

SINGAPORE standard

VEGETABLES

Garlic
Onion
Dow Miow
Carrot
Cucumber
Capsicum
Chili
Tomato
Corn
Ginger
Asparagus
Bean Sprouts
Broccoli
Cauliflower
Bok Choy
Choysum
Wongbok
Bamboo Shoots
Lettuce (Salad)
Celery
Kangkong (water spinach)
Dried Mushroom
Fresh Mushroom
Tinned Mushroom (Hosen)
Long Bean
French Beans
Cabbage
Snow/Sweet Pea
Lemon Grass (Serai)
Pandan Leaves
Spring Onion
Parsley
Chinese Chives
Leek
Pumpkin
Sweet Potato
Potato
Egg Plant (Terung)
Watercress
Kai Lan
Chinese Spinach
Phuay Leng
Bitter Gourd
Brinjal
Chye Sim

NOODLES / TOFU

Fortune Instant Noodles
Hokkien Noodles
Super Noodles Tom Yam
Wonton Noodles
Fortune Silken Tofu
Fortune Silken Egg Tofu
Fortune Tau Kwa Tofu
KOKA inst. Noodle Curry
SUPER chicken noodles
KOKA noodles mushroom
Hosei Miso Udon Noodles
Maggi noodles chicken
Maggi noodles asam laksa

METALS

Gold (916)
Silver
Mercury
Aluminum

FRUIT

Apples
Oranges
Mandarines
Pears

Grapes
Banana
Papaya
Watermelons
Mango
Jambu (Guava)
Lemon
Limes
Pineapple
Starfruits
Mangosteen
Langsat
Jackfruit
Strawberry
Rambutan
Longans
Chiku (Sapodilla)
Rockmelon
Honeydew
Kiwi Fruit
Plums
Durian
Sugar Prune
Dragon fruit

HAIR/FIBRES

Wool
Cotton
Polyester

CONDIMENTS /SPICES

Apple Cider Vinegar
White Rice Vinegar
Black Vinegar
Bovril
Refined Salt (LTS)
Sea Salt (Local)
Pepper (Black and White)
MSG
Curry Powder
Star Anise (Ba Jiao)
Five Spices (Ng Heong)
Turmeric (Kunyit)
Cloves (Bunga Cingkeh)
Cinnamon (KManis)
Belacan (Shrimp Paste)
Tom Yum Paste (Ferry)
Tomato Ketchup (Heinz)
Chilli Sauce (SINSIN)
Chilli Sauce (Maggi)
Tomato Ketchup (Maggi)
Dark Soy Sauce (Tiger)
Light Soy Sauce (Tiger)
Thick Soy Sauce (Maggi)
Light Soy Sauce (Maggi)
Soy Sauce (Kikkomen)
Teriyaki (Kikkomen)
Worcestershire Sauce
Oyster Sauce (Lee Kum Kee)
Veg. Oyster Sauce (LKK)
Hoisin Sauce
KNOR ikanbilis stock cube
Maggi Chicken Stock cube

MEATS

Chicken
Pork
Duck
Beef (Aust)
Lamb (Aust)
Tulip Pork Luncheon
Maling pork luncheon
Ham

SEAFOOD

Fish (Sea)
Toman Fish
Crab
Prawns
Fresh Salmon
Sotong (Squid/Octopus)
Local Fish Balls
Ayam Tuna Light
Sardines (Tinned-Ayam)
Ikan Bilis (Anchovies)
Ayam Salmon Spread

COOKING OILS

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

GRAINS/FLOURS

/NOODLES

White Flour (Wheat)
White Bread
Wholemeal Bread
Wholegrain Bread
Roti Pratha (Springhome)
Pau bread (yeast free)
Yeast (Bakers)
Bi Carb. Soda
Corn Flour (Butterfly)
Normal White Rice
LOTUS Organic Basmati
Golden Peony brown rice
Songhe wholegrain rice
Bee Hun (Rice Vermicelli)
Oats (Quaker)
Pasta
Quaker Crunchy Corn Bran
Baked Beans (Heinz)
Nestle KoKo crunch
Nestle Trix
Nestle Milo cereal
Nestle Honey Star
Alpen Original Muesli
Peanut Butter Planters
Green Beans
Meiji Plain Crackers
Kraft Ritz Crackers
Barley (Barli)
Lentils (Kacang Dhall)
McVities Digestive Biscuits
I XL strawberry jam
Bin Bin Rice Cracker

DAIRY FOODS

Butter
Margarine (Olive Oil)
Cows Yoghurt
Cows Cheese
Coffee Mate
Healtheries Goat milk
Nutrisoy Soy Milk
Vitasoy Soy Milk
Coconut (Milk/Fresh)
Carnation Milk
Condensed Milk
Magnolia Fresh Milk
Marigold HL milk

Ice Cream (Vanilla Nestle)
Ice Cream (Vanilla Kings)
Eggs

SUGARS

White Sugar
Brown Sugar
Equal
Saccharine
Rock Sugar
Palm Sugar
Honey
Chocolate (Nestle)
Chocolate (Cadbury)
Hersheys Chocolate
Van Houten chocolate

DRINKS

Tiger Beer
Carlsberg Beer
Heineken beer
Anchor beer
Wine (White & Red)
Whiskey (Johnnie Walker)
Coffee - Instant
Tea (Lipton/Boh)
Chinese Tea (Jas/Oolong)
Chinese Tea (Kuan Yin)
Chrysanthemum Tea
Green Tea
Seasons Ice Lemon Tea
Soy Bean Drink (Yeo's)
Green Tea (Yeo's)
JiaJia herbal tea
Ovaltine
Milo
Horlicks
Almond Powder Drink
Coke
Diet Coke
Sprite
Sarsi (F&N)
Ribeena

NUTS/SEEDS

Cashews
Peanuts
Almonds
Hazel
Walnut
Pistachio
Sesame Seeds
Sunflower Seeds

CHEMICALS

MOZ Away (repellent)
Mosquito Coil
OFF repellent
Newspaper ink
Floor Cleaner (KIWI Clean)
Floor Cleaner (Bluebell)
Softlan Fabric Softener
UIC Big Value dish det.
Axion Dish Gel
MA Ma lemon Antibacterial
Dynamo (laundry powder)
FAB laundry powder
CLOROX lemon bleach
Cif Cleaner

BATHROOM PRODUCTS

Toothpaste DARLIE grape
Toothpaste (Oral B Stages)
Listerine MOUTHWASH (ORIG)
Toothpaste (Colgate)
Talcum Powder
Baby Soap (Johnsons)
Body Soap (Lux)
Simple Facial wash
Mild Body Wash Pure Essentials
Lactacyd Feminine Hygiene
Shokubutsu facial foam
Himalaya face wash cream
Summers Eve feminine wash

FOOD COLOURINGS

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

DRIED HERBS

Oregano
Rosemary
Coriander
Basil
Thyme
Bay Leaves

OTHERS

Tiger Balm
Yu Yee Oil
Panadol
Aspirin
Neurofen/children
Sancotec (zurtec)
Cigarette Smoke
Joss Stick Smoke
Clarinase
Gelusil Plus
Campbells Mushroom Soup
Mixed FEATHERS

SINGAPORE *INDIAN* list

Cereal & Grains

Aval (Puffed /Flattened Rice)
Bajra Flour
Besan (Dhal Flour)
Black Channa
Black Whole Urad
Black-Eyed Bean
Broad Beans
Broken Wheat
Channa Dhal
Corn Flour (Makki Ka Atta)
Dried Green Peas
Horsegram
Kidney Beans
Lentils, Beans, Nuts
Maida (Plain Flour)
Masoor
Moong Dahl Green
Moth
Ragi Flour
Rice - Basmati Rice
Rice - Brown
Rice - Fragrant
Rice - Parboiled
Rice - Ponni Parboiled
Rice - Thai White
Rice Flour
Roasted Channa Dhal
Sago
Semiya (Wheat Vermicelli)
Semolina (Cream Of Wheat)
Soy Nuggets
Toor Dahl
Urad [All]
White Channa
Wholewheat Flour (Atta)
Yellow Mung Dahl [All]

Prayer Items

Indian (Holy) Basil - Dark/Green
Karpooram (Soodam)
Kum Kum
Rose Water
Saambri Incense
Sandalwood Paste
Vibhooti

Spices

Aniseed
Fennel seeds
Asafoetida (Powder)
Thymol Seeds [Omam]
Black Pepper
Dried Old Ginger- Suklu
Dried Red Chillies (Long)
Fenugreek Seeds
Jeera (Cumin Seed)
Mustard Seed - Black
Pachai Karpuram
Pomegranate Seed & Powder
Poppy Seeds
Saffron Threads
Sesame Seed - Black
Sesame Seed - White
Small Green Cardamom
Star Anise
Black Cummin Seeds

Spice Mixes, Seasonings

Black Salt Rock
Chaat Masala
Channa Masala
Chicken Curry Masala
Chilli Powder Coarse-Fine
Coconut (Grated)
Fish Curry Masala
Garam Masala Powder
Idli/Thosai Powder
Kokam (Garcinia Indica)
Mutton Curry Masala
Rasam Powder
Rock Salt [Black] Ground
Sambhar Powder
Tamarind Paste

Sweet Stuff: Confectionery

Jaggery
Kalkandu (Rock Sugar)
Red Sugar

Vegetables & Greens

Banana Flower
Bottlegourd
Butter Beans
Curry Leaf
Fenugreek Leaf (Methi)
Green Mango
Indian Yam
Radish

Raw (Green) Banana

Raw Papaya
Snake Gourd

Fruit

Custard Apple
Date
Mango (Canned)
Sugarcane
Cooked Foods
Appalam, Pappadam
Idli
Murukku [Rice Flour Stick]
Roti Pratha
Vadai

Beverages

Bru Coffee
Ginger Tea
Jaljeera
Masala Tea
Oils
Coconut Oil
Ghee
Mustard Oil
Sesame Oil [Til]

Pickles

Amla (Indian Gooseberry)
Green Mango
Lemon
Lime
Mixed Veg
Young (Green) Pepper

Toiletries

Chandrika Bath Soap
Henna Powder For Hair Colouring
Herbal Toothpaste [Vicco Ayurvedic]
Mehendi Powder (Hand Decorating)
Mysore Sandal Soap
Sandal Wood Powder
Toothpaste [Dabur Meswak]

Others

Chyawanprash
Paakku, Seeval-Betel Nut
Paneer (Amul - Processed)
Red Food Colour
Samahan Ayurvedic Powder
Supari For Poosa