

**Table 7.55 The number of food items procured by the household as determined by the FPHIQ: South Africa 1999**

<b>Province</b>	<b>Number of HHs (n)</b>	<b>Mean number of food items procured</b>	<b>Standard Deviation</b>
<b>Eastern Cape</b>	426	34.9	12.6
<b>Free State</b>	208	15.7	7.7
<b>Gauteng</b>	373	38.7	20.8
<b>KwaZulu/Natal</b>	547	37.4	15.6
<b>Mpumalanga</b>	162	24.0	16.5
<b>Northern Cape</b>	157	23.2	11.2
<b>Northern Province</b>	357	17.2	12.1
<b>North West Province</b>	226	33.8	11.0
<b>Western Cape</b>	356	67.0	21.8
<b>Urban</b>	1370	42.8	24.1
<b>Rural</b>	1442	27.4	15.0
<b>Commercial Farms</b>	302	31.6	19.7
<b>Formal Urban</b>	1073	45.4	25.4
<b>Informal Urban</b>	297	33.5	15.4
<b>Tribal</b>	1140	26.3	13.3
<b>RSA</b>	2812	34.9	21.4

**Table 7.56 The number of food items in the household inventory as determined by the FPHIQ: South Africa 1999**

<b>Province</b>	<b>Number of HHs (n)</b>	<b>Mean number of food items in household inventory</b>	<b>Standard Deviation</b>
<b>Eastern Cape</b>	351	9.7	6.8
<b>Free State</b>	180	4.8	5.2
<b>Gauteng</b>	152	8.6	7.0
<b>KwaZulu/Natal</b>	313	9.8	7.1
<b>Mpumalanga</b>	149	9.1	8.7
<b>Northern Cape</b>	64	7.8	4.1
<b>Northern Province</b>	341	8.4	6.8
<b>North West Province</b>	112	6.8	5.3
<b>Western Cape</b>	66	16.7	13.1
<b>Urban</b>	573	10.4	9.4
<b>Rural</b>	1155	8.0	6.0
<b>Commercial Farms</b>	186	9.1	6.9
<b>Formal Urban</b>	429	11.1	10.2
<b>Informal Urban</b>	144	8.5	6.2
<b>Tribal</b>	969	7.8	5.8
<b>RSA</b>	1728	8.8	7.4

**NB: The household food inventory was carried out in all households in low income EAs and 5% of all other households.**

**TABLE 7.57** Frequency of food items procured by families in South Africa (n = 2812) as determined by FPHIQ

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Maize	2807	2645	1.1
2. White sugar	2618	2605	1.0
3. Salt	2513	2433	1.0
4. Chicken	3162	2425	1.3
5. White rice	2416	2409	1.0
6. Vg/ble (pot/sw pot)	2729	2338	1.2
7. Fruit (other)	5798	2204	2.6
8. Tea	2201	2190	1.0
9. Bread (white)	4813	2182	2.2
10. Eggs	2168	2162	1.0
11. Vg/ble (cabbage gr)	2335	2075	1.1
12. Fat (SO/PU oil)*	2059	2053	1.0
13. Beef	4279	2044	2.1
14. Salads	5228	2025	2.5
15. Vg/ble (pumpkin gr)	1808	1756	1.0
16. Fat (HM§/cooking fat)	1866	1665	1.1
17. Milk (whole)	1787	1641	1.1
18. Beans / Lentils	2064	1627	1.3
19. Fish (pil/rds/sard/ne)	1661	1615	1.0
20. Salty snacks	2350	1580	1.5
21. Bread (brown)	1552	1468	1.1
22. Maize samp & rice	1338	1300	1.0
23. Cookies & rusks	1401	1203	1.2
24. Mutton	1380	1149	1.2
25. Coffee	1147	1138	1.0

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.58** Frequency of food items procured by families in the Eastern Cape (n = 426) as determined by the FPHIQ

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Maize	494	419	1.2
2. White sugar	418	415	1.0
3. Bread (white)	862	410	2.1
4. Chicken	432	402	1.1
5. Salt	405	398	1.0
6. White rice	393	393	1.0
7. Vg/ble (pot/ sw pot)	422	392	1.1
8. Fruit (other)	899	389	2.3
9. Beans / Lentils	395	373	1.1
10. Vg/ble (cabbage gr)	378	371	1.0
11. Maize samp & rice	355	350	1.0
12. Tea	351	350	1.0
13. Vg/ble (pumpkin gr)	359	345	1.0
14. Salads	806	332	2.4
15. Fat (HM§/cooking fat)	462	331	1.4
16. Beef	591	324	1.8
17. Fat (SO/PU oil)*	323	321	1.0
18. Soya	323	315	1.0
19. Milk (whole)	330	306	1.1
20. Mutton	371	305	1.2
21. Eggs	301	299	1.0
22. Maas/sour/butter ml	297	297	1.0
23. Salty snacks	318	279	1.1
24. Aromat	242	241	1.0
25. Bread spreads (salt)	242	226	1.1

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.59** Frequency of food items procured in the Free State (n = 208) as determined by FPHIQ

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Maize	211	206	1.0
2. Sugar (white)	179	179	1.0
3. Milk (whole)	164	162	1.0
4. Vg/ble (pot/sw pot)	159	157	1.0
5. Tea	155	155	1.0
6. Salt	157	153	1.0
7. Fat (SO/PU oil)*	129	129	1.0
8. Vg/ble (cabbage gr)	129	129	1.0
9. White rice	115	115	1.0
10. Chicken	118	112	1.1
11. Eggs	111	111	1.0
12. Fruit (other)	187	106	1.8
13. Bread (brown)	99	96	1.0
14. Vg/ble (gr leaves)	96	95	1.0
15. Bread (white)	161	91	1.8
16. Vg/ble (pumpkin gr)	89	89	1.0
17. Fish (pil/rds/sard/ne)	88	87	1.0
18. Salads	109	74	1.5
19. Beef	89	68	1.3
20. Maize samp & rice	56	55	1.0
21. Fruit (orange type)	53	50	1.1
22. Mutton	47	40	1.2
23. Fat (HM§/cooking fat)	40	40	1.0
24. Legumes	39	36	1.1
25. Samp + beans	30	30	1.0

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.60** Frequency of food items procured by families in Gauteng (n = 373) as determined by FPHIQ

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Sugar	349	349	1.0
2. Maize	358	345	1.0
3. Chicken	502	342	1.5
4. White Rice	336	335	1.0
5. Beef	776	333	2.3
6. Vg/ble (pot/sw pot)	423	330	1.3
7. Eggs	327	327	1.0
8. Fruit (other)	884	323	2.7
9. Salt	315	314	1.0
10. Vg/ble (cabbage gr)	332	300	1.1
11. Salads	735	287	2.6
12. Fat (SO/PU oil)*	276	276	1.0
13. Bread (white)	505	273	1.8
14. Vg/ble (pumpkin gr)	272	270	1.0
15. Salty snacks	431	267	1.6
16. Tea	268	267	1.0
17. Milk (whole)	292	265	1.1
18. Fat (HM§/cooking fat)	250	249	1.0
19. Fish (pil/rds/sard/ne)	232	222	1.0
20. Vg/ble (green lvs)	222	221	1.0
21. Bread (brown)	222	217	1.0
22. Cookies & rusks	249	212	1.2
23. Bread spreads (sw)	232	206	1.1
24. Sweets	300	203	1.5
25. Cold drink	207	200	1.0

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.61 Frequency of food items procured by families in KwaZulu/Natal (n = 547) as determined by FPHIQ**

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Maize	543	532	1.0
2. Beans/Lentils	638	525	1.2
3. Salt	547	523	1.0
4. Vg/ble (pot/sw pot)	594	519	1.1
5. Rice (white)	516	513	1.0
6. Chicken	617	505	1.2
7. Sugar (white)	508	503	1.0
8. Tea	497	491	1.0
9. Fruit (other)	1128	488	2.3
10. Bread (white)	1204	484	2.5
11. Vg/ble (cabbage gr)	501	478	1.0
12. Salads	1161	476	2.4
13. Beef	814	458	1.8
14. Eggs	451	449	1.0
15. Fat (SO/PU oil)*	421	418	1.0
16. Fish (pil/rds/sard/ne)	411	407	1.0
17. Maize samp & rice	397	392	1.0
18. Fat (HM§/cooking fat)	438	387	1.1
19. Vg/ble (pumpkin gr)	387	379	1.0
20. Salty snacks	480	356	1.3
21. Maas/sour/butter mk	342	342	1.0
22. Bread (brown)	330	318	1.0
23. Pork & ham	354	280	1.3
24. Pudding	297	278	1.1
25. Cookies & rusks	292	267	1.1

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.62** Frequency of food items procured by families in Mpumalanga (n = 162) as determined by FPHIQ

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Maize	156	156	1.0
2. Sugar (white)	148	148	1.0
3. Chicken	196	137	1.4
4. Salt	145	134	1.1
5. Tea	133	133	1.0
6. Rice (white)	132	132	1.0
7. Eggs	127	126	1.0
8. Fat (SO/PU oil)*	99	99	1.0
9. Beef	175	98	1.8
10. Fruit (other)	213	96	2.2
11. Bread (brown)	98	94	1.0
12. Vg/ble (cabbage gr)	92	90	1.0
13. Vg/ble (pot /sw pot)	106	89	1.2
14. Bread (white)	135	85	1.6
15. Sauce / soup (sav)	77	77	1.0
16. Salad dressing	74	73	1.0
17. Fish (pil/ard/sard/ne)	74	72	1.0
18. Fat (HM§/cooking fat)	71	70	1.0
19. Salads	119	68	1.8
20. Milk (non-dairy)	69	67	1.0
21. Salty snacks	93	57	1.6
22. Legumes	62	55	1.1
23. Bread spreads (sw)	58	53	1.1
24. Soya	51	51	1.0
25. Milk (whole)	52	48	1.1

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.63** Frequency of food items procured by families in Northern Cape (n = 157) as determined by FPHIQ

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Maize	158	156	1.0
2. Sugar (white)	149	148	1.0
3. Rice (white)	142	142	1.0
4. Chicken	154	132	1.2
5. Bread (white)	255	125	2.0
6. Vg/ble (pot/sw pot)	133	123	1.1
7. Tea	121	121	1.0
8. Eggs	117	117	1.0
9. Salt	117	115	1.0
10. Fat (SO/PU oil)*	101	101	1.0
11. Salads	167	101	1.7
12. Fruit (other)	242	101	2.4
13. Coffee	97	96	1.0
14. Vg/ble (pumpkin gr)	97	96	1.0
15. Beef	141	87	1.6
16. Fish (pil/rds/sard/ne)	82	80	1.0
17. Milk (whole)	82	80	1.0
18. Vg/ble (cabbage gr)	75	75	1.0
19. Vetkoek	74	74	1.0
20. Samp +	66	65	1.0
21. Bread spreads (sw)	63	63	1.0
22. Mutton	91	60	1.5
23. Fat (HM§/cooking fat)	62	59	1.1
24. Maize samp & rice	56	51	1.1
25. Salty snacks	47	42	1.1

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.64** Frequency of food items procured by families in Northern Province (n = 357) as determined by FPHIQ

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families procuring it</b>	<b>Ave times recorded</b>
1. Maize	330	328	1.0
2. Sugar (white)	292	292	1.0
3. Tea	235	234	1.0
4. Salt	235	234	1.0
5. Chicken	394	221	1.8
6. Fat (SO/PU oil)*	217	217	1.0
7. Rice (white)	216	216	1.0
8. Bread (brown)	218	207	1.1
9. Eggs	187	187	1.0
10. Fish (pil/ards/sard/ne)	163	162	1.0
11. Vg/ble (pot/sw pot)	173	155	1.1
12. Bread (white)	217	154	1.4
13. Milk (non-dairy)	145	145	1.0
14. Beef	241	142	1.7
15. Fruit (other)	247	135	1.8
16. Salads	180	126	1.4
17. Sauce / soup	117	117	1.0
18. Vegetables (cabb gr)	108	107	1.0
19. Salad dressing	103	102	1.0
20. Rooibos tea	102	102	1.0
21. Fat (HM§/cooking fat)	101	98	1.0
22. Vg/ble (green lvs)	103	93	1.1
23. Legumes	100	92	1.1
24. Soya	77	76	1.0
25. Cold drink (squash)	74	74	1.0

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.65** Frequency of food items procured by families in North West province (n = 226) as determined by FPHIQ

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Maize	272	225	1.2
2. Sugar (white)	221	221	1.0
3. Salt	224	219	1.0
4. Chicken	334	219	1.5
5. Rice (white)	219	218	1.0
6. Vg/ble (pot/sw pot)	246	217	1.1
7. Fruit (other)	473	211	2.2
8. Bread (white)	485	209	2.3
9. Salads	434	207	2.1
10. Vg/ble (cabbage gr)	205	205	1.0
11. Eggs	200	200	1.0
12. Vg/ble (pumpkin gr)	197	197	1.0
13. Milk (whole)	202	196	1.0
14. Beef	389	186	2.1
15. Fish (pil/rds/sard/ne)	182	182	1.0
16. Fat (SO/PU oil)*	181	181	1.0
17. Vetkoek	179	179	1.0
18. Tea	178	178	1.0
19. Bread (brown)	170	165	1.0
20. Fat (HM§/cooking fat)	156	154	1.0
21. Salty snacks	189	148	1.3
22. Maize samp & rice	148	137	1.1
23. Cookies & rusks	136	130	1.0
24. Coffee	125	125	1.0
25. Legumes	122	117	1.0

\* Sunflower oil/polyunsaturated

§ Hard margarine

**TABLE 7.66** Frequency of food items procured by families in Western Cape (n = 356) as determined by FPHIQ

Food item	No of times recorded	No of families procuring it	Ave times recorded
1. Vg/ble (pot/sw pot)	473	356	1.3
2. Chicken	415	355	1.2
3. Fruit (other)	1525	355	4.3
4. Salads	1517	354	4.3
5. Salt	361	351	1.0
6. Bread (white)	989	351	2.8
7. Sugar (white)	354	350	1.0
8. Beef	1063	348	3.1
9. Eggs	347	346	1.0
10. White rice	347	345	1.0
11. Salty snacks	674	342	2.0
12. Coffee	327	320	1.0
13. Vg/ble (cabbage gr)	515	320	1.6
14. Pork / Ham	719	317	2.3
15. Sweets	689	313	2.2
16. Fat (SO/PU oil)*	312	311	1.0
17. Bread spreads (sw)	376	307	1.2
18. Fish	524	301	1.7
19. Vg/ble (pumpkin gr)	327	300	1.1
20. Pasta	542	298	1.8
21. Peanut butter	343	295	1.2
22. Cookies & rusks	418	295	1.2
23. Milk (whole)	341	288	1.2
24. Legumes	518	284	1.8
25. Maize	285	278	1.0

\* Sunflower oil/polyunsaturated

**TABLE 7.67** Frequency of food items in the HH inventory in South Africa (n = 1728) as determined by FPHIQ

Food item	No of times recorded	No of HHs with item in inventory	Ave times recorded
1. Maize	1477	1454	1.0
2. White sugar	1139	1136	1.0
3. Salt	1119	1090	1.0
4. Tea	902	899	1.0
5. Fat (SO / PU oil)	786	785	1.0
6. White rice	712	710	1.0
7. Bread (white)	773	629	1.2
8. Vg/ble (pot / sw pot)	601	586	1.0
9. Eggs	400	399	1.0
10. Beans / lentils	398	374	1.1
11. Fat (HM / cooking fat)	386	359	1.1
12. Salads	484	351	1.4
13. Maize samp & rice	325	322	1.0
14. Milk (whole)	314	296	1.1
15. Coffee	295	294	1.0
16. Tea (rooibos)	254	252	1.0
17. Milk (non-dairy)	227	226	1.0
18. Soya	226	223	1.0
19. Chicken	270	222	1.2
20. Bread (brown)	209	205	1.0
21. Fish (pilch / sard)	189	186	1.0
22. Vg/ble (cabbage gr)	186	184	1.0
23. Bread spread (salty)	193	182	1.1
24. Beef	205	160	1.3
25. Salad dressing	144	141	1.0

**TABLE 7.68** Frequency of food items in the HH inventory in the Eastern Cape (n = 351) as determined by the FPHIQ

<b>Food item</b>	<b>No of times recorded</b>	<b>No of HHs with item in inventory</b>	<b>Ave times recorded</b>
1. Salt	294	291	1.0
2. Maize	287	279	1.0
3. White sugar	230	229	1.0
4. Bread (white)	237	196	1.2
5. Tea	187	187	1.0
6. White rice	179	179	1.0
7. Fat (SO / PU oil)	173	173	1.0
8. Maize samp &rice	162	161	1.0
9. Vg/ble (pot /sw pot)	141	139	1.0
10. Beans / lentils	121	120	1.0
11. Soya	109	107	1.0
12. Bread spreads (slty)	106	104	1.0
13. Fat (HM / cooking fat)	116	98	1.2
14. Salads	112	92	1.2
15. Coffee	74	74	1.0
16. Milk (whole)	73	70	1.0
17. Eggs	66	66	1.0
18. Vg/ble (cabbage gr)	58	58	1.0
19. Aromat	57	57	1.0
20. Vg/ble (pumpkin gr)	45	45	1.0
21. Cold drink (art. sw)	34	34	1.0
22. Fruit (other)	45	30	1.5
23. Maas / sour/butt mlk	28	28	1.0
24. Rooibos tea	27	27	1.0
25. Magou	23	23	1.0

**TABLE 7.69** Frequency of food items in the HH inventory in Free State (n = 180) as determined by FPHIQ

Food item	No of times recorded	No of HHs with item in inventory	Ave times recorded
1. Maize	166	163	1.0
2. Sugar (white)	94	94	1.0
3. Tea	75	75	1.0
4. Salt	63	61	1.0
5. Milk (whole)	54	53	1.0
6. White rice	38	38	1.0
7. Fat (SO / PU oil)	33	33	1.0
8. Vg/ble (pot /sw pot)	29	28	1.0
9. Eggs	26	26	1.0
10. Bread (white)	19	19	1.0
11. Bread (brown)	19	18	1.1
12. Tea (rooibos)	17	17	1.0
13. Vg/ble (cabbage gr)	12	12	1.0
14. Coffee	11	11	1.0
15. Fat (HM / cooking fat)	11	11	1.0
16. Maize samp & rice	11	11	1.0
17. Samp +	9	9	1.0
18. Fat (med)	9	9	1.0
19. Fruit (other)	18	9	2.0
20. Fish (pilch / sard)	8	8	1.0
21. Sugar (brown)	7	7	1.0
22. Chicken	9	7	1.3
23. Legumes	6	6	1.0
24. Fish (canned-other)	5	5	1.0
25. Vg/ble (pumpkin gr)	5	5	1.0

**TABLE 7.70** Frequency of food items in the HH inventory in Gauteng (n = 152) as determined by FPHIQ

<b>Food item</b>	<b>No of times recorded</b>	<b>No of HHs with item in inventory</b>	<b>Ave times recorded</b>
1. Maize	127	124	1.0
2. Sugar	110	110	1.0
3. Salt	100	100	1.0
4. Tea	80	80	1.0
5. Fat (SO / PU oil)	74	74	1.0
6. White rice	59	59	1.0
7. Eggs	49	49	1.0
8. Bread (white)	57	48	1.2
9. Fat (HM / cooking fat)	43	43	1.0
10. Vg/ble (pot / sw pot)	39	39	1.0
11. Milk (whole)	31	31	1.0
12. Coffee	27	27	1.0
13. Tea (rooibos)	27	26	1.0
14. Peanut butter	27	25	1.1
15. Bread (brown)	23	23	1.0
16. Bread spreads (swt)	21	21	1.0
17. Chicken	21	21	1.0
18. Maize samp & rice	21	20	1.1
19. Vg/ble (cabbage grp)	19	18	1.1
20. Fish (pilch / sard)	18	17	1.1
21. Beef	20	17	1.2
22. Salad dressing	17	16	1.1
23. Samp + beans	17	16	1.1
24. Sauce /soup (sav)	14	14	1.0
25. Salads	21	14	1.5

**TABLE 7.71** Frequency of food items in the HH inventory in KwaZulu/Natal (n = 313) as determined by FPHIQ

Food item	No of times recorded	No of HHs with item in inventory	Ave times recorded
1. Maize	274	271	1.0
2. Salt	204	200	1.0
3. Tea	195	193	1.0
4. Sugar (white)	187	187	1.0
5. Vg/ble (pot / sw pot)	173	171	1.0
6. White rice	158	156	1.0
7. Fat (SO / PU oil)	153	153	1.0
8. Beans / Lentils	155	147	1.1
9. Salads	185	125	1.5
10. Bread (white)	142	116	1.2
11. Maize samp & rice	83	82	1.0
12. Fat (HM / cooking fat)	79	71	1.1
13. Milk (non-dairy)	60	60	1.0
14. Eggs	58	58	1.0
15. Bread spreads (slt)	54	49	1.1
16. Sauce & soup	47	46	1.0
17. Soya	43	42	1.0
18. Fish (pilch / sard)	40	40	1.0
19. Beef	46	40	1.2
20. Fish (pilch / sard)	18	17	1.1
21. Fat (animal)	38	38	1.0
22. Vg/ble (cabbage gr)	37	37	1.0
23. Chicken	40	36	1.1
24. Coffee	35	35	1.0
25. Milk (whole)	36	34	1.1

**TABLE 7.72** Frequency of food items in the HH inventory in Mpumalanga (n = 149) as determined by FPHIQ

<b>Food item</b>	<b>No of times recorded</b>	<b>No of HHs with item in inventory</b>	<b>Ave times recorded</b>
1. Maize	133	133	1.0
2. Sugar (white)	108	108	1.0
3. Salt	101	91	1.1
4. Tea	85	85	1.0
5. Rice (white)	65	65	1.0
6. Fat (SO / PU oil)	63	63	1.0
7. Eggs	58	57	1.0
8. Bread (white)	61	45	1.4
9. Vg/ble (pot / sw pot)	44	39	1.1
10. Chicken	43	37	1.2
11. Milk (non-dairy)	33	32	1.0
12. Fat (HM / cooking fat)	30	30	1.0
13. Beef	40	30	1.3
14. Tea (rooibos)	28	28	1.0
15. Fish (pilch / sard)	28	28	1.0
16. Sauce / soup	23	23	1.0
17. Soya	21	21	1.0
18. Milk (whole)	22	21	1.0
19. Salad dressing	20	20	1.0
20. Beans / lentils	19	18	1.1
21. Coffee	17	17	1.0
22. Cold drink (squash)	16	16	1.0
23. Salads	23	15	1.5
24. Fish (canned – other)	14	14	1.0
25. Bread (brown)	15	14	1.1

**TABLE 7.73** Frequency of food items in the HH inventory in Northern Cape (n = 64) as determined by FPHIQ

Food item	No of times recorded	No of HHs with item in inventory	Ave times recorded
1. Sugar (white)	57	57	1.0
2. Maize	57	57	1.0
3. Fat (SO / PU oil)	38	38	1.0
4. Rice (white)	37	37	1.0
5. Tea	29	29	1.0
6. Salt	28	28	1.0
7. Bread (white)	29	28	1.0
8. Fat (PUS / med)	26	26	1.0
9. Coffee	24	24	1.0
10. Vg/ble (pot / sw pot)	17	16	1.1
11. Eggs	15	15	1.0
12. Samp + beans	13	13	1.0
13. Milk (whole)	13	13	1.0
14. Tea (rooibos)	12	12	1.0
15. Peanut butter	11	11	1.0
16. Maize samp & rice	9	9	1.0
17. Fat (HM / cooking fat)	8	8	1.0
18. Bread spreads (sw)	8	8	1.0
19. Chicken	8	7	1.1
20. Fat (animal)	5	5	1.0
21. Bread (brown)	5	5	1.0
22. Pasta	5	4	1.3
23. Salads	4	4	1.0
24. Vg/ble (pumpkin)	4	4	1.0
25. Cold drink (squash)	4	4	1.0

**TABLE 7.74** Frequency of food items in the HH inventory in Northern Province (n = 341) as determined by FPHIQ

<b>Food item</b>	<b>No of times recorded</b>	<b>No of HHs with item in inventory</b>	<b>Ave times recorded</b>
1. Maize	300	300	1.0
2. Sugar (white)	232	232	1.0
3. Salt	198	189	1.0
4. Tea	176	175	1.0
5. Fat (SO /PU oil)	161	161	1.0
6. Rice (white)	97	97	1.0
7. Eggs	90	90	1.0
8. Bread (white)	107	90	1.2
9. Tea (rooibos)	87	87	1.0
10. Milk (non-dairy)	78	78	1.0
11. Vg/ble (pot /sw pot)	78	74	1.1
12. Chicken	105	71	1.5
13. Bread (brown)	66	66	1.0
14. Fat (HM / cooking fat)	56	55	1.0
15. Sauce / soup (sav)	51	51	1.0
16. Salad dressing	49	49	1.0
17. Fish (pilch / sard)	49	48	1.0
18. Salads	52	43	1.2
19. Beef	54	42	1.3
20. Milk (whole)	43	37	1.2
21. Legumes	42	37	1.4
22. Cold drink (squash)	37	37	1.0
23. Sugar (brown)	33	33	1.0
24. Soya	30	30	1.0
25. Pasta	31	29	1.1

**TABLE 7.75** Frequency of food items in the HH inventory in North West province (n = 112) as determined by FPHIQ

<b>Food item</b>	<b>No of times recorded</b>	<b>No of HHs with item in inventory</b>	<b>Ave times recorded</b>
1. Maize	88	86	1.0
2. Salt	84	83	1.0
3. Sugar (white)	61	61	1.0
4. Tea	53	53	1.0
5. Fat (SO / PU oil)	42	42	1.0
6. Vg/ble (pot / sw pot)	42	42	1.0
7. Coffee	38	38	1.0
8. Bread (white)	44	38	1.2
9. White rice	34	34	1.0
10. Salads	30	22	1.4
11. Milk (whole)	23	22	1.0
12. Vg/ble (pumpkin gr)	15	15	1.0
13. Vg/ble (cabbage gr)	15	15	1.0
14. Soya	13	13	1.0
15. Eggs	13	13	1.0
16. Fish (pilch /sard)	11	11	1.0
17. Maize samp & rice	10	10	1.0
18. Beans / lentils	10	10	1.0
19. Tea (rooibos)	9	9	1.0
20. Bread (brown)	9	9	1.0
21. Sauce / soup (sav)	7	7	1.0
22. Samp + beans	7	7	1.0
23. Chicken	8	7	1.1
24. Beef	9	7	1.3
25. Fat (HM / cooking fat)	6	6	1.0

**TABLE 7.76 Frequency of food items in inventory by families in Western Cape (n = 66) as determined by FPHIQ**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of HHs with item in inventory</b>	<b>Ave times recorded</b>
1. Sugar	60	58	1.0
2. Bread (white)	77	49	1.6
3. Fat (SO / PUS oil)	49	48	1.0
4. Salt	47	47	1.0
5. Rice (white)	45	45	1.0
6. Maize	45	41	1.1
7. Coffee	42	51	1.0
8. Vg/ble (pot / sw pot)	38	38	1.0
9. Fat (HM / cooking ft)	37	37	1.0
10. Tea (rooibos)	33	32	1.0
11. Salads	51	32	1.6
12. Pasta	46	29	1.6
13. Eggs	25	25	1.0
14. Beans / lentils	33	25	1.3
15. Tea	22	22	1.0
16. Bread (brown)	24	22	1.1
17. Cold drink (squash)	22	21	1.0
18. Vg/ble (peas / beans)	21	19	1.1
19. Fish (pilch /sard)	18	17	1.1
20. Bread spreads (sw)	17	16	1.1
21. Milk (non-dairy)	16	16	1.0
22. Peanut butter	17	15	1.1
23. Milk (whole)	19	15	1.3
24. Salad dressing	15	14	1.1