</td>
<td>Wass bundow</td>
<td>Small tilapia</td>
<td>11</td>
</tr>
<tr>
<td>Futo</td>
<td>Cherreh</td>
<td>Cereals (apart from rice) steamed to a dry product</td>
<td>9.5</td>
</tr>
<tr>
<td>Jabo</td>
<td>Linyong</td>
<td>Onion</td>
<td></td>
</tr>
<tr>
<td>Jambanduro</td>
<td>Mbum ndurr</td>
<td>A dark leaf</td>
<td>9.1</td>
</tr>
<tr>
<td>Jambo</td>
<td>Hob</td>
<td>Any leaf or leaf sauce made using for example jambo or jambanduro but not kucha. This sauce also contains groundnuts, chilli pepper and sometimes vegetables, fish, meat or oil</td>
<td>9.3</td>
</tr>
<tr>
<td>Jambo dajiwo</td>
<td></td>
<td>A thin sauce made from leaves, any except kucha</td>
<td>9.8</td>
</tr>
<tr>
<td>Jato</td>
<td>Jahatu</td>
<td>Bitter tomato</td>
<td>9.5</td>
</tr>
<tr>
<td>Jio</td>
<td>Ndoh</td>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Jotto, njoto</td>
<td>Jotto</td>
<td>A fish</td>
<td>see p3</td>
</tr>
<tr>
<td>Kanjo</td>
<td>Kanja</td>
<td>Okra</td>
<td>9.5</td>
</tr>
<tr>
<td>Kano, karno</td>
<td>Kani</td>
<td>Chilli pepper</td>
<td></td>
</tr>
<tr>
<td>Kekeowo</td>
<td>Mew</td>
<td>Milk</td>
<td>9.5</td>
</tr>
<tr>
<td>Keren-kerengo</td>
<td>Kerengkereng</td>
<td>Bush okra, a leaf used in sauces</td>
<td>9.1</td>
</tr>
<tr>
<td>Kinti futo</td>
<td>Cherreh diting</td>
<td>Steamed sorghum; drier than nyelengo</td>
<td>4.2</td>
</tr>
<tr>
<td>Kinti mono</td>
<td>Ruiyi diting</td>
<td>A thin gruel made from sorghum</td>
<td>4.3</td>
</tr>
<tr>
<td>Kinti nyelengo</td>
<td>Nyelengi diting</td>
<td>Steamed sorghum</td>
<td>4</td>
</tr>
<tr>
<td>Kinto</td>
<td>Diting</td>
<td>A type of white sorghum</td>
<td>4</td>
</tr>
<tr>
<td>Ko</td>
<td>Horom</td>
<td>Salt</td>
<td>16</td>
</tr>
<tr>
<td>Koso</td>
<td></td>
<td>Catfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Kucha</td>
<td>Bissap</td>
<td>Sour leaf or sorrel or a sauce made from these leaves. This sauce has no groundnuts, and sometimes contains fish, meat, vegetables or oil</td>
<td>9.2</td>
</tr>
<tr>
<td>Kucha durango</td>
<td>Domoda bissap</td>
<td>Sauce made from sour leaf or sorrel</td>
<td>9.2</td>
</tr>
<tr>
<td>Kujalo</td>
<td>Kujali</td>
<td>Spanish fish</td>
<td>11</td>
</tr>
<tr>
<td>Kunkalengo</td>
<td>Kong</td>
<td>Catfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Kunyambo</td>
<td>Nyambaba</td>
<td>Yam</td>
<td>9.5</td>
</tr>
<tr>
<td>Kuruo</td>
<td>Guru</td>
<td>Cola nut, kola nut</td>
<td>10.3</td>
</tr>
<tr>
<td>Lemuna mesengo</td>
<td>Lemong</td>
<td>Lime, sour lime</td>
<td>10.2</td>
</tr>
<tr>
<td>Mani churo</td>
<td>Churo malo</td>
<td>Rice boiled into a thick porridge</td>
<td>1.8</td>
</tr>
<tr>
<td>Mandinka</td>
<td>Wolof</td>
<td>English</td>
<td>Section</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------------------------</td>
<td>-------------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Mani fajiringo</td>
<td>Malo bunj bahal</td>
<td>Boiled rice</td>
<td>1</td>
</tr>
<tr>
<td>Mani mono</td>
<td>Chura malo</td>
<td>A thin gruel made from rice</td>
<td>1.8</td>
</tr>
<tr>
<td>Mani munko</td>
<td>Sungufi malo</td>
<td>Rice flour, or small uncooked rice cake</td>
<td>1</td>
</tr>
<tr>
<td>Mano</td>
<td>Malo</td>
<td>Rice</td>
<td>1</td>
</tr>
<tr>
<td>Mentengo</td>
<td>Mentem, tamateh</td>
<td>Tomato</td>
<td>9.5</td>
</tr>
<tr>
<td>Mono</td>
<td>Rui</td>
<td>A thin cereal gruel</td>
<td>9.5</td>
</tr>
<tr>
<td>Morongoo</td>
<td>Boroboro</td>
<td>Bush greens or spinach</td>
<td>9.1</td>
</tr>
<tr>
<td>Naa</td>
<td>Lalo</td>
<td>Baobab leaf</td>
<td>9.1</td>
</tr>
<tr>
<td>Nada, na durango</td>
<td>Domoda lalo</td>
<td>Sauce made using dried baobab leaves, usually containing groundnuts</td>
<td>9.4</td>
</tr>
<tr>
<td>Nada kolikolo</td>
<td></td>
<td>Sauce made from dried baobab leaves without added groundnuts</td>
<td>9.4</td>
</tr>
<tr>
<td>Nemuno</td>
<td>Sorance</td>
<td>Sweet orange</td>
<td>10.2</td>
</tr>
<tr>
<td>Nete mono</td>
<td>Ruiyi netteh</td>
<td>Locust bean pod powder gruel</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Nete munko</td>
<td></td>
<td>Locust bean pod powder (the yellow powder surrounding the seeds)</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Neto, netto</td>
<td>Netteh</td>
<td>Locust bean tree and fruit (pod)</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Njengo</td>
<td>Banga</td>
<td>Pumpkin</td>
<td>9.5</td>
</tr>
<tr>
<td>Nyambi dajiwo</td>
<td>Njeh nyambi</td>
<td>Cassava root (fresh) plus groundnuts, made into a thin sauce</td>
<td>9.8</td>
</tr>
<tr>
<td>Nyambi mono</td>
<td>Ruiyi nyambi</td>
<td>Thin gruel made from cassava flour</td>
<td>7.1</td>
</tr>
<tr>
<td>Nyambo</td>
<td>Nyambi</td>
<td>Cassava</td>
<td>7</td>
</tr>
<tr>
<td>Nyankantango</td>
<td>Nyangkatang</td>
<td>Boiled rice steamed again with groundnuts, and sometimes dried fish</td>
<td>1.7</td>
</tr>
<tr>
<td>Nyelengo</td>
<td>Nyeleng</td>
<td>A method of cooking cereals by steaming (not used for rice)</td>
<td>10.2</td>
</tr>
<tr>
<td>Pakaia</td>
<td>Papakaya</td>
<td>Paw-paw or papaya</td>
<td>10.2</td>
</tr>
<tr>
<td>Patanseo</td>
<td>Batense</td>
<td>Garden egg, aubergine or egg plant</td>
<td>9.5</td>
</tr>
<tr>
<td>Patat, patato</td>
<td>Patat</td>
<td>Sweet potato</td>
<td>9.5</td>
</tr>
<tr>
<td>Sanyo</td>
<td>Sanyo, duguub</td>
<td>A type of white millet</td>
<td>2</td>
</tr>
<tr>
<td>Sanyo futo</td>
<td>Cherreh sanyo</td>
<td>Steamed millet, drier than nyelengo</td>
<td>2.2</td>
</tr>
<tr>
<td>Sanyo mono</td>
<td>Ruiyi duguub</td>
<td>Thin gruel made from millet</td>
<td>2.3</td>
</tr>
<tr>
<td>Sanyo nyelengo</td>
<td>Nyelengi duguub</td>
<td>Steamed millet</td>
<td>2.1</td>
</tr>
<tr>
<td>Sitajio</td>
<td>Dhohi bui</td>
<td>Baobab fruit ‘juice’ or ‘milk’</td>
<td>17</td>
</tr>
<tr>
<td>Sitanono</td>
<td>Ngineh jobe</td>
<td>A dish made from baobab fruit ‘juice’ (sitajio), groundnut paste and sugar. A rich food eaten at feasts</td>
<td>8</td>
</tr>
<tr>
<td>Mandinka</td>
<td>Wolof</td>
<td>English</td>
<td>Section</td>
</tr>
<tr>
<td>---------------</td>
<td>-------------</td>
<td>--------------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Sito</td>
<td>Bui</td>
<td>Baobab fruit</td>
<td>10.2</td>
</tr>
<tr>
<td>Soso</td>
<td>Nyebeh</td>
<td>Black-eyed beans, cow-peas or any other beans</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Soso dajiwo</td>
<td>Nyehi njebeh</td>
<td>A thin sauce made from beans</td>
<td>9.8</td>
</tr>
<tr>
<td>Soupa kanja</td>
<td>Soupa kanja</td>
<td>A sauce containing okra, kerenkerengo leaves, palm oil and fish</td>
<td>9.6</td>
</tr>
<tr>
<td>Sunkungo</td>
<td>Sisob</td>
<td>Custard apple, sour sop or sweet sop</td>
<td>10.2</td>
</tr>
<tr>
<td>Suss tulo</td>
<td>Chuwi dewlin</td>
<td>Oil stew</td>
<td>9.6</td>
</tr>
<tr>
<td>Tabasse</td>
<td>Nguba</td>
<td>A fish, cassava fish</td>
<td>see p3</td>
</tr>
<tr>
<td>Tallo, talo</td>
<td>Dittah</td>
<td>A kind of fruit, tallow</td>
<td>10.2</td>
</tr>
<tr>
<td>Tamba</td>
<td>Neew</td>
<td>Gingerbread plum</td>
<td>10.2</td>
</tr>
<tr>
<td>Tambajango</td>
<td>Tambajang</td>
<td>A fish, red mullet, goatfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Tarorow, tao</td>
<td></td>
<td>Moonfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Teng Tulo</td>
<td>Dewtir</td>
<td>Palm oil</td>
<td>14</td>
</tr>
<tr>
<td>Tengo</td>
<td>Tirr</td>
<td>Oil palm</td>
<td>14</td>
</tr>
<tr>
<td>Tia dajiwo</td>
<td></td>
<td>Thin groundnut sauce</td>
<td>9.8</td>
</tr>
<tr>
<td>Tia durango</td>
<td>Maffeh gerteh</td>
<td>A thick sauce made from roast groundnuts. It often contains fish or vegetables</td>
<td>8.1</td>
</tr>
<tr>
<td>Tiakere churo</td>
<td>Churrh gerteh</td>
<td>A thick porridge made from pounded rice and raw groundnuts</td>
<td>1.8</td>
</tr>
<tr>
<td>Tianding kolon</td>
<td>Tia kolon</td>
<td>Bambara groundnuts</td>
<td>10.3</td>
</tr>
<tr>
<td>Tio</td>
<td>Guerteh</td>
<td>Groundnut, peanut</td>
<td>8</td>
</tr>
<tr>
<td>Tomato</td>
<td>Tamateh</td>
<td>Tomato paste</td>
<td>9.5</td>
</tr>
<tr>
<td>Toringoro</td>
<td>Saedaim</td>
<td>Jujube, a fruit</td>
<td>10.2</td>
</tr>
<tr>
<td>Tubab duto</td>
<td>Mango</td>
<td>Mango</td>
<td>10.1</td>
</tr>
<tr>
<td>Tubanyo</td>
<td>Mboha</td>
<td>Maize (corn)</td>
<td>5</td>
</tr>
<tr>
<td>Tubanyo futo</td>
<td>Cherheh mboha</td>
<td>Steamed maize, to a dry consistency</td>
<td>5</td>
</tr>
<tr>
<td>Tubanyo mono</td>
<td>Ruiyi mboha</td>
<td>Thin gruel made from maize</td>
<td>5.4</td>
</tr>
<tr>
<td>Tubanyo nyelengo</td>
<td>Nyelengi mboha</td>
<td>Steamed maize</td>
<td>5</td>
</tr>
<tr>
<td>Tulingo</td>
<td>Netetu</td>
<td>Fermented locust bean seeds</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Wangkango</td>
<td>Seda</td>
<td>A fish, barracouda</td>
<td>see p3</td>
</tr>
</tbody>
</table>
## Appendix 4b

**Wolof – Mandinka - English Vocabulary**

(Based on McCrae and Paul\(^2\); Wolof provided by the Gambian National Nutrition Agency (NaNa))

<table>
<thead>
<tr>
<th>Wolof</th>
<th>Mandinka</th>
<th>English</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bahal</td>
<td>Fajiringo</td>
<td>A method of cooking rice by boiling</td>
<td>1</td>
</tr>
<tr>
<td>Banana</td>
<td>Banano</td>
<td>Banana</td>
<td>10.2</td>
</tr>
<tr>
<td>Banga</td>
<td>Njengo</td>
<td>Pumpkin</td>
<td>9.5</td>
</tr>
<tr>
<td>Batense</td>
<td>Patanseo</td>
<td>Garden egg, aubergine or egg plant</td>
<td>9.5</td>
</tr>
<tr>
<td>Benachin</td>
<td>Benechin</td>
<td>A rice dish with a rich oil sauce</td>
<td>1.6</td>
</tr>
<tr>
<td>Bisab</td>
<td>Domoda</td>
<td>Sour leaf or sorrel. Also a sauce made from these leaves in Lower River</td>
<td>9.2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Division. A similar sauce to kucha</td>
<td></td>
</tr>
<tr>
<td>Bissap</td>
<td>Kucha</td>
<td>Sour leaf or sorrel or a sauce made from these leaves. This sauce has no</td>
<td>9.2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>groundnuts, and sometimes contains fish, meat, vegetables or oil</td>
<td></td>
</tr>
<tr>
<td>Boroboro</td>
<td>Morongo</td>
<td>Bush greens or spinach</td>
<td>9.1</td>
</tr>
<tr>
<td>Bui</td>
<td>Sito</td>
<td>Baobab fruit</td>
<td>10.2</td>
</tr>
<tr>
<td>Cashew</td>
<td>Casuo</td>
<td>Cashew</td>
<td>10.2</td>
</tr>
<tr>
<td>Cherreh</td>
<td>Futo</td>
<td>Cereals (apart from rice) steamed to a dry product</td>
<td></td>
</tr>
<tr>
<td>Cherreh diting</td>
<td>Kinti futo</td>
<td>Steamed sorghum; drier than nyelengo</td>
<td>4.2</td>
</tr>
<tr>
<td>Cherreh mboha</td>
<td>Tubanyo futo</td>
<td>Steamed maize, to a dry consistency</td>
<td>5</td>
</tr>
<tr>
<td>Cherreh sanyo</td>
<td>Sanyo futo</td>
<td>Steamed millet, drier than nyelengo</td>
<td>2.2</td>
</tr>
<tr>
<td>Chura</td>
<td>Churo</td>
<td>A term used with rice for a thick porridge</td>
<td>1.8</td>
</tr>
<tr>
<td>Chura malo</td>
<td>Mani mono</td>
<td>A thin gruel made from rice</td>
<td>1.8</td>
</tr>
<tr>
<td>Churo malo</td>
<td>Mani churo</td>
<td>Rice boiled into a thick porridge</td>
<td>1.8</td>
</tr>
<tr>
<td>Churrah gerteh</td>
<td>Tiakere churo</td>
<td>A thick porridge made from pounded rice and raw groundnuts</td>
<td>1.8</td>
</tr>
<tr>
<td>Chuwi dewlin</td>
<td>Suss tulo</td>
<td>Oil stew</td>
<td>9.6</td>
</tr>
<tr>
<td>Dempeteng</td>
<td>Dempetengo</td>
<td>A snack food made of parched flaked rice</td>
<td>1</td>
</tr>
<tr>
<td>Dewtirr</td>
<td>Teng Tulo</td>
<td>Palm oil</td>
<td>14</td>
</tr>
<tr>
<td>Dhohi bui</td>
<td>Sitajio</td>
<td>Baobab fruit ‘juice’ or ‘milk’</td>
<td>17</td>
</tr>
<tr>
<td>Diting</td>
<td>Kinto</td>
<td>A type of white sorghum</td>
<td>4</td>
</tr>
<tr>
<td>Wolof</td>
<td>Mandinka</td>
<td>English</td>
<td>Section</td>
</tr>
<tr>
<td>-----------</td>
<td>---------------</td>
<td>-------------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Dittah</td>
<td>Tallo, talo</td>
<td>A kind of fruit, tallow</td>
<td>10.2</td>
</tr>
<tr>
<td>Domoda</td>
<td>Durango</td>
<td>A thick sauce, most commonly as tio durango, a groundnut sauce made from roasted groundnuts</td>
<td>8.1</td>
</tr>
<tr>
<td>Domoda bissap</td>
<td>Kucha durango</td>
<td>Sauce made from sour leaf or sorrel</td>
<td>9.2</td>
</tr>
<tr>
<td>Domoda lalo</td>
<td>Nada, na durango</td>
<td>Sauce made using dried baobab leaves, usually containing groundnuts</td>
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<tr>
<td>Farring</td>
<td>Farinyo</td>
<td>Wheat</td>
<td>6</td>
</tr>
<tr>
<td>Findi</td>
<td>Findo</td>
<td>A locally grown millet type grass</td>
<td>3</td>
</tr>
<tr>
<td>Guerteh</td>
<td>Tio</td>
<td>Groundnut, peanut</td>
<td>8</td>
</tr>
<tr>
<td>Guru</td>
<td>Kuruo</td>
<td>Cola nut, kola nut</td>
<td>10.3</td>
</tr>
<tr>
<td>Guyab</td>
<td>Biabo</td>
<td>Guava</td>
<td>10.2</td>
</tr>
<tr>
<td>Hob</td>
<td>Jambo</td>
<td>Any leaf or leaf sauce made using for example jambo or jambanduro but not kucha. This sauce also contains groundnuts, chilli pepper and sometimes vegetables, fish, meat or oil</td>
<td>9.3</td>
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<tr>
<td>Horom</td>
<td>Ko</td>
<td>Salt</td>
<td>16</td>
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<td>Jahatu</td>
<td>Jato</td>
<td>Bitter tomato</td>
<td>9.5</td>
</tr>
<tr>
<td>Jotto</td>
<td>Jotto, njoto</td>
<td>A fish</td>
<td>see p3</td>
</tr>
<tr>
<td>Kani</td>
<td>Kano, karno</td>
<td>Chilli pepper</td>
<td>9.5</td>
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<tr>
<td>Kanja</td>
<td>Kanjo</td>
<td>Okra</td>
<td>9.5</td>
</tr>
<tr>
<td>Kerengkereng</td>
<td>Keren-kerengo</td>
<td>Bush okra, a leaf used in sauces</td>
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<tr>
<td>Kobo</td>
<td>Challo, chalo</td>
<td>West African herring, bonga, shad</td>
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<td>Kong</td>
<td>Kunkalengo</td>
<td>Catfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Kujali</td>
<td>Kujalo</td>
<td>Spanish fish</td>
<td>see p3</td>
</tr>
<tr>
<td>Lalo</td>
<td>Naa</td>
<td>Baobab leaf</td>
<td>9.1</td>
</tr>
<tr>
<td>Lemong</td>
<td>Lemuna mesengo</td>
<td>Lime, sour lime</td>
<td>10.2</td>
</tr>
<tr>
<td>Linyong</td>
<td>Jabo</td>
<td>Onion</td>
<td>9.5</td>
</tr>
<tr>
<td>Maffeh gerteh</td>
<td>Tia durango</td>
<td>A thick sauce made from roast groundnuts. It often contains fish or vegetables</td>
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<tr>
<td>Malo</td>
<td>Mano</td>
<td>Rice</td>
<td>1</td>
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<tr>
<td>Malo bunj bahal</td>
<td>Mani fajiringo</td>
<td>Boiled rice</td>
<td>1</td>
</tr>
<tr>
<td>Mango</td>
<td>Duto</td>
<td>Bush or wild mango</td>
<td>10.1</td>
</tr>
<tr>
<td>Mango</td>
<td>Tubab duto</td>
<td>Mango</td>
<td>10.1</td>
</tr>
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<td>Wolof</td>
<td>Mandinka</td>
<td>English</td>
<td>Section</td>
</tr>
<tr>
<td>--------------</td>
<td>-------------------</td>
<td>-------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Mboha</td>
<td>Tubanyo</td>
<td>Maize (corn)</td>
<td>5</td>
</tr>
<tr>
<td>Mbum ndurr</td>
<td>Jambanduro</td>
<td>A dark leaf</td>
<td>9.1</td>
</tr>
<tr>
<td>Mentem, tamateh</td>
<td>Mentengo</td>
<td>Tomato</td>
<td>9.5</td>
</tr>
<tr>
<td>Mew</td>
<td>Kekewo</td>
<td>Milk</td>
<td>13</td>
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<tr>
<td>Ndoh</td>
<td>Jio</td>
<td>Water</td>
<td>16</td>
</tr>
<tr>
<td>Neew</td>
<td>Tamba</td>
<td>Gingerbread plum</td>
<td>10.2</td>
</tr>
<tr>
<td>Netetu</td>
<td>Tulingo</td>
<td>Fermented locust bean seeds</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Netteh</td>
<td>Neto, netto</td>
<td>Locust bean tree and fruit (pod)</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Ngineh jobe</td>
<td>Sitanono</td>
<td>A dish made from baobab fruit ‘juice’ (sitajo), groundnut paste and sugar. A rich food eaten at feasts</td>
<td>8</td>
</tr>
<tr>
<td>Nguka</td>
<td>Tabasse</td>
<td>A fish, cassava fish</td>
<td>see p3</td>
</tr>
<tr>
<td>Njeeh nyambi</td>
<td>Nyambi dajiwo</td>
<td>Cassava root (fresh) plus groundnuts, made into a thin sauce</td>
<td>9.8</td>
</tr>
<tr>
<td>Nyambaba</td>
<td>Kunyambo</td>
<td>Yam</td>
<td>9.5</td>
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<tr>
<td>Nyambi</td>
<td>Nyambo</td>
<td>Cassava</td>
<td>7</td>
</tr>
<tr>
<td>Nyangkatang</td>
<td>Nyankantango</td>
<td>Boiled rice steamed again with groundnuts, and sometimes dried fish</td>
<td>1.7</td>
</tr>
<tr>
<td>Nyebeh</td>
<td>Soso</td>
<td>Black-eyed beans, cow-peas or any other beans</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Nyehi nyebeh</td>
<td>Soso dajiwo</td>
<td>A thin sauce made from beans</td>
<td>9.8</td>
</tr>
<tr>
<td>Nyeleng</td>
<td>Nyelengo</td>
<td>A method of cooking cereals by steaming (not used for rice)</td>
<td>4</td>
</tr>
<tr>
<td>Nyelengi diting</td>
<td>Kinti nyelengo</td>
<td>Steamed sorghum</td>
<td>2.1</td>
</tr>
<tr>
<td>Nyelengi duguub</td>
<td>Sanyo nyelengo</td>
<td>Steamed millet</td>
<td>3</td>
</tr>
<tr>
<td>Nyelengi findi</td>
<td>Findi nyelengo</td>
<td>Steamed findo</td>
<td>5</td>
</tr>
<tr>
<td>Nyelengi mboha</td>
<td>Tubanyo nyelengo</td>
<td>Steamed maize</td>
<td>10.2</td>
</tr>
<tr>
<td>Papakaya</td>
<td>Pakaia</td>
<td>Paw-paw or papaya</td>
<td>9.5</td>
</tr>
<tr>
<td>Patat</td>
<td>Patat, patato</td>
<td>Sweet potato</td>
<td>4.3</td>
</tr>
<tr>
<td>Rui</td>
<td>Mono</td>
<td>A thin cereal gruel</td>
<td>2.3</td>
</tr>
<tr>
<td>Ruiyi diting</td>
<td>Kinti mono</td>
<td>A thin gruel made from sorghum</td>
<td>3.3</td>
</tr>
<tr>
<td>Ruiyi duguub</td>
<td>Sanyo mono</td>
<td>Thin gruel made from millet</td>
<td>5.4</td>
</tr>
<tr>
<td>Ruiyi findi</td>
<td>Findi mono</td>
<td>A thin gruel made from findo</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Ruiyi mboha</td>
<td>Tubanyo mono</td>
<td>Thin gruel made from maize</td>
<td>5.4</td>
</tr>
<tr>
<td>Ruiyi netteh</td>
<td>Nete mono</td>
<td>Locust bean pod powder gruel</td>
<td>5.5</td>
</tr>
</tbody>
</table>

*Food Composition Table for The Gambia*

*March 2011*
<table>
<thead>
<tr>
<th>Wolof</th>
<th>Mandinka</th>
<th>English</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ruiyi nyambi</td>
<td>Nyambi mono</td>
<td>Thin gruel made from cassava flour</td>
<td>7.1</td>
</tr>
<tr>
<td>Saedaim</td>
<td>Tomborongo</td>
<td>Jujube, a fruit</td>
<td>10.2</td>
</tr>
<tr>
<td>Sanyo, duguub</td>
<td>Sanyo</td>
<td>A type of white millet</td>
<td>2</td>
</tr>
<tr>
<td>Sauce farring</td>
<td>Bukolo</td>
<td>A flour and tomato sauce. It sometimes contains fish and may also contain oil</td>
<td>9.7</td>
</tr>
<tr>
<td>Seda</td>
<td>Wangkango</td>
<td>A fish, barracouda</td>
<td>see p3</td>
</tr>
<tr>
<td>Sisob</td>
<td>Sunkungra</td>
<td>Custard apple, sour sop or sweet sop</td>
<td>10.2</td>
</tr>
<tr>
<td>Sorance</td>
<td>Nemunoo</td>
<td>Sweet orange</td>
<td>10.2</td>
</tr>
<tr>
<td>Soupa kanja</td>
<td>Soupa kanja</td>
<td>A sauce containing okra, kerenkerengo leaves, palm oil and fish</td>
<td>9.6</td>
</tr>
<tr>
<td>Sungufi malo</td>
<td>Mani munko</td>
<td>Rice flour, or small uncooked rice cake</td>
<td>1</td>
</tr>
<tr>
<td>Tamateh</td>
<td>Tomato</td>
<td>Tomato paste</td>
<td>9.5</td>
</tr>
<tr>
<td>Tambajang</td>
<td>Tambajango</td>
<td>A fish, red mullet, goatfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Tia kolon</td>
<td>Tianding kolon</td>
<td>Bambara groundnuts</td>
<td>10.3</td>
</tr>
<tr>
<td>Tirr</td>
<td>Tengo</td>
<td>Oil palm</td>
<td>14</td>
</tr>
<tr>
<td>Tonon</td>
<td>Feta</td>
<td>Ladyfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Wass</td>
<td>Furo</td>
<td>A fish, tilapia</td>
<td>11</td>
</tr>
<tr>
<td>Wass bundow</td>
<td>Furundingo</td>
<td>Small tilapia</td>
<td>11</td>
</tr>
<tr>
<td>Dajio, dajiwo</td>
<td></td>
<td>A watery sauce eaten with futo. It is usually made from the water the vegetables, leaves, fish or meat were cooked in, and may contain groundnuts or fish, but not chilli pepper</td>
<td>9.8</td>
</tr>
<tr>
<td>Domoda</td>
<td></td>
<td>Groundnut sauce in McCarthy Island and at the coast</td>
<td>6</td>
</tr>
<tr>
<td>Farinyi munko</td>
<td></td>
<td>Wheat flour</td>
<td></td>
</tr>
<tr>
<td>Jambo dajiwo</td>
<td></td>
<td>A thin sauce made from leaves, any except kucha</td>
<td>9.8</td>
</tr>
<tr>
<td>Koso</td>
<td></td>
<td>Catfish</td>
<td></td>
</tr>
<tr>
<td>Nada kolikolo</td>
<td></td>
<td>Sauce made from dried baobab leaves without added groundnuts</td>
<td>9.4</td>
</tr>
<tr>
<td>Nete munko</td>
<td></td>
<td>Locust bean pod powder (the yellow powder surrounding the seeds)</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Tarorow, taro</td>
<td></td>
<td>Moonfish</td>
<td>see p3</td>
</tr>
<tr>
<td>Tia dajiwo</td>
<td></td>
<td>Thin groundnut sauce</td>
<td>9.8</td>
</tr>
</tbody>
</table>
## Appendix 4c

**English - Mandinka - Wolof Vocabulary**

(Based on McCrae and Paul; Wolof provided by the Gambian National Nutrition Agency (NaNa))

<table>
<thead>
<tr>
<th>English</th>
<th>Mandinka</th>
<th>Wolof</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aubergine/egg plant</td>
<td>Patanseo</td>
<td>Batanse</td>
<td>9.5</td>
</tr>
<tr>
<td>Baobab fruit</td>
<td>Sito</td>
<td>Bui</td>
<td>10.2</td>
</tr>
<tr>
<td>Baobab fruit ‘juice’ or ‘milk’</td>
<td>Sitajio</td>
<td>Dhohi bui</td>
<td>17</td>
</tr>
<tr>
<td>Baobab fruit juice, groundnuts and sugar</td>
<td>Sitanono</td>
<td>Ngineh jobe</td>
<td>8</td>
</tr>
<tr>
<td>Baobab leaf sauce</td>
<td>Nada, na durango</td>
<td>Domoda lalo</td>
<td>9.4</td>
</tr>
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<td>Baobab leaves</td>
<td>Naa</td>
<td>Lalo</td>
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<tr>
<td>Beans</td>
<td>Soso</td>
<td>Nyebeh</td>
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<tr>
<td>Bitter tomato</td>
<td>Jato</td>
<td>Jahatu</td>
<td>9.5</td>
</tr>
<tr>
<td>Boiled</td>
<td>Fajiringo</td>
<td>Bahal</td>
<td></td>
</tr>
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<td>Bonga fish</td>
<td>Challo, chalo</td>
<td>Kobo</td>
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<td>Bush greens</td>
<td>Morongo</td>
<td>Boroboro</td>
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<td>Cashew</td>
<td>Casuo</td>
<td>Cashew</td>
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<td>Nyambo</td>
<td>Nyambili</td>
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<tr>
<td>Catfish</td>
<td>Kunkalengo</td>
<td>Kong</td>
<td>see p3</td>
</tr>
<tr>
<td>Chilli pepper</td>
<td>Karno, kano</td>
<td>Kani</td>
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<tr>
<td>Cola nut</td>
<td>Kuruo</td>
<td>Guru</td>
<td></td>
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<td>Cow peas</td>
<td>Soso</td>
<td>Nyebe</td>
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<td>Sunkungo</td>
<td>Sisob</td>
<td>10.2</td>
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<td>Egg plant</td>
<td>Patanseo</td>
<td>Batanse</td>
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<td>Flour</td>
<td>Munko</td>
<td>Guerteh</td>
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<td>Tia durango</td>
<td>Maffeh gerteh</td>
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<td>Mono</td>
<td>Rui</td>
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<tr>
<td>Guava</td>
<td>Biabo</td>
<td>Guyab</td>
<td>10.2</td>
</tr>
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<td>Jujube tree</td>
<td>Tomborongo</td>
<td>Saedaim</td>
<td>10.2</td>
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<td>English</td>
<td>Mandinka</td>
<td>Wolof</td>
<td>Section</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>----------------------------------------------</td>
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<tr>
<td>Kola nut</td>
<td>Kuruo</td>
<td>Guru</td>
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<tr>
<td>Ladyfish</td>
<td>Feta</td>
<td>Tonon</td>
<td>see p3</td>
</tr>
<tr>
<td>Leaf or leaf sauce</td>
<td>Jambo</td>
<td>Hob</td>
<td>9.3</td>
</tr>
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<td>Locust bean fruit (pod)</td>
<td>Neto, Netto</td>
<td>Netteh</td>
<td>9.5.1</td>
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<tr>
<td>Locust bean pod powder</td>
<td>Nete munko</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Locust bean pod powder gruel</td>
<td>Nete jio, nete bero, nete mono</td>
<td>Ruiyi netteh</td>
<td>9.5.1</td>
</tr>
<tr>
<td>Locust bean seed, fermented</td>
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<td>Netetu</td>
<td>9.5.1</td>
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<tr>
<td>Maize</td>
<td>Tubanyo, manyo</td>
<td>Mboha</td>
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<td>Mango</td>
<td>Tubab duto</td>
<td>Mango</td>
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<td>Kekewe</td>
<td>Mew</td>
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<td>Millets, various types</td>
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<td>Sanyo, duguub</td>
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<td>Tambajango</td>
<td>Tambajang</td>
<td>see p3</td>
</tr>
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<td>Suss tulo</td>
<td>Chewi dewlin</td>
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<td>Kanjo</td>
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<td>Jabo</td>
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<td>Tio</td>
<td>Guerteh</td>
<td>8</td>
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<td>Pepper, chilli</td>
<td>Karno, kano</td>
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<td>Porridge, thick</td>
<td>Churo</td>
<td>Chura</td>
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<td>Mono</td>
<td>Rui</td>
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<td>Patato, batato</td>
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<tr>
<td>Pumpkin</td>
<td>Njengo</td>
<td>Banga</td>
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<tr>
<td>Rice</td>
<td>Mano</td>
<td>Malo</td>
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<td>Rice, boiled</td>
<td>Mani fajiringo</td>
<td>Malo bunj bahal</td>
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</tr>
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<td>Rice, thick porridge with groundnuts</td>
<td>Tiakere churo</td>
<td>Churrah gerteh</td>
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<td>Rice, thick porridge</td>
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<td>Salt</td>
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<td>Hob</td>
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<td>Durango</td>
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<td>Diting</td>
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<td>Furo</td>
<td>Wass</td>
<td>11</td>
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<td>Tinned milk</td>
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<td>Jato</td>
<td>Jahato</td>
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<td>Water</td>
<td>Jio</td>
<td>Ndoh</td>
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<td>Yam</td>
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# Appendix 5

## Taxonomic names
(From McCrae and Paul\(^2\))

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<tr>
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<th>English</th>
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<th>Section</th>
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<td>Wass bundow</td>
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Appendix 6

Portion sizes for some Gambian foods

The portion sizes given below have been measured in up to 10 subjects each, in studies of pregnant and lactating women over many years in Keneba\(^5,6\) as reported in Fenn\(^20\)

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<td>Lime, whole</td>
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<td>Baobab ice</td>
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<td>Baobab fruit, 1 'finger'</td>
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<td>Maize cob, small</td>
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<td></td>
<td>1 handful</td>
<td></td>
<td>medium</td>
</tr>
<tr>
<td></td>
<td>1 seed</td>
<td></td>
<td>large</td>
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<td>Bread stick, half</td>
<td>150</td>
<td>Mango, whole</td>
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<tr>
<td>whole</td>
<td>400</td>
<td>Orange, whole</td>
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<td>Bush mango, whole</td>
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<td>Palm oil added to dish</td>
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<td>Cassava, large</td>
<td>200</td>
<td>Pancake, plain</td>
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<td>small</td>
<td>'Porridge' type foods, 10 ml spoonful</td>
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<td>Rice, boiled etc, 10 ml spoonful</td>
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<td>Fish, Furundingo, whole</td>
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<td>Tea / Instant coffee, 1 cup</td>
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<td>Groundnuts, unshelled, 1 handful</td>
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<td>Tamba fruit, whole</td>
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<td>Guava, whole</td>
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<td>half</td>
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References


17. INFOODS website <www.fao.org/infoods>


**Additional references for iron content**


**Additional references for potassium and magnesium content**


44. Gouws E and Langenhoven M. *NRIND Food composition tables*. 1986; Tygerberg, South Africa: Medical Research Council Publications Unit.


47. Nordeide M. *The composition of Malian Foods*, 1995; Programme de Recherche SSE, Bamako & University of Oslo.


