

## MALAYSIAN list

### 8 ESSENTIAL ITEMS

Local Peanuts  
Local Eggs  
Local Prawns  
MSG  
(E621/Ajinomoto/vet-sin)  
Mould/Mildew  
Formaldehyde (Formalin)  
Benzoic acid  
(Preservatives)  
Durian

### VEGETABLES

Garlic  
Onion (Bawang Besar)  
Bawang Merah (Shallots)  
Carrot  
Cucumber  
Capsicums  
Chili  
Tomato  
Corn  
Ginger  
Asparagus  
Bean Sprouts  
Broccoli  
Cauliflower  
Buk Choy  
Choysum  
Chinese Cabbage  
Bamboo Shoots  
Lettuce (Salad)  
Celery  
Kangkong (water spinach)  
Dried Mushroom  
Fresh Mushroom  
Long Bean  
French Beans  
Lady's Finger (Kacang Bendi)  
Snow/Sweet Pea  
Lemon Grass (Serai)  
Pandan Leaves  
Spring Onion  
Parsley  
Chinese Chives  
Leek  
Lemon Balm (Poh Ho)  
Pumpkin  
Sweet Potato  
Potato  
Yam (Keladi)  
Egg Plant (Terung)

### NUTS/SEEDS

Cashews  
Almonds  
Hazel  
Walnut  
Pistachio  
Sesame Seeds  
Sunflower Seeds

### FRUIT

Apples  
Oranges  
Mandarines  
Pears  
Grapes  
Banana

Papaya  
Watermelons  
Mango  
Jambu (Guava)  
Lemon  
Limes  
Pineapple  
Starfruits  
Mangosteen  
Langsat  
Jackfruit  
Jambu Air  
Rambutan  
Longans  
Chiku (Sapodilla)  
Persimmon (Ang Kee)  
Rockmelon  
Honeydew  
Kiwi Fruit  
Plums

### CONDIMENTS and SPICES

Coconut (Milk/Fresh)  
Apple Cider Vinegar  
White Rice Vinegar  
Black Vinegar  
Refined Salt (LTS)  
Sea Salt (Local)  
Pepper (B and White)  
Curry Powder  
Curry Rendang  
Star Anise (Ba Jiao)  
Five Spices (Ng Heong)  
Turmeric (Kunyit)  
Cloves (Bunga Cingkeh)  
Cinnamon (KManis)  
Belacan (Shrimp Paste)  
Tom Yum Paste (Ferry)  
Tomato Sauce (Maggi)  
Chilli Sauce (Maggi)  
Thick Soy Sauce (Camel)  
Light Soy Sauce (Camel)  
Thick Soy Sauce (Maggi)  
Light Soy Sauce (Maggi)  
Soy Sauce (Kikkomen)  
Teriyaki (Kikkomen)  
Worcestershire Sauce  
Plum Sauce (Lee Kum Kee)  
Oyster Sauce (Lee Kum Kee)  
Veg. Oyster Sauce (LKK)  
Hoisin Sauce  
Bakuteh (Claypot)  
Chicken Stock (Maggi)

### MEATS

Local Chicken  
Local Pork  
Local Beef  
Local Duck  
Beef (Aust)  
Lamb (Aust)  
SEAFOOD

Fish (Sea)  
Crab  
Sotong (Squid/Octopus)  
Cockle (Seeharm)  
Local Fish Balls  
Tuna (Sushi)  
Salmon (Sushi)  
Sardines (Tinned-Ayam)  
Ikan Bilis (Anchovies)  
Yu Ha (swollen squid)

### COOKING OILS

Soya Bean Oil  
Palm Oil (Kelapa Sawit)  
Blended Oil (Knife)  
Peanut Oil  
Corn Oil (Mazola)  
Sunflower Seed Oil  
Canola Oil  
Olive Oil  
Pure Ghee Sapi (Cow)  
Pure Sesame Oil

### GRAINS - FLOURS and NOODLES

White Flour (Wheat)  
White Bread (Gardenia)  
Wholemeal Bread (High 5)  
Yeast (Bakers)  
Bi Carb. Soda  
Corn Flour (Butterfly)  
Normal White Rice  
Unpolished Rice  
White Glutinous Rice  
Hokkien Noodles  
Koay Teow Noodles  
Wonton Noodles  
Bee Hun (Rice Vermicelli)  
Instant Noodles (Maggi)  
Oats (Quaker)  
Pasta  
Spaghetti  
Baked Beans (Heinz)  
Cornflakes  
Peanut Butter (Lady's Choice)  
Green Beans  
Red Beans  
Kidney Beans  
Barley (Barli)  
G.Split Peas (Kacang Hijau)  
Chick Peas (Kacang Kuda)  
Lentils (Kacang Dhall)

### DAIRY FOODS

Butter  
Margarine  
Cows Yoghurt  
Cows Cheese  
Vitagen (White)  
Nutrigen Yoghurt  
Carnation Milk  
Condensed Milk  
Skim Milk  
Full Cream Milk  
Tofu  
Ice Cream (Vanilla Nestle)

Ice Cream (Vanilla Kings)  
SUGARS  
White Sugar  
Brown Sugar  
Equal  
Saccharine  
Rock Sugar  
Palm Sugar  
Glucose (Hudsons)  
Honey

Chocolate (Nestle)  
Chocolate (Cadbury)  
Cooking Chocolate  
White Chocolate

### RUBBER

Condom (Durex 003)  
Latex Glove

### DRINKS

Beer  
Wine (White & Red)  
Whiskey (Johnnie Walker)  
Cognac  
Cognac (Hennessy)  
Cognac (Martell)  
Guinness Stout  
Shandy (Angelia)  
Coffee - Instant  
Coffee - Local  
Tea (Lipton/Boh)  
Chinese Tea (Jas/Oolong)  
Chinese Tea (Kuan Yin)  
Chrysanthemum Tea  
Green Tea  
Soya Bean Drink (Local)  
Soy Bean Drink (Yeo's)  
Sugar Cane Drink  
Ovaltine  
Milo  
Horlicks  
Almond Powder Drink  
Coke  
Diet Coke  
Sprite  
Sarsi (F&N)  
Ribeena

### CHEMICALS

Insect Spray  
Mosquito Coil  
Newspaper ink  
Calamine Lotion  
Talcum Powder  
Baby Soap (Johnsons)  
Body Soap (Lux)  
Baby Shampoo (Johnsons)  
Toothpaste (Lion)  
Toothpaste (Oral B)  
Toothpaste (Colgate)  
Floor Cleaner (Goodmaid)  
Floor Cleaner (Bluebell)  
Softlam Fabric Softener  
Glo (Dish washing liquid)  
Dishmate (Dish wash liquid)  
Dynamo (laundry powder)  
Breeze (laundry powder)  
Jif Cleaner  
Chlorine (Pool)

Thinner  
Petrol

### HAIR/FIBRES

Wool  
Cotton  
Polyester

### FOOD COLOURINGS

Red (E124)  
Blue (E133)  
Green (E102/E133)  
Yellow (E102)  
Orange (E102/E110)  
Pandan Flavour  
Rose Flavour  
Banana Flavour  
Vanilla Flavour

### METALS

Gold (916)  
Silver  
Mercury  
Aluminum

### OTHERS

Tiger Balm  
Medicated Oil (Cap Kapak)  
Cod Liver Oil (7 Seas)  
Panadol  
Aspirin  
Uphamol  
Dusil  
Cigarette Smoke  
Joss Stick Smoke  
Dom (Benedictine)  
Yomeishu  
Bird Nest