



Food-Info Allergy Dictionary English – Kiswahili



allergy

allergen
allergen-free
allergic
anaphylactic shock
anti-histaminics
food allergy
food hypersensitivity
food intolerance

histamine
I am allergic to...
intolerant
protein

dairy products

butter
buttermilk
casein
cheese
cow's milk
cream
goat milk
kefir
lactose
lactose intolerance

milk
milk protein
milk sugar
sheep milk
whey
whey powder
whipped cream
yoghurt

peanut tree nuts

almond
apricot kernel
Brazil nut
cashew nut

Mzio

kichocheo mzio
kutokuwa na mzio
kuwa na mzio wa...
-
kinyume cha histamini
mzio wa chakula
-
utovu wa ustahamilivu wa chakula
histamini
Nina mzio wa.....
siokuwa na ustahamilivu
protini/hamirojo

mazao ya maziwa

siagi
maziwa yenye siagi
kaseini
jibini
maziwa ya ng'ombe
malai
maziwa ya mbuzi
laktosi
siokuwa na ustahamilivu wa laktosi
maziwa
protini ya maziwa
sukari ya maziwa
maziwa ya kondoo
wei
unga wa wei
malai iliyopigwa
mtindi

karanga

-
kungu
kokwa za msindano
-
korosho

chestnut -
coconut nazi
hazelnut -
kemiri nut -
macadamia nut -
nuts kokwa
peanut oil, arachid oil mafuta ya karanga
peanut sauce, sateh sosi ya karanga, karanga ya sauce
peanutbutter kupaka, siagi ya karanga
pecan nut -
pine nut tende
pistachio pistachio
walnut jozi
walnut oil mafuta jozi

soybean

lecithin
soy oil
soy protein
soy sauce
tempeh
tofu, bean curd

legumes

bean
lentils
lupin
pea
pulses

gluten

amaranth
barley
bran
buckwheat
bulgur
celiac disease
corn, maize
flour
gliadin
gluten intolerance

glutenin
kamut
millet
oats
rice
rye
spelt
starch
tapioca
triticale
wheat
glutenini
-
mtama
shayiri
mchele
mrai
-
wanga
tapioka
-
ngano

seafood

anchovy
carp
cod
crab
fish
flatfish
haddock
herring
lobster
mackerel
mussels
octopus
oyster
perch, bass
plaice
salmon
shellfish
shrimp
sole
swordfish
trout
tuna

chicken egg

albumin
conalbumin
egg lecithin
egg white

chakula cha samaki

dagaa
kambare
chewa
kaa
samaki
samaki (jamii ya wayo)
chewa mdogo
dagaa
kamba
-
pweza
chaza
sangara
-
samoni
samaki wa magamba
uduvi/kambamdogo
gayogayo
papa upanga
trauti
jodari

kuku yai

albumin
-
lecithini ya yai
ute wa yai



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egg yolk
globulin
lysozyme
mayonnaise
ovo-albumin

meat

beef
ham
hamburger
lamb
meat replacer
minced meat
muscle protein
mutton
pork
salami
sausage
veal

spices

herbs

anise, aniseed
basil
black mustard
caraway
celery
cinnamon
coriander
fennel
garlic
mustard
mustard oil
nutmeg
onion
parsley
pepper
peppermint
sage
thyme

kiini cha yai
globulini
laisosome
mayonaizi
-

nyama

nyama ya ng'ombe
kiweo
mkate wa nyama
kondoo
mbadala ya nyama
nyama ya kusaga
protini ya misuli
nyama ya kondoo
nyama ya nguruwe
salami
soseji
nyama ya mnyama
mchanga

viungo vya harufu vya chakula majani pori

-
basili
haradali nyeusi
-
celeri
iliki
gilgilani
-
vitunguu swaumu
haradali
mafuta ya haradali
kungumanga
kitunguu
kotimiri
pilipili
pilipili ya minti
-
thaimu

yellow mustard

chocolate

cocoa
cocoa butter
cocoa mass
cocoa powder

additives

azo-colours
benzoate
benzoic acid
food colours
glutamate, MSG
preservatives
salicylate
sorbate
sorbic acid
sulphite
sulphur dioxid
tartrazine
vanilla
vanillin

sugar

sweetener

aspartame
dextrose
fructose
fruit sugar
glucose
glucose syrup
honey
inulin
invert sugar
lactitol
lactulose
maltitol
sorbitol
sucrose
xylitol

haradali ya manjano

chokoleti

kakao
siagi ya kakao
-
unga wa kakao

-

rangi za azo
benzoate
asidi ya bonzoate
rangi za chakula
glutamate, MSG
vihifadhi
salisilate
sorbate
asidi ya sobiki
salfaiti
salfa daiokside
tartazine
vanila
vanilini

sukari

viongeza utamu

aspartame
dektrosi
fruktosi
sukari ya matunda
glukosi
sirapu ya glukosi
asali
inulini
-
lactitol
laktulosi
maltitol
sorbitol
sukrosi
xylitol

fruit

vegetables

apple
avocado
banana
broccoli
carrot
cherry
citrusfruit
cucumber
date
fig
grape
grapefruit
kiwi
lemon
lime
mandarin
orange
orange juice
peach
pear
plum
spinach
strawberry
tomato

yeast

yeast extract
sesame seed
sesame oil
alcohol
sunflower seeds
mushroom
oyster mushroom

tunda

-

tofaa
parachichi
ndizi
brokoli
karoti
sheri
matunda jamii ya chungwa
tango
tende
tini
zabibu
balungi
kiwi
limao
ndimu
chenza
chungwa
juisi ya machungwa
pichi
peasi
matunda damu
mchicha
stroberi
nyanya

hamira

ekstrakti ya hamira
ufuta
mafuta ya ufuta
pombe
mbegu za alizeti
uyoga
uyoga chaza